KERNOS CENTRE

England & Wales · Charity number 1097354

Details

Status	Registered
Legal form	Charitable company
Company number	04530654
Registered	2003-05-02
Register	View on the Charity Commission register

Contact

Address	Mrs Michelle Argent 32-34 Friars Street Sudbury Suffolk CO10 2AG
Phone	01787882883
Email	admin@kernos.org
Website	www.kernos.org

Activities

Objects: (A) THE RELIEF OF SICKNESS BOTH OF MIND AND BODY AND DISTRESS ARISING THEREFROM BY THE PROVISION OF SUCH COUNSELLING SERVICES AND HELP IN PROBLEMS ARISING FROM THEIR SICKNESS AS MAY BE APPROPRIATE FOR INDIVIDUAL NEEDS(B) THE ADVANCEMENT OF EDUCATION BY THE PROVISION OF TRAINING FOR COUNSELLORS AND FOR DISSEMINATION OF INFORMATION TO OTHER PERSONS (INCLUDING PROFESSIONALS)

Activities: The Kernos centre provides counselling and support services to people with emotional and psychological difficulties from a wide variety of causes.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

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Geography

- Suffolk

Finances

Period end	Income	Expenditure	Assets	Employees
2025-09-30	£151,127	£149,691	-	-
2024-09-30	£122,904	£141,629	-	-
2023-09-30	£133,463	£114,698	-	-
2022-09-30	£73,414	£88,815	-	-
2021-09-30	£116,655	£101,337	-	-

Trustees

Name	Role	Appointed
David Paul Morris	Chair	2022-11-11
Adam James Blyth Tozer		2025-01-06
CHRISTINE BOATWRIGHT		
GRAHAM BRUCE HILL		
KAREN SMOUT FCA		2019-07-26
Linda Jane Isaac		2025-10-17
PETER BROWN		2009-10-23

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KERNOS CENTRE

England & Wales - Charity number 1097354

Accounts

Company registration number 04530654 (England and Wales)

Charity registration number 1097354 (England and Wales)

KERNOS CENTRE

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2025

KERNOS CENTRE

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KERNOS CENTRE

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 30 SEPTEMBER 2025

The Trustees present their annual report and financial statements for the year ended 30 September 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the entity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: 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)".

Objectives and activities

The charity's exclusive charitable object is to provide counselling and support services to people with emotional and psychological difficulties from a wide variety of causes by the provision of a centre of excellence.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

The charity carries out these objects by:

Counselling individuals which is not confined by time or cost as the charity believes it is essential to continue therapy for as long as it is required. Many people are unable to afford private counselling and the charity enables those without such means to benefit from the expertise available at the centre for as long as required.

Much work has been done on the value to society of early intervention for those with emotional and psychological problems and the charity's aim is to achieve this by way of attracting grants and donations in order to finance counselling. With these funds significant benefit can be achieved for those who would otherwise be unable to participate in therapy, resulting in potentially adverse consequences for themselves and society in general.

The income of the company must be applied only towards the promotion of its objects as set out in its Memorandum and Articles of Association.

Public benefit

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

Volunteers

Trustees and Members are unpaid volunteers.

Achievements and performance

In considering the outlook for 2026 we are encouraged by the success we are having in raising more grants and the efforts made by many supporters, both within the charity and outside, in their fundraising efforts. We are also addressing counselling capacity and attendance performance by our clients in an effort to increase the number of counselling sessions we can achieve in the coming year. This higher capacity and the continuing cost of the transition programme will of course need to be met by higher income but we have made an encouraging start to 2026.

Financial review

Income rose by 23% to £151,127 in the year to September 2025 thanks to the budgeted increase in funding from the National Lottery (rising £2,600 to £48,100) and a better outcome in winning other restricted grants (up from £11,210 to £30,266). This reflected the greater efforts that were made in the year to win grants, as did the improvement in fundraising income, which increased from £2,366 to £7,387.

Costs were 6% higher at £149,691. This increase was a direct result of the need to transition the office systems from paper based to digital systems and was ameliorated to some extent by the reduced costs deriving from a 15% reduction in the number of counselling sessions undertaken during the year.

Our total reserve position remained steady at £67,808 at the end of the year compared with £66,372 last year, of which 41% were restricted funds, leaving £39,508 as free reserves. These unrestricted reserves are broadly in line with our policy to maintain sufficient free reserves to cover approximately six months of fixed costs.

Principal funding sources

The Charity is principally funded by grants from various bodies detailed in the accounts, room hire revenue, donations from our clients, other supporting individuals and organisations and fundraising activities.

The trustees continue to apply for more funds from grant making bodies and pursue referring agencies for financial support to establish means by which funding can follow a client to the Kernos Centre.

Reserves policy

The centre retains a reserve of 6 months fixed costs in free reserves. This provides for financial reserves to be set aside to ensure that the centre can continue to operate and meet the needs of clients in the event of unexpected contingencies including a cessation or interruption of part of its funding.

Structure, governance and management

The company was incorporated on 10 September 2002. The charity is controlled by its governing documents, a deed of trust, and constitutes a limited company, limited by guarantee and has no share capital as defined by the Companies Act 2006.

The trustees who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mrs CM Boatwright	
Mr PJ Brown	
Mr GB Hill	
Mrs K Smout	
Mr DP Morris	
Mrs M Argent	(Resigned 28 April 2025)
Mrs Janet Crawley	(Appointed 10 March 2025 and resigned 30 May 2025)
John Francis	(Appointed 8 January 2025)
Adam Tozer	(Appointed 6 January 2025)
Mrs Linda Issac	(Appointed 17 October 2025)

Recruitment and appointment of trustees

The Board has the power to appoint additional trustees as it considers fit to do so.

Organisational structure

The company has four registered members who have each undertaken to contribute an amount not exceeding ten pounds to the assets of the company in the event of the Company being wound up. The statutory records state the obligation as one pound per member. The Charity is organised so that the trustees have regular general meetings comprising of elected and nominated members to discuss progress, activities, fundraising and administration. All directors of the company are also trustees of the charity, and there are no other trustees.

The 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 13/03/26 and signed on behalf of the board of trustees by:

.....

Mr GB Hill

Date: 13th MARCH 2026.

KERNOS CENTRE

INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF KERNOS CENTRE

I report to the Trustees on my examination of the financial statements of Kernos Centre (the entity) for the year ended 30 September 2025.

Responsibilities and basis of report

As the Trustees of the entity (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.

Having satisfied myself that the financial statements of the entity are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the entity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

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 that in any material respect:

1 accounting records were not kept in respect of the entity as required by section 386 of the Companies Act 2006.

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 Companies Act 2006 other than any requirement that the financial statements 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 financial statements 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 financial statements to be reached.

Vincent Chandler FCA FCCA
Independent Examiner
Moore Green

22 Friars Street
Sudbury
CO10 2AA

Dated: .....21.04.2026.....

KERNOS CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 SEPTEMBER 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income and endowments from:							
Donations and legacies	2	25,284	78,366	103,650	22,232	56,710	78,942
Charitable activities	3	34,734	-	34,734	37,387	-	37,387
Other trading activities	4	7,387	-	7,387	2,366	-	2,366
Other income	5	5,356	-	5,356	4,209	-	4,209
Total income		72,761	78,366	151,127	66,194	56,710	122,904
Expenditure on:							
Charitable activities	6	149,350	341	149,691	141,173	456	141,629
Total expenditure		149,350	341	149,691	141,173	456	141,629
Net income/(expenditure)		(76,589)	78,025	1,436	(74,979)	56,254	(18,725)
Transfers between funds		57,439	(57,439)	-	72,086	(72,086)	-
Net movement in funds	7	(19,150)	20,586	1,436	(2,893)	(15,832)	(18,725)
Reconciliation of funds:							
Fund balances at 1 October 2024		58,658	7,714	66,372	61,551	23,546	85,097
Fund balances at 30 September 2025		39,508	28,300	67,808	58,658	7,714	66,372

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

KERNOS CENTRE

BALANCE SHEET

AS AT 30 SEPTEMBER 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	11		1,616		2,159
Current assets					
Debtors	12	3,125		3,108	
Cash at bank and in hand		71,476		69,747	
		74,601		72,855	
Creditors: amounts falling due within one year	13	(8,409)		(8,642)	
Net current assets			66,192		64,213
Total assets less current liabilities			67,808		66,372
The funds of the entity					
Restricted income funds	15		28,300		7,714
Unrestricted funds	16		39,508		58,658
			67,808		66,372

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 September 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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.

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

The financial statements were approved by the Trustees on 13/03/26

Mr GB Hill

1 Accounting policies

Charity information

Kernos Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is 22 Friars Street, Sudbury, Suffolk, CO10 2AA.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the entity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: 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)". The entity is a Public Benefit Entity as defined by FRS 102.

The entity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements are prepared in sterling, which is the functional currency of the entity. Monetary amounts in these financial statements are rounded to the nearest £.

1.2 Going concern

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

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the entity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the entity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the entity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures, fittings and equipment	25% reducing balance

1.7 Impairment of fixed assets

At each reporting end date, the entity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.9 Limited by guarantee

The charity is a company incorporated in England and Wales and is limited by guarantee. In the event that the charity is wound up the liability of each member is limited to £1.

2 Income from donations and legacies

	Unrestricted funds 2025	Restricted funds 2025	Total 2025	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£	£	£	£
Donations and gifts	25,284	-	25,284	22,232	-	22,232
Grants	-	78,366	78,366	-	56,710	56,710
	25,284	78,366	103,650	22,232	56,710	78,942

2 Income from donations and legacies (Continued)

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Grants						
Suffolk Community Foundation	-	7,500	7,500	-	6,000	6,000
Bures Music Festival	-	2,000	2,000	-	750	750
Tudwick Foundation	-	3,000	3,000	-	-	-
Colchester Catalyst	-	7,566	7,566	-	3,360	3,360
Great Cornard Parish Council	-	1,200	1,200	-	1,100	1,100
Lottery	-	48,100	48,100	-	45,500	45,500
Other	-	9,000	9,000	-	-	-
	-	78,366	78,366	-	56,710	56,710

3 Income from charitable activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Sale of services as part of direct charitable activities	34,734	37,387

4 Income from other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising events	7,387	2,366

5 Other income

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Gift Aid	5,356	4,209

6 Expenditure on charitable activities

	2025	2024
Direct costs	£	£
Staff costs		
Depreciation and impairment	16,576	-
Counsellor's fees	542	724
Supervision costs	73,084	87,755
Rent	6,397	7,518
Rates and water	9,600	9,600
Light & Heat	750	716
Repairs & Maintenance	2,848	3,602
Insurance	1,293	326
Telephone	1,903	1,725
General administrative expenses	1,141	932
Postage, stationery and printing	33,041	25,649
Advertising and website	469	872
Accountancy fees	247	890
	1,800	1,320
	149,691	141,629
Analysis by fund		
Unrestricted funds	149,350	141,173
Restricted funds	341	456
	149,691	141,629

7 Net movement in funds

	2025	2024
The net movement in funds is stated after charging/(crediting):	£	£
Fees payable for the independent examination of the charity's financial statements	1,800	1,320
Depreciation of owned tangible fixed assets	542	724

8 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the entity during the year.

Travel / administration costs amounting to nil (2024 - £nil) were reimbursed to no (2024 - no) member/s of the management committee. Of this amount nil (2024 - £nil) was donated back to the centre as donations.

9 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
	1	-

Employment costs	2025 £	2024 £
Wages and salaries	16,398	-
Other pension costs	178	-
	16,576	-

The charity uses outsourced counsellors and volunteers along with the Trustees giving their time free of charge.

10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

11 Tangible fixed assets

	Fixtures, fittings and equipment £
Cost	
At 1 October 2024	9,884
At 30 September 2025	9,884
Depreciation and impairment	
At 1 October 2024	7,726
Depreciation charged in the year	542
At 30 September 2025	8,268
Carrying amount	
At 30 September 2025	1,616
At 30 September 2024	2,159

12 Debtors

Amounts falling due within one year:	2025 £	2024 £
Trade debtors	-	45
Prepayments and accrued income	3,125	3,063
	3,125	3,108

13 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	5,113	6,687
Accruals and deferred income	3,296	1,955
	8,409	8,642

14 Retirement benefit schemes

Defined contribution schemes	2025 £	2024 £
Charge to profit or loss in respect of defined contribution schemes	178	-

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 October 2024	Incoming resources	Resources expended	Transfers	At 30 September 2025
	£	£	£	£	£
	7,714	78,366	(341)	(57,439)	28,300

Previous year:

	At 1 October 2023	Incoming resources	Resources expended	Transfers	At 30 September 2024
	£	£	£	£	£
	23,546	56,710	(456)	(72,086)	7,714

16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 October 2024	Incoming resources	Resources expended	Transfers	At 30 September 2025
	£	£	£	£	£
General funds	58,658	72,761	(149,350)	57,439	39,508

Previous year:	At 1 October 2023	Incoming resources	Resources expended	Transfers	At 30 September 2024
	£	£	£	£	£
General funds	61,551	66,194	(141,173)	72,086	58,658

17 Analysis of net assets between funds

	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£
At 30 September 2025:			
Tangible assets	599	1,017	1,616
Current assets/(liabilities)	38,909	27,283	66,192
	39,508	28,300	67,808

	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£
At 30 September 2024:			
Tangible assets	801	1,358	2,159
Current assets/(liabilities)	57,857	6,356	64,213
	58,658	7,714	66,372

18 Operating lease commitments

Lessee
At the reporting end date the entity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2025	2024
	£	£
Within one year	9,600	9,600

19 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).

KERNOS CENTRE

England & Wales - Charity number 1097354

Accounts

Charity registration number 1097354 (England and Wales)

Company registration number 04530654

KERNOS CENTRE

TRUSTEES' ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2024

KERNOS CENTRE

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Kernos Centre
Taking counselling further

The Kernos Centre
Chairman's Report – AGM: March 2025

In 2024 we saw the continued impact on the social and economic lives on the people of the United Kingdom. Families and young people are finding it tough to make ends meet. Kernos is proud to have maintained a high standard of counselling quality, supervision, outcome, and governance during 2024 our 21st year of operation.

"The Big Mental Heath Report - 2024' commissioned by 'Mind' and supported by the 'Centre for Mental Health' tells us that - "One in four in England will experience a mental health problem at some point each year – and the same for one in five for children and young people.

19% of Women in England were more likely to report experiences of depression or anxiety, compared to 12% of Men. 7.8% of Adults in the UK felt lonely 'always or often' ...

In 2023, 6,069 deaths registered in England & Wales were attributed to suicide, with 75% of the victims being Men.

Kernos is still providing video-conference based counselling after COVID made it difficult to carry out face-to-face counselling. Using this technology, we have continued to provide a way to give counselling that's suitable for clients who are vulnerable, or find it difficult to travel.

Kernos has continued to engage with local Businesses, Councils, Foundations, Clubs and Health Service providers to obtain funding toward our objective – which is, to make counselling accessible to all. As always, Kernos has looked to specialist areas and contracts to keep funded, and our work with the young people in South Suffolk, has enabled us to maintain relationships with local Education services, and to provide counselling for pupils at South Suffolk schools. Kernos is also pleased to be able to help Carers who are placed under extreme pressures in looking after friends, family, and members of our community. I pass on a heart-felt thanks from us all, to all those who have provided money to us so that we can provide our service. What we do is of value to our community. Funding is sorely needed to keep the Centre running, and staff at all levels do their utmost to ensure that funding received is focussed on providing counselling.

Kernos has helped over 5,300 clients since opening in 2003 – with 355 clients referred in 2024 – This is a small rise on 2024 – but we believe that there will continue to be an increasing need for Kernos due to complex and varied social pressures on the shoulders of people throughout the UK. Trustee and administration volunteer staff have been maintained to support the operation with hard work done to secure funding through grants, special events, sponsored fundraising, and donations to our centre.

Again, I would like to thank Chris Boatwright for her continued commitment to Kernos ... It was her vision that created the Kernos Centre twenty two years ago, and her support of and contribution to all aspects of Kernos has been tireless & enthusiastic ever since! It was wonderful to learn of Chris' well-deserved award of a British Empire Medal in the King's New Years Honours, recognising her services to Mental Health in Suffolk.

Our Trustees have met regularly throughout 2024 and have continued to give their consideration to the major risks and business needs to which Kernos is exposed. We are satisfied that systems and procedures are in place and due diligence has been given to manage those risks & exposures. We have lost two Trustees during 2024 and added three (John Francis, Janet Crawley & Adam Tozer) to maintain a multi-faceted team. A pro-active recruitment policy has allowed us to maintain two clinical Supervisors and Ten Counsellors into 2024.

