

ST MARTIN'S CENTRE FOR HEALTH AND HEALING

England & Wales · Charity number 1094458

Details

Status Registered

Legal form Charitable company

Company number [04421138](#)

Registered 2002-11-01

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

Contact

Address Edgbaston Street
Birmingham.
Birmingham
West Mid

Phone 01216006025

Email counselling@smchh.co.uk

Website www.smchh.co.uk

Activities

Objects: 1. TO PROMOTE FOR THE BENEFIT OF THE PUBLIC GOOD PHYSICAL, MENTAL, SPIRITUAL AND EMOTIONAL HEALTH IN ACCORDANCE WITH CHRISTIAN PRINCIPLES;2. TO RELIEVE POVERTY; AND3. TO PROMOTE ANY OTHER CHARITABLE PURPOSE CONNECTED WITH THE PURPOSES SET OUT IN CLAUSES 1 AND 2

Activities: The provision of counselling & psychotherapy and money management services working with the disadvantaged and vulnerable.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Religious Activities
- **Who:** People With Disabilities, The General Public/mankind

Geography

- Birmingham City

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£858,105	£744,148	£803,861	23
2023-12-31	£809,452	£619,611	£689,904	18
2022-12-31	£619,611	£546,359	£474,434	15
2021-12-31	£510,665	£395,622	£401,182	12
2020-12-31	£404,901	£280,968	-	-

Trustees

Name	Role	Appointed
CHRISTINE RUSHEN		
DR Joanna Barber		2014-07-10
Elsie Blair Chappell		2019-07-07
Rev Jeremy Allcock		2019-07-07
SALLY ANN FERRIS		
Stephen Blair Chappell		2019-07-07

ST MARTIN'S CENTRE FOR HEALTH AND HEALING

England & Wales - Charity number 1094458

Accounts

Company Registration Number: 04421138
Charity Registration Number: 1094458

ST MARTINS CENTRE FOR HEALTH AND HEALING
COMPANY LIMITED BY GUARANTEE
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

St Martins Centre for Health and Healing
Company Limited by Guarantee
Financial Statements
For the year ended 31 December 2024

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St Martins Centre for Health and Healing
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Directors' Report)
For the year ended 31 December 2024

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2024.

Objectives and activities

The principal activity of the company continued to be promoting, for the benefit of the public good, physical, mental, spiritual and emotional health in accordance with Christian principles. The trustees have, as a result of carrying out this activity, complied with the duty in section 17(5) of the Charities Act 2011 to have due regard to the guidance published by the Charity Commission.

Through the provision of professional, Counselling & Psychotherapy the Centre for Health and Healing aims to alleviate the suffering and distress of people experiencing a mental health issue.

Our Vision

We envision a future where everyone's mental health is valued, understood, and supported.

Our Mission

Is to provide accessible, professional, and affordable mental health support to those in need.

Our Impact

Is to equip people struggling with poor mental health with the insight, skills, and resilience to maintain positive mental health & wellbeing".

Context

In 2024, the overall cost of mental ill health was estimated to cost England approximately £300 billion in lost earnings, low productivity, and reduced quality of life. The NHS alone spent nearly 10% of their £164 billion budget on treating mental health problems. Whilst there is uncertainty about future costs all indications suggest that these will rise significantly over the coming years and a recent study suggests that unaddressed mental health issues among children could lead to £1.1 trillion in lost lifetime earnings.

Achievements performance

Counselling & Psychotherapy Service

St Martin's Centre for Health and Healing Therapy Service has been working to improve the mental health and well-being of Birmingham residents for over 22 years. The service offers online, telephone & face to face adult therapy and a specialist Children's' and Young Person's service delivering group resilience programs in local schools.

In 2024 over 28,091 appointments for counselling were offered to 3,057 adults and our CYP service worked with 19 schools and offered support to 180 children and young people. The activities we offer are designed to support people of all ages in developing the insight, resilience and self-management skills to improve their mental health and make a positive contribution to their overall quality of life.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Directors' Report)

For the year ended 31 December 2024

Achievements performance (Continued)

Counselling & Psychotherapy Services (Continued)

The workforce of trainee, volunteer and employed BACP/UKCP/BABCP/BPS therapist continued to grow and at the end of 2024 stood at 157 therapists and 14 staff offering predominately free (10% of longer-term sessions where low cost) comprehensive range of therapeutic approaches, including CBT, counselling psychology, counselling & psychotherapy. The diversity of the workforce enables the service to offer therapy in 17 different languages.

The formal partnership with the Birmingham Refugee and Migrant Centre continued to flourish in 2024, with a mix of one-to-one adult therapy and group Psychoeducation "*Understand your Emotions*" in schools across the city.

Services Offered

The Centre for Health and Healing is committed to offering therapy to people of all ages and provides two distinct services - adult therapy open to the public aged 18 and above and a specialist Children and Young People's service delivered in schools for children aged 5 to 18.

Adult therapy

Therapy can be accessed face to face from our purpose-built premises in the Bullring in Birmingham, online and over the telephone. Interventions offered include:

Wellbeing Session's - emotional support, guided self-help, and psychoeducation. This support is primarily designed to treat low level anxiety and depression.

Counselling - a mix of short & long - term, multi-modality interventions designed to resolve a wide range of emotional, psychological issues and mental health concerns.

Psychotherapy - in-depth long-term psychotherapy was offered to vulnerable people experiencing a wide range of complex emotional, psychological and mental health conditions.

Cognitive Behavioural Therapy (CBT) - practical techniques to identify and challenge negative thinking patterns and behaviour.

Outcomes

<i>Resilience - better able to manage difficult situations</i>	71%
<i>Improvement in mental health and wellbeing</i>	68%
<i>Improvement in presenting issues</i>	72%
<i>Development of coping skills and strategies</i>	79%
<i>Satisfaction rate</i>	92%

St Martins Centre for Health and Healing

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For the year ended 31 December 2024

Children and Young People

2024 saw the move away from offering one-to-one counselling in schools to delivery of a small group Psychoeducational program designed to support CYP's who were struggling to integrate into school life – course length 6 weeks.

A unique feature of this program is that it is built around the needs of migrant children. So, for example if a single migrant child was struggling to integrate the school can refer 5 other children in the same year who are also struggling into the group.

In 2024 the program was offered to 19 schools, attended by 180 children and young people.

Outcomes included:

<i>Better able to interact in school life</i>	51%
<i>Improvement in attendance</i>	31%
<i>Development of coping skills and strategies</i>	72%

Achievements performance (Continued)

Financial review

Principal funding sources are Birmingham Integrated Care Board (ICB), the Living Well Consortium (Subcontract on NHS Contracts), the Training of CBT therapists under sub-contract to Health Education England via the Living Well Consortium and Birmingham Refugee and Migrant Centre.

Additional income was generated through the generous support of a number of charitable Trusts and the City Council. The charity also received fees direct from our clients for long-term therapy.

Reserves

The calculation of the required level of reserves is an integral part of planning, budget and forecast cycle.

The charity considers:

- Risks associated with each stream of income and expenditure being different from that budgeted.
- Planned activity level
- Organization commitments
- Future funding requirements

During the year, the trustees have reviewed their reserves policy as follows:

Reserves are maintained at a level which ensures that a minimum of 6 months of the organization's core activity and continuity of client care could continue during a period of unforeseen difficulty. Clients may be undertaking long-term therapy, and it would be both unethical from an organisational perspective and potentially detrimental to a client's mental health if therapy was to come to a premature end.

St Martins Centre for Health and Healing

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For the year ended 31 December 2024

This policy will be reviewed annually or more frequently if necessary. St Martin's Centre for Health and Healing un-restricted reserves at the end of the year amount to £803,861

The trustees recognise that a continuous process of fundraising is required to ensure that reserves can be maintained at a level that is in line with the reserves policy and reflects the organization's continued desire to Increase service delivery and activity. They regularly informally review the level of reserves during the year and feel it prudent to maintain at a higher level at present given the current economic climate, increased competition for funding and continued high demand for our services.

Volunteers

The charity is extremely pleased and grateful for the ongoing support of the many counsellors who volunteer their time to provide the support for the vulnerable people we seek to help. Whilst not formally included In the financial statements it has been calculated that if the charity had to pay for this service it would have cost an additional £726,000.

Public benefit

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Structure, governance and management

The charity is a charitable company, incorporated on 19th April 2002 and is governed by its Memorandum and Articles of Association as amended on 28th July 2008.

Recruitment and Induction of new trustees

The body of trustees, who are also directors for the purpose of company law, comprises five trustees appointed by the Parochial Church Council of St Martin In the Bull Ring and up to 10 persons co-opted for a fixed period of two years by the trustees currently In place. The chair of trustees is nominated by the Rector of St Martin in the Bull Ring.

Organisational structure

Day to day management is delegated to the chief executive, Mr Rob Jones.

Induction and training of new trustees

The board ensures that all members are aware of their responsibilities as trustees. Any new trustees are supplied, on their appointment, with appropriate literature issued by Charities Commission detailing their responsibilities

Related Parties

The charity maintains a close working relationship on all operational matters with the Parochial Church Council of St Martin in the Bull Ring. Transactions with the PCC are disclosed in the accounts

St Martins Centre for Health and Healing
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Directors' Report)
For the year ended 31 December 2024

Reference and administrative details

Registered charity name	St Martins Centre for Health and Healing
Charity registration number	1094458
Company registration number	04421138
Principal office and registered office	St Martin's Church Edgbaston Street Birmingham B5 5BB

The Trustees

J Barber - Co-opted
S A Ferris - Co-opted
Revd J Allcock
Revd E Blair Chappell
S Blair Chappell
M C Rushen - Appointed by PCC
M J Woodward – Appointed by PCC

Trustees during the year

There were no changes in trustees during the year and with and all trustees were still in place at the date of signing the report.

Company secretary

M J Woodward

Independent examiner

Mr J Carty
Thomas and Young Limited
Chartered Accountants & Registered Auditors
Carleton House
266-268 Stratford Road
Shirley
Solihull
West Midlands B90 3AD

Events after the end of the reporting period

The trustees are not aware of any events occurring since the balance sheet date that need to be disclosed.

St Martins Centre for Health and Healing
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Directors' Report)
For the year ended 31 December 2024

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 8th April 2025 and signed on behalf of the board of trustees by:



Revd J Allcock
Trustee

St Martins Centre for Health and Healing

Company Limited by Guarantee

Independent Examiner's Report to the Trustees

For the year ended 31 December 2024

I report to the trustees on my examination of the financial statements of St Martins Centre for Health and Healing ('the charity') for the year ended 31 December 2024.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purpose 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 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 the 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

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in Section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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 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 accounts to be reached.

James Carty

James Carty FCA FCCA
Independent Examiner

Thomas and Young Chartered Accountants
Carleton House
266-268 Stratford Road
Shirley, Solihull
West Midlands B90 3AD

Date: 14 April 2025

St Martins Centre for Health and Healing

Company Limited by Guarantee

**Statement of Financial Activities
(Including Income and Expenditure Account)**

For the year ended 31 December 2024

	Note	Unrestricted Funds £	2024 Restricted Funds £	Total Funds £	2023 Total Funds £
Income and endowments					
Donations and legacies	5	2,500	-	2,500	68,810
Charitable activities	6	19,052	-	19,052	-
Other trading activities	7	818,319	-	818,319	731,031
Investment income	8	18,234	-	18,234	9,611
Total income		<u>858,105</u>	<u>-</u>	<u>858,105</u>	<u>809,452</u>
Expenditure					
Expenditure on raising funds:					
Donations made		10,000	-	10,000	-
Costs of raising donations and legacies	9	10	-	10	-
Expenditure on charitable activities	10 & 11	734,138	-	734,148	593,982
Total Expenditure		<u>744,148</u>	<u>-</u>	<u>744,148</u>	<u>593,982</u>
Net income and net movement in funds		<u>113,957</u>	<u>-</u>	<u>113,957</u>	<u>215,470</u>
Reconciliation of funds					
Total funds brought forward		689,904	-	689,904	474,434
Total funds carried forward		<u>803,861</u>	<u>-</u>	<u>803,861</u>	<u>689,904</u>

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

All income and expenditure derived from continuing activities.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Statement of Financial Position

For the year ended 31 December 2024

	Note	2024 £	2023 £
Current assets			
Debtors	18	142,239	85,026
Cash at bank and in hand		771,123	686,310
		<u>913,362</u>	<u>771,336</u>
Creditors: amounts falling due within one year	19	109,501	81,432
Net current assets		<u>803,861</u>	<u>689,904</u>
Total assets less current liabilities		<u>803,861</u>	<u>689,904</u>
Net assets		<u>803,861</u>	<u>689,904</u>
Funds of the charity			
Unrestricted funds		803,861	689,904
Total charity funds	20	<u>803,861</u>	<u>689,904</u>

For the year ended 31 December 2024 the charity was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

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

These financial statements were approved by the board of trustees and authorised for issue on 8th April 2025 and are signed on behalf of the board by:



Revd J Allcock
Trustee

St Martins Centre for Health and Healing
Company Limited by Guarantee
Cashflow Statement
For the year ended 31 December 2024

		2024	2023
		£	£
Cash flows from operating activities	Note		
Net cash used in operating activities	24	84,813	242,490
Cash flows from investing activities		<u>-</u>	<u>-</u>
Net cash provided by investing activities		84,813	242,490
Cash flows from financing activities			
Cash flows from financing activities		84,813	242,490
Net cash provided by financing activities		<u>84,813</u>	<u>242,490</u>
Change in cash and cash equivalents in the year		84,813	242,490
Cash and cash equivalents at the beginning of the year		686,310	443,820
Cash and cash equivalents at the end of the year		<u><u>771,123</u></u>	<u><u>686,310</u></u>

The notes on pages 11 to 21 form part of these financial statements

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes of the Financial Statements

For the year ended 31 December 2024

1. General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is St Martin's Church, Edgbaston Street, Birmingham, B5 5BB.

The charity is a public benefit entity.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis. The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Cash and cash equivalent

Cash and cash equivalents include cash in hand, deposits held at call with banks.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Significant judgements

The trustees consider there are no judgements (apart from those involving estimations) that management has made in the process of applying the entity's accounting policies and that have a significant effect on the amounts recognised in the financial statements.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes of the Financial Statements

For the year ended 31 December 2024

3. Accounting policies (Continued)

Key sources of estimation uncertainty

Accounting estimates and assumptions are made concerning the future and, by their nature, will rarely equal the related actual outcome. There are no key assumptions or other sources of estimation uncertainty that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes. Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and may fall into one of two sub-classes: restricted income funds or endowment funds. At present there are no endowment funds.

