

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

	Page
Trustees' annual report (incorporating the director's report)	1
Independent examiner's report to the trustees	10
Statement of financial activities (including income and expenditure account)	12
Statement of financial position	13
Notes to the financial statements	14
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	29

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

		Unrestricted funds	2020 Restricted funds	Total funds	2019 Total funds
	Note	£	£	£	£
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	<u>11,482</u>	<u>14,729</u>
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>

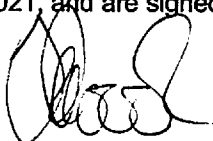
For the year ending 31 December 2020 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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	<u>—</u>	<u>473</u>

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 No.	2019 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	<u>16,648</u>
Depreciation	
At 1 January 2020 and 31 December 2020	<u>16,468</u>
Carrying amount	
At 31 December 2020	<u>180</u>
At 31 December 2019	<u>180</u>

17. Debtors

	2020 £	2019 £
Trade debtors	<u>903</u>	<u>17,623</u>

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	—	<u>53,252</u>	<u>(53,252)</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

The total future minimum lease payments under non-cancellable operating leases are as follows:	2020	2019
	£	£
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
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
	<u>280,752</u>	<u>255,282</u>
Total expenditure	<u>280,968</u>	<u>255,498</u>
Net income	<u>123,933</u>	<u>32,649</u>

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>–</u>	<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>