We have responded to a need to balance growing waiting lists with the funding available to provide counselling services. A big thanks goes to our counsellors, staff and volunteers who give their time and effort to keep the Centre running and funded. Kernos staff & volunteers have excelled through tough times in 2024 to continue to find innovative ways to obtain funding and donations to keep our Centre running.

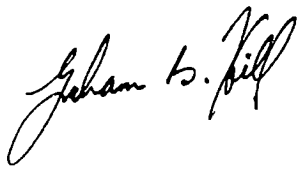
Kernos Centre
Taking counselling further

Kernos are fortunate to have Peter Brown and Annabel Wyatt's continued management of the day-to-day running of the Centre. I propose a vote of thanks to Annabel and Peter and their team of volunteers - for their tireless and valuable work. I'd also like to acknowledge the excellent work done by our Counsellors who maintain a professional and dedicated approach to our clients – and offer a heart-felt thanks from all the Trustees for their continued assistance with Centre Funding through tough times over recent years.

A big 'thank you' goes out to the numerous; groups, clubs, individuals, MP's, Councils, the Sudbury Community Foundation, Businesses, Centres, Rotary Groups, Golf Clubs, Music Festivals, and other organisations who have given us donations and grants. They have enabled us to keep providing our services. I'd like to thank our Mayor's and Councillor's for their continued interest and support. We offer sincere thanks to Councillors Jan & Adrian Osbourne for their long-term support ...

2025 will once again, be a difficult year for Kernos and for all Charities. Communities and families are slowly 'healing' – through decreasing disruption and restoring some 'certainty' to people, business, and communities. Funding available to charities will always be scarce! With the NHS struggling to maintain targets and its core funding, Kernos will be one of many needing cash to ensure our continued work with people of all ages in our local community. While we will continue to take every opportunity to bid for specialist and ring-fenced donations, we will also look for new and innovative sources of core funding to keep Kernos afloat, and our aim will be to continue to prioritise fund-raising to keep the centre operational and waiting lists managed. Social media and website initiatives will help in reaching out to both those who can help us, and those who need our help ...

In our twenty-second year, Kernos continues to focus upon providing high-quality services to our local community. Our objectives continue to be to provide a wide range of counselling services, and where possible, to assist people who may not have the income to get the emotional support they need. While funding pressures push short-term operational issues upon us, Kernos will continue to look toward longer-term projects to keep itself embedded in the Sudbury and Cornard communities.



Graham Hill
Chairman – The Kernos Centre
14th March 2025

KERNOS CENTRE

Officers' Reports

For the year ended 30th September 2024

Treasurer's report

Our accounts for the financial year ending 30th September 2024, compiled by our accountants Moore Green, show our income for the year was £122,904 (versus £133,462 in the previous year). Expenditure was £141,629 (versus £114,698 in 2023).

Total funds at 30th September 2024 stood at £66,372 versus £85,097 last year, approximately 12% of which is held as restricted funds for future counselling and projects, and 88% for unfunded counselling and as reserves. Net current assets stood at £64,213 on 30th September 2024 versus £82,957 in 2023.

Once again winning grants was very difficult, and despite a great deal of hard work by our team there was a further decline in funds raised for restricted funding. Here I must thank Suffolk Community Foundation, Colchester Catalyst Bures Music Festival, Sudbury and Great Cornard for their continued support. Excluding the Lottery funding we received in November 2023, other grants were £11,210, down from 16,879 in 2023. When you consider this figure was over £60,000 in 2021, it illustrates the difficulties facing all charities.

It is no exaggeration to say that the grant we received from the National Lottery Community Fund, which amounted to £45,500 in the first year, kept the Kernos Centre afloat and enabled us to continue, and indeed expand, our counselling efforts during the year.

As I have reported in previous years the ability of our clients to contribute towards their counselling has been severely affected by the recent period of economic hardship. I am pleased to say there was some recovery in these contributions in 2024, and as we achieved a further 17% increase in the number of sessions, overall contributions were higher at £37,000 against £29,000 in 2023. The average contribution was however still some 35% below pre- covid levels.

After a truly exceptional year in 2023, other donations came back to a more normal level, at around £22,000 vs £79,900 in the previous year. We stepped up our efforts in fundraising and a special thank you must go to our Director David Morris in leading the charge on this front and raising a considerable sum himself.

Reflecting a 17% increase in the number of counselling sessions, plus the inflationary impact on all costs, expenditure overall rose by 23%. We hope that in the current year inflation will be less of an influence and that costs will simply be driven by the number of sessions we can achieve.

The grant from the Lottery has stabilised our financial position and given us the platform to do more counselling. However, we recognise that, even with that funding, we still have to run hard every year to cover the costs beyond that grant and we are constantly reviewing how we can achieve that.

Once again a higher number of sessions means a greater load on the admin team and I would like to end by again offering my personal thanks to Annabel, Louise Nicola and all the volunteers who keep Kernos running efficiently every day.

Peter Brown

Finance Director

March 2025

REPORT ON COUNSELLING

In the year ending 30 September 2024, we received **359** Referrals **241** For adults and **126** were for children & young people, with **30** being of primary school age.

Since we opened in April 2003, as at the end of the financial year we had received over 5000 referrals for counselling support. At the end of 2024 the total stood at **359** referrals for counselling with clients aged between 5 and 93 years old. We have had 38 referrals so far this year.

Waiting list

At the end of the September 2024 there were 72 people on our waiting list,62 were waiting for face to face sessions at the centre and 6 were waiting for remote sessions online or on the phone; 4 waiting for either face to face or remote sessions on zoom.

Our waiting list at present has 78 people waiting, still with the majority requiring Face to Face sessions at the Centre.

Waiting List Now:

We have 78 on the waiting list;

- Face-to-face - 54 of whom 26 are CYP
- Either Remote or F2F - 16 of whom 7 are CYP
- Remote – 8 of whom 2 are CYP

The wait for regular weekly sessions is partly dependent on clinical need and partly on our current funding situation. If a client is in need of urgent help then we do our best to offer immediate support, sometimes offering holding sessions until we can provide regular weekly sessions. Such examples include people who are suicidal, self-harming or in a Domestic Violence situation.

However, there can be a 6 month wait for weekly counselling sessions for some people. We are aware having to wait for such long periods causes great distress, and can cause problems to escalate and longer term mental health issues.

Counselling Team

At present our counselling team stands at 10 fully qualified, professional counsellors and 2 clinical supervisors. During the financial year we were very pleased to welcome 1 new Counsellor to work with adults, children and young people, both at Kernos Centre face to face, and online counselling. Counsellors also go into local schools, when it is in the best interest of the child. They also continue to provide Kernos counselling for half of what they can earn in private practice.

They all quietly do far more than their job descriptions, helping out wherever they can and are true ambassadors and members and friends of Kernos.
I would like to add that the Counselling team continue to show great dedication and commitment working with integrity and compassion, which generates confidence and growth trust.

Children Coming to Kernos

We work with children from 5 years old and we provide a secure environment in which they can explore their life circumstances through play and creative therapy. This can help them make sense of difficult or traumatic events and help them work through issues, which may be holding them back at school, or in their relationships.

Here are 2 Kernos case studies, giving examples of our work.

Boy 17, referred by GP

Client was depressed and anxious as well as suicidal on referral, he had not attended school for two months at assessment and when we started counselling, he had stopped going to school altogether. He could see no future for himself, continual suicidal thoughts which frightened him.

During sessions he had space to share his thoughts. He spent a lot of time drawing. He was given time to share how his parents had an on and off relationship and how it had affected him. How their final split had hurt him, he spent quite some time crying and shared his fears. Somewhere into our sessions he had space to explore his bisexual thoughts and found a way to tell his mother that he felt he was bisexual. From there on we gradually looked at how he wanted his future to be and how he felt he was able to cope. He no longer felt trapped and although he felt that he had a long way to go he felt he no longer need to come. As we ended, he had **volunteered**

for the Befriending Service, where he felt he might make a start to integrate into society.

Adult case study

A middle aged lady came to The Kernos Centre having lost her husband a year ago. The client had found him laying dead, on the garage floor next to his car which he had been polishing. Despite ringing 999 and being air lifted to hospital, he was not able to be resuscitated. The couple had been together since being teenagers. They had returned from a holiday with friends in Scotland just two days before. The client was broken hearted. The client received therapy as she went through the different stages of grief. She was listened to, given empathic understanding and able to talk about how she felt knowing there was no judgement. Slowly the client started to remember the good times they had had together and start to feel strong enough to look at how her life would continue without him. She became strong enough to move house and downsize, started working again and gain the confidence to realise she could cope on her own. It was a long and painful journey. At the end of the last therapy session the client wept tears of gratitude, she commented that she couldn't have done it without the support she had received from counselling.

I know I say this every year but it remains true that the recognition and support we continue to receive from local organisations and individual members of our local community, raises the spirit for everyone involved with Kernos. We are able to provide More Support, to More people, because of the help of each and every one of you.

Every donation matters and makes a difference to someone's life. Thank You

Chris Boatwright Clinical Director

Kernos Referrals and from where?

Referrer	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23	2023/2024
CAB	1	2	3	0	2	1	1
CMHT	2	5	8	6	6	8	7
Cllrs/Centres	3	6	3	1	6	9	4
CPN	0	0	0	1	2	15	3
Education	11	16	9	4	9	6	13
CYP Integrated Team	1	2	1	1	1	1	1
GP	93	94	86	69	68	57	66
Housing Assoc	7	5	4	3	4	1	2
IAPT/Wellbeing Service	4	8	1	5	4	2	1
NHS Access and Assessment Team	4	5	4	2	5	7	4
Relatives/ Friends	118	149	59	64	66	92	108
Soc Services	5	9	2	5	5	7	7
Self	120	103	50	43	63	54	78
Suffolk Carers	2	1	0	0	1	1	1
Website	13	11	4	15	8	12	23
Yell.Com	1	0	0	1	0	0	0
Other	31	15	14	13	24	25	34

Others Include:	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23	2023/2024
Suffolk Free Press	0	1	1	1	0	0	1
WMHD -Market Stall	2	1	1	0	1	0	1
Employer	3	2	2	2	1	2	1
BACP	1	0	0	1	2	1	0
Health visitor	2	1	1	1	2	0	1
Bridge Project	2	1	0	0	1	0	0
St Nicholas Hospice	2	3	1	1	0	0	1
Freedom Programme	2	2	3	1	0	1	1
Bury Youth Team					2	2	2
Job Centre & Work Coach					6	5	8
Youth Justice Team					1	0	0
Facebook					1	3	0
M.P.					2	0	0
District Nurse					2	1	1
Autism					1	3	0
Christopher Centre							2
Hospital Bury St Ed							6
No 72							1
Yoga Teacher							1

Presenting Problem(s)	2020/21	2021/22	2022/23	2023/24
Abuse – Childhood	12	23	19	24
Abuse – Emotional	13	24	23	40
Abuse - Physical	5	10	21	3
Abuse – Psychological	11	18	19	33
Abuse – Sexual	7	15	18	21
Addiction	6	4	12	17
Adoption/Fostering/Care	2	1	4	4
Anger	22	32	38	62
Anxiety/Panic/Phobia	78	100	136	151
Bereavement	29	34	57	64
Bullying	11	18	21	26
Carer	4	3	6	5
Domestic Abuse	12	8	18	20
Depression	45	59	72	90
Eating Disorder	10	6	13	10
Family Breakup	22	30	28	37
Health Issues	26	21	30	41
Homeless		1	2	6
Identity	11	16	21	28
Internet Bullying	0	1	1	3
Loss		37	52	68
Marriage/Family	22	28	22	42
Personal Growth	17	9	24	19
Physical Symptoms	13	15	25	30
PTSD/Trauma	18	26	30	36
Rape	4	3	9	7
Relationships	38	40	42	78
School Issues	22	24	22	29
Self Esteem	57	51	51	73
Self Harm	12	22	16	33
Sexuality	1	2	2	4
Stress	34	36	47	64
Substance/Addiction	6	2	6	3
Suicide	11	20	17	29
Violence	3	6	5	8
Work/Redundancy	11	8	14	11

Stats for AGM YE 2023/24

Gender	2018/19	%	2019/20	%	2020/21	%	2021/22	%	2022/23	%	2023/24	%
Males	157	36%	92	36%	68	32%	105	39%	118	39%	127	36%
Females	285	64%	164	64%	144	67%	163	61%	182	60%	225	63%
Non-Binary	0		1		2	1%	1	0%	1	1%	3	1%

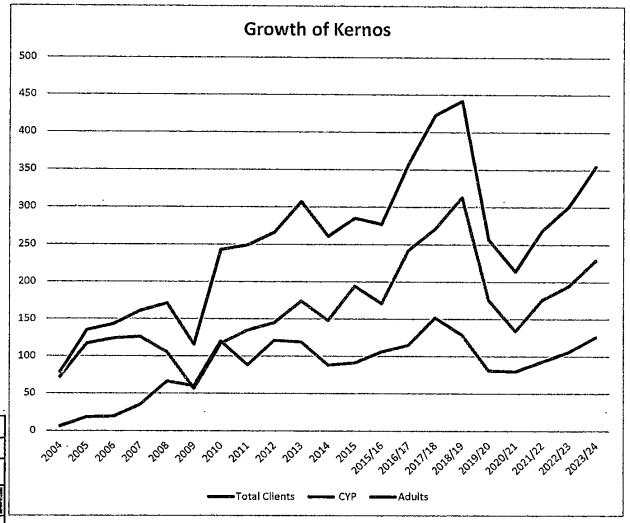
Demography	2018/19	%	2019/20	%	2020/21	%	2021/22	%	2022/23	%	2023/24	%
Full time work	122	28%	72	28%	37	17%	48	18%	36	12%	40	13%
Part time work	81	18%	51	20%	49	23%	55	20%	57	19%	49	16%
Home-maker	9	2%	5	2%	9	4%	8	3%	6	2%	5	2%
Unemployed	66	15%	30	12%	18	8%	56	21%	63	21%	72	23%
Student	128	29%	82	32%	82	38%	85	32%	109	36%	114	37%
Retired	28	6%	14	5%	11	6%	15	6%	24	8%	28	9%
Carer	8	2%	2	1%	8	4%	2	1%	4	1%	4	1%

FEES	2018/19	%	2019/20	%	2020/21	%	2021/22	%	2022/23	%	2023/24	%
Full	66	15%	29	9%	12	6%	9	3%	10	2%	17	4%
Contribution	272	61%	193	61%	140	65%	185	57%	254	52%	258	62%
Funded	98	22%	71	22%	49	23%	100	31%	192	42%	116	28%
None	11	2%	24	8%	13	6%	30	9%	36	8%	24	6%
% Funded		22%		22%		23%		31%		42%		28%

Marital Status	2018/19	%	2019/20	%	2020/21	%	2021/22	%	2022/23	%	2023/24	%
Married/ partner	145	33%	85	33%	52	24%	74	28%	82	27%	107	30%
Single	224	51%	144	56%	122	57%	149	56%	169	56%	193	54%
Divorced/ Seperated	59	13%	22	9%	26	12%	33	12%	33	11%	36	10%
Widowed	14	3%	6	2%	14	7%	12	4%	17	6%	19	5%

Growth of Kernos

Growth	Total Clients	CYP	Adults
2004	78	6	72
2005	135	18	117
2006	143	19	124
2007	161	35	126
2008	171	66	105
2009	116	60	56
2010	243	120	117
2011	249	88	135
2012	266	121	145
2013	307	119	174
2014	261	88	148
2015	285	91	194
2015/16	277	106	171
2016/17	357	115	242
2017/18	423	152	271
2018/19	442	129	313
2019/20	257	81	176
2020/21	214	80	134
2021/22	269	93	176
2022/23	301	106	195
2023/24	355	126	229



KERNOS CENTRE

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 30 SEPTEMBER 2024

The Trustees present their annual report and financial statements for the year ended 30 September 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the entity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: 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)".

Objectives and activities

The charity's exclusive charitable object is to provide counselling and support services to people with emotional and psychological difficulties from a wide variety of causes by the provision of a centre of excellence.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

The charity carries out these objects by:

Counselling individuals which is not confined by time or cost as the charity believes it is essential to continue therapy for as long as it is required. Many people are unable to afford private counselling and the charity enables those without such means to benefit from the expertise available at the centre for as long as required.

Much work has been done on the value to society of early intervention for those with emotional and psychological problems and the charity's aim is to achieve this by way of attracting grants and donations in order to finance counselling. With these funds significant benefit can be achieved for those who would otherwise be unable to participate in therapy, resulting in potentially adverse consequences for themselves and society in general.

The income of the company must be applied only towards the promotion of its objects as set out in its Memorandum and Articles of Association.