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable, and its amount can be measured reliably.
- income from room hire is recognised when the booking has taken place.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT as this cannot be recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events and non-charitable trading activities.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes of the Financial Statements

For the year ended 31 December 2024

3. Accounting policies (Continued)

Resources expended (Continued)

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.
- all costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. Any aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. There are no tangible assets carried at revalued amounts.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures and fittings	25% straight-line
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Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

4. Limited by guarantee

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding-up is limited to £1.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes of the Financial Statements

For the year ended 31 December 2024

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations			
Donations	-	-	-
Dignity CMG	-	-	-
Gifts			
Edward and Dorothy Cadbury Trust	-	-	-
William A Cadbury Trust	-	-	-
Grants			
Joan Lamb Charitable Trust	2,500	-	2,500
The W.E.D. Charitable Trust	-	-	-
Eveson Trust	-	-	-
Deritend Chapel Endowment	-	-	-
Sundry grants <£500	-	-	-
Covid 19 Funds	-	-	-
	<u>2,500</u>	<u>-</u>	<u>2,500</u>
Year ended 31 December 2023			
	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations	17,310	-	17,310
Dignity CMG	12,000	-	12,000
Gifts			
Edward and Dorothy Cadbury Trust	5,000	-	5,000
William A Cadbury Trust	25,000	-	25,000
Grants			
Joan Lamb Charitable Trust	1,000	-	1,000
The W.E.D. Charitable Trust	-	-	-
Eveson Trust	-	-	-
Deritend Chapel Endowment	-	-	-
Sundry grants <£500	-	-	-
Covid 19 Funds	8,500	-	8,500
	<u>68,810</u>	<u>-</u>	<u>68,810</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes of the Financial Statements

For the year ended 31 December 2024

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Other income from charitable activities	19,052	-	19,052	-
	<u>19,052</u>	<u>-</u>	<u>19,052</u>	<u>-</u>

7. Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Room bookings	1,240	-	1,240	5,690
Counselling fees - individual	117,096	-	117,096	95,723
Living Well Consortium Contract counselling delivery: IAPT/FTB	467,692	-	467,692	380,481
Childrens & Young Persons Service	28,270	-	28,270	118,030
Birmingham & Solihull CCG	25,424	-	25,424	24,172
Community delivery: CBT training	150,597	-	150,597	100,785
Migrant Centre	26,500	-	26,500	6,150
School staff counselling	1,500	-	1,500	-
	<u>818,319</u>	<u>-</u>	<u>818,319</u>	<u>731,031</u>

8. Investment income

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Bank interest received	18,234	-	18,234	9,611
	<u>18,234</u>	<u>-</u>	<u>18,234</u>	<u>9,611</u>

9. Costs of raising donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Costs of raising donations and Legacies - Donations	10	-	10	-
	<u>10</u>	<u>-</u>	<u>10</u>	<u>-</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes of the Financial Statements

For the year ended 31 December 2024

10. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Counselling and room hire	659,841	-	659,841
Support costs	74,297	-	74,297
	<u>734,138</u>	<u>-</u>	<u>734,138</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Counselling and room hire	520,779	-	520,779
Support costs	73,203	-	73,203
	<u>593,982</u>	<u>-</u>	<u>593,982</u>

11. Expenditure on charitable activities by activity type

	Activities Undertaken Directly £	Support Costs £	Total Funds 2024 £	Total Funds 2023 £
Counselling and room hire	659,841	71,023	730,864	591,502
Governance costs	3,274	-	3,274	2,480
	<u>663,115</u>	<u>71,023</u>	<u>734,138</u>	<u>593,982</u>

12. Analysis of support costs

	Counselling and room hire £	Total 2024 £	Total 2023 £
Staff costs	71,023	71,023	70,723
General office	-	-	-
Governance costs	3,274	3,274	2,480
	<u>74,297</u>	<u>74,297</u>	<u>73,203</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes of the Financial Statements

For the year ended 31 December 2024

13. Net income

Net income is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation of tangible fixed assets	-	-
	<u> </u>	<u> </u>

14. Independent examination fees

	2024	2023
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	1,500	1,500
Other financial services	-	-
	<u> </u>	<u> </u>
	<u>1,500</u>	<u>1,500</u>

15. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2024	2023
	£	£
Wages and salaries	582,813	443,767
Social security costs	49,320	36,216
Employer contributions to pension plans	13,569	9,890
	<u> </u>	<u> </u>
	<u>645,702</u>	<u>489,873</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes of the Financial Statements

For the year ended 31 December 2024

15. Staff costs (Continued)

The average head count of employees during the year was 23 (2023: 18). The average number of full-time equivalent employees during the year is analysed as follows:

	2024 £	2023 £
Director	1	1
Service Manager	1	1
Admin Manager	1	1
Administrator (Data Entry)	1	1
Administrators and marketing officer	2	2
Assessment and Triage 3 full-time equivalent	1	1
CBT Trainees	9	6
Wellbeing Practitioner	-	-
CBT qualified staff and clinical lead	7	5
	<u>23</u>	<u>18</u>

1 employee received employee benefits of more than £60,000 during the year (2023: 1).

Key Management Personnel

The charity considers the key management personnel to be the trustees and the Chief Executive. The trustees receive no remuneration and the total employee benefits are £60,840 (2023: £60,588).

16. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

17. Tangible fixed assets

	Fixture and fittings £
Cost	
At 1 January 2024 and 31 December 2024	<u>16,648</u>
Depreciation	
At 1 January 2024 and 31 December 2024	<u>16,648</u>
Carrying amount	
At 31 December 2024	<u>-</u>
At 31 December 2023	<u>-</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes of the Financial Statements

For the year ended 31 December 2024

18. Debtors

	2024	2023
	£	£
Trade debtors	123,840	85,026
Accrued income	18,399	-
	<u>142,239</u>	<u>85,026</u>

19. Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	10,675	20,746
Accruals and deferred income	79,814	55,343
Social security and other taxes	15,756	3,689
Other creditors	3,106	1,654
Unapplied receipts	150	-
	<u>109,501</u>	<u>81,432</u>

20. Analysis of charitable funds

	At 1				At 31
	January	Income	Expenditure	Transfers	December
	2024	£	£	£	2024
	£				£
General funds	579,904	858,105	(744,148)		693,861
Database development	-	-	-	-	-
Website development	-	-	-	-	-
Room refurbishment and service enhancement	-	-	-	-	-
Clinical management-enhancement	-	-	-	-	-
HR and H&S consultancy	-	-	-	-	-
Young Persons' Therapy service-property	-	-	-	-	-
Young Persons' Therapy service-project costs	-	-	-	-	-
New IT Equipment	-	-	-	-	-
Service development	110,000				110,000
	<u>689,904</u>	<u>858,105</u>	<u>(744,148)</u>	<u>-</u>	<u>803,861</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes of the Financial Statements

For the year ended 31 December 2024

20. Analysis of charitable funds (Continued)

	At 1 January 2023 £	Income £	Expenditure £	Transfers £	At 31 December 2023 £
General funds	364,434	809,452	(593,982)	-	579,904
Database development	-	-	-	-	-
Website development	-	-	-	-	-
Room refurbishment and service enhancement	-	-	-	-	-
Clinical management- enhancement	-	-	-	-	-
HR and H&S consultancy	-	-	-	-	-
Young Persons' Therapy service-property	-	-	-	-	-
Young Persons' Therapy service-project costs	-	-	-	-	-
New IT Equipment	-	-	-	-	-
Service development	110,000	-	-	-	110,000
	<u>474,434</u>	<u>809,452</u>	<u>(593,982)</u>	<u>-</u>	<u>689,904</u>

21. Analysis of net assets between funds

	Unrestricted Funds £	Total Funds 2024 £
Current assets	913,362	913,362
Creditors less than 1 year	(109,501)	(109,501)
Net assets	<u>803,861</u>	<u>803,861</u>
	Unrestricted Funds £	Total Funds 2023 £
Current assets	771,336	771,336
Creditors less than 1 year	(81,432)	(81,432)
Net assets	<u>689,904</u>	<u>689,904</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes of the Financial Statements

For the year ended 31 December 2024

22. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2024 £	2023 £
Less than 1 year	<u>25,275</u>	<u>25,275</u>

23. Related parties

During the year the charity entered the following transactions with related parties:

	Transaction value		Balance owed by/(owed to)	
	2024 £	2023 £	2024 £	2023 £
St Martin's Parochial Church Council	<u>10,675</u>	<u>55,214</u>	<u>10,675</u>	<u>20,746</u>

There are transactions with the Parochial Church Council of St Martin in the Bull Ring.

- (a) The Rector of the church has the power to appoint the chair of trustees and the PCC has the power to appoint up to five trustees of the charity.
- (b) The building in which the charity operates is leased from the PCC and in previous years the PCC also made recharges to the charity in respect of a number of services provided; telephone, heat and light, photocopying, and a staff service charge. The amounts charged in the year were £10,675
- (c) Annual rent payable is currently £25,275. A new lease is in the process of being agreed with a likely term of seven years.

In addition, the charity employed a relative of two of the trustees, on normal market terms and not connected to their position as trustees.

24. Reconciliation of net movement in funds to net cashflow from operating activities

	2024 £	2023 £
Net income/expenditure for the year (as per Statement of Financial Activities)	<u>113,957</u>	<u>215,470</u>
Adjustments for:		
Decrease/increase) in debtors	(57,213)	(38,348)
Increase/(decrease) in creditors	<u>28,069</u>	<u>65,368</u>
Net cash used in operating activities	<u><u>84,813</u></u>	<u><u>242,490</u></u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes of the Financial Statements

For the year ended 31 December 2024

	2024 £	2023 £
Income and endowments		
Donations and legacies		
Donations	-	17,310
Dignity CMG	-	12,000
Edward and Dorothy Cadbury Trust	-	5,000
William A Cadbury Trust	-	25,000
Joan Lamb Charitable Trust	-	1,000
The W.E.D. Charitable Trust	-	-
Eveson Trust	-	-
Deritend Chapel Endowment	-	-
Sundry grants <£500	-	-
Covid 19 Funds	-	8,500
Grants	2,500	-
	<u>2,500</u>	<u>68,810</u>
Charitable activities		
Other income from charitable activities	<u>19,052</u>	<u>-</u>
Other trading activities		
Room bookings	1,240	5,690
Counselling fees - individual	117,096	95,723
Living Well Consortium Contract Counselling delivery: IAPT/FTB	467,692	380,481
Childrens & Young Persons Service	28,270	118,030
Birmingham and Solihull CCG Community Contract	25,424	24,172
Living Well Consortium Contract Counselling delivery: Covid Triage	-	-
Living Well Consortium Contract Counselling delivery: CBT Training Contract	150,597	100,785
Migrant Centre	26,500	6,150
School staff counselling	1,500	-
	<u>818,319</u>	<u>731,031</u>
Investment income		
Bank interest receivable	<u>18,234</u>	<u>9,611</u>
	<u>858,105</u>	<u>809,452</u>

St Martins Centre for Health and Healing
Company Limited by Guarantee
Detailed Statement of Financial Activities
For the year ended 31 December 2024

	2024	2023
	£	£
Expenditure		
Costs of raising donations and legacies		
Other office costs and donations made	10,010	-
	<u>10,010</u>	<u>-</u>
Expenditure on charitable activities		
Purchases	11,423	15,662
Wages and salaries	582,812	443,767
Employer's NIC	49,320	36,216
Pension costs	13,569	9,890
Rent	25,275	25,275
Light and heat	2,859	9,030
Repairs and maintenance	747	13,872
Insurance	6,292	6,517
Other establishment	-	-
Other motor/travel costs	63	32
Legal and professional fees	3,120	2,480
Telephone	3,274	1,930
Other office costs	23,066	15,857
Depreciation	-	-
Management charges	120	8,848
Counselling and volunteer expenses	3,000	385
Bookkeeping	5,227	-
Publicity	3,531	1,975
Freelance fees	440	2,246
	<u>734,138</u>	<u>593,982</u>
	<u>734,138</u>	<u>593,982</u>
Total expenditure	744,148	593,982
	<u>744,148</u>	<u>593,982</u>
Net income	113,957	215,470
	<u>113,957</u>	<u>215,470</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

For the year ended 31 December 2024

	2024	2023
	£	£
Costs of raising donations and legacies		
Costs of raising donations and legacies - Donations		
Fund raising costs	10	-
	<u>10</u>	<u>-</u>
Donation made	10,000	-
	<u>10,000</u>	<u>-</u>
Expenditure on charitable activities		
Counselling and room hire		
<i>Activities undertaken directly</i>		
Service provision and delivery	11,423	15,662
Salaries	521,972	383,179
Employer's NIC	42,179	29,110
Pension costs	10,527	6,861
Rent	25,275	25,275
Light and heat	2,859	9,030
Repairs and maintenance	747	13,872
Insurance	6,292	6,517
Other establishment costs	-	-
Travel costs	63	32
Freelance fees	440	-
Telephone	3,120	1,930
Other office costs	23,066	15,857
Depreciation	-	-
Management charges	120	8,848
Counselling and volunteer expenses	3,000	385
Publicity	3,531	1,975
Staff cost payroll DBS	5,227	2,246
	<u>659,841</u>	<u>520,779</u>
Support costs		
Salaries	60,840	60,588
Employer's NIC	7,141	7,106
Pension costs	3,042	3,029
Bookkeeping	-	-
	<u>71,023</u>	<u>70,723</u>
Governance costs		
Legal and other professional fees	3,274	2,480
	<u>3,274</u>	<u>2,480</u>
Expenditure on charitable activities	<u>744,148</u>	<u>593,982</u>

ST MARTIN'S CENTRE FOR HEALTH AND HEALING

England & Wales - Charity number 1094458

Accounts

Company Registration Number: 04421138
Charity Registration Number: 1094458

ST MARTINS CENTRE FOR HEALTH AND HEALING
COMPANY LIMITED BY GUARANTEE
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

St Martins Centre for Health and Healing
Company Limited by Guarantee
Financial Statements
For the year ended 31 December 2023

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St Martins Centre for Health and Healing
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Directors' Report)
For the year ended 31 December 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2023.

Objectives and activities

The principal activity of the company continued to be promoting, for the benefit of the public good, physical, mental, spiritual and emotional health in accordance with Christian principles. The trustees have, as a result of carrying out this activity, complied with the duty in section 17(5) of the Charities Act 2011 to have due regard to the guidance published by the Charity Commission.

Through the provision of professional, Counselling & Psychotherapy the Centre for Health and Healing aims to alleviate the suffering and distress of people experiencing a mental health issue.

Our Vision

We seek a world everyone of any age affected by mental health concerns receives timely, effective and accessible counselling and psychotherapy provided by professional therapists.

Our Mission

Our mission is twofold - to provide accessible free and low-cost therapy to people of all ages affected by poor mental health and to develop a workforce of highly qualified, skilled and accredited therapists able to respond to the changing mental health needs of the people of Birmingham.

The Impact

To make a real, lasting difference to the lives of our clients: equipping them with the insight, skills and resilience to maintain positive mental health and wellbeing.

Context

Mental health problems lie at the heart of some of our greatest social challenges and whilst every section of society is affected, certain groups of people are disproportionately at risk; children and young people (CYP), people from minority communities, those with long-term health conditions & disabilities and people living in poverty - groups that the service actively seeks to support.

And what is not commonly understood is that if you live with a long-term untreated mental health issue it significantly increases the risk of a disability and premature mortality from other diseases, including cardiovascular disease, diabetes, and other chronic diseases. Fortunately, counselling & psychotherapy can be highly effective in preventing, supporting recovery from and helping people live with mental health.

Achievements performance

Counselling & Psychotherapy Service

St Martin's Centre for Health and Healing Therapy Service has been working to improve the mental health and well-being of Birmingham residents for over 20 years. The service has doubled in size since 2021 - offering online, telephone & face to face adult therapy and a specialist Children's' and Young Person's service delivering face to face therapy in schools.

In 2023 over 27,628 appointments were offered to 2,971 vulnerable people. The therapy we offer is designed to support people in developing the insight, resilience and self-management skills to improve their mental health and make a positive contribution to their overall quality of life.

St Martins Centre for Health and Healing
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Directors' Report)
For the year ended 31 December 2023

Achievements performance (Continued)

Counselling & Psychotherapy Services (Continued)

The workforce of trainee, volunteer and employed BACP/UKCP/BABCP/BPS therapist continued to grow and at the end of 2023 stood at 157 therapists and 14 staff offering a predominately free (10% of longer-term sessions where low cost) comprehensive range of therapeutic approaches, including CBT, counselling psychology, counselling & psychotherapy. The diversity of the workforce enables the service to offer therapy in 17 different languages.

In 2023 the service entered into a formal partnership with the Birmingham Refugee and Migrant Centre who fund our charity via Birmingham City Council money to deliver specialist therapy for both children and adults who have recently arrived in the UK. The majority of this work will focus on dealing with trauma related mental health issues.

Services Offered

The Centre for Health and Healing is committed to offering therapy to people of all ages and provides two distinct services - adult therapy open to the public aged 18 and above and a specialist Children and Young People's service delivered in schools for children aged 5 to 18.

Adult therapy

Therapy can be accessed face to face from our purpose-built premises in the Bullring in Birmingham, online and over the telephone. Interventions offered include:

Wellbeing Session's - emotional support, guided self-help, and psychoeducation. This support is primarily designed to treat low level anxiety and depression.

Counselling - a mix of short & long - term, multi-modality interventions designed to resolve a wide range of emotional, psychological issues and mental health concerns.

Psychotherapy - in-depth long-term psychotherapy was offered to vulnerable people experiencing a wide range of complex emotional, psychological and mental health conditions.

Cognitive Behavioural Therapy (CBT) - practical techniques to identify and challenge negative thinking patterns and behaviour.

Outcomes

<i>Resilience - better able to manage difficult situations</i>	69%
<i>Improvement in mental health and wellbeing</i>	72%
<i>Improvement in presenting issues</i>	69%
<i>Development of coping skills and strategies</i>	77%
<i>Satisfaction rate</i>	92%

St Martins Centre for Health and Healing
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Directors' Report)
For the year ended 31 December 2023

Achievements performance (Continued)

Financial review

Principal funding sources are Birmingham Integrated Care Board (ICB), the Living Well Consortium, the Training of CBT therapists under sub-contract to Health Education England via the Living Well Consortium and Birmingham Refugee and Migrant Centre.

Additional income was generated through the generous support of a number of charitable Trusts and the City Council. The charity also received fees direct from our clients for long-term therapy.

Reserves

The calculation of the required level of reserves is an integral part of planning, budget and forecast cycle.

The charity considers:

- Risks associated with each stream of income and expenditure being different from that budgeted.
- Planned activity level
- Organization commitments
- Future funding requirements

During the year, the trustees have reviewed their reserves policy as follows:

Reserves are maintained at a level which ensures that a minimum of 6 months of the organization's core activity and continuity of client care could continue during a period of unforeseen difficulty. Clients may be undertaking long-term therapy, and it would be both unethical from an organisational perspective and potentially detrimental to a client's mental health if therapy was to come to a premature end.

This policy will be reviewed annually or more frequently if necessary. St Martin's Centre for Health and Healing unrestricted reserves at the end of the year amount to £689,904.

The trustees recognise that a continuous process of fundraising is required to ensure that reserves can be maintained at a level that is in line with the reserves policy and reflects the organization's continued desire to Increase service delivery and activity. They regularly informally review the level of reserves during the year and feel it prudent to maintain at a higher level at present given the current economic climate, increased competition for funding and continued high demand for our services.

