

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 2,200 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 Centred 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

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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 8 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 Co-opted MC Rushen Appointed by PCC MJ Woodward Appointed by PCC | (Resigned 26 January 2022) |
|--|----------------------------|

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).

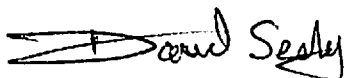
St Martins Centre for Health and Healing

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 |
|---|--------------|-----------------------|-----------------------|-----------------------|
| | | Unrestricted | Total funds | Total funds |
| | Note | 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> |

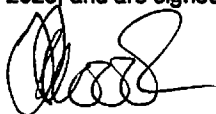
For the year ending 31 December 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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 | 392,668 |
| 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 | <u>16,648</u> |
| Depreciation | |
| At 1 January 2022 and 31 December 2022 | <u>16,648</u> |
| Carrying amount | |
| At 31 December 2022 | <u>—</u> |
| At 31 December 2021 | <u>—</u> |

18. Debtors

| | 2022 £ | 2021 £ |
|---------------|-------------------|-------------------|
| Trade debtors | <u>46,678</u> | <u>20,061</u> |

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 | 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 | 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><u>619,611</u></u> | <u><u>510,665</u></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 | <u>36</u> | <u>54</u> |
| 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 |
| | <u>546,323</u> | <u>395,568</u> |
| Total expenditure | <u>546,359</u> | <u>395,622</u> |
| Net income | <u>73,252</u> | <u>115,043</u> |

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> |