Public benefit

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

Volunteers

Trustees and Members are unpaid volunteers.

Achievements and performance

See the reports from the Chairman, Director of Counselling, together with the statistical information attached.

Financial review

See the Finance Director's Report.

Principal funding sources

The Charity is principally funded by grants from various bodies detailed in the accounts, room hire revenue, donations from our clients, other supporting individuals and organisations and fundraising activities.

The trustees continue to apply for more funds from grant making bodies and pursue referring agencies for financial support to establish means by which funding can follow a client to the Kernos Centre.

Reserves policy

The centre retains a reserve of just over £81,000. This provides for financial reserves to be set aside to ensure that the centre can continue to operate and meet the needs of clients in the event of unexpected contingencies including a cessation or interruption of part of its funding.

Structure, governance and management

The company was incorporated on 10 September 2002. The charity is controlled by its governing documents, a deed of trust, and constitutes a limited company, limited by guarantee and has no share capital as defined by the Companies Act 2006.

The trustees who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mrs CM Boatwright	
Mr PJ Brown	
Mr GB Hill	
Mrs K Smout	
Mr M Wicker	(Resigned 1 March 2024)
Mr DP Morris	
Mrs DJ Deeks	(Resigned 30 September 2024)
Mrs M Argent	(Appointed 19 January 2024)
Mrs MR Knapp	(Resigned 13 October 2023)
Mrs Janet Crawley	(Appointed 10 March 2025)
John Francis	(Appointed 8 January 2025)
Adam Tozer	(Appointed 6 January 2025)

Recruitment and appointment of trustees

The Board has the power to appoint additional trustees as it considers fit to do so.

Organisational structure

The company has four registered members who have each undertaken to contribute an amount not exceeding ten pounds to the assets of the company in the event of the Company being wound up. The statutory records state the obligation as one pound per member. The Charity is organised so that the trustees have regular general meetings comprising of elected and nominated members to discuss progress, activities, fundraising and administration. All directors of the company are also trustees of the charity, and there are no other trustees.

The 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 14th March 2025 and signed on behalf of the board of trustees by:

C Boatwright

Mrs CM Boatwright

Date: 14/03/2025

KERNOS CENTRE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF KERNOS CENTRE

I report to the Trustees on my examination of the financial statements of Kernos Centre (the entity) for the year ended 30 September 2024.

Responsibilities and basis of report

As the Trustees of the entity (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.

Having satisfied myself that the financial statements of the entity are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the entity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

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 that in any material respect:

1 accounting records were not kept in respect of the entity as required by section 386 of the Companies Act 2006.

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 Companies Act 2006 other than any requirement that the financial statements 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 financial statements 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 financial statements to be reached.

Vincent Chandler FCA FCCA
Independent Examiner
Moore Green

22 Friars Street
Sudbury
CO10 2AA

Dated: 24.03.2025

KERNOS CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 SEPTEMBER 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income and endowments from:							
Donations and legacies	2	22,232	56,710	78,942	79,944	16,879	96,823
Charitable activities	3	37,387	-	37,387	29,527	-	29,527
Other trading activities	4	2,366	-	2,366	562	-	562
Other income	5	4,209	-	4,209	6,551	-	6,551
Total income		66,194	56,710	122,904	116,584	16,879	133,463
Expenditure on:							
Charitable activities	6	141,173	456	141,629	114,090	608	114,698
Total expenditure		141,173	456	141,629	114,090	608	114,698
Net income/(expenditure)		(74,979)	56,254	(18,725)	2,494	16,271	18,765
Transfers between funds		72,086	(72,086)	-	-	-	-
Net movement in funds	7	(2,893)	(15,832)	(18,725)	2,494	16,271	18,765
Reconciliation of funds:							
Fund balances at 1 October 2023		61,551	23,546	85,097	59,057	7,275	66,332
Fund balances at 30 September 2024		58,658	7,714	66,372	61,551	23,546	85,097

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

KERNOS CENTRE

BALANCE SHEET

AS AT 30 SEPTEMBER 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	11		2,159		2,140
Current assets					
Debtors	12	3,108		3,566	
Cash at bank and in hand		69,747		83,990	
		72,855		87,556	
Creditors: amounts falling due within one year	13	(8,642)		(4,599)	
Net current assets			64,213		82,957
Total assets less current liabilities			66,372		85,097
The funds of the entity					
Restricted income funds	14		7,714		23,546
Unrestricted funds	15		58,658		61,551
			66,372		85,097

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 September 2024.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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.

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

The financial statements were approved by the Trustees on 14th MARCH 25

.....
Mr GB Hill

Company registration number 04530654 (England and Wales)

1 Accounting policies

Charity information

Kernos Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is 22 Friars Street, Sudbury, Suffolk, CO10 2AA.

1.1 Accounting convention

The financial statements have been prepared in accordance with the entity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: 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)". The entity is a Public Benefit Entity as defined by FRS 102.

The entity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements are prepared in sterling, which is the functional currency of the entity. Monetary amounts in these financial statements are rounded to the nearest £.

1.2 Going concern

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

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the entity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the entity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the entity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures, fittings and equipment	25% reducing balance

1.7 Impairment of fixed assets

At each reporting end date, the entity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Limited by guarantee

The charity is a company incorporated in England and Wales and is limited by guarantee. In the event that the charity is wound up the liability of each member is limited to £1.

2 Income from donations and legacies

	Unrestricted funds 2024	Restricted funds 2024	Total 2024	Unrestricted funds 2023	Restricted funds 2023	Total 2023
	£	£	£	£	£	£
Donations and gifts	22,232	-	22,232	79,944	-	79,944
Grants	-	56,710	56,710	-	16,879	16,879
	22,232	56,710	78,942	79,944	16,879	96,823

2 Income from donations and legacies (Continued)

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Grants						
Babergh District Council	-	-	-	-	5,000	5,000
Suffolk Community Foundation	-	6,000	6,000	-	10,000	10,000
Bures Music Festival	-	750	750	-	-	-
Colchester Catalyst	-	3,360	3,360	-	675	675
Great Cornard Parish Council	-	1,100	1,100	-	1,100	1,100
Lottery	-	45,500	45,500	-	-	-
Other	-	-	-	-	104	104
	-	56,710	56,710	-	16,879	16,879

3 Income from charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Sale of services as part of direct charitable activities	37,387	29,527

4 Income from other trading activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising events	2,366	562

5 Other income

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Gift Aid	4,209	6,551

6 Expenditure on charitable activities

	2024	2023
	£	£
Direct costs		
Depreciation and impairment	724	715
Counsellor's fees	87,755	66,092
Supervision costs	7,518	6,384
Rent	9,600	9,600
Rates and water	716	243
Light & Heat	3,602	3,013
Repairs & Maintenance	326	4,157
Insurance	1,725	1,601
Telephone	932	725
General administrative expenses	25,649	20,315
Postage, stationery and printing	872	413
Advertising and website	890	180
Accountancy fees	1,320	1,260
	141,629	114,698
Analysis by fund		
Unrestricted funds	141,173	114,090
Restricted funds	456	608
	141,629	114,698

7 Net movement in funds

	2024	2023
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	1,320	1,260
Depreciation of owned tangible fixed assets	724	715

8 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the entity during the year.

Travel / administration costs amounting to nil (2023 - £nil) were reimbursed to no (2023 - no) member/s of the management committee. Of this amount nil (2023 - £nil) was donated back to the centre as donations.

9 Employees

There are no employees as the charity uses outsourced counsellors and volunteers along with the Trustees giving their time free of charge.

10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

11 Tangible fixed assets

	Fixtures, fittings and equipment
	£
Cost	
At 1 October 2023	9,142
Additions	743
At 30 September 2024	9,885
Depreciation and impairment	
At 1 October 2023	7,002
Depreciation charged in the year	724
At 30 September 2024	7,726
Carrying amount	
At 30 September 2024	2,159
At 30 September 2023	2,140

12 Debtors

	2024	2023
Amounts falling due within one year:	£	£
Trade debtors	45	504
Prepayments and accrued income	3,063	3,062
	3,108	3,566

13 Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	6,687	2,644
Accruals and deferred income	1,955	1,955
	8,642	4,599

14 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 October 2023	Incoming resources	Resources expended	Transfers	At 30 September 2024
	£	£	£	£	£
	23,546	56,710	(456)	(72,086)	7,714

Previous year:	At 1 October 2022	Incoming resources	Resources expended	Transfers	At 30 September 2023
	£	£	£	£	£
	7,275	16,879	(608)	-	23,546

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 October 2023	Incoming resources	Resources expended	Transfers	At 30 September 2024
	£	£	£	£	£
General funds	61,551	66,194	(141,173)	72,086	58,658

Previous year:	At 1 October 2022	Incoming resources	Resources expended	Transfers	At 30 September 2023
	£	£	£	£	£
General funds	59,057	116,584	(114,090)	-	61,551

16 Analysis of net assets between funds

	Unrestricted funds 2024	Restricted funds 2024	Total 2024
	£	£	£
At 30 September 2024:			
Tangible assets	801	1,358	2,159
Current assets/(liabilities)	57,857	6,356	64,213
	58,658	7,714	66,372

16 Analysis of net assets between funds (Continued)

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 30 September 2023:			
Tangible assets	325	1,815	2,140
Current assets/(liabilities)	61,226	21,731	82,957
	61,551	23,546	85,097

17 Operating lease commitments

Lessee

At the reporting end date the entity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2024 £	2023 £
Within one year	9,600	9,600

18 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

KERNOS CENTRE

England & Wales - Charity number 1097354

Accounts

Charity registration number 1097354

Company registration number 04530654 (England and Wales)

KERNOS CENTRE

TRUSTEES' ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2023

KERNOS CENTRE

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Kernos Centre
Taking counselling further

The Kernos Centre
Chairman's Report – AGM: March 2024

In 2023 we saw the continued impact on the social and economic lives on the people of the United Kingdom. Families and young people are finding it tough to make ends meet. Kernos is proud to have maintained a high standard of counselling quality, supervision, outcome, and governance during 2023 our 20th year of operation.

An NHS England 'Mental Health of Children and Young People in England 2023' report (Nov' 23) tells us that - "One in five children and young people had a probable mental disorder in 2023."

The report found that 20.3% of 8 to 16-year-olds had a probable mental disorder in 2023. Among 17 to 19-year-olds, the proportion was 23.3%, while in 20 to 25-year-olds it was 21.7%.

Participants were also questioned about eating disorders for the first time since the 2017 survey. In 2023, 12.5% of 17 to 19-year-olds had an eating disorder, an increase from 0.8% in 2017. Between 2017 and 2023, rates rose both in young women (from 1.6% to 20.8%) and young men (from 0.0% to 5.1%) in this age group.

Rather unhelpfully, these young people are labelled as '*Generation sicknote*' and '*Snowflakes*' – by those who – it seems - would rather not face the social and economic consequences of this lost generation ...

When it became impossible to provide face-to-face counselling in 2020, we configured our IT and telecom's for remote working, and used Internet video-conferencing connections to maintain client/counsellor contact. As a result of this technology we have continued to provide a way to give counselling that's suitable for clients who are vulnerable, or find it difficult to travel.

Kernos has continued to engage with local Businesses, Councils, Foundations, Clubs and Health Service providers to obtain funding toward our objective – which is, to make counselling accessible to all. As always, Kernos has looked to specialist areas and contracts to keep funded, and our work with the young people in South Suffolk, has enabled us to maintain relationships with local Education services, and to provide counselling for pupils at South Suffolk schools. Kernos is also pleased to be able to help Carers who are placed under extreme pressures in looking after friends, family, and members of our community. I pass on a heart-felt thanks from us all, to all those who have provided money to us so that we can provide our service. What we do is of value to our community. Funding is sorely needed to keep the Centre running, and staff at all levels do their utmost to ensure that funding received is focussed on providing counselling.

Kernos has helped over 4,900 clients since opening in 2003 – with 301 clients referred in 2023 – This is a small rise on 2023 – but we believe that there will continue to be an increasing need for Kernos due to complex and varied social pressures on the shoulders of people throughout the UK. Trustee and administration volunteer staff have been maintained to support the operation with hard work done to secure funding through grants, special events, sponsored fundraising, and donations to our centre.

Again, I would like to thank Chris Boatwright for her continued commitment to Kernos ... It was her vision that created the Kernos Centre twenty years ago, and her support of and contribution to all aspects of Kernos has been tireless & enthusiastic ever since!

Our Trustees have met regularly throughout 2023 and have continued to give their consideration to the major risks and business needs to which Kernos is exposed. We are satisfied that systems and procedures are in place and due diligence has been given to manage those risks & exposures. We have lost three Trustees during 2023 and added one (Michelle Turnbull) to maintain a multi-faceted team. A pro-active recruitment policy has allowed us to maintain two clinical Supervisors and Thirteen Counsellors into 2024.

We have responded to a need to balance growing waiting lists with the funding available to provide counselling services. A big thanks goes to our counsellors, staff and volunteers who give their time and effort to keep the Centre running and funded. Kernos staff & volunteers have excelled through tough

times in 2023 to continue to find innovative ways to obtain funding and donations to keep our Centre running.

Kernos are fortunate to have Peter Brown and Annabel Wyatt managing the day-to-day running of the Centre. I propose a vote of thanks to Annabel and Peter and their team of volunteers - for their tireless and valuable work. I'd also like to acknowledge the excellent work done by our Counsellors who maintain a professional and dedicated approach to our clients – and offer a heart-felt thanks from all the Trustees for their continued assistance with Centre Funding through tough times over recent years.

A big 'thank you' goes out to the numerous; groups, clubs, individuals, MP's, Councils, the Sudbury Community Foundation, Businesses, Centres, Rotary Groups, Golf Clubs, Music Festivals, and other organisations who have given us donations and grants. They have enabled us to keep providing our services. I'd like to thank our Mayor's and Councillor's for their continued interest and support. We offer sincere thanks to Councillors Jan & Adrian Osbourne for their long-term support ... A big thanks to Jan – who, in her role as the Mayor of Sudbury, made Kernos her chosen Charity.

2024 will once again, be a difficult year for Kernos and for all Charities. Communities and families have become more divided over the last few years, and hopefully, 2024 will allow some 'healing' - decreasing disruption and restoring some 'certainty' to people, business, and communities. Funding available to charities may be scarce! With the NHS struggling to maintain targets and its core funding, Kernos will be fighting for cash along with many others, to ensure our continued work with people of all ages in our local community. While we will continue to take every opportunity to bid for specialist and ring-fenced donations, we will also look for new and innovative sources of core funding to keep Kernos afloat, and our aim will be to continue to prioritise fund-raising to keep the centre operational and waiting lists managed. Social media and website initiatives will help in reaching out to both those who can help us, and those who need our help ...

In our twenty-first year, Kernos continues to focus upon providing high quality services to our local community. Our objectives are to provide a wide range of counselling services, and where possible, to assist people who may not have the income to get the emotional support they need. While funding pressures push short term operational issues upon us, Kernos will continue to look toward longer-term projects to keep itself embedded in the Sudbury and Cornard communities.

Graham Hill
Chairman – The Kernos Centre
15th March 2014

KERNOS CENTRE

Officers' Reports

For the year ended 30th September 2023

Treasurer's report

Our accounts for the financial year ending 30th September 2023, compiled by our accountants Moore Green, show our income for the year was £133,462 (versus 73,414 in the previous year). Expenditure was £114,697 (versus £88,815 in 2022).

Total funds at 30th September 2023 stood at £85,097 versus £66,332 last year, approximately 20% of which is held as restricted funds for future counselling and projects, and 80% for unfunded counselling and as reserves. Net current assets stood at £82,957 on 30th September 2023 versus £63,871 in 2022.

In our 20th year it is pleasing to be able to report a much better overall outcome compared to 2022. This overall improvement does though disguise a mixed picture when our three main sources of income are assessed.

Winning grants was again extremely difficult, resulting in a further decline in funds raised for restricted funding to £16,879.10 this year, down from £32,189 in 2022 and £63,167 in 2021.

Our second source of income, client donations, were again severely depressed by the difficulties our clients are having in the current financial situation. As we achieved a 20% increase in the number of sessions we undertook last year, overall contributions were higher at £27,175.57 from £21,652.16 in 2022, but on average they are still less than half pre- covid levels.

Fortunately, our third source of income, donations from individuals and organisations, together with fundraising by ourselves and others, was particularly strong. Generous contributions from Babergh District Council, Sudbury Town Council, The Postcode Trust, Suffolk Community Foundation, Prado Lounge, Bures Music Festival, Royal Airforce Charity, TMH Media, the Worshipful Company of Gold and Silver Wyre Drawers, many local Parish Councils and individuals resulted in £79,427 being raised against £17,335 in 2022. We are so grateful to all those who have supported us through these difficult times.