Volunteers

The charity is extremely pleased and grateful for the ongoing support of the many counsellors who volunteer their time to provide the support for the vulnerable people we seek to help. Whilst not formally included In the financial statements it has been calculated that if the charity had to pay for this service it would have cost an additional £726,000.

St Martins Centre for Health and Healing
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Directors' Report)
For the year ended 31 December 2023

Reference and administrative details

Registered charity name	St Martins Centre for Health and Healing
Charity registration number	1094458
Company registration number	04421138
Principal office and registered office	St Martin's Church Edgbaston Street Birmingham B5 5BB

The Trustees

J Barber - Co-opted
S A Ferris - Co-opted
Revd J Allcock
Revd E Blair Chappell
S Blair Chappell
M C Evans - Appointed by PCC
M J Woodward – Appointed by PCC

Trustees during the year

There were no changes in trustees during the year and with and all trustees were still in place at the date of signing the report.

Company secretary

M J Woodward

Independent examiner

Mr J Carty
Thomas and Young Limited
Chartered Accountants & Registered Auditors
Carleton House
266-268 Stratford Road
Shirley
Solihull
West Midlands B90 3AD

Events after the end of the reporting period

The trustees are not aware of any events occurring since the balance sheet date that need to be disclosed.

St Martins Centre for Health and Healing
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Directors' Report)
For the year ended 31 December 2023

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 20 August 2024 and signed on behalf of the board of trustees by:

A handwritten signature in blue ink, appearing to be 'J Allcock', written over a faint blue circular stamp.

Revd J Allcock
Trustee

St Martins Centre for Health and Healing
Company Limited by Guarantee
Independent Examiner's Report to the Trustees
For the year ended 31 December 2023

I report to the trustees on my examination of the financial statements of St Martins Centre for Health and Healing ('the charity') for the year ended 31 December 2023.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purpose 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 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 the 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

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in Section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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 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 accounts to be reached.

James Carty FCA FCCA
Independent Examiner



Thomas and Young Chartered Accountants
Carleton House
266-268 Stratford Road
Shirley, Solihull
West Midlands B90 3AD

Date: 23 August 2024

St Martins Centre for Health and Healing
Company Limited by Guarantee
Statement of Financial Activities
(Including Income and Expenditure Account)

For the year ended 31 December 2023

	Note	Unrestricted Funds £	2023 Total funds £	2022 Total funds £
Income and endowments				
Donations and legacies	5	68,810	68,810	3,219
Charitable activities	6	-	-	500
Other trading activities	7	731,031	731,031	614,429
Investment income	8	9,611	9,611	1,463
Total income		<u>809,452</u>	<u>809,452</u>	<u>619,611</u>
Expenditure				
Expenditure on raising funds:				
Costs of raising donations and legacies	9	-	-	36
Expenditure on charitable activities	10 & 11	593,982	593,982	546,323
Total Expenditure		<u>593,982</u>	<u>593,982</u>	<u>546,359</u>
Net income and net movement in funds		<u>215,470</u>	<u>215,470</u>	<u>73,252</u>
Reconciliation of funds				
Total funds brought forward		474,434	474,434	401,182
Total funds carried forward		<u>689,904</u>	<u>689,904</u>	<u>474,434</u>

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

All income and expenditure derived from continuing activities.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Statement of Financial Position

For the year ended 31 December 2023

	Note	2023 £	2022 £
Current assets			
Debtors	18	85,026	46,678
Cash at bank and in hand		686,310	443,820
		<u>771,336</u>	<u>490,498</u>
Creditors: amounts falling due within one year	19	<u>81,432</u>	<u>16,064</u>
Net current assets		<u>689,904</u>	<u>474,434</u>
Total assets less current liabilities		<u>689,904</u>	<u>474,434</u>
Net assets		<u><u>689,904</u></u>	<u><u>474,434</u></u>
Funds of the charity			
Unrestricted funds		<u>689,904</u>	<u>474,434</u>
Total charity funds	20	<u><u>689,904</u></u>	<u><u>474,434</u></u>

For the year ended 31 December 2023 the charity was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

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

These financial statements were approved by the board of trustees and authorised for issue on 20 August 2024 and are signed on behalf of the board by:



Revd J Allcock
Trustee

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes of the Financial Statement

For the year ended 31 December 2023

1. General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is St Martin's Church, Edgbaston Street, Birmingham, B5 5BB.

The charity is a public benefit entity.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis. The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Disclosure exemptions

The charity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under FRS 102:

No cashflow statement has been presented for the company.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Significant judgements

The trustees consider there are no judgements (apart from those involving estimations) that management has made in the process of applying the entity's accounting policies and that have a significant effect on the amounts recognised in the financial statements.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Management Information

For the year ended 31 December 2023

3. Accounting policies (Continued)

Key sources of estimation uncertainty

Accounting estimates and assumptions are made concerning the future and, by their nature, will rarely equal the related actual outcome. There are no key assumptions or other sources of estimation uncertainty that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes. Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and may fall into one of two sub-classes: restricted income funds or endowment funds. At present there are no endowment funds.

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- income from room hire is recognised when the booking has taken place.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes VAT as this cannot be recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events and non-charitable trading activities.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Management Information

For the year ended 31 December 2023

3. Accounting policies (Continued)

Resources expended (Continued)

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.
- all costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. Any aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. There are no tangible assets carried at revalued amounts.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures and fittings	25% straight-line
-----------------------	-------------------

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

4. Limited by guarantee

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding-up is limited to £1.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Management Information

For the year ended 31 December 2023

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations	17,310	-	17,310
Dignity CMG	12,000	-	12,000
Gifts			
Edward and Dorothy Cadbury Trust	5,000	-	5,000
William A Cadbury Trust	25,000	-	25,000
Grants			
Joan Lamb Charitable Trust	1,000	-	1,000
The W.E.D. Charitable Trust	-	-	-
Eveson Trust	-	-	-
Deritend Chapel Endowment	-	-	-
Sundry grants <£500	-	-	-
Covid 19 Funds	8,500	-	8,500
	<u>68,810</u>	<u>-</u>	<u>68,810</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Donations	819	-	819
Gifts			
Edward and Dorothy Cadbury Trust	-	-	-
Grants			
Joan Lamb Charitable Trust	1,000	-	1,000
The W.E.D. Charitable Trust	-	-	-
Eveson Trust	-	-	-
Deritend Chapel Endowment	900	-	900
Sundry grants <£500	500	-	500
	<u>3,219</u>	<u>-</u>	<u>3,219</u>

6. Charitable activities

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Other income from charitable activities	-	-	500	500
	<u>-</u>	<u>-</u>	<u>500</u>	<u>500</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Management Information

For the year ended 31 December 2023

7. Other trading activities

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Room bookings	5,690	5,690	5,610	5,610
Counselling fees - individual	95,723	95,723	78,811	78,811
Living Well Consortium Contract Counselling delivery: IAPT/FTB	380,481	380,481	422,013	422,013
Childrens & Young Persons Service Birmingham & Solihull CCG	118,030	118,030	-	-
Community Contract	24,172	24,172	23,583	23,583
Living Well Consortium Contract Counselling delivery: Covid Triage	-	-	530	530
Living Well Consortium Contract Counselling delivery: CBT Training Contract	100,785	100,785	83,882	83,882
Migrant Centre	6,150	6,150	-	-
	<u>731,031</u>	<u>731,031</u>	<u>614,429</u>	<u>614,429</u>

8. Investment income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Bank interest received	<u>9,611</u>	<u>9,611</u>	<u>1,463</u>	<u>1,463</u>

9. Costs of raising donations and legacies

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Costs of raising donations and Legacies - Donations	<u>-</u>	<u>-</u>	<u>36</u>	<u>36</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Management Information

For the year ended 31 December 2023

10. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Counselling and room hire	520,779	-	520,779
Support costs	73,203	-	73,203
	<u>593,982</u>	<u>-</u>	<u>593,982</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Counselling and room hire	474,567	-	474,567
Support costs	71,756	-	71,756
	<u>546,323</u>	<u>-</u>	<u>546,323</u>

11. Expenditure on charitable activities by activity type

	Activities Undertaken Directly £	Support Costs £	Total Funds 2023 £	Total Funds 2022 £
Counselling and room hire	520,779	70,723	591,502	542,563
Governance costs	2,480	-	2,480	3,760
	<u>523,259</u>	<u>70,723</u>	<u>593,982</u>	<u>546,323</u>

12. Analysis of support costs

	Counselling and room hire £	Total 2023 £	Total 2022 £
Staff costs	70,723	70,723	66,446
General office	-	-	1,550
Governance costs	2,480	2,480	3,760
	<u>73,203</u>	<u>73,203</u>	<u>71,756</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Management Information

For the year ended 31 December 2023

13. Net income

Net income is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation of tangible fixed assets	-	-

14. Independent examination fees

	2023	2022
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	1,500	700
Other financial services	-	2,550
	<u>1,500</u>	<u>3,250</u>

Fees payable for other services include payroll costs over two years.

15. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023	2022
	£	£
Wages and salaries	443,767	391,294
Social security costs	36,216	32,777
Employer contributions to pension plans	9,890	9,085
	<u>489,873</u>	<u>433,156</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Management Information

For the year ended 31 December 2023

15. Staff costs (Continued)

The average head count of employees during the year was 18 (2022: 15). The average number of full-time equivalent employees during the year is analysed as follows:

	2023	2022
	£	£
Director	1	1
Service Manager	1	1
Admin Manager	1	1
Administrator (Data Entry)	1	1
Administrators and marketing officer	2	2
Assessment and Triage 3 full-time equivalent	1	1
CBT Trainees	6	4
Wellbeing Practitioner	-	-
CBT qualified staff and clinical lead	5	4
	<u>18</u>	<u>15</u>

1 employee received employee benefits of more than £60,000 during the year (2022: Nil).

Key Management Personnel

The charity considers the key management personnel to be the trustees and the Chief Executive. The trustees receive no remuneration and the total employee benefits are £60,588 (2022: £56,761).

16. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

17. Tangible fixed assets

	Fixture and fittings
	£
Cost	
At 1 January 2023 and 31 December 2023	<u>16,648</u>
Depreciation	
At 1 January 2023 and 31 December 2023	<u>16,648</u>
Carrying amount	
At 31 December 2023	<u>-</u>
At 31 December 2022	<u>-</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Management Information

For the year ended 31 December 2023

18. Debtors

	2023	2022
	£	£
Trade debtors	85,026	46,678

19. Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	20,746	127
Accruals and deferred income	55,343	10,150
Social security and other taxes	3,689	4,295
Other creditors	1,654	1,492
	<u>81,432</u>	<u>16,064</u>

20. Analysis of charitable funds

	At 1 January 2023 £	Income £	Expenditure £	Transfers £	At 31 December 2023 £
General funds	364,434	809,452	(593,982)		579,904
Database development					
Website development					
Room refurbishment and service enhancement					
Clinical management- enhancement					
HR and H&S consultancy					
Young Persons' Therapy service-property					
Young Persons' Therapy service-project costs					
New IT Equipment					
Service development	110,000				110,000
	<u>474,434</u>	<u>809,452</u>	<u>(593,982)</u>		<u>689,904</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Management Information

For the year ended 31 December 2023

20. Analysis of charitable funds (Continued)

	At 1 January 2022 £	Income £	Expenditure £	Transfers £	At 31 December 2022 £
General funds	255,182	619,611	(546,359)	36,000	364,434
Database development	18,000	-	-	(18,000)	-
Website development	12,000	-	-	(12,000)	-
Room refurbishment and service enhancement	27,000	-	-	(27,000)	-
Clinical management- enhancement	51,000	-	-	(51,000)	-
HR and H&S consultancy	-	-	-	-	-
Young Persons' Therapy service-property	-	-	-	-	-
Young Persons' Therapy service-project costs	22,000	-	-	(22,000)	-
New IT Equipment	16,000	-	-	(16,000)	-
Service development	-	-	-	110,000	110,000
	<u>401,182</u>	<u>619,611</u>	<u>(546,359)</u>	<u>-</u>	<u>474,434</u>

21. Analysis of net assets between funds

	Unrestricted Funds £	Total Funds 2023 £
Current assets	771,336	771,336
Creditors less than 1 year	(81,432)	(81,432)
Net assets	<u>689,904</u>	<u>689,904</u>
	Unrestricted Funds £	Total Funds 2022 £
Current assets	490,498	490,498
Creditors less than 1 year	(16,064)	(16,064)
Net assets	<u>474,434</u>	<u>474,434</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Management Information

For the year ended 31 December 2023

22. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2023	2022
	£	£
Less than 1 year	25,275	-

23. Related parties

During the year the charity entered into the following transactions with related parties:

	Transaction value		Balance owed by/(owed)	
	2023	2022	2023	2022
	£	£	£	£
St Martin's Parochial Church Council	55,214	48,484	20,746	-

There are transactions with the Parochial Church Council of St Martin in the Bull Ring.

- (a) The Rector of the church has the power to appoint the chair of trustees and the PCC has the power to appoint up to five trustees of the charity.
- (b) The building in which the charity operates is leased from the PCC and in previous years the PCC also made recharges to the charity in respect of a number of services provided; telephone, heat and light, photocopying, and a staff service charge. The amounts charged in the year were £29,939 including £23,212 in respect of 2022. No charges were invoiced during 2022.
- (c) Annual rent payable is currently £25,275. A new lease is in the process of being agreed with a likely term of seven years.

In addition, the charity employed a relative of two of the trustees, on normal market terms and not connected to their position as trustees.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Detailed Statement of Financial Activities

For the year ended 31 December 2023

	2023 £	2022 £
Income and endowments		
Donations and legacies		
Donations	17,310	819
Dignity CMG	12,000	-
Edward and Dorothy Cadbury Trust	5,000	-
William A Cadbury Trust	25,000	-
Joan Lamb Charitable Trust	1,000	1,000
The W.E.D. Charitable Trust	-	-
Eveson Trust	-	-
Deritend Chapel Endowment	-	900
Sundry grants <£500	-	500
Covid 19 Funds	8,500	-
	<u>68,810</u>	<u>3,219</u>
Charitable activities		
Other income from charitable activities	-	500
	<u>-</u>	<u>500</u>
Other trading activities		
Room bookings	5,690	5,610
Counselling fees - individual	95,723	78,811
Living Well Consortium Contract Counselling delivery: IAPT/FTB	380,481	422,013
Childrens & Young Persons Service	118,030	-
Birmingham and Solihull CCG Community Contract	24,172	23,583
Living Well Consortium Contract Counselling delivery: Covid Triage	-	530
Living Well Consortium Contract Counselling delivery: CBT Training Contract	100,785	83,882
Migrant Centre	6,150	-
	<u>731,031</u>	<u>614,429</u>
Investment income		
Bank interest receivable	9,611	1,463
	<u>9,611</u>	<u>1,463</u>
Total income	<u>809,452</u>	<u>619,611</u>

St Martins Centre for Health and Healing
Company Limited by Guarantee
Detailed Statement of Financial Activities (Continued)
For the year ended 31 December 2023

	2023	2022
	£	£
Expenditure		
Costs of raising donations and legacies		
Other office costs	-	36
	<u> </u>	<u> </u>
 Expenditure on charitable activities		
Purchases	15,662	25,859
Wages and salaries	443,767	391,294
Employer's NIC	36,216	32,777
Pension costs	9,890	9,085
Rent	25,275	25,375
Light and heat	9,030	3,796
Repairs and maintenance	13,872	11,356
Insurance	6,517	3,979
Other establishment	-	1,115
Other motor/travel costs	32	-
Legal and professional fees	2,480	3,760
Telephone	1,930	2,195
Other office costs	15,857	16,882
Depreciation	-	-
Management charges	8,848	9,404
Counselling and volunteer expenses	385	4,970
Bookkeeping	-	1,550
Publicity	1,975	2,926
Staff cost payroll exp's DBS	2,246	-
	<u>593,982</u>	<u>546,323</u>
 Total expenditure	 <u>593,982</u>	 <u>546,359</u>
 Net income	 <u>215,470</u>	 <u>73,252</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

For the year ended 31 December 2023

	2023 £	2022 £
Costs of raising donations and legacies		
Costs of raising donations and legacies - Donations		
Fund raising costs	-	36
	<u> </u>	<u> </u>
Costs of raising donations and legacies	-	36
	<u> </u>	<u> </u>
Expenditure on charitable activities		
Counselling and room hire		
<i>Activities undertaken directly</i>		
Service provision and delivery	15,662	25,859
Salaries	383,179	334,378
Employer's NIC	29,110	26,092
Pension costs	6,861	6,240
Rent	25,275	25,375
Light and heat	9,030	3,796
Repairs and maintenance	13,872	11,356
Insurance	6,517	3,979
Other establishment costs	-	1,115
Travel costs	32	-
Counselling supervision	-	-
Telephone	1,930	2,195
Other office costs	15,857	16,882
Depreciation	-	-
Management charges	8,848	9,404
Counselling and volunteer expenses	385	4,970
Publicity	1,975	2,926
Staff cost payroll DBS	2,246	-
	<u>520,779</u>	<u>474,567</u>
	<u> </u>	<u> </u>
Support costs		
Salaries	60,588	56,916
Employer's NIC	7,106	6,685
Pension costs	3,029	2,845
Bookkeeping	-	1,550
	<u>70,723</u>	<u>67,996</u>
	<u> </u>	<u> </u>
Governance costs		
Legal and other professional fees	2,480	3,760
	<u> </u>	<u> </u>
	<u> </u>	<u> </u>
Expenditure on charitable activities	<u>593,982</u>	<u>546,323</u>

ST MARTIN'S CENTRE FOR HEALTH AND HEALING

England & Wales - Charity number 1094458

Accounts

COMPANY REGISTRATION NUMBER: 04421138
CHARITY REGISTRATION NUMBER: 1094458

St Martins Centre for Health and Healing
Company Limited by Guarantee
Unaudited Financial Statements
31 December 2022

St Martins Centre for Health and Healing

Company Limited by Guarantee

Financial Statements

Year ended 31 December 2022

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St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 December 2022

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2022.

