

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.

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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%

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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.

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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

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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.

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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:

A handwritten signature in black ink, appearing to be 'J Allcock', written in a cursive style.

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

		Unrestricted Funds	2024 Restricted Funds	Total Funds	2023 Total Funds
	Note	£	£	£	£
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

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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
	Note	£	£
Cash flows from operating activities			
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

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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

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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

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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>

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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	-

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	-
	818,319	-	818,319	731,031

8. Investment income

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

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	-

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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>

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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	-	-

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>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>645,702</u>	<u>489,873</u>

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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

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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 January 2024 £	Income £	Expenditure £	Transfers £	At 31 December 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>
Total income	<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>
 Total expenditure	 <u>744,148</u>	 <u>593,982</u>
 Net income	 <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>