Costs rose by nearly 30%, due in the main to a 20% increase in the number of counselling sessions but also from the effects of inflation on all costs, particularly staff, rent, insurance and fuel.

I have mentioned before that one area of difficulty for us is the sharp fall in recent years in the contributions our clients are able to make. The difficult economic climate impacts most severely those who are already disadvantaged and many find it difficult to contribute very much, or anything at all, to their therapy. As we never turn anyone away for financial reasons this shortfall created a worrying additional gap in our income. Last year we approached the National Lottery to seek assistance in meeting this additional shortfall and I am very pleased to say that in November 2023 we received a grant from the National Lottery Community Fund for £245,700, spread over five years, to help us bridge this gap.

We still have a mountain to climb every year to cover the remainder of our costs but this substantial contribution gives us a lifeline and the confidence to go forward in future years. We are so grateful to all those who have contributed towards the Centre in recent years.

The combination of all this support enabled us to achieve a 20% increase in the number of counselling sessions in 2023, which is very welcome, but it does mean more work for our small team of administrators and volunteers. Once again I would like to offer my personal thanks to Annabel, Nicola and all the admin volunteers who work tirelessly to keep Kernos working efficiently however busy it gets.

Peter Brown

Finance Director

March 2024

KERNOS CENTRE ANNUAL REPORT 2023

REPORT ON COUNSELLING

In the year ending 30 September 2023, we received **301**client referrals,- **195 for adults and 106** were for children & young people, with 33 being of primary school age.
Since we opened in April 2003, as at the end of the financial year we had received over 5000 referrals for counselling support. At the end of 2023 the yearly total stood at 329 referrals for counselling with clients aged between 5 and 93 years old. We have had 63 referrals so far this year.

Waiting list
At the end of the September 2023 there were 64 people on our waiting list.42 were waiting for face to face sessions at the center and 22 were waiting for remote sessions online or on the phone.
Our waiting list at present has 51 people waiting, still with the majority requiring Face to Face sessions at the Centre.

The wait for regular weekly sessions is partly dependent on clinical need and partly on our current funding situation. If a client is in need of urgent help then we do our best to offer immediate support, sometimes offering holding sessions until we can provide regular weekly sessions. Such examples include people who are suicidal, self-harming or in a Domestic Violence situation.
However, there can be a 6 month wait for weekly counselling sessions for some people. We are aware having to wait for such long periods causes great distress, and can cause problems to escalate and longer-term mental health issues.

Counselling Team
At present our counselling team stands at 13 fully qualified, professional counsellors and 2 clinical supervisors.
During the financial year we were very pleased to welcome 2 new members to our counselling team, Michelle Banfield-Curran and Sarah Heatherson, and we very pleased to welcome Emma Leeper back ,to join our team again. Counsellors work with adults, and children and young people, both at Kernos Centre face to face, and online counselling. Counsellors also go into local schools, when it is in the best interest of the child.

They all quietly do far more than their job descriptions, helping out wherever they can and are true ambassadors and members and friends of Kernos.

I would like to add that the Counselling team continue to show great dedication, & commitment, working with integrity & compassion, which generates trust, & builds confidence & growth

Children Coming to Kernos

We work with children from 5 years old and we provide a secure environment in which they can explore their life circumstances through play and creative therapy. This can help them make sense of difficult or traumatic events and help them work through issues, which may be holding them back at school, or in their relationships, or school attendance.

One of the issues that has become more frequent is the number of children who are not attending school.

Some 1.7% of all pupils are severely absent compared with less than 1% pre-pandemic, while the overall absence rate has risen to 7.6%, up from around 4%–5% before the pandemic

'School refusal isn't just not wanting to go to school; it's an extreme form of anxiety that debilitates the child,' explains **Kay Mawson**, founder of **School Refusal Support Services.**

'The term "school refusal" implies a choice, but children are no more able to go into school than you or I would be to jump into a pit of spiders.'

Action For Children said its Parent Talk service – which offers free information, advice and support – saw **6,869** parents and carers use its confidential live chat service last year.

The charity said school refusal usually happens when a child is too anxious to go to school, and is sometimes called **school anxiety** or school phobia.

Thank you

Counsellors' and volunteers' commitment to Kernos and clients is not only shown by the work they do but by trying to raise funds for us too.

A huge thank you to Counsellor Carley and her team, who did a **24 HOUR** fitness challenge on 11/12th March at Zest Gym in Sudbury. Zest provided the space, and staff for free. It started at 8am on a Saturday and finished at 8am on the Sunday morning.
Those participating represented what mental health can be like. Every hour, on the hour, for 24 hours, they completed 2 miles on a static bike, one mile on a treadmill, or one mile on a cross trainer, to illustrate **how mental health is a 24 hour a day** battle. They raised £1,600 for Kernos.

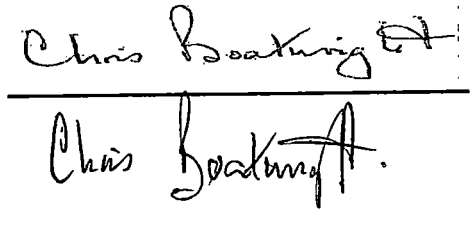
20th Anniversary

Sudbury Town Mayor Jan Osborne opened the evening celebration of our 20th anniversary On the 21st June at the Masonic Hall, which was kindly provided free of charge by the Sudbury Freemasons.
3 young people from Thomas Gainsborough school provided entertainment for us there too, with one of them talking about her experience of mental health.

We were joined by dozens of supporters to kick off the charities 20th birthday and our Sudbury Town Mayor, Jan Osborne set the scene perfectly, saying 'Kernos Centre works tirelessly in tackling disadvantage and addresses the real need within our community. The work they do is vital as they cater for adults and a growing number of children who are experiencing personal difficulty. Many of the clients that Kernos sees cannot get help through the NHS and often find themselves at Kernos' door'.

I know I say this every year but it remains true that the recognition and support we continue to receive from local organisations and individual members of our local community, raises the spirit for everyone involved with Kernos. We are able to provide More Support, to More people, because of the help of each and every one of you.
Every donation matters and makes a difference to someone's life. Thank You

Chris Boatwright Clinical Director



Kernos Referrals and from where?

Referrer	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23
CAB	1	2	3	0	2	1
CMHT	2	5	8	6	6	8
Cllrs/Centres	3	6	3	1	6	9
CPN	0	0	0	1	2	15
Education	11	16	9	4	9	6
CYP Integrated Team	1	2	1	1	1	1
GP	93	94	86	69	68	57
Housing Assoc	7	5	4	3	4	1
IAPT/Wellbeing Service	4	8	1	5	4	2
NHS Access and Assessment Team	4	5	4	2	5	7
Relatives/ Friends	118	149	59	64	66	92
Soc Services	5	9	2	5	5	7
Self	120	103	50	43	63	54
Suffolk Carers	2	1	0	0	1	1
Website	13	11	4	15	8	12
Yell.Com	1	0	0	1	0	0
Other	31	15	14	13	24	25

Others Include:	2017/18	2018/19	2019/20	2020/21	2021/22	2022/23
Suffolk Free Press	0	1	1	1	0	0
WMHD -Market Stall	2	1	1	0	1	0
Employer	3	2	2	2	1	2
BACP	1	0	0	1	2	1
Health visitor	2	1	1	1	2	0
Befriending Service	4	2	0	0	0	0
Bridge Project	2	1	0	0	1	0
St Nicholas Hospice	2	3	1	1	0	0
Freedom Programme	2	2	3	1	0	1
Bury Youth Team					2	2
Job Centre & Work Coach					6	5
Youth Justice Team					1	0
Facebook					1	3
M.P.					2	0
District Nurse					2	1
Autism					1	3

Presenting Problem(s)	2020/21	2021/22	2022/23
Abuse – Childhood	12	23	19
Abuse – Emotional	13	24	23
Abuse - Physical	5	10	21
Abuse – Psychological	11	18	19
Abuse – Sexual	7	15	18
Addiction	6	4	12
Adoption/Fostering/Care	2	1	4
Anger	22	32	38
Anxiety/Panic/Phobia	78	100	136
Bereavement	29	34	57
Bullying	11	18	21
Carer	4	3	6
Domestic Abuse	12	8	18
Depression	45	59	72
Eating Disorder	10	6	13
Family Breakup	22	30	28
Health Issues	26	21	30
Homeless		1	2
Identity	11	16	21
Internet Bullying	0	1	1
Loss		37	52
Marriage/Family	22	28	22
Personal Growth	17	9	24
Physical Symptoms	13	15	25
PTSD/Trauma	18	26	30
Rape	4	3	9
Relationships	38	40	42
School Issues	22	24	22
Self Esteem	57	51	51
Self Harm	12	22	16
Sexuality	1	2	2
Stress	34	36	47
Substance/Addiction	6	2	6
Suicide	11	20	17
Violence	3	6	5
Work/Redundancy	11	8	14

SIX YEAR ANALYSIS OF REFERRAL QUARTERS

ADULTS

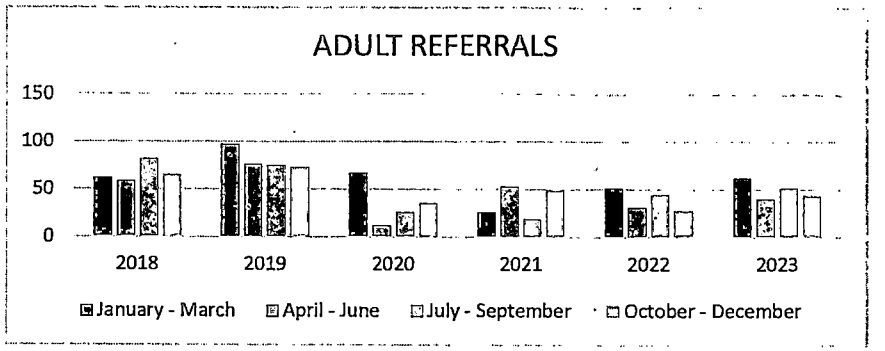
	2018	2019	2020	2021	2022	2023
January - March	62	97	67	26	51	62
April - June	59	76	12	53	31	40
July - September	82	75	26	19	45	52
October - December	65	73	36	49	28	44

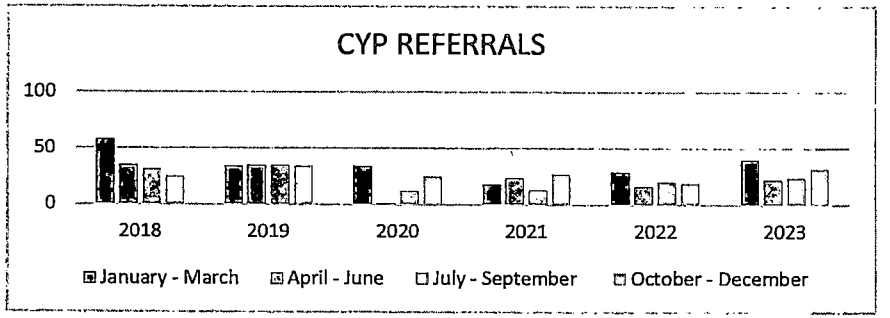
CYP

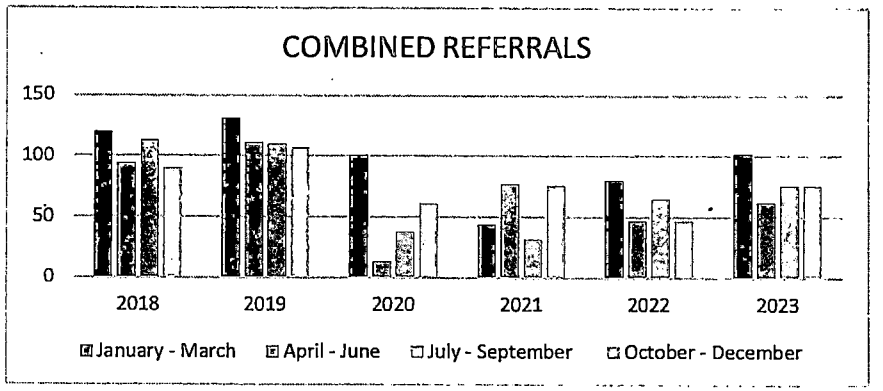
	2018	2019	2020	2021	2022	2023
January - March	58	34	34	18	29	40
April - June	35	35	1	24	16	22
July - September	31	35	12	13	20	24
October - December	25	34	25	27	19	32

Combined

	2018	2019	2020	2021	2022	2023
January - March	120	131	101	44	80	102
April - June	94	111	13	77	47	62
July - September	113	110	38	32	65	76
October - December	90	107	61	76	47	76







Stats for AGM YE 2022/23

Gender	2017/18	%		2018/19	%	2019/20	%	2020/21	%	2021/22	%	2022/23	%
Males	149	34%	Males	157	36%	92	36%	68	32%	105	39%	118	39%
Females	274	63%	Females	285	64%	164	64%	144	67%	163	61%	182	60%
Non-Binary			Non Binary	0		1		2	1%	1	0%	1	1%

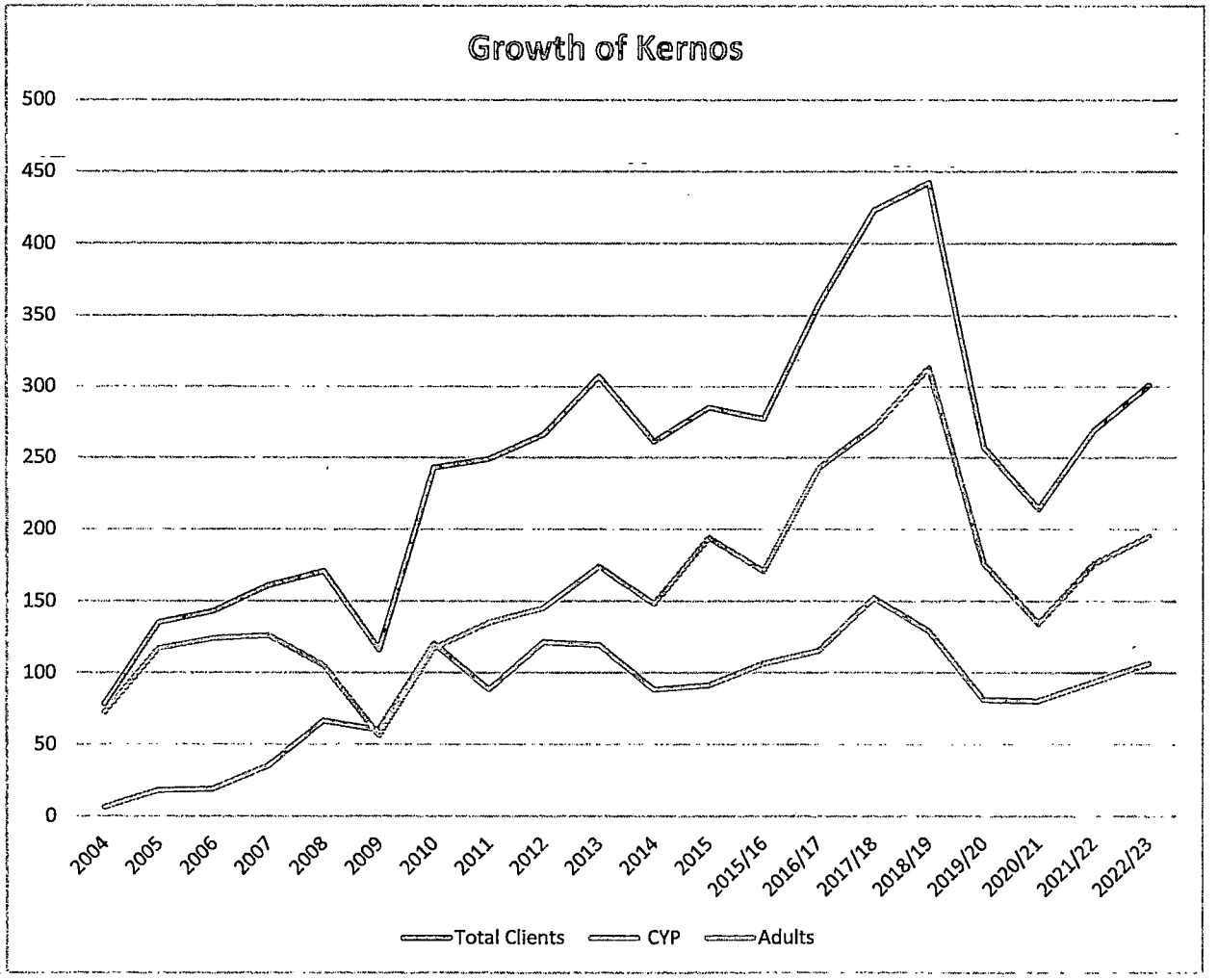
Demography	2017/18	%		2018/19	%	2019/20	%	2020/21	%	2021/22	%	2022/23	%
Full time work	95	22%	Full time work	122	28%	72	28%	37	17%	48	18%	36	12%
Part time work	61	14%	Part time work	81	18%	51	20%	49	23%	55	20%	57	19%
Home-maker	15	4%	Home-maker	9	2%	5	2%	9	4%	8	3%	6	2%
Unemployed	70	17%	Unemployed	66	15%	30	12%	18	8%	56	21%	63	21%
Student	148	35%	Student	128	29%	82	32%	82	38%	85	32%	103	36%
Retired	24	6%	Retired	28	6%	14	5%	11	6%	15	6%	24	8%
Carer	10	2%	Carer	8	2%	2	1%	8	4%	2	1%	4	1%