Objectives and activities

The principal activity of the company continued to be promoting, for the benefit of the public good, physical, mental, spiritual and emotional health in accordance with Christian principles. The trustees have, as a result of carrying out this activity complied with the duty in section 17(5) of the Charities Act 2011 to have due regard to the guidance published by the Charity Commission.

Through the provision of professional, accredited Counselling & Psychotherapy the Centre for Health and Healing aims to alleviate the suffering and distress of people experiencing a mental health issue across the West Midlands.

Our Vision

We seek a world everyone of any age affected by mental health problems receives timely, effective and accessible counselling and psychotherapy provided by professional therapists.

Our Mission

Our Mission is twofold - to provide accessible free and low-cost therapy to people of all ages affected by poor mental health and to develop a workforce of dedicated, highly qualified, skilled and accredited therapists able to respond to the changing mental health needs of the West Midlands.

The Impact

To make a real, lasting difference to the lives of our clients; equipping them with the insight, skills and resilience to maintain positive mental health and wellbeing.

Context

Mental health problems lie at the heart of some of our greatest social challenges and the Covid-19 crisis has only exacerbated the problem. Whilst every section of society is affected, certain groups of people are disproportionately at risk; in particular children and young people (CYP), people from minority communities, those living with long-term health conditions & disability and people living in poverty.

And what is not commonly understood is that if you live with a long-term untreated mental health issue it significantly increases the risk of a disability and premature mortality from other diseases, including cardiovascular disease, diabetes and other chronic diseases. Fortunately, counselling & psychotherapy can be highly effective in preventing, supporting recovery from and helping people live with mental health problems.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2022

Achievements and performance

Counselling & Psychotherapy Service

St Martin's Centre for Health and Healing Therapy Service has been working to improve the mental health and wellbeing of Birmingham residents for over 20 years. Since the outbreak of Covid 19 the service has over doubled in size - offering online and telephone therapy alongside the traditional face to face service and expanded its reach to include the whole of the West Midlands.

In 2022 over 24,000 appointments were offered to 2,2000 vulnerable people supporting them in developing the insight, resilience and self-management skills to improve their mental health and make a positive contribution to their overall quality of life in often very difficult personal circumstances.

The workforce of trainee, volunteer and employed BACP/UKCP/BABCP/BPS therapist continued to grow and by the end of 2022 stood at 152 therapists and 12 staff offered a predominately free (10% of longer-term sessions where low cost) comprehensive range of therapeutic approaches including CBT, Counselling Psychology, Person Centre and Integrative therapy.

Services Offered

The Centre for Health and Healing is committed to offering therapy to people of all ages and provides two distinct services - adult therapy open to the general public aged 18 and above and a specialist Children and Young People's service delivered in schools for children aged 5 to 18.

Adult therapy

Therapy can be accessed face to face from our purpose-built premises in the Bullring in Birmingham, online and over the telephone. Interventions offered include:

Wellbeing Sessions - This included emotional support, guided self-help, and psychoeducation. This support is primarily designed to treat low level anxiety and depression.

Counselling - This included a mix of short & long - term, multi-modality interventions designed to resolve a wide range of emotional, psychological issues and mental health concerns.

Psychotherapy -. In-depth long-term psychotherapy was offered to vulnerable people who experiencing a wide range of complex emotional, psychological and mental health conditions.

Cognitive Behavioural Therapy (CBT) - Designed to find practical ways to improve a client's state of mind and help identify and challenge any negative thinking patterns and behaviour which may be causing difficulties.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2022

Achievements and performance *(continued)*

Children and Young People Therapy

This new service set up in 2021 continues to expand and in 2022 offered specialist CYP therapy provided exclusively in partnership with 21 local schools delivering over 2,500 sessions.

With an emphasis on improving school attendance, behaviour and academic attainment the CYP therapy service aims to make a real, lasting difference to the lives of children and young people; equipping them with the insight, skills and resilience to make the most of their education and achieve their lifetime ambitions.

Impact-A theory of Change

The centre believes that we have a duty of care to ensure our services are effective and works hard to ensure our work has a positive impact. The Centre uses a Theory of Change model, "mapping backwards" from the desired Impact to identify the Primary & Secondary Outcomes, determine the interventions needed to achieve these Outcomes and develop Indicators for each Outcome. This approach enables us to assess overall performance towards achieving the Impact and make changes/modifications to the model as necessary.

Primary Outcomes - whole service

	Outcomes
Resilience-better able to manage difficult situations	72
Improvement in mental health and Wellbeing	67
Improvement in presenting issues	69
Development of coping skills and strategies	71
Greater self-awareness	80
Satisfaction rate	93

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2022

Financial review

Principal funding sources are Birmingham & Solihull Clinical Commissioning Group (CCG,) the Living Well Consortium, the Training of CBT therapists under sub-contract to Health Education England via the Living Well Consortium.

Additional income was generated through the generous support of numerous charitable Trusts and the City Council. We also received fees direct from our clients for long-term therapy.

During the year the charity's income was made up as follows:

	2022
	£
Delivery of therapy services under contract or otherwise	524,937
Training fees	83,882
Grants for general use	2,400
Room hire	5,610
General donations	819
Investment income	1,463
Other income	500
Total income	<u>619,611</u>

Total costs incurred were £546,359 leaving a balance carried forward to 2023 of £474,434 of which £110,000 has been designated for specific uses.

Going Concern

The trustees confirm they have considered all available information about the future for at least 12 months from the date the accounts were approved and have concluded that there is no uncertainty relating to going concern. Accordingly the accounts have been prepared on a going concern basis.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2022

Financial review *(continued)*

Reserves

The calculation of the required level of reserves is an integral part of planning, budget and forecast cycle. It considers:

Risks associated with each stream of income and expenditure being different from that budgeted.

- Planned activity level
- Organisation's commitments
- Future funding requirements

During the year, the Trustees have reviewed their reserves policy as follows:

Reserves are maintained at a level which ensures that a minimum of 6 months of the organisation's core activity and continuity of client care could continue during a period of unforeseen difficulty. Clients may be undertaking long-term therapy and it would be both unethical from an organisational perspective and potentially detrimental to a client's mental health if therapy was to come to a premature end.

This policy will be reviewed annually or more frequently if necessary. St Martin's Centre for Health and Healing un-restricted reserves at the end of the year amount to £474,434 and from this Trustees have designated £110,000 to cover the following costs:

- running costs associated with the recent rapid growth of the organisation
- investment in our business practices - workforce development, marketing (including Website, SEO and social media)
- service development/new project delivery
- investment in core infrastructure - including IT and Client Management Software development

St Martin's Centre for Health and Healing's non-designated free reserves are therefore £364,434 for the year being reported representing approximately 6 months budgeted 'core activity' running costs for 2022.

The Trustees recognise that a continuous process of fundraising is required to ensure that reserves can be maintained at a level that is in line with the reserves policy and reflects the organisation's continued desire to increase service delivery and activity. They regularly informally review the level of reserves during the year and feel it prudent to maintain at a slightly higher level at present given the current economic climate, increased competition for funding and continued high demand for our services.

Volunteers

The Charity is extremely pleased and grateful for the ongoing support of the many counsellors who volunteer their time to provide the support for the vulnerable people we seek to help. Whilst not formally included in the financial statements it has been calculated that if the charity had had to pay for this service it would have cost an additional £672,000.

Structure, governance and management

The charity is a charitable company, incorporated on 19 April 2002 and is governed by its Memorandum and Articles of Association as amended on 28 July 2008.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2022

Structure, governance and management *(continued)*

Recruitment and induction of new trustees

The body of trustees, who are also directors for the purpose of company law, comprises five trustees appointed by the Parochial Church Council of St Martin in the Bull Ring and up to 10 persons co-opted for a fixed period of two years by the trustees currently in place. The chair of trustees is nominated by the Rector of St Martin in the Bull Ring.

Organisational structure

Day to day management is delegated to the chief executive, Mr Rob Jones.

Induction and training of new trustees

The board ensures that all members are aware of their responsibilities as trustees. Any new trustees are supplied, on their appointment, with appropriate literature issued by Charities Commission detailing their responsibilities.

Related Parties

The charity maintains a close working relationship on all operational matters with the Parochial Church Council of St Martin in the Bull Ring. Transactions with the PCC are disclosed in the accounts.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2022

Reference and administrative details

Registered charity name	St Martins Centre for Health and Healing
Charity registration number	1094458
Company registration number	04421138
Principal office and registered office	St Martin's Church Edgbaston Street Birmingham B5 5BB

The trustees

J Barber
Co-opted
SA Ferris
Co-opted
Revd J Allcock
Revd E Blair Chappell
S Blair Chappell
A Standing (Resigned 26 January 2022)
Co-opted
MC Rushen
Appointed by PCC
MJ Woodward
Appointed by PCC

Trustees during the Year

There were no changes in trustees during the year and with the exception of Anne Standing who resigned on 26 January 2022 all trustees were still in place at the date of signing the report.

Company secretary	MJ Woodward
Independent examiner	David Seeley FCA Accuo Accounting Limited Chartered Accountants Alvechurch Birmingham B48 7JX

Events after the end of the reporting period

The trustees are not aware of any events occurring since the balance sheet date that need to be disclosed.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2022

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 16 May 2023 and signed on behalf of the board of trustees by:



Revd J Allcock
Trustee

St Martins Centre for Health and Healing

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of St Martins Centre for Health and Healing

Year ended 31 December 2022

I report to the trustees on my examination of the financial statements of St Martins Centre for Health and Healing ('the charity') for the year ended 31 December 2022.

Responsibilities and basis of report

As the trustees of the company (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 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 the 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

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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 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 386 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).

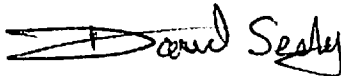
St Martins Centre for Health and Healing

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of St Martins Centre for Health and Healing *(continued)*

Year ended 31 December 2022

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.



David Seeley FCA
Independent Examiner

Accuo Accounting Limited
Chartered Accountants
Alvechurch
Birmingham
B48 7JX

22/5/2023

St Martins Centre for Health and Healing

Company Limited by Guarantee

Statement of Financial Activities (Including Income and expenditure account)

Year ended 31 December 2022

		2022		2021
	Note	Unrestricted funds £	Total funds £	Total funds £
Income and endowments				
Donations and legacies	5	3,219	3,219	17,854
Charitable activities	6	500	500	3,450
Other trading activities	7	614,429	614,429	489,346
Investment income	8	1,463	1,463	15
Total income		<u>619,611</u>	<u>619,611</u>	<u>510,665</u>
Expenditure				
Expenditure on raising funds:				
Costs of raising donations and legacies	9	36	36	54
Expenditure on charitable activities	10,11	546,323	546,323	395,568
Total expenditure		<u>546,359</u>	<u>546,359</u>	<u>395,622</u>
Net income and net movement in funds		<u>73,252</u>	<u>73,252</u>	<u>115,043</u>
Reconciliation of funds				
Total funds brought forward		401,182	401,182	286,139
Total funds carried forward		<u>474,434</u>	<u>474,434</u>	<u>401,182</u>

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

The notes on pages 13 to 22 form part of these financial statements.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Statement of Financial Position

31 December 2022

	Note	2022 £	2021 £
Current assets			
Debtors	18	46,678	20,061
Cash at bank and in hand		443,820	406,847
		<u>490,498</u>	<u>426,908</u>
Creditors: amounts falling due within one year	19	16,064	25,726
Net current assets		<u>474,434</u>	<u>401,182</u>
Total assets less current liabilities		<u>474,434</u>	<u>401,182</u>
Net assets		<u>474,434</u>	<u>401,182</u>
Funds of the charity			
Unrestricted funds		474,434	401,182
Total charity funds	20	<u>474,434</u>	<u>401,182</u>

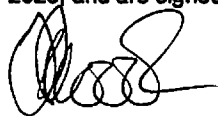
For the year ending 31 December 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

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

These financial statements were approved by the board of trustees and authorised for issue on 16 May 2023, and are signed on behalf of the board by:



Revd J Allcock
Trustee

The notes on pages 13 to 22 form part of these financial statements.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 December 2022

1. General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is St Martin's Church, Edgbaston Street, Birmingham, B5 5BB.

The charity is a public benefit entity.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis. The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Disclosure exemptions

The charity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under FRS 102:

No cash flow statement has been presented for the company.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

3. Accounting policies *(continued)*

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Significant judgements

The trustees consider there are no judgements (apart from those involving estimations) that management has made in the process of applying the entity's accounting policies and that have a significant effect on the amounts recognised in the financial statements.

Key sources of estimation uncertainty

Accounting estimates and assumptions are made concerning the future and, by their nature, will rarely equal the related actual outcome. There are no key assumptions or other sources of estimation uncertainty that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes. Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and may fall into one of two sub-classes: restricted income funds or endowment funds. At present there are no endowment funds.

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- Income from room hire is recognised when the booking has taken place
- Income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

3. Accounting policies *(continued)*

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes VAT as this cannot be recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events and non-charitable trading activities.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.
- All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. Any aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. There are no tangible assets carried at revalued amounts.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures and fittings - 25% straight line

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

4. Limited by guarantee

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding-up is limited to £1.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Donations	819	–	819
Gifts			
Edward and Dorothy Cadbury Trust	–	–	–
Grants			
Joan Lamb Charitable Trust	1,000	–	1,000
The W.E.D Charitable Trust	–	–	–
Eveson Trust	–	–	–
Deritend Chapel Endowment	900	–	900
Sundry grants < £500	500	–	500
	<u>3,219</u>	<u>–</u>	<u>3,219</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations			
Donations	1,653	–	1,653
Gifts			
Edward and Dorothy Cadbury Trust	–	3,500	3,500
Grants			
Joan Lamb Charitable Trust	1,300	–	1,300
The W.E.D Charitable Trust	1,000	–	1,000
Eveson Trust	–	10,001	10,001
Deritend Chapel Endowment	–	–	–
Sundry grants < £500	400	–	400
	<u>4,353</u>	<u>13,501</u>	<u>17,854</u>

6. Charitable activities

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Other income from charitable activities	<u>500</u>	<u>500</u>	<u>3,450</u>	<u>3,450</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

7. Other trading activities

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Room bookings	5,810	5,810	–	–
Counselling fees- Individual	78,811	78,811	60,447	60,447
Living Well Consortium Contract				
Counselling delivery: IAPT/FTB	422,013	422,013	222,598	222,598
Access Clinic	–	–	2,530	2,530
Birmingham and Solihull CCG				
Community Contract	23,583	23,583	22,887	22,887
Living Well Consortium Contract				
Counselling delivery: Covid Triage	530	530	51,705	51,705
Living Well Consortium Contract				
Counselling delivery: CBT Training				
Contract	83,882	83,882	129,179	129,179
	<u>614,429</u>	<u>614,429</u>	<u>489,346</u>	<u>489,346</u>

8. Investment Income

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Bank interest receivable	<u>1,463</u>	<u>1,463</u>	<u>15</u>	<u>15</u>

9. Costs of raising donations and legacies

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Costs of raising donations and legacies - Donations	<u>36</u>	<u>36</u>	<u>54</u>	<u>54</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

10. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Counselling and room hire	474,567	–	474,567
Support costs	71,756	–	71,756
	<u>546,323</u>	<u>–</u>	<u>546,323</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Counselling and room hire	311,044	13,501	324,545
Support costs	71,023	–	71,023
	<u>382,067</u>	<u>13,501</u>	<u>395,568</u>

11. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2022 £	Total fund 2021 £
Counselling and room hire	474,567	67,996	542,563	392,868
Governance costs	–	3,760	3,760	2,700
	<u>474,567</u>	<u>71,756</u>	<u>546,323</u>	<u>395,568</u>

12. Analysis of support costs

	Counselling and room hire £	Total 2022 £	Total 2021 £
Staff costs	66,446	66,446	64,217
General office	1,550	1,550	4,106
Governance costs	3,760	3,760	2,700
	<u>71,756</u>	<u>71,756</u>	<u>71,023</u>

13. Net Income

Net income is stated after charging/(crediting):

	2022 £	2021 £
Depreciation of tangible fixed assets	<u>–</u>	<u>180</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

14. Independent examination fees

	2022	2021
	£	£
Fees payable to the Independent examiner for: Independent examination of the financial statements	700	600
Other financial services	2,550	2,160
	<u>3,250</u>	<u>2,760</u>

Fees payable for other services include payroll costs over two years.

15. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2022	2021
	£	£
Wages and salaries	391,294	281,840
Social security costs	32,777	21,816
Employer contributions to pension plans	9,085	8,591
	<u>433,156</u>	<u>312,047</u>

The average head count of employees during the year was 15 (2021: 12). The average number of full-time equivalent employees during the year is analysed as follows:

	2022	2021
	No.	No.
Director	1	1
Service Manager	1	1
Admin Manager	1	1
Administrator (Data Entry)	1	1
Administrators and marketing officer	2	3
Assessment and Triage-3 full-time equivalent	1	2
CBT Trainees	4	2
Wellbeing Practitioner	-	1
CBT Qualified staff and clinical lead	4	-
	<u>15</u>	<u>12</u>

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

Key Management Personnel

The charity considers the key management personnel to be the trustees and the Chief Executive. The trustees receive no remuneration and the total employee benefits are £59,761 (2021: £57,834).

16. Trustee remuneration and expenses

- no remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

17. Tangible fixed assets

	Fixtures and fittings £
Cost	
At 1 January 2022 and 31 December 2022	16,648
Depreciation	
At 1 January 2022 and 31 December 2022	16,648
Carrying amount	
At 31 December 2022	—
At 31 December 2021	—

18. Debtors

	2022 £	2021 £
Trade debtors	46,678	20,061

19. Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	127	6,319
Accruals and deferred income	10,150	13,046
Social security and other taxes	4,295	4,256
Other creditors	1,492	2,105
	<u>16,064</u>	<u>25,726</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

20. Analysis of charitable funds

Unrestricted funds

	At 1 January 2022	Income	Expenditure	Transfers	At 31 December 2022
	£	£	£	£	£
General funds	255,182	619,611	(546,359)	36,000	364,434
Database development	18,000	-	-	(18,000)	-
Website development	12,000	-	-	(12,000)	-
Room refurbishment and service enhancement	27,000	-	-	(27,000)	-
Clinical management-enhancem ent	51,000	-	-	(51,000)	-
HR and H&S consultancy	-	-	-	-	-
Young Persons' Therapy service -property	-	-	-	-	-
Young Persons' Therapy service -project costs	22,000	-	-	(22,000)	-
New IT Equipment	16,000	-	-	(16,000)	-
Service development	-	-	-	110,000	110,000
	<u>401,182</u>	<u>619,611</u>	<u>(546,359)</u>	<u>-</u>	<u>474,434</u>

	At 1 January 2021	Income	Expenditure	Transfers	At 31 December 2021
	£	£	£	£	£
General funds	172,139	497,164	(382,121)	(32,000)	255,182
Database development	5,000	-	-	13,000	18,000
Website development	5,000	-	-	7,000	12,000
Room refurbishment and service enhancement	14,000	-	-	13,000	27,000
Clinical management-enhancem ent	34,000	-	-	17,000	51,000
HR and H&S consultancy	5,000	-	-	(5,000)	-
Young Persons' Therapy service -property	22,000	-	-	(22,000)	-
Young Persons' Therapy service -project costs	29,000	-	-	(7,000)	22,000
New IT Equipment	-	-	-	16,000	16,000
Service development	-	-	-	-	-
	<u>288,139</u>	<u>497,164</u>	<u>(382,121)</u>	<u>-</u>	<u>401,182</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

21. Analysis of net assets between funds

	Unrestricted Funds £	Total Funds 2022 £
Current assets	490,498	490,498
Creditors less than 1 year	(16,064)	(16,064)
Net assets	474,434	474,434

	Unrestricted Funds £	Total Funds 2021 £
Tangible fixed assets	–	–
Current assets	426,908	426,908
Creditors less than 1 year	(25,726)	(25,726)
Net assets	401,182	401,182

22. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2022 £	2021 £
Later than 5 years	–	262,080

23. Related parties

During the year the charity entered into the following transactions with related parties:

	Transaction value		Balance owed by/(owed to)	
	2022 £	2021 £	2022 £	2021 £
St Martin's Parochial Church Council	48,484	20,160	–	–

There are transactions with the Parochial Church Council of St Martin in the Bull Ring.

(a) The Rector of the church has the power to appoint the chair of trustees and the PCC has the power to appoint up to five trustees to the charity.

(b) The building in which the charity operates is leased from the PCC and in previous years the PCC also made recharges to the charity in respect of a number of services provided; telephone, heat and light, photocopying, and a staff service charge. The amounts charged in the year were £23,212 including £8,208 in respect of 2021. No charges were invoiced during 2021.

(c) Annual rent payable is currently £25,272. There is currently no formal lease and consequently no commitments are disclosed. A new lease is in process of being agreed with a likely term of seven years.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Management Information

Year ended 31 December 2022

The following pages do not form part of the financial statements.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 31 December 2022

	2022 £	2021 £
Income and endowments		
Donations and legacies		
Donations	819	1,653
Edward and Dorothy Cadbury Trust	-	3,500
Joan Lamb Charitable Trust	1,000	1,300
The W.E.D Charitable Trust	-	1,000
Eveson Trust	-	10,001
Deritend Chapel Endowment	900	-
Sundry grants < £500	500	400
	<u>3,219</u>	<u>17,854</u>
Charitable activities		
Other Income from charitable activities	<u>500</u>	<u>3,450</u>
Other trading activities		
Room bookings	5,610	-
Counselling fees- Individual	78,811	60,447
Living Well Consortium Contract Counselling delivery: IAPT/FTB	422,013	222,598
Access Clinic	-	2,530
Birmingham and Solihull CCG Community Contract	23,583	22,887
Living Well Consortium Contract Counselling delivery: Covid Triage	530	51,705
Living Well Consortium Contract Counselling delivery: CBT Training Contract	<u>83,882</u>	<u>129,179</u>
	<u>614,429</u>	<u>489,346</u>
Investment Income		
Bank Interest receivable	<u>1,463</u>	<u>15</u>
Total Income	<u>619,611</u>	<u>510,665</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Detailed Statement of Financial Activities *(continued)*

Year ended 31 December 2022

	2022	2021
	£	£
Expenditure		
Costs of raising donations and legacies		
Other office costs	36	54
	<hr/>	<hr/>
Expenditure on charitable activities		
Purchases	25,859	17,839
Wages and salaries	391,294	281,840
Employer's NIC	32,777	21,616
Pension costs	9,085	8,591
Rent	25,375	20,160
Light and heat	3,796	-
Repairs and maintenance	11,356	-
Insurance	3,979	3,355
Other establishment	1,115	-
Other motor/travel costs	-	89
Legal and professional fees	3,760	2,713
Telephone	2,195	768
Other office costs	16,882	14,285
Depreciation	-	180
Management charges	9,404	4,205
Counselling and volunteer expenses	4,970	8,726
Book-keeping	1,550	4,106
Publicity	2,926	7,095
	<hr/>	<hr/>
	546,323	395,568
	<hr/>	<hr/>
Total expenditure	546,359	395,622
	<hr/>	<hr/>
Net income	73,252	115,043

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

Year ended 31 December 2022

	2022	2021
	£	£
Costs of raising donations and legacies		
Costs of raising donations and legacies - Donations		
Fundraising costs	36	54
	<u>36</u>	<u>54</u>
Costs of raising donations and legacies	<u>36</u>	<u>54</u>
Expenditure on charitable activities		
Counselling and room hire		
Activities undertaken directly		
Service provision and delivery	25,859	17,839
Salaries	334,378	226,760
Employer's NIC	26,092	15,233
Pension costs	6,240	5,837
Rent	25,375	20,160
Light & heat	3,796	-
Repairs & maintenance	11,356	-
Insurance	3,979	3,355
Other establishment costs	1,115	-
Travel costs	-	89
Counselling supervision	-	13
Telephone	2,195	768
Other office costs	16,882	14,285
Depreciation	-	180
Management charges	9,404	4,205
Counselling and volunteer expenses	4,970	8,726
Publicity	2,926	7,095
	<u>474,567</u>	<u>324,545</u>
Support costs		
Salaries	56,916	55,080
Employer's NIC	6,685	6,383
Pension costs	2,845	2,754
Book-keeping	1,550	4,106
	<u>67,996</u>	<u>68,323</u>
Governance costs		
Legal and other professional fees	3,760	2,700
	<u>3,760</u>	<u>2,700</u>
Expenditure on charitable activities	<u>546,323</u>	<u>395,568</u>

ST MARTIN'S CENTRE FOR HEALTH AND HEALING

England & Wales - Charity number 1094458

Accounts

COMPANY REGISTRATION NUMBER: 04421138
CHARITY REGISTRATION NUMBER: 1094458

St Martins Centre for Health and Healing
Company Limited by Guarantee
Unaudited Financial Statements
31 December 2021

ACCUO ACCOUNTING LIMITED

Accuo Accounting Limited
Chartered Accountants
Alvechurch
Birmingham
B48 7JX

St Martins Centre for Health and Healing

Company Limited by Guarantee

Financial Statements

Year ended 31 December 2021

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The following pages do not form part of the financial statements	
Detailed statement of financial activities	26
Notes to the detailed statement of financial activities	28

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 December 2021

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2021.

Objectives and activities

The principal activity of the company continued to be promoting, for the benefit of the public good, physical, mental, spiritual and emotional health in accordance with Christian principles. The trustees have, as a result of carrying out this activity complied with the duty in section 17(5) of the Charities Act 2011 to have due regard to the guidance published by the Charity Commission.

Through the provision of professional, accredited Counselling & Psychotherapy the Centre for Health and Healing aims to alleviate the suffering and distress of the most vulnerable and excluded people in and around the city.

Our Impact

Our services equip people struggling with poor mental health with the insight, skills, and resilience to prevent, support recovery from and maintain positive mental health

Mental Health

Mental health problems lie at the heart of some of our greatest social challenges and the Covid-19 crisis has only exacerbated the problem. Whilst every section of society is affected, certain groups of people are disproportionately at risk; in particular children and young people (CYP), people from BAME communities, those living with long-term health conditions & disability and people living in poverty.

And what is not commonly understood is that if you live with a long-term untreated mental health issue it significantly increases the risk of a disability and premature mortality from other diseases, including cardiovascular disease, diabetes and other chronic diseases. Fortunately, counselling & psychotherapy can be highly effective in preventing, supporting recovery from and helping people live with mental health problems.

Achievements and performance

Impact-A theory of Change

The centre believes that we have a duty of care to ensure our services are effective and works hard to ensure our work has a positive impact. The Centre uses a **Theory of Change model**, "mapping backwards" from the desired Impact to identify the Primary & Secondary Outcomes, determine the interventions needed to achieve these Outcomes and develop indicators for each Outcome. This approach enables us to assess overall performance towards achieving the Impact and make changes/modifications to the model as necessary.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2021

Achievements and performance *(continued)*

Outcomes for all therapeutic services-existing and new

	Outcome %
Resilience-better able to manage difficult situations	72
Improvement in mental health and Wellbeing	67
Improvement in presenting issues	69
Development of coping skills and strategies	71
Overall satisfaction rate	78
Greater self-awareness	80
Satisfaction rate	93

Covid-19

The pandemic continued to play a major role in delivery of services in 2021. With the exception of a short period in the Autumn of 2021 our offices remained closed with all therapy being delivered remotely. Demand for services continued to increase however, the charities specific Covid services had all come to an end by March 2021 in favour of more generic counselling, CBT, psychotherapy, and Wellbeing activities.

Existing services

Counselling & Psychotherapy Service

St Martin's Centre for Health and Healing Therapy Service has been working to improve the mental health and wellbeing of Birmingham residents for nearly 20 years. All our clients can be classed as vulnerable, many at risk, often with multiple issues, and predominantly coming from the most marginalised, impoverished parts of our community.

That's over 24,000 vulnerable people supported in developing the insight, resilience and self-management skills to improve their mental health and make a positive contribution to their overall quality of life in often very difficult personal and economic circumstances.

In 2020 the demand for our services was greater than ever and our 80+ BACP/UKCP/BABCP volunteer therapists (all either qualified or accumulating hours after academic studies), and 12 staff offered free, confidential counselling and psychotherapy to over 2,200 vulnerable people predominantly via the telephone and video link.

In anticipation of unprecedented levels of demand at the outbreak of the Covid-19 crisis we restructured the service to offer three distinct but interrelated therapeutic offerings.

In 2021 the demand for our services was greater than ever and our 100+ BACP/UKCP/BABCP volunteer therapists (all either qualified or accumulating hours after academic studies), and 16 staff offered free, and low-cost confidential counselling and psychotherapy to over 2,000 vulnerable people predominantly via the telephone and video link.

Depending on need we provided:

Wellbeing Support-up to 6 sessions. This included emotional support, guided self-help, and psychoeducation. The outcome to address anxiety and depression as a consequence or the Covid crisis.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2021

Achievements and performance *(continued)*

Counselling Support-open ended. This included a mix of short & long - term, multi-modality intentions designed to resolve a wide range of emotional, psychological issues and mental health concerns.

Psychotherapy - 8 to 20 weeks. In-depth psychotherapy was offered to vulnerable people who experiencing a wide range of complex emotional, psychological and mental health conditions.

Cognitive Behavioural Therapy (CBT) - up to 20 weeks. Design to find practical ways to improve a client's state of mind and help identify and challenge any negative thinking patterns and behaviour which may be causing difficulties.

Plans for future periods

Future developments for 2022 include the establishment of a Young Person's therapy service delivered in schools across Birmingham.

St Martin's Centre for Health (CHH) has entered into a partnership with Birmingham City University (BCU) to deliver an MSc in Young People's Counselling (CYP). BCU will deliver the academic component with CHH providing the Clinical Placement all students need to undertake to qualify. 22 MSc students will commence a detailed program of 'familiarisation' training in October 2021 and commence their clinical practice in January 2022.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2021

Financial review

Principal funding sources are Birmingham & Solihull Clinical Commissioning Group (CCG,) the Living Well Consortium, the Training of CBT therapists under sub-contract to Health Education England via the Living Well Consortium.

Additional income was generated through the generous support of numerous charitable Trusts, the City Council and the National Lottery. We also received a small amount of fees direct from our clients for long-term therapy.

During the year the charity's income was made up as follows:

	2021 £
Delivery of therapy services under contract or otherwise	360,167
Training fees	129,179
Grants for general use	2,700
Salary support grants (restricted)	13,501
General donations	1,653
Investment income	15
Other income	3,450
Total income	<u>510,665</u>

Total costs incurred were £395,623 leaving a balance carried forward to 2022 of £401,182 of which £146,000 has been designated for specific uses.

Going Concern

The trustees confirm they have considered all available information about the future for at least 12 months from the date the accounts were approved and have concluded that there is no uncertainty relating to going concern. Accordingly the accounts have been prepared on a going concern basis.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2021

Financial review *(continued)*

Reserves

The trustees' policy is to try and maintain an amount of unrestricted reserves ie those not restricted or designated for specific purposes, equivalent to six months normal operating expenditure. This policy will be reviewed annually or more frequently if necessary. In light of the ongoing increase in demand for the charity's services further additional staff will be employed in the coming period. The estimate of 'normal operating expenditure' has been increased by £65,000 to factor this in.

The Centre for Health and Healing's un-restricted reserves at the end of the year amount to £401,182 and from this Trustees have designated £146,000 to cover the following costs:

- Website redesign £12,000
- New Database/Patient Management System £18,000
- Refurbishment of current property in order to facilitate and enhance new methods of working £27,000
- Development of Clinical & Supervision management structure and staffing £51,000
- Other costs in respect of planned service expansion-Children and Young People £22,000
- Investment in new IT equipment £16,000

Non-designated free reserves are therefore £190,000 for the year being reported representing approximately 6 months budgeted 'core activity' running costs. The Trustees recognise that a continuous process of fundraising is required to ensure that reserves can be maintained at a level that is in line with the reserves policy and reflects the organisation's continued desire to increase service delivery and activity.

Volunteers

The Charity is extremely pleased and grateful for the ongoing support of the many counsellors who volunteer their time to provide the support for the vulnerable people we seek to help. Whilst not formally included in the financial statements it has been calculated that if the charity had had to pay for this service it would have cost an additional £509,400.

Structure, governance and management

The charity is a charitable company, incorporated on 19 April 2002 and is governed by its Memorandum and Articles of Association as amended on 28 July 2008.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2021

Structure, governance and management *(continued)*

Recruitment and induction of new trustees

The body of trustees, who are also directors for the purpose of company law, comprises five trustees appointed by the Parochial Church Council of St Martin in the Bull Ring and up to 10 persons co-opted for a fixed period of two years by the trustees currently in place. The chair of trustees is nominated by the Rector of St Martin in the Bull Ring.

Organisational structure

Day to day management is delegated to the chief executive, Mr Rob Jones.