FEES	2017/18	%	2018/19	%	2019/20	%	2020/21	%	2021/22	%	2022/23	%
Full	55	10%	66	15%	29	9%	12	6%	9	3%	10	3%
Contribution	237	44%	272	61%	193	61%	140	65%	185	57%	254	62%
Funded	217	40%	98	22%	71	22%	49	23%	100	31%	132	42%
None	30	6%	11	2%	24	8%	13	6%	30	9%	36	8%
% Funded		40%		22%		22%		23%		31%		42%

Marital Status	2017/18	2018/19	%	2019/20	%	2020/21	%	2021/22	%	2022/23	%
Married/ partner	139	145	33%	85	33%	52	24%	74	28%	82	27%
Single	228	224	51%	144	56%	122	57%	149	56%	169	56%
Divorced/ Seperated	45	59	13%	22	9%	26	12%	33	12%	33	11%
Widowed	11	14	3%	6	2%	14	7%	12	4%	17	6%

Growth of Kernos

Growth	Total Clients	CYP	Adults
2004	78	6	72
2005	135	18	117
2006	143	19	124
2007	161	35	126
2008	171	66	105
2009	116	60	56
2010	243	120	117
2011	249	88	135
2012	266	121	145
2013	307	119	174
2014	261	88	148
2015	285	91	194
2015/16	277	106	171
2016/17	357	115	242
2017/18	423	152	271
2018/19	442	129	313
2019/20	257	81	176
2020/21	**214**	**80**	**134**
2021/22	**269**	**93**	**176**
2022/23	**301**	**106**	**195**



TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

The Trustees present their annual report and financial statements for the year ended 30 September 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the entity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: 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)" (effective 1 January 2019).

Objectives and activities

The charity's exclusive charitable object is to provide counselling and support services to people with emotional and psychological difficulties from a wide variety of causes by the provision of a centre of excellence.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

The charity carries out these objects by:

Counselling individuals which is not confined by time or cost as the charity believes it is essential to continue therapy for as long as it is required. Many people are unable to afford private counselling and the charity enables those without such means to benefit from the expertise available at the centre for as long as required.

Much work has been done on the value to society of early intervention for those with emotional and psychological problems and the charity's aim is to achieve this by way of attracting grants and donations in order to finance counselling. With these funds significant benefit can be achieved for those who would otherwise be unable to participate in therapy, resulting in potentially adverse consequences for themselves and society in general.

The income of the company must be applied only towards the promotion of its objects as set out in its Memorandum and Articles of Association.

Public benefit

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

Volunteers

Trustees and Members are unpaid volunteers.

Achievements and performance

See the reports from the Chairman, Director of Counselling, together with the statistical information attached.

Financial review

See the Finance Director's Report.

Principal funding sources

The Charity is principally funded by grants from various bodies detailed in the accounts, room hire revenue, donations from our clients, other supporting individuals and organisations and fundraising activities.

The trustees continue to apply for more funds from grant making bodies and pursue referring agencies for financial support to establish means by which funding can follow a client to the Kernos Centre.

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

Reserves policy

The centre retains a reserve of just over £81,000. This provides for financial reserves to be set aside to ensure that the centre can continue to operate and meet the needs of clients in the event of unexpected contingencies including a cessation or interruption of part of its funding.

Structure, governance and management

The company was incorporated on 10 September 2002. The charity is controlled by its governing documents, a deed of trust, and constitutes a limited company, limited by guarantee and has no share capital as defined by the Companies Act 2006.

The trustees who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mrs CM Boatwright	
Mr PJ Brown	
Mr GB Hill	
Mrs K Smout	
Mr M Wicker	(Resigned 1 March 2024)
Mr DP Morris	(Appointed 11 November 2022)
Mrs DJ Deeks	(Appointed 10 September 2023)
Mrs M Turnbull	(Appointed 19 January 2024)
Mrs R Backshall	(Resigned 27 March 2023)
Mrs MR Knapp	(Appointed 11 November 2022 and resigned 13 October 2023)

Recruitment and appointment of trustees

The Board has the power to appoint additional trustees as it considers fit to do so.

Organisational structure

The company has four registered members who have each undertaken to contribute an amount not exceeding ten pounds to the assets of the company in the event of the Company being wound up. The statutory records state the obligation as one pound per member. The Charity is organised so that the trustees have regular general meetings comprising of elected and nominated members to discuss progress, activities, fundraising and administration. All directors of the company are also trustees of the charity, and there are no other trustees.

The 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 ..... and signed on behalf of the board of trustees by:

Chris Boatwright

.....

Mrs CM Boatwright

Date: 15/3/24

KERNOS CENTRE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF KERNOS CENTRE

I report to the Trustees on my examination of the financial statements of Kernos Centre (the entity) for the year ended 30 September 2023.

Responsibilities and basis of report

As the Trustees of the entity (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 financial statements of the entity 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 entity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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 that in any material respect:

1 accounting records were not kept in respect of the entity 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 financial statements to be reached.

Vincent Chandler FCA FCCA
Independent Examiner
Moore Green

22 Friars Street
Sudbury
CO10 2AA

Dated: 20.05.2024

KERNOS CENTRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 SEPTEMBER 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income and endowments from:							
Donations and legacies	2	79,944	16,879	96,823	13,334	32,189	45,523
Charitable activities	3	29,527	-	29,527	23,302	-	23,302
Other trading activities	4	562	-	562	588	-	588
Other income	5	6,551	-	6,551	4,000	-	4,000
Total income		116,584	16,879	133,463	41,224	32,189	73,413
Charitable activities	6	114,090	608	114,698	38,127	50,687	88,814
Net income/(expenditure) and movement in funds		2,494	16,271	18,765	3,097	(18,498)	(15,401)
Reconciliation of funds:							
Fund balances at 1 October 2022		59,057	7,275	66,332	55,960	25,773	81,733
Fund balances at 30 September 2023		61,551	23,546	85,097	59,057	7,275	66,332

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

KERNOS CENTRE

BALANCE SHEET

AS AT 30 SEPTEMBER 2023

	Notes	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	10		2,140		2,461
Current assets					
Debtors	11	3,566		3,674	
Cash at bank and in hand		83,990		68,079	
		87,556		71,753	
Creditors: amounts falling due within one year	12	4,599		7,882	
Net current assets			82,957		63,871
Total assets less current liabilities			85,097		66,332
The funds of the entity					
Restricted income funds	13		23,546		7,275
Unrestricted funds			61,551		59,057
			85,097		66,332

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 September 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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.

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

The financial statements were approved by the Trustees on ....15/3/24....

.....
Mr GB Hill
Trustee

Company registration number 04530654 (England and Wales)

1 Accounting policies

Charity information

Kernos Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is 22 Friars Street, Sudbury, Suffolk, CO10 2AA.

1.1 Accounting convention

The financial statements have been prepared in accordance with the entity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: 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)" (effective 1 January 2019). The entity is a Public Benefit Entity as defined by FRS 102.

The entity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the entity. Monetary amounts in these financial statements are rounded to the nearest £.

1.2 Going concern

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

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the entity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the entity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the entity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies (Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures, fittings and equipment	25% reducing balance

1.7 Impairment of fixed assets

At each reporting end date, the entity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Limited by guarantee

The charity is a company incorporated in England and Wales and is limited by guarantee. In the event that the charity is wound up the liability of each member is limited to £1.

2 Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Donations and gifts	79,944	-	79,944	13,334	-	13,334
Grants receivable	-	16,879	16,879	-	32,189	32,189
	79,944	16,879	96,823	13,334	32,189	45,523

2 Income from donations and legacies (Continued)

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Grants receivable for core activities						
Babergh District Council	-	5,000	5,000	-	8,664	8,664
Suffolk Community Foundation	-	10,000	10,000	-	18,750	18,750
Colchester Catalyst	-	675	675	-	75	75
Great Cornard Parish Council	-	1,100	1,100	-	1,000	1,000
TMH Media	-	-	-	-	2,000	2,000
Rotary Club	-	-	-	-	1,700	1,700
Other	-	104	104	-	-	-
	-	16,879	16,879	-	32,189	32,189

3 Income from charitable activities

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Sale of services as part of direct charitable activities	29,527	23,302

4 Income from other trading activities

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Fundraising events	562	588

5 Other income

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Gift Aid	6,551	4,000

6 Expenditure on charitable activities

	2023	2022
	£	£
Direct costs		
Depreciation and impairment	715	835
Counsellor's fees	66,092	49,277
Supervision costs	6,384	7,704
Rent	9,600	8,200
Rates and water	243	680
Repairs and maintenance	3,013	1,362
Insurance	4,157	268
Insurance	1,601	1,584
Telephone	725	759
General administrative expenses	20,315	16,308
Postage, stationery and printing	413	541
Advertising and website	180	96
Accountancy fees	1,260	1,200
	114,698	88,814
Analysis by fund		
Unrestricted funds	114,090	38,127
Restricted funds	608	50,687
	114,698	88,814

7 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the entity during the year.

Travel / administration costs amounting to nil (2022 - £nil) were reimbursed to no (2022 - no) member/s of the management committee. Of this amount nil (2022 - £nil) was donated back to the centre as donations.

8 Employees

There are no employees as the charity uses outsourced counsellors and volunteers along with the Trustees giving their time free of charge.

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

10 Tangible fixed assets

	Fixtures, fittings and equipment
	£
Cost	
At 1 October 2022	8,748
Additions	394
At 30 September 2023	9,142
Depreciation and impairment	
At 1 October 2022	6,287
Depreciation charged in the year	715
At 30 September 2023	7,002
Carrying amount	
At 30 September 2023	2,140
At 30 September 2022	2,461

11 Debtors

	2023	2022
Amounts falling due within one year:	£	£
Trade debtors	504	652
Prepayments and accrued income	3,062	3,022
	3,566	3,674

12 Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	2,644	5,927
Accruals and deferred income	1,955	1,955
	4,599	7,882

13 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 October 2022	Incoming resources	Resources expended	At 30 September 2023
	£	£	£	£
	7,275	16,879	(608)	23,546

Previous year:	At 1 October 2021	Incoming resources	Resources expended	At 30 September 2022
	£	£	£	£
	25,773	32,189	(50,687)	7,275

14 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 October 2022	Incoming resources	Resources expended	At 30 September 2023
	£	£	£	£
General funds	59,057	116,584	(114,090)	61,551

Previous year:	At 1 October 2021	Incoming resources	Resources expended	At 30 September 2022
	£	£	£	£
General funds	55,960	41,224	(38,127)	59,057

15 Analysis of net assets between funds

	Unrestricted funds 2023	Restricted funds 2023	Total 2023
	£	£	£
Fund balances at 30 September 2023 are represented by:			
Tangible assets	325	1,815	2,140
Current assets/(liabilities)	61,226	21,731	82,957
	61,551	23,546	85,097

15 Analysis of net assets between funds (Continued)

	Unrestricted funds 2022	Restricted funds 2022	Total 2022
	£	£	£
Fund balances at 30 September 2022 are represented by:			
Tangible assets	38	2,423	2,461
Current assets/(liabilities)	59,019	4,852	63,871
	59,057	7,275	66,332

16 Operating lease commitments

Lessee

At the reporting end date the entity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2023	2022
	£	£
Within one year	9,600	8,200

17 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

KERNOS CENTRE

England & Wales - Charity number 1097354

Accounts

COMPANY REGISTRATION NUMBER: 04530654
CHARITY REGISTRATION NUMBER: 1097354

Kernos Centre

Company Limited by Guarantee

Unaudited Financial Statements

30 September 2022

MOORE GREEN
Chartered accountants
22 Friars Street
Sudbury
Suffolk
CO10 2AA

Kernos Centre

Company Limited by Guarantee

Financial Statements

Year ended 30 September 2022

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Kernos Centre
Taking counselling further

The Kernos Centre
Chairman's Report – AGM: March 2023

After a year that has seen three changes of PM, and a change of Monarch - It has been a tough time for all - but Kernos is proud to have maintained a high standard of counselling quality, supervision, outcome, and governance during 2022. Last April, we were pleased to celebrate our 19th year of operation. COVID-19 has disrupted mental health services in most countries, including the UK - and now a cost-of-living crisis is pushing people and families into new levels of stress!

An NHS Confederation report (Jan' 23) tells us that - "Rising prices are exacerbating already overstretched mental health services and increasing mental health pressures on all ages of the population."

The report goes on to say - "Increased prices and the mounting cost-of-living crisis are having a significant impact on the mental health of people living in the UK, and people with existing mental health problems are being hit hardest. Over half (54%) of people surveyed this autumn, with and without mental health problems, said that rising prices had a negative impact on their mental health. Even more concerning is that nearly half said they felt anxious, nearly a quarter have been depressed and over a fifth said they were unable to cope. People with existing mental health problems were even more likely to experience these feelings, with about a third saying they were unable to cope. A recent YouGov poll found that the current financial situation was negatively affecting the mental health of nearly half of adult respondents in England (47%) and Scotland (48%) and 61% in Wales"

Kernos adapted to new ways of providing counselling services due to the 2020/21 pandemic. When it became impossible to provide face-to-face counselling in 2020, we configured our IT and telecom's for remote working, and used Internet video-conferencing connections to maintain client/counsellor contact. As a result of this technology we have continued to provide a way to give counselling that's suitable for clients who are vulnerable, or find it difficult to travel.

Kernos has continued to engage with local Businesses, Councils, Foundations, Clubs and Health Service providers to obtain funding toward our objective – which is, to make counselling accessible to all. As always, Kernos has looked to specialist areas and contracts to keep funded, and our work with the young people in South Suffolk, has enabled us to maintain relationships with local Education services, and to provide counselling for pupils at South Suffolk schools. Kernos is also pleased to be able to help Carers who are placed under extreme pressures in looking after friends, family, and members of our community. I pass on a heart-felt thanks from us all, to all those who have provided money to us so that we can provide our service. What we do is of value to our community. Funding is sorely needed to keep the Centre running, and staff at all levels do their utmost to ensure that funding received is focussed on providing counselling.

Kernos has helped over 4,600 clients since opening in 2003 – with 269 clients referred in 2021 – This was down on pre-pandemic years – but we believe that there will continue to be an increasing need for Kernos due to complex and varied social pressures on the shoulders of people throughout the UK. Trustee and administration volunteer staff have been maintained to support the operation with hard work done to secure funding through grants, special events, sponsored fundraising, and donations to our centre.

Again, I would like to thank Chris Boatwright for her continued commitment to Kernos ... It was her vision that created the Kernos Centre twenty years ago, and her support of and contribution to all aspects of Kernos has been tireless & enthusiastic ever since!

Our Trustees have met regularly throughout 2022 and have continued to give their consideration to the major risks and business needs to which Kernos is exposed. We are satisfied that systems and procedures are in place and due diligence has been given to manage those risks & exposures. We have expanded the Trustee's numbers and capability immensely during 2022, with the additions of Rachel Backshall, David Morris & Emily Knapp – who have hit the ground running and are wasting no time in making positive contributions. We've said goodbye to long-time veterans leaving our Counselling team during 2021. Sue Newton had been with us since 2004 in both Counsellor and Supervisor roles, and

Cecelia Fulcher-Lloyd has been Counselling at Kernos since 2009. We also farewelled; Ann Coltman (7-yrs), Emma Leaper and Kate Ashton (5-years) and Liz Somervell (3-years). A pro-active recruitment policy has, however, allowed us to maintain two clinical Supervisors and Twelve Counsellors into 2023.

We have responded to a need to balance growing waiting lists with the funding available to provide counselling services. A big thanks goes to our counsellors, staff and volunteers who give their time and effort to keep the Centre running and funded. Kernos staff & volunteers have excelled through tough times in 2022 to continue to find innovative ways to obtain funding and donations to keep our Centre running.