Induction and training of new trustees

The board ensures that all members are aware of their responsibilities as trustees. Any new trustees are supplied, on their appointment, with appropriate literature issued by Charities Commission detailing their responsibilities.

Related Parties

The charity maintains a close working relationship on all operational matters with the Parochial Church Council of St Martin in the Bull Ring. Transactions with the PCC are disclosed in the accounts.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2021

Reference and administrative details

Registered charity name	St Martins Centre for Health and Healing
Charity registration number	1094458
Company registration number	04421138
Principal office and registered office	St Martin's Church Edgbaston Street Birmingham B5 5BB

The trustees

J Barber
Co-opted
SA Ferris
Co-opted
Revd J Allcock
Revd E Blair Chappell
S Blair Chappell
A Standing
Co-opted
MC Rushen
Appointed by PCC
MJ Woodward
Appointed by PCC

Trustees during the Year

There were no changes in trustees during the year and with the exception of Anne Standing who resigned on 26 January 2022 all trustees were still in place at the date of signing the report.

Company secretary	MJ Woodward
Independent examiner	David Seeley FCA Accuo Accounting Limited Chartered Accountants Alvechurch Birmingham B48 7JX

Events after the end of the reporting period

The trustees are not aware of any events occurring since the balance sheet date that need to be disclosed.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2021

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 17 May 2022 and signed on behalf of the board of trustees by:



Revd J Allcock
Trustee

St Martins Centre for Health and Healing

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of St Martins Centre for Health and Healing

Year ended 31 December 2021

I report to the trustees on my examination of the financial statements of St Martins Centre for Health and Healing ('the charity') for the year ended 31 December 2021.

Responsibilities and basis of report

As the trustees of the company (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 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 the 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

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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 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).

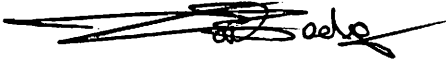
St Martins Centre for Health and Healing

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of St Martins Centre for Health and Healing *(continued)*

Year ended 31 December 2021

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.



David Seeley FCA
Independent Examiner

Accuo Accounting Limited
Chartered Accountants
Alvechurch
Birmingham
B48 7JX

1/7/2022

St Martins Centre for Health and Healing

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 December 2021

		Unrestricted funds £	2021 Restricted funds £	Total funds £	2020 Total funds £
Income and endowments	Note				
Donations and legacies	5	4,353	13,501	17,854	87,783
Charitable activities	6	3,450	–	3,450	–
Other trading activities	7	489,346	–	489,346	317,110
Investment income	8	15	–	15	8
Total income		<u>497,164</u>	<u>13,501</u>	<u>510,665</u>	<u>404,901</u>
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and legacies	9	54	–	54	216
Expenditure on charitable activities	10,11	382,067	13,501	395,568	280,752
Total expenditure		<u>382,121</u>	<u>13,501</u>	<u>395,622</u>	<u>280,968</u>
Net income and net movement in funds		<u>115,043</u>	<u>–</u>	<u>115,043</u>	<u>123,933</u>
Reconciliation of funds					
Total funds brought forward		286,139	–	286,139	162,206
Total funds carried forward		<u>401,182</u>	<u>–</u>	<u>401,182</u>	<u>286,139</u>

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

The notes on pages 13 to 24 form part of these financial statements.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Statement of Financial Position

31 December 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible fixed assets	17	–	180
Current assets			
Debtors	18	20,061	903
Cash at bank and in hand		406,847	296,538
		<u>426,908</u>	<u>297,441</u>
Creditors: amounts falling due within one year	19	25,726	11,482
Net current assets		<u>401,182</u>	<u>285,959</u>
Total assets less current liabilities		<u>401,182</u>	<u>286,139</u>
Net assets		<u>401,182</u>	<u>286,139</u>
Funds of the charity			
Unrestricted funds		401,182	286,139
Total charity funds	20	<u>401,182</u>	<u>286,139</u>

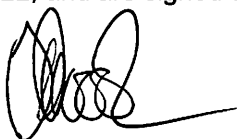
For the year ending 31 December 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

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

These financial statements were approved by the board of trustees and authorised for issue on 17 May 2022, and are signed on behalf of the board by:



Revd J Allcock
Trustee

The notes on pages 13 to 24 form part of these financial statements.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 December 2021

1. General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is St Martin's Church, Edgbaston Street, Birmingham, B5 5BB.

The charity is a public benefit entity.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis. The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Disclosure exemptions

The charity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under FRS 102:

No cash flow statement has been presented for the company.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

3. Accounting policies *(continued)*

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Significant judgements

The trustees consider there are no judgements (apart from those involving estimations) that management has made in the process of applying the entity's accounting policies and that have a significant effect on the amounts recognised in the financial statements.

Key sources of estimation uncertainty

Accounting estimates and assumptions are made concerning the future and, by their nature, will rarely equal the related actual outcome. There are no key assumptions or other sources of estimation uncertainty that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes. Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and may fall into one of two sub-classes: restricted income funds or endowment funds. At present there are no endowment funds.

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- income from room hire is recognised when the booking has taken place
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

3. Accounting policies *(continued)*

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes VAT as this cannot be recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events and non-charitable trading activities.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.
- All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. Any aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. There are no tangible assets carried at revalued amounts,

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures and fittings - 25% straight line

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

4. Limited by guarantee

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding-up is limited to £1.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations			
Donations	1,653	–	1,653
Gifts			
Alfred Haines Charitable Trust	–	–	–
National Lottery Community Fund	–	–	–
Botteley Trust	–	–	–
29th May 1961 Trust	–	–	–
Edward and Dorothy Cadbury Trust	–	3,500	3,500
Living Well UK: Childhood Trauma Project	–	–	–
Peoples Postcode Trust	–	–	–
Patrick Trust	–	–	–
Roger and Douglas Trust	–	–	–
Ebenezer Trust	–	–	–
Grants			
Joan Lamb Charitable Trust	1,300	–	1,300
Bite Size Pieces	–	–	–
The W.E.D Charitable Trust	1,000	–	1,000
Eveson Trust	–	10,001	10,001
Birmingham Voluntary Service Council	–	–	–
Westhill Endowment	–	–	–
Deritend Chapel Endowment	–	–	–
William A Cadbury Charitable Trust	–	–	–
Edward Cadbury Charitable Trust	–	–	–
Sundry grants < £500	400	–	400
	<u>4,353</u>	<u>13,501</u>	<u>17,854</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Donations			
Donations	917	–	917
Gifts			
Alfred Haines Charitable Trust	–	750	750
National Lottery Community Fund	–	10,000	10,000
Botteley Trust	500	–	500
29th May 1961 Trust	4,000	–	4,000
Edward and Dorothy Cadbury Trust	–	–	–
Living Well UK: Childhood Trauma Project	–	7,100	7,100
Peoples Postcode Trust	20,000	–	20,000
Patrick Trust	1,000	–	1,000
Roger and Douglas Trust	3,000	–	3,000
Ebenezer Trust	–	1,000	1,000

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

5. Donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Grants			
Joan Lamb Charitable Trust	2,365	–	2,365
Bite Size Pieces	–	750	750
The W.E.D Charitable Trust	–	–	–
Eveson Trust	–	10,000	10,000
Birmingham Voluntary Service Council	–	9,652	9,652
Westhill Endowment	–	5,000	5,000
Deritend Chapel Endowment	2,749	–	2,749
William A Cadbury Charitable Trust	–	4,000	4,000
Edward Cadbury Charitable Trust	–	5,000	5,000
Sundry grants < £500	–	–	–
	<u>34,531</u>	<u>53,252</u>	<u>87,783</u>

6. Charitable activities

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Other income from charitable activities	<u>3,450</u>	<u>3,450</u>	<u>–</u>	<u>–</u>

7. Other trading activities

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Room bookings	–	–	2,899	2,899
Counselling fees- individual	60,447	60,447	31,758	31,758
Living Well Consortium Contract Counselling delivery: IAPT/FTB	222,598	222,598	132,235	132,235
Access Clinic	2,530	2,530	4,580	4,580
Birmingham and Solihull CCG Community Contract	22,887	22,887	22,871	22,871
Living Well Consortium Contract Counselling delivery: Covid Triage	51,705	51,705	44,258	44,258
Living Well Consortium Contract Counselling delivery: CBT Training Contract	129,179	129,179	78,509	78,509
	<u>489,346</u>	<u>489,346</u>	<u>317,110</u>	<u>317,110</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

8. Investment income

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Bank interest receivable	15	15	8	8

9. Costs of raising donations and legacies

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Costs of raising donations and legacies - Donations	54	54	216	216

10. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Counselling and room hire	311,044	13,501	324,545
Support costs	71,023	–	71,023
	<u>382,067</u>	<u>13,501</u>	<u>395,568</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Counselling and room hire	160,361	53,252	213,613
Support costs	67,139	–	67,139
	<u>227,500</u>	<u>53,252</u>	<u>280,752</u>

11. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2021 £	Total fund 2020 £
Counselling and room hire	324,545	68,323	392,868	277,992
Governance costs	–	2,700	2,700	2,760
	<u>324,545</u>	<u>71,023</u>	<u>395,568</u>	<u>280,752</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

12. Analysis of support costs

	Counselling and room hire £	Total 2021 £	Total 2020 £
Staff costs	64,217	64,217	61,279
General office	4,106	4,106	3,100
Governance costs	2,700	2,700	2,760
	<u>71,023</u>	<u>71,023</u>	<u>67,139</u>

13. Net income

Net income is stated after charging/(crediting):

	2021 £	2020 £
Depreciation of tangible fixed assets	<u>180</u>	<u>–</u>

14. Independent examination fees

	2021 £	2020 £
Fees payable to the independent examiner for:		
Independent examination of the financial statements	600	600
Other financial services	2,160	2,160
	<u>2,760</u>	<u>2,760</u>

Fees payable for other services include payroll costs over two years.

15. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021 £	2020 £
Wages and salaries	281,840	197,226
Social security costs	21,616	13,298
Employer contributions to pension plans	8,591	6,940
	<u>312,047</u>	<u>217,464</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

15. Staff costs *(continued)*

The average head count of employees during the year was 12 (2020: 14). The average number of full-time equivalent employees during the year is analysed as follows:

	2021	2020
	No.	No.
Director	1	1
Service Manager	1	1
Admin Manager	1	1
Administrator (Data Entry)	1	1
Administrator	3	1
Assessment and Triage-3 full-time equivalent	2	3
CBT Trainees	2	2
Wellbeing Practitioner	1	1
Project staff	–	2
	<u>12</u>	<u>13</u>

No employee received employee benefits of more than £60,000 during the year (2020: Nil).

Key Management Personnel

The charity considers the key management personnel to be the trustees and the Chief Executive. The trustees receive no remuneration and the total employee benefits are £57,834 (2020: £56,700).

16. Trustee remuneration and expenses

- no remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

17. Tangible fixed assets

	Fixtures and fittings
	£
Cost	
At 1 January 2021 and 31 December 2021	<u>16,648</u>
Depreciation	
At 1 January 2021	16,468
Charge for the year	180
At 31 December 2021	<u>16,648</u>
Carrying amount	
At 31 December 2021	<u>–</u>
At 31 December 2020	<u>180</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

18. Debtors

	2021	2020
	£	£
Trade debtors	20,061	903

19. Creditors: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	6,319	3,137
Accruals and deferred income	13,046	2,423
Social security and other taxes	4,256	3,816
Other creditors	2,105	2,106
	<u>25,726</u>	<u>11,482</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

20. Analysis of charitable funds

Unrestricted funds

	At 1 January 2021 £	Income £	Expenditure £	Transfers £	At 31 December 2021 £
General funds	172,139	497,164	(382,121)	(32,000)	255,182
Database development	5,000	–	–	13,000	18,000
Website development	5,000	–	–	7,000	12,000
Room refurbishment and service enhancement	14,000	–	–	13,000	27,000
Clinical management- enhancement	34,000	–	–	17,000	51,000
HR and H&S consultancy	5,000	–	–	(5,000)	–
Young Persons' Therapy service - property	22,000	–	–	(22,000)	–
Young Persons' Therapy service -project costs	29,000	–	–	(7,000)	22,000
New IT Equipment	–	–	–	16,000	16,000
	<u>286,139</u>	<u>497,164</u>	<u>(382,121)</u>	<u>–</u>	<u>401,182</u>

	At 1 January 2020 £	Income £	Expenditure £	Transfers £	At 31 December 2020 £
General funds	162,206	351,649	(227,716)	(114,000)	172,139
Database development	–	–	–	5,000	5,000
Website development	–	–	–	5,000	5,000
Room refurbishment and service enhancement	–	–	–	14,000	14,000
Clinical management- enhancement	–	–	–	34,000	34,000
HR and H&S consultancy	–	–	–	5,000	5,000
Young Persons' Therapy service - property	–	–	–	22,000	22,000
Young Persons' Therapy service -project costs	–	–	–	29,000	29,000
New IT Equipment	–	–	–	–	–
	<u>162,206</u>	<u>351,649</u>	<u>(227,716)</u>	<u>–</u>	<u>286,139</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

20. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 January 2021 £	Income £	Expenditure £	Transfers £	At 31 December 2021 £
Covid 19	–	–	–	–	–
Salaries	–	13,501	(13,501)	–	–
	<u>–</u>	<u>13,501</u>	<u>(13,501)</u>	<u>–</u>	<u>–</u>

	At 1 January 2020 £	Income £	Expenditure £	Transfers £	At 31 December 2020 £
Covid 19	–	53,252	(53,252)	–	–
Salaries	–	–	–	–	–
	<u>–</u>	<u>53,252</u>	<u>(53,252)</u>	<u>–</u>	<u>–</u>

21. Analysis of net assets between funds

	Unrestricted Funds £	Total Funds 2021 £
Tangible fixed assets	–	–
Current assets	426,908	426,908
Creditors less than 1 year	(25,726)	(25,726)
Net assets	<u>401,182</u>	<u>401,182</u>

	Unrestricted Funds £	Total Funds 2020 £
Tangible fixed assets	180	180
Current assets	297,441	297,441
Creditors less than 1 year	(11,482)	(11,482)
Net assets	<u>286,139</u>	<u>286,139</u>

22. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2021 £	2020 £
Later than 5 years	<u>262,080</u>	<u>282,240</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

23. Related parties

During the year the charity entered into the following transactions with related parties:

	Transaction value		Balance owed by/(owed to)	
	2021	2020	2021	2020
	£	£	£	£
St Martin's Parochial Church Council	<u>20,160</u>	<u>28,964</u>	<u>–</u>	<u>(4,292)</u>

There are transactions with the Parochial Church Council of St Martin in the Bull Ring.

(a) The Rector of the church has the power to appoint the chair of trustees and the PCC has the power to appoint up to five trustees to the charity.

(b) The building in which the charity operates is leased from the PCC and in previous years the PCC also made recharges to the charity in respect of a number of services provided; telephone, heat and light, photocopying, and a staff service charge. The amounts charged in the year were £nil (2020: £8,804);

(c) The lease is for a period of 20 years, due to finish in 2035 and the annual rent payable is £20,160.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Management Information

Year ended 31 December 2021

The following pages do not form part of the financial statements.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 31 December 2021

	2021 £	2020 £
Income and endowments		
Donations and legacies		
Donations	1,653	917
Alfred Haines Charitable Trust	–	750
National Lottery Community Fund	–	10,000
Botteley Trust	–	500
29th May 1961 Trust	–	4,000
Edward and Dorothy Cadbury Trust	3,500	–
Living Well UK: Childhood Trauma Project	–	7,100
Peoples Postcode Trust	–	20,000
Patrick Trust	–	1,000
Roger and Douglas Trust	–	3,000
Ebenezer Trust	–	1,000
Joan Lamb Charitable Trust	1,300	2,365
Bite Size Pieces	–	750
The W.E.D Charitable Trust	1,000	–
Eveson Trust	10,001	10,000
Birmingham Voluntary Service Council	–	9,652
Westhill Endowment	–	5,000
Deritend Chapel Endowment	–	2,749
William A Cadbury Charitable Trust	–	4,000
Edward Cadbury Charitable Trust	–	5,000
Sundry grants < £500	400	–
	<u>17,854</u>	<u>87,783</u>
Charitable activities		
Other income from charitable activities	3,450	–
Other trading activities		
Room bookings	–	2,899
Counselling fees- individual	60,447	31,758
Living Well Consortium Contract Counselling delivery: IAPT/FTB	222,598	132,235
Access Clinic	2,530	4,580
Birmingham and Solihull CCG Community Contract	22,887	22,871
Living Well Consortium Contract Counselling delivery: Covid Triage	51,705	44,258
Living Well Consortium Contract Counselling delivery: CBT Training Contract	129,179	78,509
	<u>489,346</u>	<u>317,110</u>
Investment income		
Bank interest receivable	15	8
Total income	<u>510,665</u>	<u>404,901</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Detailed Statement of Financial Activities *(continued)*

Year ended 31 December 2021

	2021 £	2020 £
Expenditure		
Costs of raising donations and legacies		
Other office costs	54	216
	<u> </u>	<u> </u>
Expenditure on charitable activities		
Purchases	17,839	16,510
Wages and salaries	281,840	197,226
Employer's NIC	21,616	13,298
Pension costs	8,591	6,940
Rent	20,160	20,160
Repairs and maintenance	–	2,830
Insurance	3,355	2,708
Other establishment	–	216
Other motor/travel costs	89	62
Legal and professional fees	2,713	2,760
Telephone	768	853
Other office costs	14,285	7,637
Depreciation	180	–
Management charges	4,205	3,933
Counselling and volunteer expenses	8,726	2,519
Book-keeping	4,106	3,100
Publicity	7,095	–
	<u>395,568</u>	<u>280,752</u>
	<u> </u>	<u> </u>
Total expenditure	<u>395,622</u>	<u>280,968</u>
	<u> </u>	<u> </u>
Net income	<u>115,043</u>	<u>123,933</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

Year ended 31 December 2021

	2021 £	2020 £
Costs of raising donations and legacies		
Costs of raising donations and legacies - Donations		
Fundraising costs	54	216
	<u>54</u>	<u>216</u>
Costs of raising donations and legacies	<u>54</u>	<u>216</u>
Expenditure on charitable activities		
Counselling and room hire		
<i>Activities undertaken directly</i>		
Service provision and delivery	17,839	16,510
Salaries	226,760	145,728
Employer's NIC	15,233	6,600
Pension costs	5,837	3,857
Rent	20,160	20,160
Repairs & maintenance	–	2,830
Insurance	3,355	2,708
Other establishment costs	–	216
Travel costs	89	62
Counselling supervision	13	–
Telephone	768	853
Other office costs	14,285	7,637
Depreciation	180	–
Management charges	4,205	3,933
Counselling and volunteer expenses	8,726	2,519
Publicity	7,095	–
	<u>324,545</u>	<u>213,613</u>
<i>Support costs</i>		
Salaries	55,080	51,498
Employer's NIC	6,383	6,698
Pension costs	2,754	3,083
Book-keeping	4,106	3,100
	<u>68,323</u>	<u>64,379</u>
Governance costs		
Legal and other professional fees	2,700	2,760
	<u>2,700</u>	<u>2,760</u>
Expenditure on charitable activities	<u>395,568</u>	<u>280,752</u>

ST MARTIN'S CENTRE FOR HEALTH AND HEALING

England & Wales - Charity number 1094458

Accounts

COMPANY REGISTRATION NUMBER: 04421138
CHARITY REGISTRATION NUMBER: 1094458

St Martins Centre for Health and Healing
Company Limited by Guarantee
Unaudited Financial Statements
31 December 2020

St Martins Centre for Health and Healing

Company Limited by Guarantee

Financial Statements

Year ended 31 December 2020

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St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 December 2020

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2020.

Objectives and activities

The principal activity of the company continued to be promoting, for the benefit of the public good, physical, mental, spiritual and emotional health in accordance with Christian principles. The trustees have, as a result of carrying out this activity complied with the duty in section 17(5) of the Charities Act 2011 to have due regard to the guidance published by the Charity Commission.

Through the provision of professional, accredited Counselling & Psychotherapy and Financial Conduct Authority authorised Money Advice the Centre for Health and Healing aims to alleviate the suffering and distress of the most vulnerable and excluded people in and around the city by:

Our Impact

Our services equip people struggling with poor mental health with the insight, skills, and resilience to prevent, support recovery from and maintain positive mental health

Mental Health

Mental health problems lie at the heart of some of our greatest social challenges and the Covid-19 crisis has only exacerbated the problem. Whilst every section of society is affected, certain groups of people are disproportionately at risk; in particular children and young people (CYP), people from BAME communities, those living with long-term health conditions & disability and people living in poverty.

And what is not commonly understood is that if you live with a long-term untreated mental health issue it significantly increases the risk of a disability and premature mortality from other diseases, including cardiovascular disease, diabetes and other chronic diseases. Fortunately, counselling & psychotherapy can be highly effective in preventing, supporting recovery from and helping people live with mental health problems.

Achievements and performance

Impact-A theory of Change

The centre believes that we have a duty of care to ensure our services are effective and works hard to ensure our work has a positive impact. The Centre uses a **Theory of Change model**, "mapping backwards" from the desired Impact to identify the Primary & Secondary Outcomes, determine the interventions needed to achieve these Outcomes and develop indicators for each Outcome. This approach enables us to assess overall performance towards achieving the Impact and make changes/modifications to the model as necessary.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Achievements and performance *(continued)*

Overall Outcomes for all therapeutic services-existing and new

	Outcome %
Resilience-better able to manage difficult situations	77
Improved Self-management	73
Improvement in mental health and Wellbeing	69
Improvement in presenting issues	79
Overall satisfaction rate	89
A reduction in feelings of anxiety and depression	74
Development of coping skills and strategies	79
A greater sense of control	67
Greater self-awareness	74
Increased knowledge of where to seek help	91

Covid-19-new and existing services

Most of 2020 saw the Centre for Health and Healing responding to the Covid-19 crisis. Within a week of the government announcing a national lockdown on the 16th March 2020 our charity had transferred all its activities to remote working - over 80 staff and volunteers.

It was immediately apparent that demand for counselling and psychotherapy in particular, would significantly outstrip our resources and a review of client need in the first few weeks of lockdown identified the following:

- a need for an immediate, crisis intervention
- a need for longer term in-depth psychotherapy
- creative wellbeing/therapeutic activities

It was also apparent that if we were to respond positively to the developing needs of vulnerable people the Centre for Health and Healing would need to expand its offering, generate significant new funding streams and grow its team of staff and volunteers.

At the beginning of 2020 we employed 6 staff and had a volunteer team of approximately 80. At the end of the year, we had recruited an additional 14 staff and 38 volunteer therapists and raised the income to cover the costs of this expansion.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Achievements and performance *(continued)*

Existing services]

Counselling & Psychotherapy Service

St Martin's Centre for Health and Healing Therapy Service has been working to improve the mental health and wellbeing of Birmingham residents for nearly 20 years. All our clients can be classed as vulnerable, many at risk, often with multiple issues, and predominantly coming from the most marginalised, impoverished parts of our community.

That's over 22,000 vulnerable people supported in developing the insight, resilience and self-management skills to improve their mental health and make a positive contribution to their overall quality of life in often very difficult personal and economic circumstances.

In 2020 the demand for our services was greater than ever and our 80+ BACP/UKCP/BABCP volunteer therapists (all either qualified or accumulating hours after academic studies), and 12 staff offered free, confidential counselling and psychotherapy to over 2,200 vulnerable people predominantly via the telephone and video link.

In anticipation of unprecedented levels of demand at the outbreak of the Covid-19 crisis we restructured the service to offer three distinct but interrelated therapeutic offerings.

Depending on need we provided:

Wellbeing support - up to 6 sessions. This included emotional support, guided self-help, and psychoeducation. The outcome to address anxiety and depression as a consequence of the Covid crisis.

Counselling support - 8 to 12 weeks. Emphasis was placed on developing self-awareness, mental health resilience, confidence and providing conflict resolution skills. In particular issues such as exam worries and isolation, anxiety as a result of financial pressures and the day-to-day pressures of family life were addressed.

Psychotherapy - 8 to 20 weeks. In-depth psychotherapy was offered to vulnerable people who had experienced trauma because of or exacerbated by Covid. This could include Covid Bereavement, Domestic Violence and sexual abuse.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Achievements and performance *(continued)*

Street Level Money Advice

Street Level continued to complement our counselling service by ensuring vulnerable people were moving towards being Debt free; were better able to manage money and were receiving the Welfare Benefits and services they were entitled to.

However, in contrast to our Counselling & Psychotherapy Service numbers of referrals reduced markedly at the outbreak of Covid-19. This reduction in numbers, the lack of new funding available across the city and the fact that creditors simply stopped communicating meant that Street Level focussed its attention for most of 2020 on supporting clients already 'in the system'. However, we were able to achieve the following outcomes.

In 2020 the service:

- 'headed off' 38 eviction notices
- restructured the unmanageable debts of 29 people
- secured Benefits entitlements for 54 people
- supported securing accommodation for 11 people
- provide 68 general Advice Sessions
- signposted over 398 for specialist support.

New Services

Situational Counselling and Psychological Wellbeing Service

In April 2020 we established a new service designed to offer a crisis response of 2 to 4 sessions of 50 minutes each for anyone whose mental health was suffering because of the Covid-19 virus. The aim being that no-one would wait longer than 24 hours for an initial 'counselling session'.

A fundraising campaign based on an initial offering of 3,000 sessions for approximately 1,000 was devised, designed to raise additional income from Charitable Trusts, the Lottery, Birmingham City Council and others.

Funding was secured and the 3,000th appointment was offered at end of October 2020. The objectives of this service included:

- Acting as an early warning system enabling us to instantly refer on anyone needing medical treatment for mental health problems. Referral routes with the NHS had already been established.
- Being forward looking and not focused on diagnosis or interpretation.
- Emphasise investigating of the problem; problem solving; client strengths and resources, and the facilitation of positive change.
- Emotional support.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Achievements and performance *(continued)*

Creative therapies

Responding to what our existing and prospective clients were telling us they needed by the early summer of 2020 we implemented a limited programme of creative therapeutic activities - Writing for Wellbeing, Art & Music Therapy.

The aim being to provide a scheme of accessible, compelling interactive activities that will aid in the identification and expression of emotions, thoughts and feelings and strategies to manage these.

Key Goals:

- Develop self-expression
- Improve communication, problem-solving, and cognitive coping skills
- Increase self-esteem
- Develop social support networks
- Normalise feelings experiences
- Provide a safe space
- Provide a positive introduction to therapeutic activities and promote future therapeutic engagement

Income was raised to support the employment of specialist therapists who were able to offer Creative Writing, Art and Music Therapy - music therapy was undertaken in partnership with MusicWorks, a Birmingham based charity.

Small group sessions were offered to over 100 people via video link in the client's homes and in schools.

Triage & Assessment

In an attempt to fast-track vulnerable clients affected by Covid-19 into mental health services - especially therapy, several CCG's across the West Midlands commissioned charitable organisations to provide IAPT compliant Triage & Assessment services.

The Centre for Health and Healing was commissioned to employ 3 fulltime equivalent assessors recruited from the ranks of our highly qualified volunteer therapist workforce.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Financial review

Principal funding sources are Birmingham & Solihull Clinical Commissioning Group (CCG,) the Living Well Consortium, the Training of CBT therapists under sub-contract to Health Education England via the Living Well Consortium and the hosting of Birmingham and hosting Solihull Mental Health Foundation Trust mental health clinics in the first quarter of 2020.

Additional income was generated through the generous support of numerous charitable Trust, the City Council and the National Lottery. We also received a small amount of fees direct from our clients for long-term therapy.

During the year the charity's income was made up as follows:

	2020 £
Delivery of therapy services under contract or otherwise	235,702
Training fees	78,509
Grants for general use	33,614
Covid support grant (restricted)	53,252
Room hire	2,899
General donations	917
Investment income	8
Total income	<u>404,901</u>

Total costs incurred were £280,968 leaving a balance carried forward to 2021 of £286,139 of which £114,000 has been designated for specific uses.

No grants were received specifically for the Street Level Money Advice service and no costs were incurred.

Going Concern

The trustees confirm they have considered all available information about the future for at least 12 months from the date the accounts were approved and have concluded that there is no uncertainty relating to going concern. Accordingly the accounts have been prepared on a going concern basis.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Financial review *(continued)*

Reserves

The trustees' policy is to try and maintain an amount of unrestricted reserves ie those not restricted or designated for specific purposes, equivalent to six months normal operating expenditure. This policy will be reviewed annually or more frequently if necessary. In light of the ongoing increase in demand for the charity's services further additional staff will be employed in the coming period. The estimate of 'normal operating expenditure' has been increased by £60,000 to factor this in.

The Centre for Health and Healing's un-restricted reserves at the end of the year amount to £286,139 and from this Trustees have designated £114,000 to cover the following costs:

- Website redesign
- New Database/Patient Management System
- Refurbishment of current property in order to facilitate and enhance new methods of working
- Development of Clinical management in respect of planned new projects
- Property costs in respect of planned enhancement of the Young Persons' Therapy Service
- Other costs in respect of planned enhancement of the Young Persons' Therapy Service

Taking off our Fixed Assets of £180 means that non-designated free reserves are therefore £171,959 for the year being reported representing approximately 6 months budgeted 'core activity' running costs. The Trustees recognise that a continuous process of fundraising is required to ensure that reserves can be maintained at a level that is in line with the reserves policy and reflects the organisation's continued desire to increase service delivery and activity.

Volunteers

The Charity is extremely pleased and grateful for the ongoing support of the many counsellors who volunteer their time to provide the support for the vulnerable people we seek to help. Whilst not formally included in the financial statements it has been calculated that if the charity had had to pay for this service it would have cost an additional £371,000.

Plans for future periods

Future developments for 2021 include the establishment of a Young Person's therapy service and accreditation to deliver formal qualifications in counselling and psychotherapy.

St Martin's Centre for Health (CHH) has entered into a partnership with Birmingham City University (BCU) to deliver an MSc in Young People's Counselling (CYP) - the first of its type in the country. BCU will deliver the academic component with CHH providing the Clinical Placement and Clinical Supervision to all the students. In addition to our existing workforce of 22 CYP Therapists, from September 25 MSc students will undertake their clinical practice with CHH providing a 'workforce' of over 50 therapists.

With BCU's endorsement CHH will also apply to become accredited to deliver its own training courses. Accreditation will be sought with both The UK Council for Psychotherapy (UKCP) and the British Association for Counselling & Psychotherapy (BACP).

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

Structure, governance and management

The charity is a charitable company, incorporated on 19 April 2002 and is governed by its Memorandum and Articles of Association as amended on 28 July 2008.

Recruitment and induction of new trustees

The body of trustees, who are also directors for the purpose of company law, comprises five trustees appointed by the Parochial Church Council of St Martin in the Bull Ring and up to 10 persons co-opted for a fixed period of two years by the trustees currently in place. The chair of trustees is nominated by the Rector of St Martin in the Bull Ring.

Organisational structure

Day to day management is delegated to the chief executive, Mr Rob Jones.

Induction and training of new trustees

The board ensures that all members are aware of their responsibilities as trustees. Any new trustees are supplied, on their appointment, with appropriate literature issued by Charities Commission detailing their responsibilities.

Related Parties

The charity maintains a close working relationship on all operational matters with the Parochial Church Council of St Martin in the Bull Ring. Transactions with the PCC are disclosed in the accounts.

Reference and administrative details

Registered charity name	St Martins Centre for Health and Healing
Charity registration number	1094458
Company registration number	04421138
Principal office and registered office	St Martin's Church Edgbaston Street Birmingham B5 5BB

The trustees

J Barber
Co-opted
SA Ferris
Co-opted
Revd J Allcock
Revd E Blair Chappell
S Blair Chappell
A Standing
Co-opted

St Martins Centre for Health and Healing

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2020

MC Rushen
Appointed by PCC
MJ Woodward
Appointed by PCC

Trustees during the Year

There were no changes in trustees during the year and all trustees were still in place at the date of signing the report.

Company secretary	MJ Woodward
Accountants	David Seeley FCA Accuo Accounting Limited Chartered Accountants Alvechurch Birmingham B48 7JX

Events after the end of the reporting period

The trustees are not aware of any events occurring since the balance sheet date that need to be disclosed.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 20 April 2021 and signed on behalf of the board of trustees by:



Revd J Allcock
Trustee

St Martins Centre for Health and Healing

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of St Martins Centre for Health and Healing

Year ended 31 December 2020

I report to the trustees on my examination of the financial statements of St Martins Centre for Health and Healing ('the charity') for the year ended 31 December 2020.

Responsibilities and basis of report

As the trustees of the company (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 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 the 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

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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 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).

St Martins Centre for Health and Healing

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of St Martins Centre for Health and Healing *(continued)*

Year ended 31 December 2020

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.