Kernos are fortunate to have Peter Brown and Annabel Wyatt managing the day-to-day running of the Centre. I propose a vote of thanks to Annabel and Peter and their team of volunteers - for their tireless and valuable work. I'd also like to acknowledge the excellent work done by our Counsellors who maintain a professional and dedicated approach to our clients – and offer a heart-felt thanks from all the Trustees for their continued assistance with Centre Funding through tough times over recent years.

A big 'thank you' goes out to the numerous; individuals, MP's, Councils, the Sudbury Community Foundation, Businesses, Centres, Rotary Groups, Golf Clubs, Music Festivals, and other organisations who have given us donations and grants. They have enabled us to keep providing our service during 2022. I'd like to thank our ex Mayor's and Councillor's for their continued interest and support. We offer sincere thanks to Councillors Jan & Adrian Osbourne for their support ... Adrian – in his role as the Chairman of Babergh District Council, made Kernos his chosen Charity. In 2022, an ex-Trustee, Brian Turner, was installed as Master of the Worshipful Company of Wyre Drawers – a 400-year-old City Livery Company. In this role, Brian, friend, supporter, and former Director of Kernos from 2008 until 2011, chose, and made a sizable donation to Kernos to be his charity for 2022.

Thank you to Edward Creasy, the High Sheriff of Suffolk, for the 'Group of the Year Award' presented to Kernos in March 2022.

We'd also like to thank our Landlord, Rob Smith, for his help in allowing Kernos to keep a home on Friars Street.

2023 will once again, be a difficult year for Kernos and for all Charities. Communities and families have become more divided over the last few years, and hopefully, 2023 will allow some 'healing' - decreasing disruption and restoring some 'certainty' to people, business, and communities. Funding available to charities may be scarce! With the NHS struggling to maintain targets and its core funding, Kernos will be fighting for cash along with many others, to ensure our continued work with people of all ages in our local community. While we will continue to take every opportunity to bid for specialist and ring-fenced donations, we will also look for new and innovative sources of core funding to keep Kernos afloat, and our aim will be to continue to prioritise fund-raising to keep the centre operational and waiting lists managed. Social media and website initiatives will help in reaching out to both those who can help us, and those who need our help ...

In our twentieth year, Kernos continues to focus upon providing high quality services to our local community. Our objectives are to provide a wide range of counselling services, and where possible, to assist people who may not have the income to get the emotional support they need. While funding pressures push short term operational issues upon us, Kernos will continue to look toward longer-term projects to keep itself embedded in the Sudbury and Cornard communities.

Graham Hill
22nd February 2023

KERNOS CENTRE

Officers' Reports

For the year ended 30 September 2022

Treasurer's report

Our accounts for the financial year ending 30th September 2022, compiled by our accountants Moore Green, show our income for the year was £73,414 (versus £116,655 in the previous year). Expenditure was £88,815 (versus £101,337 in 2021).

Total funds at 30th September 2022 stood at £66,312 versus £81,733 last year, approximately 11% of which is held as restricted funds for future counselling and projects, and 89% for unfunded counselling and as reserves. Net current assets are £63,871 versus £80,841 last year.

This has certainly been a challenging year for the charity. Our income was substantially lower than in the previous year due to a combination of factors. Grants were more difficult to obtain, as greater demand and reduced income hit many traditional grantors. We were only able to win grants of £32,189 against a record figure of £63,167 in 2021, which was inflated by the generous emergency covid funding we were able to draw on. Client contributions were under more severe pressure as economic circumstances deteriorated for many of our clients. In 2022 our clients contributed £23,302, which compares with £34,862 in the previous year, and £59,000 in 2019.

This major reduction in income inevitably had its effect on the number of counselling sessions we could undertake, but by using some of our reserves, which we were able to build up in better times, we were still able to achieve 2560 sessions, albeit some 13% fewer than in 2021 (2,960).

With fewer sessions, counselling costs were reduced from £59,533 to £49,277, and core costs were squeezed to £31,835 from £35,016 in the previous year.

In the current year, it is clear that the environment for winning grants is probably more difficult than ever before. Our clients' financial situation is likely to deteriorate further, and we face a sharp increase in core costs due to higher rent, rates, insurance and fuel costs. We will need to run harder to cover these increases but it is nice to be able to report that we have recently received some wonderful support from local organisations and individuals, and some from further afield, which is helping us to meet those rising costs.

We recognise that we need to be both proactive and inventive with our efforts to raise funds in order to meet the challenges we currently face. To this end, the new directors, who have joined the board over the last twelve months, are bringing new insights and experience to Kernos, and they have been working on expanding our efforts in seeking new grants and fundraising initiatives in this, our twentieth year.

The workload on a small administration team of part time staff and volunteers is considerable, and I would like once again to thank Annabel and all the volunteers who assist in running the centre for their continued hard work. My special thanks go to Nicola Thorogood, who has recently retired from Kernos after many successful years as our bookkeeper. We all wish her well for the future.

Peter Brown

Finance Director.

March 2023

The Kernos Centre
Officers' Reports
For the Year ended 30th September 2022

REPORT ON COUNSELLING

In the year ending 30 September 2022, we received 269 referrals for counselling, and of these referrals, 176 for adults, and 93 were for children & young people. Since we opened in April 2003, as at the end of the financial year we had received 4,549 referrals for counselling support. At the end of 2022 the total stood at 4,677 referrals for counselling with clients aged between 5 and 93 years old.

Waiting list
At the end of the September 2022 there were 64 people on our waiting list.42 were waiting for face to face sessions at the centre and 22 were waiting for remote sessions online or on the phone.

The wait for regular weekly sessions is partly dependent on clinical need and partly on our current funding situation. If a referral can pay or is in need of urgent help then we do our best to offer immediate support, sometimes offering holding sessions until we can provide regular weekly sessions. However, there can be a 6 month wait for weekly counselling sessions for some people. We are aware having to wait for such long periods causes great distress, and can cause problems to escalate and longer-term mental health issues.

During the financial year we were very pleased to welcome 4 new members to our counselling team, Bobby Moffat, Helen Felstead, Gill Daly, and Jacqueline Berry. They work with adults, and children and young people, both at Kernos Centre face to face, and online counselling. Counsellors also go into local schools, when it is in the best interest of the child.

However, we did say goodbye to 4 Counsellors from our clinical team. Ann Coltman, after being with us for 7 years retired along with Emma Leeper and `Kate Ashton who had both been with us for 5 years and Liz Somervell for 3yrs.They all quietly did, far more than their job descriptions, helping out wherever they could, and were true ambassadors and members and friends of Kernos.

At present our counselling team stands at 11 fully qualified, professional counsellors and 2 clinical supervisors. We are currently advertising for 2 more counsellors to join our team, which will help to reduce our waiting list.

I would like to add that the Counselling team continue to show great dedication and

commitment, working with integrity and compassion, which generates trust, and builds confidence & growth.

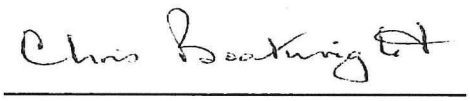
Counsellors' commitment to Kernos and clients is not only shown by the counselling work they do but by trying to raise funds too. A huge thank-you to those members of Kernos who ran for us, in the Sudbury Fun Run and to those who sponsored them and made donations, as Kernos supporters. Counsellor Emma Leeper, and her daughter, Thea; counsellor Carley Maxim, and her friend Di Hillan, and Cathy Press, Kernos Clinical Supervisor all entered the 5-mile Sudbury Fun Run, which took place on Good Friday, 15th April. In doing so, they raised a brilliant £810.

Counsellor Stacey Coles' children raised money by manning a stall at a bring and buy event, selling off some of their own toys for Kernos. Their enthusiasm and effort raised over £82.00 for Kernos, in order to help other children who, need counselling support. Counsellor Carley has set up and is participating in another fundraiser event

I know I say this every year but it remains true that the recognition and support we continue to receive from local organisations and individual members of our local community, raises the spirit for everyone involved with Kernos. We are able to provide More Support, to More people, because of the help of each and every person who supports us..

Every donation matters and makes a difference to someone's life. Thank You

Chris Boatwright Clinical Director



Kernos Referrals and from where?

Referrer	2016/17	2017/18	2018/19	2019/2020	2020/21	2021/22
CAB	1	1	2	3	0	2
CMHT	2	2	5	8	6	6
Cllrs/Centres	4	3	6	3	1	6
CPN	0	0	0	0	1	2
Education	18	11	16	9	4	9
CYP Integrated Team	4	1	2	1	1	1
GP	90	93	94	86	69	68
Housing Assoc	8	7	5	4	3	4
IAPT/Wellbeing Service	5	4	8	1	5	4
NHS Access and Assessment Team	4	4	5	4	2	5
Relatives/ Friends	83	118	149	59	64	66
Soc Services	7	5	9	2	5	5
Self	92	120	103	50	43	63
Suffolk Carers	2	2	1	0	0	1
Website	10	13	11	4	15	8
Yell.Com	1	1	0	0	1	0
Other	29	31	15	14	13	24

Others Include:	**2016/17**	**2017/18**	**2018/19**	**2019/20**	**2020/21**	**2021/22**

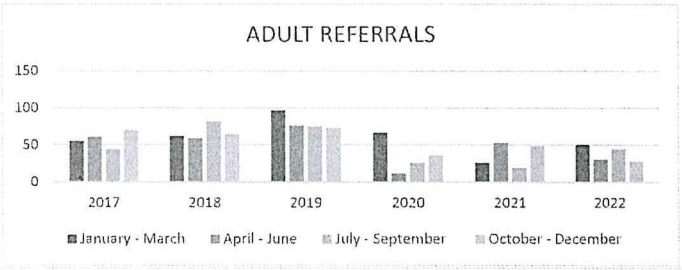
Suffolk Free Press	2	0	1	1	1	0
WMHD -Market Stall	2	2	1	1	0	1
Employer	3	3	2	2	2	1
BACP	3	1	0	0	1	2
Health visitor	2	2	1	1	1	2
Befriending Service	3	4	2	0	0	0
Bridge Project	3	2	1	0	0	1
St Nicholas Hospice	1	2	3	1	1	0
Freedom Programme		2	2	3	1	0
Bury Youth Team						2
Job Centre & Work Coach						6
Youth Justice Team						1
Facebook						1
M.P.						2
District Nurse						2

Presenting Problem(s)	2019/20	2020/21	2021/22
Abuse – Childhood	20	12	23
Abuse – Emotional	17	13	24
Abuse - Physical	14	5	10
Abuse – Psychological	21	11	18
Abuse – Sexual	14	7	15
Addiction	11	6	4
Adoption/Fostering/Care	1	2	1
Anger	31	22	32
Anxiety/Panic/Phobia	107	78	100
Bereavement	27	29	34
Bullying	22	11	18
Carer	6	4	3
Domestic Abuse	16	12	8
Depression	60	45	59
Eating Disorder	5	10	6
Family Breakup	37	22	30
Health Issues	28	26	21
Identity	16	11	16
Internet Bullying	1	0	1
Loss	26	32	37
Marriage/Family	32	22	28
Personal Growth	19	17	9
Physical Symptoms	12	13	15
PTSD/Trauma	14	18	26
Rape	3	4	3
Relationships	59	38	40
School Issues	12	22	24
Self Esteem	66	57	51
Self Harm	16	12	22
Sexuality	2	1	2
Stress	49	34	36
Substance/Addiction	7	6	2
Suicide	16	11	20
Violence	4	3	6
Work/Redundancy	17	11	8

SIX YEAR ANALYSIS OF REFERRAL QUARTERS

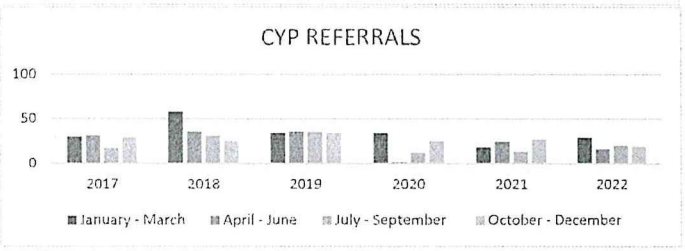
ADULTS

	2017	2018	2019	2020	**2021**	**2022**
January - March	55	62	97	67	**26**	**51**
April - June	61	59	76	12	**53**	**31**
July - September	44	82	75	26	**19**	**45**
October - December	70	65	73	36	**49**	**28**



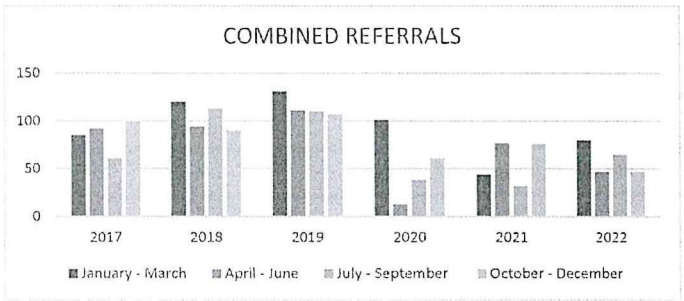
CYP

	2017	2018	2019	2020	**2021**	**2022**
January - March	30	58	34	34	**18**	**29**
April - June	31	35	35	1	**24**	**16**
July - September	17	31	35	12	**13**	**20**
October - December	29	25	34	25	**27**	**19**



Combined

	2017	2018	2019	2020	**2021**	**2022**
January - March	85	120	131	101	**44**	**80**
April - June	92	94	111	13	**77**	**47**
July - September	61	113	110	38	**32**	**65**
October - December	99	90	107	61	**76**	**47**



Stats for AGM YE 2021/22

Gender	2016/17	%	2017/18	%		2018/19	%	2019/20	%	2020/21	%	2021/22	%
Males	150	40%	149	34%	Males	157	36%	92	36%	68	32%	105	39%
Females	207	55%	274	63%	Females	285	64%	164	64%	144	67%	163	61%
Non-Binary					Non Binary	0		1		2	1%	1	0%

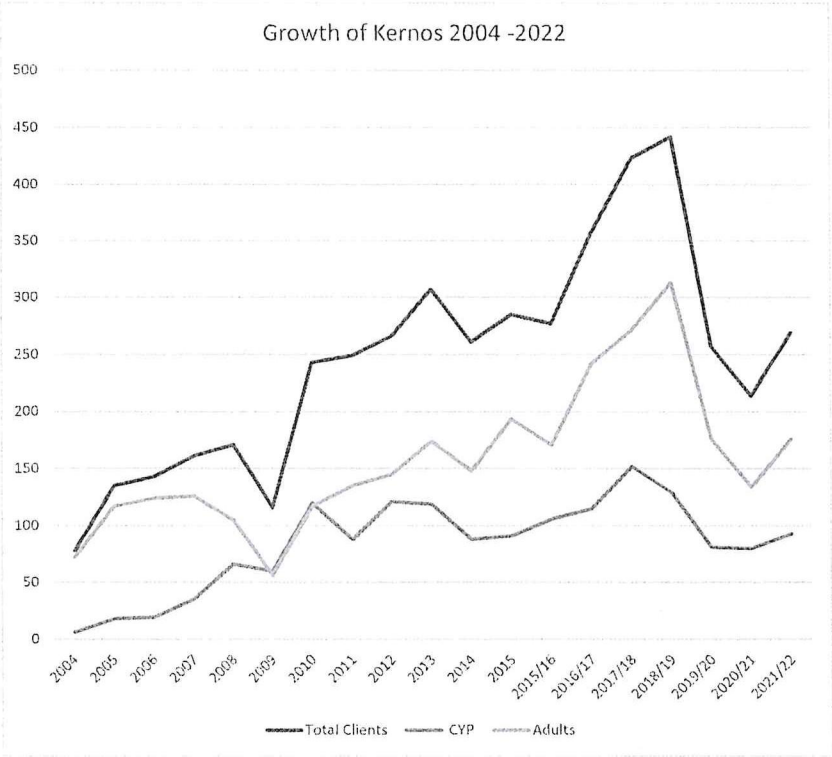
Demography	2016/17	%	2017/18	%	Demography	2018/19	%	2019/20	%	2020/21	%	2021/22	%
Full time work	73	20%	95	22%	Full time work	122	28%	72	28%	37	17%	48	18%
Part time work	62	17%	61	14%	Part time work	81	18%	51	20%	49	23%	55	20%
Home-maker	12	3%	15	4%	Home-maker	9	2%	5	2%	9	4%	8	3%
Unemployed	52	15%	70	17%	Unemployed	66	15%	30	12%	18	8%	56	21%
Student	121	35%	148	35%	Student	128	29%	82	32%	82	38%	85	32%
Retired	21	6%	24	6%	Retired	28	6%	14	5%	11	6%	15	6%
Carer	16	4%	10	2%	Carer	8	2%	2	1%	8	4%	2	1%

FEES	2016/17	%	2017/18	%	2018/19	%	2019/20	%	2020/21	%	2021/22	%
Full	53	12%	55	10%	66	15%	29	9%	12	6%	9	3%
Contribution	191	44%	237	44%	272	61%	193	61%	140	65%	185	57%
Funded	175	40%	217	40%	98	22%	71	22%	49	23%	100	31%
None	17	4%	30	6%	11	2%	24	8%	13	6%	30	9%
% Funded		40%		40%		22%		22%		23%		31%

Marital Status	2016/17	2017/18	2018/19	%	2019/20	%	2020/21	%	2021/22	%
Married/ partner	130	139	145	33%	85	33%	52	24%	74	28%
Single	187	228	224	51%	144	56%	122	57%	149	56%
Divorced/ Seperated	28	45	59	13%	22	9%	26	12%	33	12%
Widowed	12	11	14	3%	6	2%	14	7%	12	4%

Growth of Kernos

Growth	Total Clients	CYP	Adults
2004	78	6	72
2005	135	18	117
2006	143	19	124
2007	161	35	126
2008	171	66	105
2009	116	60	56
2010	243	120	117
2011	249	88	135
2012	266	121	145
2013	307	119	174
2014	261	88	148
2015	285	91	194
2015/16	277	106	171
2016/17	357	115	242
2017/18	423	152	271
2018/19	442	129	313
2019/20	**257**	**81**	**176**
2020/21	**214**	**80**	**134**
2021/22	**269**	**93**	**176**



Kernos Centre

Company Limited by Guarantee

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

Year ended 30 September 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 30 September 2022.