DAVID SEELEY FCA

Accuo Accounting Limited
Chartered Accountants
Alvechurch
Birmingham
B48 7JX

11 May 2021

St Martins Centre for Health and Healing

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

31 December 2020

		2020		2019	
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Donations and legacies	5	34,531	53,252	87,783	61,835
Other trading activities	6	317,110	–	317,110	226,302
Investment income	7	8	–	8	10
Total income		<u>351,649</u>	<u>53,252</u>	<u>404,901</u>	<u>288,147</u>
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and legacies	8	216	–	216	216
Expenditure on charitable activities	9,10	227,500	53,252	280,752	255,282
Total expenditure		<u>227,716</u>	<u>53,252</u>	<u>280,968</u>	<u>255,498</u>
Net income and net movement in funds		<u>123,933</u>	<u>–</u>	<u>123,933</u>	<u>32,649</u>
Reconciliation of funds					
Total funds brought forward		162,206	–	162,206	129,557
Total funds carried forward		<u>286,139</u>	<u>–</u>	<u>286,139</u>	<u>162,206</u>

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

The notes on pages 14 to 24 form part of these financial statements.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Statement of Financial Position

31 December 2020

		2020 £	2019 £
Fixed assets			
Tangible fixed assets	16	180	180
Current assets			
Debtors	17	903	17,623
Cash at bank and in hand		296,538	159,132
		<u>297,441</u>	<u>176,755</u>
Creditors: amounts falling due within one year	18	11,482	14,729
Net current assets		<u>285,959</u>	<u>162,026</u>
Total assets less current liabilities		<u>286,139</u>	<u>162,206</u>
Net assets		<u>286,139</u>	<u>162,206</u>
Funds of the charity			
Unrestricted funds		286,139	162,206
Total charity funds	19	<u>286,139</u>	<u>162,206</u>

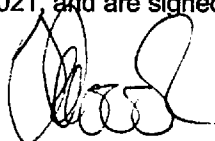
For the year ending 31 December 2020 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

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

These financial statements were approved by the board of trustees and authorised for issue on 20 April 2021, and are signed on behalf of the board by:



Revd J Allcock
Trustee

The notes on pages 14 to 24 form part of these financial statements.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 December 2020

1. General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is St Martin's Church, Edgbaston Street, Birmingham, B5 5BB.

The charity is a public benefit entity.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis. The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Disclosure exemptions

The charity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under FRS 102:

No cash flow statement has been presented for the company.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

3. Accounting policies *(continued)*

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Significant judgements

The trustees consider there are no judgements (apart from those involving estimations) that management has made in the process of applying the entity's accounting policies and that have a significant effect on the amounts recognised in the financial statements.

Key sources of estimation uncertainty

Accounting estimates and assumptions are made concerning the future and, by their nature, will rarely equal the related actual outcome. There are no key assumptions or other sources of estimation uncertainty that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes. Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and may fall into one of two sub-classes: restricted income funds or endowment funds. At present there are no endowment funds.

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- income from room hire is recognised when the booking has taken place
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

3. Accounting policies *(continued)*

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes VAT as this cannot be recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events and non-charitable trading activities.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.
- All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. Any aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. There are no tangible assets carried at revalued amounts,

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures and fittings - 25% straight line

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

4. Limited by guarantee

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding-up is limited to £1.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Donations			
Donations	917	–	917
Grants			
Richard Cadbury Charitable Trust	–	–	–
Alfred Haines Charitable Trust	–	750	750
National Lottery Community Fund	–	10,000	10,000
GJW Turner Trust	–	–	–
Botteley Trust	500	–	500
29th May 1961 Trust	4,000	–	4,000
Edward and Dorothy Cadbury Trust	–	–	–
Oakdale Trust	–	–	–
Cole Charitable Trust	–	–	–
WO Street Zedra Trust	–	–	–
Richard and Samuel Banner Trust	–	–	–
Living Well UK: Childhood Trauma Project	–	7,100	7,100
Peoples Postcode Trust	20,000	–	20,000
Patrick Trust	1,000	–	1,000
Roger and Douglas Trust	3,000	–	3,000
Ebenezer Trust	–	1,000	1,000
Lord Austin Trust	–	–	–
Joan Lamb Charitable Trust	2,365	–	2,365
Bite Size Pieces	–	750	750
The Souter Charitable Trust	–	–	–
Eveson Trust	–	10,000	10,000
Birmingham Voluntary Service Council	–	9,652	9,652
The Grimmitt Trust	–	–	–
George Henry Collins	–	–	–
Westhill Endowment	–	5,000	5,000
Deritend Chapel Endowment	2,749	–	2,749
William A Cadbury Charitable Trust	–	4,000	4,000
Edward Cadbury Charitable Trust	–	5,000	5,000
Sundry grants < £500	–	–	–
	<u>34,531</u>	<u>53,252</u>	<u>87,783</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Donations			
Donations	1,435	–	1,435

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

5. Donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Grants			
Richard Cadbury Charitable Trust	500	—	500
Alfred Haines Charitable Trust	—	—	—
National Lottery Community Fund	—	—	—
GJW Turner Trust	2,000	—	2,000
Botteley Trust	—	—	—
29th May 1961 Trust	4,000	—	4,000
Edward and Dorothy Cadbury Trust	1,000	—	1,000
Oakdale Trust	750	—	750
Cole Charitable Trust	1,000	—	1,000
WO Street Zedra Trust	2,500	—	2,500
Richard and Samuel Banner Trust	1,500	—	1,500
Living Well UK: Childhood Trauma Project	—	—	—
Peoples Postcode Trust	—	—	—
Patrick Trust	—	—	—
Roger and Douglas Trust	—	—	—
Ebenezer Trust	—	—	—
Lord Austin Trust	1,000	—	1,000
Joan Lamb Charitable Trust	—	—	—
Bite Size Pieces	—	—	—
The Souter Charitable Trust	3,000	—	3,000
Eveson Trust	10,000	—	10,000
Birmingham Voluntary Service Council	—	—	—
The Grimmitt Trust	2,000	—	2,000
George Henry Collins	3,000	—	3,000
Westhill Endowment	—	—	—
Deritend Chapel Endowment	2,700	—	2,700
William A Cadbury Charitable Trust	20,000	—	20,000
Edward Cadbury Charitable Trust	5,000	—	5,000
Sundry grants < £500	450	—	450
	<u>61,835</u>	<u>—</u>	<u>61,835</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

6. Other trading activities

	Unrestricted Funds £	Total Funds 2020 £	Unrestricted Funds £	Total Funds 2019 £
Room bookings	2,899	2,899	4,341	4,341
Counselling fees- individual	31,758	31,758	31,100	31,100
Counselling fees-corporate	–	–	1,860	1,860
Living Well Consortium Contract				
Counselling delivery: IAPT/FTB	132,235	132,235	92,294	92,294
Access Clinic	4,580	4,580	13,330	13,330
Birmingham and Solihull CCG				
Community Contract	22,871	22,871	22,491	22,491
Birmingham and Solihull IAPT Training	–	–	60,886	60,886
Living Well Consortium Contract				
Counselling delivery: Covid Triage	44,258	44,258	–	–
Living Well Consortium Contract				
Counselling delivery: CBT Training				
Contract	78,509	78,509	–	–
	<u>317,110</u>	<u>317,110</u>	<u>226,302</u>	<u>226,302</u>

7. Investment income

	Unrestricted Funds £	Total Funds 2020 £	Unrestricted Funds £	Total Funds 2019 £
Bank interest receivable	<u>8</u>	<u>8</u>	<u>10</u>	<u>10</u>

8. Costs of raising donations and legacies

	Unrestricted Funds £	Total Funds 2020 £	Unrestricted Funds £	Total Funds 2019 £
Fundraising costs	<u>216</u>	<u>216</u>	<u>216</u>	<u>216</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Counselling and room hire	160,361	53,252	213,613
Street Level	–	–	–
Support costs	67,139	–	67,139
	<u>227,500</u>	<u>53,252</u>	<u>280,752</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Counselling and room hire	158,829	–	158,829
Street Level	34,944	–	34,944
Support costs	61,509	–	61,509
	<u>255,282</u>	<u>–</u>	<u>255,282</u>

10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2020 £	Total fund 2019 £
Counselling and room hire	213,613	64,379	277,992	218,405
Street Level	–	–	–	34,944
Governance costs	–	2,760	2,760	1,933
	<u>213,613</u>	<u>67,139</u>	<u>280,752</u>	<u>255,282</u>

11. Analysis of support costs

	Counselling and room hire £	Total 2020 £	Total 2019 £
Staff costs	61,279	61,279	62,961
General office	3,100	3,100	3,050
Governance costs	2,760	2,760	1,953
	<u>67,139</u>	<u>67,139</u>	<u>67,964</u>

12. Net income

Net income is stated after charging/(crediting):

	2020 £	2019 £
Depreciation of tangible fixed assets	–	473

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

13. Independent examination fees

	2020	2019
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	600	600
Other financial services	2,160	1,320
	<u>2,760</u>	<u>1,920</u>

Fees payable for other services include payroll costs over two years.

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2020	2019
	£	£
Wages and salaries	197,226	167,247
Social security costs	13,298	12,401
Employer contributions to pension plans	6,940	4,923
	<u>217,464</u>	<u>184,571</u>

The average head count of employees during the year was 14 (2019: 6). The average number of full-time equivalent employees during the year is analysed as follows:

	2020	2019
	No.	No.
Director	1	1
Service Manager	1	–
Admin Manager	1	1
Administrator (Data Entry)	1	1
Administrator	1	–
Assessment and Triage-3 full-time equivalent	3	–
CBT Trainees	2	–
Wellbeing Practitioner	1	–
Project staff	2	3
	<u>13</u>	<u>6</u>

No employee received employee benefits of more than £60,000 during the year (2019: Nil).

Key Management Personnel

The charity considers the key management personnel to be the trustees and the Chief Executive. The trustees receive no remuneration and the total employee benefits are £56,700 (2019: £54,000).

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

15. Trustee remuneration and expenses

- no remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

16. Tangible fixed assets

	Fixtures and fittings £
Cost	
At 1 January 2020 and 31 December 2020	16,648
Depreciation	
At 1 January 2020 and 31 December 2020	16,468
Carrying amount	
At 31 December 2020	180
At 31 December 2019	180

17. Debtors

	2020 £	2019 £
Trade debtors	903	17,623

18. Creditors: amounts falling due within one year

	2020 £	2019 £
Trade creditors	3,137	3,240
Social security and other taxes	3,816	4,113
Other creditors	4,529	7,376
	<u>11,482</u>	<u>14,729</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

19. Analysis of charitable funds

Unrestricted funds

	At 1 January 2020	Income	Expenditure	Transfers	At 31 December 2020
	£	£	£	£	£
General funds	162,206	351,649	(227,716)	(114,000)	172,139
Database development	–	–	–	5,000	5,000
Website development	–	–	–	5,000	5,000
Room refurbishment and service enhancement	–	–	–	14,000	14,000
Clinical management	–	–	–	34,000	34,000
HR and H&S consultancy	–	–	–	5,000	5,000
Young Persons' Therapy service - property	–	–	–	22,000	22,000
Young Persons' Therapy service -project costs	–	–	–	29,000	29,000
	<u>162,206</u>	<u>351,649</u>	<u>(227,716)</u>	<u>–</u>	<u>286,139</u>

Restricted funds

	At 1 January 2020	Income	Expenditure	Transfers	At 31 December 2020
	£	£	£	£	£
Covid 19	–	53,252	(53,252)	–	–
	<u>–</u>	<u>53,252</u>	<u>(53,252)</u>	<u>–</u>	<u>–</u>

20. Analysis of net assets between funds

	Unrestricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£
Tangible fixed assets	180	180	180
Current assets	297,441	297,441	176,755
Creditors less than 1 year	(11,482)	(11,482)	(14,729)
Net assets	<u>286,139</u>	<u>286,139</u>	<u>162,206</u>

21. Operating lease commitments

	2020	2019
	£	£
The total future minimum lease payments under non-cancellable operating leases are as follows:		
Later than 5 years	<u>282,240</u>	<u>302,400</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2020

22. Related parties

During the year the charity entered into the following transactions with related parties:

	Transaction value		Balance owed by/(owed to)	
	2020	2019	2020	2019
	£	£	£	£
St Martin's Parochial Church Council	<u>139,478</u>	<u>110,514</u>	<u>(4,292)</u>	<u>(6,015)</u>

There are transactions with the Parochial Church Council of St Martin in the Bull Ring.

(a) The Rector of the church has the power to appoint the chair of trustees and the PCC has the power to appoint up to five trustees to the charity.

(b) The building in which the charity operates is leased from the PCC and the PCC also makes recharges to the charity in respect of a number of services provided; telephone, heat and light, photocopying, and a staff service charge. The amounts charged in the year were £8,804 (2019: £17,206);

(c) The lease is for a period of 20 years, due to finish in 2035 and the annual rent payable is £20,160.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Management Information

Year ended 31 December 2020

The following pages do not form part of the financial statements.

St Martins Centre for Health and Healing

Company Limited by Guarantee

Detailed Statement of Financial Activities

31 December 2020

	2020	2019
	£	£
Income and endowments		
Donations and legacies		
Donations	917	1,435
Richard Cadbury Charitable Trust	–	500
Alfred Haines Charitable Trust	750	–
National Lottery Community Fund	10,000	–
GJW Turner Trust	–	2,000
Botteley Trust	500	–
29th May 1961 Trust	4,000	4,000
Edward and Dorothy Cadbury Trust	–	1,000
Oakdale Trust	–	750
Cole Charitable Trust	–	1,000
WO Street Zedra Trust	–	2,500
Richard and Samuel Banner Trust	–	1,500
Living Well UK: Childhood Trauma Project	7,100	–
Peoples Postcode Trust	20,000	–
Patrick Trust	1,000	–
Roger and Douglas Trust	3,000	–
Ebenezer Trust	1,000	–
Lord Austin Trust	–	1,000
Joan Lamb Charitable Trust	2,365	–
Bite Size Pieces	750	–
The Souter Charitable Trust	–	3,000
Eveson Trust	10,000	10,000
Birmingham Voluntary Service Council	9,652	–
The Grimmitt Trust	–	2,000
George Henry Collins	–	3,000
Westhill Endowment	5,000	–
Deritend Chapel Endowment	2,749	2,700
William A Cadbury Charitable Trust	4,000	20,000
Edward Cadbury Charitable Trust	5,000	5,000
Sundry grants < £500	–	450
	<u>87,783</u>	<u>61,835</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Detailed Statement of Financial Activities *(continued)*

31 December 2020

	2020	2019
	£	£
Other trading activities		
Room bookings	2,899	4,341
Counselling fees- individual	31,758	31,100
Counselling fees-corporate	–	1,860
Living Well Consortium Contract Counselling delivery: IAPT/FTB	132,235	92,294
Access Clinic	4,580	13,330
Birmingham and Solihull CCG Community Contract	22,871	22,491
Birmingham and Solihull IAPT Training	–	60,886
Living Well Consortium Contract Counselling delivery: Covid Triage	44,258	–
Living Well Consortium Contract Counselling delivery: CBT Training Contract	78,509	–
	<u>317,110</u>	<u>226,302</u>
Investment income		
Bank interest receivable	8	10
	<u>8</u>	<u>10</u>
Total income	<u>404,901</u>	<u>288,147</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Detailed Statement of Financial Activities *(continued)*

31 December 2020

	2020	2019
	£	£
Expenditure		
Costs of raising donations and legacies		
Other office costs	216	216
	<hr/>	<hr/>
Expenditure on charitable activities		
Service provision and delivery	16,510	15,179
Wages and salaries	197,226	167,247
Employer's NIC	13,298	12,401
Pension costs	6,940	4,923
Rent	20,160	20,160
Rates and water	–	273
Light and heat	–	1,959
Repairs and maintenance	2,830	1,959
Insurance	2,708	3,701
Other establishment	216	332
Other motor/travel costs	62	–
Legal and professional fees	2,760	1,920
Telephone	853	961
Other office costs	7,637	7,032
Depreciation	–	473
Management charges	3,933	9,624
Counselling and volunteer expenses	2,519	4,088
Book-keeping	3,100	3,050
	<hr/>	<hr/>
	280,752	255,282
	<hr/>	<hr/>
Total expenditure	280,968	255,498
	<hr/>	<hr/>
Net income	123,933	32,649

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

31 December 2020

	2020 £	2019 £
Costs of raising donations and legacies		
Costs of raising donations and legacies - Donations		
Fundraising costs	216	216
	<u> </u>	<u> </u>
Costs of raising donations and legacies	<u>216</u>	<u>216</u>

St Martins Centre for Health and Healing

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities *(continued)*

31 December 2020

	2020 £	2019 £
Expenditure on charitable activities		
Counselling and room hire		
<i>Activities undertaken directly</i>		
Service provision and delivery	16,510	15,179
Salaries	145,728	88,247
Employer's NIC	6,600	3,881
Pension costs	3,857	973
Rent	20,160	20,160
Rates & water	–	273
Light & heat	–	1,959
Repairs & maintenance	2,830	1,959
Insurance	2,708	3,701
Other establishment costs	216	332
Travel costs	62	–
Telephone	853	961
Other office costs	7,637	7,019
Depreciation	–	473
Management charges	3,933	9,624
Counselling and volunteer expenses	2,519	4,088
	<u>213,613</u>	<u>158,829</u>
<i>Support costs</i>		
Salaries	51,498	47,565
Employer's NIC	6,698	6,261
Pension costs	3,083	2,700
Book-keeping	3,100	3,050
	<u>64,379</u>	<u>59,576</u>
Street Level		
<i>Activities undertaken directly</i>		
Salaries	–	31,435
Employer's NIC	–	2,259
Pension costs	–	1,250
	–	<u>34,944</u>
Governance costs		
Legal and other professional fees	2,760	1,920
Governance costs - other office costs	–	13
	<u>2,760</u>	<u>1,933</u>
Expenditure on charitable activities	<u><u>280,752</u></u>	<u><u>255,282</u></u>