Reference and administrative details

Registered charity name	Kernos Centre
Charity registration number	1097354
Company registration number	04530654
Principal office and registered office	22 Friars Street Sudbury Suffolk CO10 2AA
The trustees	
	I Shaw (resigned 01/04/22) C M Boatwright P J Brown G B Hill K Smout M Wicker R Backshall (elected 29/07/22) E Knapp (elected 11/11/22) D Morris (elected 11/11/22)
Independent examiner	Vincent Chandler ACA FCCA 22 Friars Street Sudbury Suffolk CO10 2AA

Structure, governance and management

Governing document

The company was incorporated on 10 September 2002. The charity is controlled by its governing documents, a deed of trust, and constitutes a limited company, limited by guarantee and has no share capital as defined by the Companies Act 2006.

Recruitment and appointment of directors

The Board has the power to appoint additional trustees as it considers fit to do so.

Organisational Structure

Every member of the Charity undertakes to contribute to the assets of the Charity in the event of its being wound up while they are a member or within one year of them ceasing to be a member for payment of the debts and liabilities of the Charity contracted before they cease to be a member, and of the costs, charges and expenses of winding up and for the adjustments of the rights of the contributories among themselves such amount as may be required not exceeding one pounds (£1.00). The Charity is organised so that the trustees have regular general meetings comprising of elected and nominated members to discuss progress, activities, fundraising and administration. All directors of the company are also trustees of the charity, and there are no other trustees.

Objectives and activities

Objectives and aims for the public benefit

The charity's exclusive charitable object is to provide counselling and support services to people with emotional and psychological difficulties from a wide variety of causes by the provision of a centre of excellence.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

The charity carries out these objects by:

Counselling individuals which is not confined by time or cost as the charity believes it is essential to continue therapy for as long as it is required. Many people are unable to afford private counselling and the charity enables those without such means to benefit from the expertise available at the centre for as long as required.

Much work has been done on the value to society of early intervention for those with emotional and psychological problems and the charity's aim is to achieve this by way of attracting grants and donations in order to finance counselling. With these funds significant benefit can be achieved for those who would otherwise be unable to participate in therapy, resulting in potentially adverse consequences for themselves and society in general.

The income of the company must be applied only towards the promotion of its objects as set out in its Memorandum and Articles of Association.

Volunteers

Trustees and Members are unpaid volunteers.

Achievements and performance

For statistical information see the data attached as provided by the office administrator and counselling report.

Financial review

Principal funding sources
The Charity is principally funded by grants from various bodies detailed in the reports and accounts, donations from our clients, room hire revenue and other fundraising activities. Many friends have also supported us.

The trustees intend to continue to apply for more funds from grant making bodies and pursue referring agencies for financial support to establish means by which funding can follow a client to the Kernos Centre.

Reserves policy

The centre retains a reserve of just over £66,000. This provides for financial reserves to be set aside to ensure that the centre can continue to operate and meet the needs of clients in the event of unexpected contingencies including a cessation or interruption of part of its funding.

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 13/3/23 and signed on behalf of the board of trustees by:

C M Boatwright
Trustee

Kernos Centre

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Kernos Centre

Year ended 30 September 2022

I report to the trustees on my examination of the financial statements of Kernos Centre ('the charity') for the year ended 30 September 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

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.

Vincent Chandler ACA FCCA
Independent Examiner

22 Friars Street
Sudbury
Suffolk
CO10 2AA

22/3/23

Kernos Centre

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 30 September 2022

	Note	2022 Unrestricted funds £	2022 Restricted funds £	2022 **Total funds** £	2021 Total funds £
Income and endowments					
Donations and legacies	**5**	17,335	32,189	**49,524**	80,827
Charitable activities	**6**	23,302	-	**23,302**	34,862
Other trading activities	**7**	588	-	**588**	966
Total income		41,225	32,189	**73,414**	116,655
Expenditure					
Expenditure on raising funds:					
Expenditure on charitable activities	**8,9**	38,128	50,687	**88,815**	101,337
Total expenditure		38,128	50,687	**88,815**	101,337
Net income and net movement in funds		3,097	(18,498)	**(15,401)**	15,318
Reconciliation of funds					
Total funds brought forward		55,960	25,773	**81,733**	66,415
Total funds carried forward		59,057	7,275	**66,332**	81,733

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

Kernos Centre

Company Limited by Guarantee

Statement of Financial Position

30 September 2022

	Note	2022 £	£	2021 £
Fixed assets				
Tangible fixed assets	14		2,461	892
Current assets				
Debtors	15	3,674		2,654
Cash at bank and in hand		68,078		89,982
		71,752		92,636
Creditors: amounts falling due within one year	16	7,881		11,795
Net current assets			63,871	80,841
Total assets less current liabilities			66,332	81,733
Net assets			66,332	81,733
Funds of the charity				
Restricted funds			7,275	25,773
Unrestricted funds			59,057	55,960
Total charity funds	17		66,332	81,733

For the year ending 30 September 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 ....13.3.23....., and are signed on behalf of the board by:

Mr G B Hill
Trustee

The notes on pages 20 to 27 form part of these financial statements.

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in and a registered charity in England and Wales. The address of the registered office is 22 Friars Street, Sudbury, Suffolk, CO10 2AA.

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, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

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.

Income tax

The company is exempt from corporation tax.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and fall into one of two sub-classes: restricted income funds or endowment funds.

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are 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.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- 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 accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully 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, non-charitable trading activities, and the sale of donated goods.
- 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.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

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, fittings & equipment - 25% reducing balance

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

4. Limited by guarantee

The charity is a company incorporated in England and Wales and is limited by guarantee. In the event the charity is wound up the liability of each member is limited to £1.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2022 £**
Donations			
Donations	17,335	-	**17,335**
Grants			
Grants receivable	-	32,189	**32,189**
	17,335	32,189	**49,524**

5. Donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations			
Donations	17,660	-	17,660
Grants			
Grants receivable	-	63,167	63,167
	17,660	63,167	80,827

Unrestricted grants received during the year - None

Restricted grants received during the year -

	2022 £
Suffolk Community Foundation	**18,750**
Babergh District Council	**8,664**
TMH Media	**2,000**
Rotary Club	**1,700**
Colchester Catalyst	**75**
Great Cornard Parish Council	**1,000**
TOTAL	**32,189**

6. Charitable activities

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Sale of services as part of direct charitable activities	23,302	**23,302**	34,862	34,862
	23,302	**23,302**	34,862	34,862

7. Other trading activities

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Fundraising events	588	**588**	966	966

8. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	**Total Funds 2022**
	£	£	**£**
Counselling fees	3,402	45,875	**49,277**
Room hire	7,704	-	**7,704**
Centre running costs	8,854	4,000	**12,854**
Other	16,968	812	**17,780**
Support costs	1,200	–	**1,200**
	38,128	50,687	**88,815**

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Counselling fees	27,804	31,729	59,533
Room hire	4,948	1,840	6,788
Centre running costs	8,867	7,060	15,927
Other	11,621	6,288	17,889
Support costs	1,200	-	1,200
	54,440	46,897	101,337

9. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	**Total funds 2022**	Total fund 2021
	£	£	**£**	£
Counselling fees	49,277	–	**49,277**	59,533
Room hire	7,704	–	**7,704**	6,788
Centre running costs	12,854	–	**12,854**	15,927
Other	17,780	–	**17,780**	17,889
Governance costs	–	1,200	**1,200**	1,200
	87,615	1,200	**88,815**	101,337

10. Net income

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
		£
Depreciation of tangible fixed assets	**826**	298
Loss on disposal of tangible fixed assets	**9**	-

11. Independent examination fees

	2022	2021
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	**1,200**	1,200

12. Trustee remuneration and expenses

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

Travel / administration costs amounting to nil (2021 - £383) were reimbursed to no (2021 - one) members of the management committee. Of this amount nil (2021 - £383) was donated back to the centre as donations.

13. Transfers between funds

Unrestricted funds have been transferred into restricted funds to cover the shortfall on restricted expenditure. No such transfers arose during this financial period.

14. Tangible fixed assets

	Fixtures and fittings	**Total**
	£	£
Cost		
At 1 October 2021	6,784	**6,784**
Additions	2,404	**2,404**
Disposals	(440)	**(440)**
At 30 September 2022	8,748	**8,748**
Depreciation		
At 1 October 2021	5,892	**5,892**
Charge for the year	826	**826**
Eliminated on disposals	(431)	**(431)**
At 30 September 2022	6,287	**6,287**
Carrying amount		
At 30 September 2022	2,461	**2,461**
At 30 September 2021	892	892

15. Debtors

	2022	2021
	£	£
Trade debtors	652	75
Prepayments and accrued income	3,022	2,579
	3,674	2,654

16. Creditors: amounts falling due within one year

	2022	2021
	£	£
Trade creditors	5,926	10,345
Accruals and deferred income	1,955	1,450
	7,881	11,795

17. Analysis of charitable funds

Unrestricted funds

	At 1 October 2021	Income	Expenditure	Transfers	At 30 September 2022
	£	£	£	£	£
General funds	55,960	41,225	(38,128)	-	59,057

	At 1 October 2020	Income	Expenditure	Transfers	At 30 September 2021
	£	£	£	£	£
General funds	56,912	53,488	(54,440)	-	55,960

Restricted funds

	At 1 October 2021	Income	Expenditure	Transfers	At 30 September 2022
	£	£	£	£	£
Restricted Funds	25,773	32,189	(50,687)	-	7,275

	At 1 October 2020	Income	Expenditure	Transfers	At 30 September 2021
	£	£	£	£	£
Restricted Funds	9,503	63,167	(46,897)	-	25,773

18. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2022 £**
Tangible fixed assets	38	2,423	**2,461**
Current assets	66,900	4,852	**71,752**
Creditors less than 1 year	(7,881)	-	**(7,881)**
Net assets	59,057	7,275	**66,332**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Tangible fixed assets	61	831	892
Current assets	67,694	24,942	92,636
Creditors less than 1 year	(11,795)	-	(11,795)
Net assets	55,960	25,773	81,733

19. Operating lease commitments

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

	2022 £	2021 £
Not later than 1 year	**8,200**	8,200
	8,200	8,200

Kernos Centre

Company Limited by Guarantee

Management Information

Year ended 30 September 2022

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

Kernos Centre

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 30 September 2022

	2022	2021
	£	£
Income and endowments		
Donations and legacies		
Donations	**17,335**	17,660
Grants receivable	**32,189**	63,167
	49,524	80,827
Charitable activities		
Sale of services as part of direct charitable activities	**23,302**	34,862
Other trading activities		
Fundraising events	**588**	966
Total income	**73,414**	116,655
Expenditure		
Expenditure on charitable activities		
Rent	**8,200**	8,200
Rates and water	**681**	371
Light and heat	**1,362**	2,870
Repairs and maintenance	**268**	1,990
Insurance	**1,585**	1,572
Motor vehicle expenses	**-**	383
Legal and professional fees	**1,200**	1,200
Telephone	**759**	924
Depreciation	**826**	298
Loss on disposal of assets	**9**	-
General administrative expenses, counselling fees and supervision costs	**73,287**	82,466
Postage, stationery and printing	**542**	967
Advertising and website	**96**	96
	88,815	101,337
Total expenditure	**88,815**	101,337
Net income	**(15,401)**	15,318

KERNOS CENTRE

England & Wales - Charity number 1097354

Accounts

COMPANY REGISTRATION NUMBER: 04530654
CHARITY REGISTRATION NUMBER: 1097354

Kernos Centre

Company Limited by Guarantee

Unaudited Financial Statements

30 September 2022

MOORE GREEN
Chartered accountants
22 Friars Street
Sudbury
Suffolk
CO10 2AA

Kernos Centre

Company Limited by Guarantee

Financial Statements

Year ended 30 September 2022

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Kernos Centre
Taking counselling further

The Kernos Centre
Chairman's Report – AGM: March 2023

After a year that has seen three changes of PM, and a change of Monarch - It has been a tough time for all - but Kernos is proud to have maintained a high standard of counselling quality, supervision, outcome, and governance during 2022. Last April, we were pleased to celebrate our 19th year of operation. COVID-19 has disrupted mental health services in most countries, including the UK - and now a cost-of-living crisis is pushing people and families into new levels of stress!

An NHS Confederation report (Jan' 23) tells us that - "Rising prices are exacerbating already overstretched mental health services and increasing mental health pressures on all ages of the population."

The report goes on to say - "Increased prices and the mounting cost-of-living crisis are having a significant impact on the mental health of people living in the UK, and people with existing mental health problems are being hit hardest. Over half (54%) of people surveyed this autumn, with and without mental health problems, said that rising prices had a negative impact on their mental health. Even more concerning is that nearly half said they felt anxious, nearly a quarter have been depressed and over a fifth said they were unable to cope. People with existing mental health problems were even more likely to experience these feelings, with about a third saying they were unable to cope. A recent YouGov poll found that the current financial situation was negatively affecting the mental health of nearly half of adult respondents in England (47%) and Scotland (48%) and 61% in Wales"

Kernos adapted to new ways of providing counselling services due to the 2020/21 pandemic. When it became impossible to provide face-to-face counselling in 2020, we configured our IT and telecom's for remote working, and used Internet video-conferencing connections to maintain client/counsellor contact. As a result of this technology we have continued to provide a way to give counselling that's suitable for clients who are vulnerable, or find it difficult to travel.

Kernos has continued to engage with local Businesses, Councils, Foundations, Clubs and Health Service providers to obtain funding toward our objective – which is, to make counselling accessible to all. As always, Kernos has looked to specialist areas and contracts to keep funded, and our work with the young people in South Suffolk, has enabled us to maintain relationships with local Education services, and to provide counselling for pupils at South Suffolk schools. Kernos is also pleased to be able to help Carers who are placed under extreme pressures in looking after friends, family, and members of our community. I pass on a heart-felt thanks from us all, to all those who have provided money to us so that we can provide our service. What we do is of value to our community. Funding is sorely needed to keep the Centre running, and staff at all levels do their utmost to ensure that funding received is focussed on providing counselling.

Kernos has helped over 4,600 clients since opening in 2003 – with 269 clients referred in 2021 – This was down on pre-pandemic years – but we believe that there will continue to be an increasing need for Kernos due to complex and varied social pressures on the shoulders of people throughout the UK. Trustee and administration volunteer staff have been maintained to support the operation with hard work done to secure funding through grants, special events, sponsored fundraising, and donations to our centre.

Again, I would like to thank Chris Boatwright for her continued commitment to Kernos ... It was her vision that created the Kernos Centre twenty years ago, and her support of and contribution to all aspects of Kernos has been tireless & enthusiastic ever since!

Our Trustees have met regularly throughout 2022 and have continued to give their consideration to the major risks and business needs to which Kernos is exposed. We are satisfied that systems and procedures are in place and due diligence has been given to manage those risks & exposures. We have expanded the Trustee's numbers and capability immensely during 2022, with the additions of Rachel Backshall, David Morris & Emily Knapp – who have hit the ground running and are wasting no time in making positive contributions. We've said goodbye to long-time veterans leaving our Counselling team during 2021. Sue Newton had been with us since 2004 in both Counsellor and Supervisor roles, and

Cecelia Fulcher-Lloyd has been Counselling at Kernos since 2009. We also farewelled; Ann Coltman (7-yrs), Emma Leaper and Kate Ashton (5-years) and Liz Somervell (3-years). A pro-active recruitment policy has, however, allowed us to maintain two clinical Supervisors and Twelve Counsellors into 2023.

We have responded to a need to balance growing waiting lists with the funding available to provide counselling services. A big thanks goes to our counsellors, staff and volunteers who give their time and effort to keep the Centre running and funded. Kernos staff & volunteers have excelled through tough times in 2022 to continue to find innovative ways to obtain funding and donations to keep our Centre running.

Kernos are fortunate to have Peter Brown and Annabel Wyatt managing the day-to-day running of the Centre. I propose a vote of thanks to Annabel and Peter and their team of volunteers - for their tireless and valuable work. I'd also like to acknowledge the excellent work done by our Counsellors who maintain a professional and dedicated approach to our clients – and offer a heart-felt thanks from all the Trustees for their continued assistance with Centre Funding through tough times over recent years.

A big 'thank you' goes out to the numerous; individuals, MP's, Councils, the Sudbury Community Foundation, Businesses, Centres, Rotary Groups, Golf Clubs, Music Festivals, and other organisations who have given us donations and grants. They have enabled us to keep providing our service during 2022. I'd like to thank our ex Mayor's and Councillor's for their continued interest and support. We offer sincere thanks to Councillors Jan & Adrian Osbourne for their support ... Adrian – in his role as the Chairman of Babergh District Council, made Kernos his chosen Charity. In 2022, an ex-Trustee, Brian Turner, was installed as Master of the Worshipful Company of Wyre Drawers – a 400-year-old City Livery Company. In this role, Brian, friend, supporter, and former Director of Kernos from 2008 until 2011, chose, and made a sizable donation to Kernos to be his charity for 2022.

Thank you to Edward Creasy, the High Sheriff of Suffolk, for the 'Group of the Year Award' presented to Kernos in March 2022.

We'd also like to thank our Landlord, Rob Smith, for his help in allowing Kernos to keep a home on Friars Street.

2023 will once again, be a difficult year for Kernos and for all Charities. Communities and families have become more divided over the last few years, and hopefully, 2023 will allow some 'healing' - decreasing disruption and restoring some 'certainty' to people, business, and communities. Funding available to charities may be scarce! With the NHS struggling to maintain targets and its core funding, Kernos will be fighting for cash along with many others, to ensure our continued work with people of all ages in our local community. While we will continue to take every opportunity to bid for specialist and ring-fenced donations, we will also look for new and innovative sources of core funding to keep Kernos afloat, and our aim will be to continue to prioritise fund-raising to keep the centre operational and waiting lists managed. Social media and website initiatives will help in reaching out to both those who can help us, and those who need our help ...

In our twentieth year, Kernos continues to focus upon providing high quality services to our local community. Our objectives are to provide a wide range of counselling services, and where possible, to assist people who may not have the income to get the emotional support they need. While funding pressures push short term operational issues upon us, Kernos will continue to look toward longer-term projects to keep itself embedded in the Sudbury and Cornard communities.

Graham Hill
22nd February 2023

KERNOS CENTRE

Officers' Reports

For the year ended 30 September 2022

Treasurer's report

Our accounts for the financial year ending 30th September 2022, compiled by our accountants Moore Green, show our income for the year was £73,414 (versus £116,655 in the previous year). Expenditure was £88,815 (versus £101,337 in 2021).

Total funds at 30th September 2022 stood at £66,312 versus £81,733 last year, approximately 11% of which is held as restricted funds for future counselling and projects, and 89% for unfunded counselling and as reserves. Net current assets are £63,871 versus £80,841 last year.

This has certainly been a challenging year for the charity. Our income was substantially lower than in the previous year due to a combination of factors. Grants were more difficult to obtain, as greater demand and reduced income hit many traditional grantors. We were only able to win grants of £32,189 against a record figure of £63,167 in 2021, which was inflated by the generous emergency covid funding we were able to draw on. Client contributions were under more severe pressure as economic circumstances deteriorated for many of our clients. In 2022 our clients contributed £23,302, which compares with £34,862 in the previous year, and £59,000 in 2019.

This major reduction in income inevitably had its effect on the number of counselling sessions we could undertake, but by using some of our reserves, which we were able to build up in better times, we were still able to achieve 2560 sessions, albeit some 13% fewer than in 2021 (2,960).

With fewer sessions, counselling costs were reduced from £59,533 to £49,277, and core costs were squeezed to £31,835 from £35,016 in the previous year.

In the current year, it is clear that the environment for winning grants is probably more difficult than ever before. Our clients' financial situation is likely to deteriorate further, and we face a sharp increase in core costs due to higher rent, rates, insurance and fuel costs. We will need to run harder to cover these increases but it is nice to be able to report that we have recently received some wonderful support from local organisations and individuals, and some from further afield, which is helping us to meet those rising costs.

We recognise that we need to be both proactive and inventive with our efforts to raise funds in order to meet the challenges we currently face. To this end, the new directors, who have joined the board over the last twelve months, are bringing new insights and experience to Kernos, and they have been working on expanding our efforts in seeking new grants and fundraising initiatives in this, our twentieth year.

The workload on a small administration team of part time staff and volunteers is considerable, and I would like once again to thank Annabel and all the volunteers who assist in running the centre for their continued hard work. My special thanks go to Nicola Thorogood, who has recently retired from Kernos after many successful years as our bookkeeper. We all wish her well for the future.

Peter Brown

Finance Director.

March 2023

The Kernos Centre
Officers' Reports
For the Year ended 30th September 2022

REPORT ON COUNSELLING

In the year ending 30 September 2022, we received 269 referrals for counselling, and of these referrals, 176 for adults, and 93 were for children & young people. Since we opened in April 2003, as at the end of the financial year we had received 4,549 referrals for counselling support. At the end of 2022 the total stood at 4,677 referrals for counselling with clients aged between 5 and 93 years old.

Waiting list
At the end of the September 2022 there were 64 people on our waiting list.42 were waiting for face to face sessions at the centre and 22 were waiting for remote sessions online or on the phone.

The wait for regular weekly sessions is partly dependent on clinical need and partly on our current funding situation. If a referral can pay or is in need of urgent help then we do our best to offer immediate support, sometimes offering holding sessions until we can provide regular weekly sessions. However, there can be a 6 month wait for weekly counselling sessions for some people. We are aware having to wait for such long periods causes great distress, and can cause problems to escalate and longer-term mental health issues.

During the financial year we were very pleased to welcome 4 new members to our counselling team, Bobby Moffat, Helen Felstead, Gill Daly, and Jacqueline Berry. They work with adults, and children and young people, both at Kernos Centre face to face, and online counselling. Counsellors also go into local schools, when it is in the best interest of the child.

However, we did say goodbye to 4 Counsellors from our clinical team. Ann Coltman, after being with us for 7 years retired along with Emma Leeper and `Kate Ashton who had both been with us for 5 years and Liz Somervell for 3yrs.They all quietly did, far more than their job descriptions, helping out wherever they could, and were true ambassadors and members and friends of Kernos.

At present our counselling team stands at 11 fully qualified, professional counsellors and 2 clinical supervisors. We are currently advertising for 2 more counsellors to join our team, which will help to reduce our waiting list.

I would like to add that the Counselling team continue to show great dedication and

commitment, working with integrity and compassion, which generates trust, and builds confidence & growth.

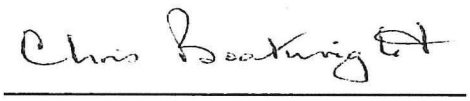
Counsellors' commitment to Kernos and clients is not only shown by the counselling work they do but by trying to raise funds too. A huge thank-you to those members of Kernos who ran for us, in the Sudbury Fun Run and to those who sponsored them and made donations, as Kernos supporters. Counsellor Emma Leeper, and her daughter, Thea; counsellor Carley Maxim, and her friend Di Hillan, and Cathy Press, Kernos Clinical Supervisor all entered the 5-mile Sudbury Fun Run, which took place on Good Friday, 15th April. In doing so, they raised a brilliant £810.

Counsellor Stacey Coles' children raised money by manning a stall at a bring and buy event, selling off some of their own toys for Kernos. Their enthusiasm and effort raised over £82.00 for Kernos, in order to help other children who, need counselling support. Counsellor Carley has set up and is participating in another fundraiser event

I know I say this every year but it remains true that the recognition and support we continue to receive from local organisations and individual members of our local community, raises the spirit for everyone involved with Kernos. We are able to provide More Support, to More people, because of the help of each and every person who supports us..

Every donation matters and makes a difference to someone's life. Thank You

Chris Boatwright Clinical Director



Kernos Referrals and from where?

Referrer	2016/17	2017/18	2018/19	2019/2020	2020/21	2021/22
CAB	1	1	2	3	0	2
CMHT	2	2	5	8	6	6
Cllrs/Centres	4	3	6	3	1	6
CPN	0	0	0	0	1	2
Education	18	11	16	9	4	9
CYP Integrated Team	4	1	2	1	1	1
GP	90	93	94	86	69	68
Housing Assoc	8	7	5	4	3	4
IAPT/Wellbeing Service	5	4	8	1	5	4
NHS Access and Assessment Team	4	4	5	4	2	5
Relatives/ Friends	83	118	149	59	64	66
Soc Services	7	5	9	2	5	5
Self	92	120	103	50	43	63
Suffolk Carers	2	2	1	0	0	1
Website	10	13	11	4	15	8
Yell.Com	1	1	0	0	1	0
Other	29	31	15	14	13	24

Others Include:	**2016/17**	**2017/18**	**2018/19**	**2019/20**	**2020/21**	**2021/22**

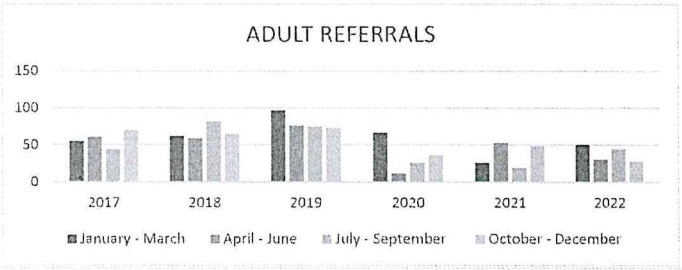
Suffolk Free Press	2	0	1	1	1	0
WMHD -Market Stall	2	2	1	1	0	1
Employer	3	3	2	2	2	1
BACP	3	1	0	0	1	2
Health visitor	2	2	1	1	1	2
Befriending Service	3	4	2	0	0	0
Bridge Project	3	2	1	0	0	1
St Nicholas Hospice	1	2	3	1	1	0
Freedom Programme		2	2	3	1	0
Bury Youth Team						2
Job Centre & Work Coach						6
Youth Justice Team						1
Facebook						1
M.P.						2
District Nurse						2

Presenting Problem(s)	2019/20	2020/21	2021/22
Abuse – Childhood	20	12	23
Abuse – Emotional	17	13	24
Abuse - Physical	14	5	10
Abuse – Psychological	21	11	18
Abuse – Sexual	14	7	15
Addiction	11	6	4
Adoption/Fostering/Care	1	2	1
Anger	31	22	32
Anxiety/Panic/Phobia	107	78	100
Bereavement	27	29	34
Bullying	22	11	18
Carer	6	4	3
Domestic Abuse	16	12	8
Depression	60	45	59
Eating Disorder	5	10	6
Family Breakup	37	22	30
Health Issues	28	26	21
Identity	16	11	16
Internet Bullying	1	0	1
Loss	26	32	37
Marriage/Family	32	22	28
Personal Growth	19	17	9
Physical Symptoms	12	13	15
PTSD/Trauma	14	18	26
Rape	3	4	3
Relationships	59	38	40
School Issues	12	22	24
Self Esteem	66	57	51
Self Harm	16	12	22
Sexuality	2	1	2
Stress	49	34	36
Substance/Addiction	7	6	2
Suicide	16	11	20
Violence	4	3	6
Work/Redundancy	17	11	8

SIX YEAR ANALYSIS OF REFERRAL QUARTERS

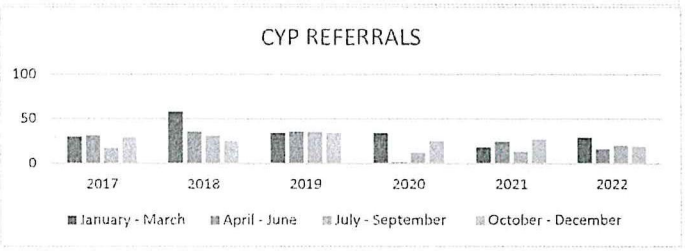
ADULTS

	2017	2018	2019	2020	**2021**	**2022**
January - March	55	62	97	67	**26**	**51**
April - June	61	59	76	12	**53**	**31**
July - September	44	82	75	26	**19**	**45**
October - December	70	65	73	36	**49**	**28**



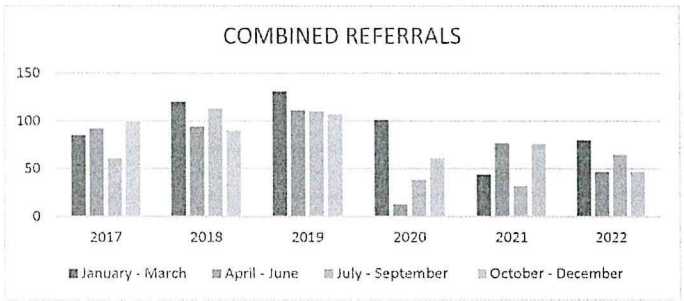
CYP

	2017	2018	2019	2020	**2021**	**2022**
January - March	30	58	34	34	**18**	**29**
April - June	31	35	35	1	**24**	**16**
July - September	17	31	35	12	**13**	**20**
October - December	29	25	34	25	**27**	**19**



Combined

	2017	2018	2019	2020	**2021**	**2022**
January - March	85	120	131	101	**44**	**80**
April - June	92	94	111	13	**77**	**47**
July - September	61	113	110	38	**32**	**65**
October - December	99	90	107	61	**76**	**47**



Stats for AGM YE 2021/22

Gender	2016/17	%	2017/18	%		2018/19	%	2019/20	%	2020/21	%	2021/22	%
Males	150	40%	149	34%	Males	157	36%	92	36%	68	32%	105	39%
Females	207	55%	274	63%	Females	285	64%	164	64%	144	67%	163	61%
Non-Binary					Non Binary	0		1		2	1%	1	0%

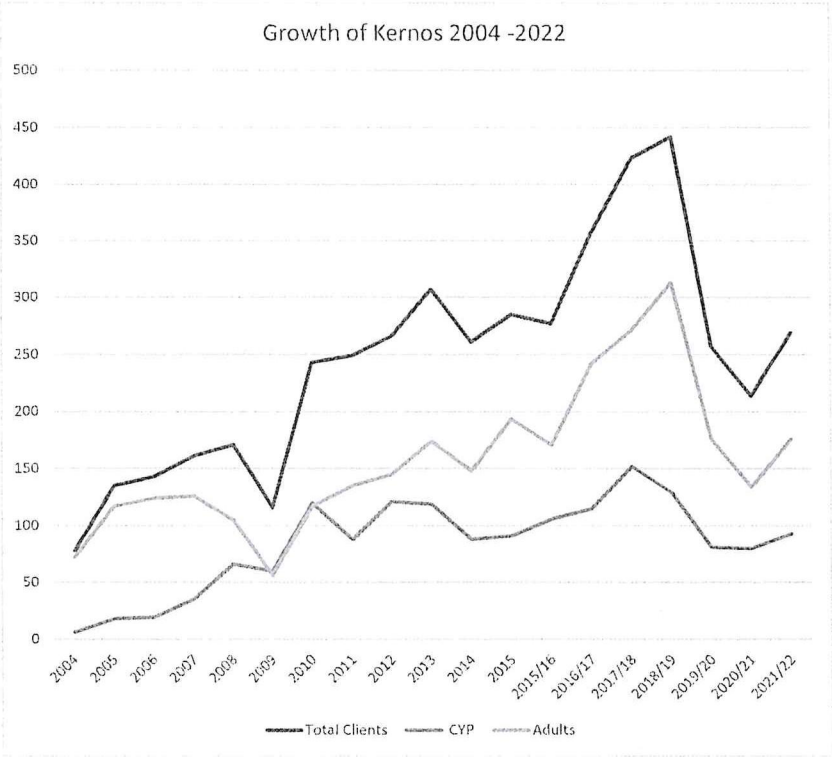
Demography	2016/17	%	2017/18	%	Demography	2018/19	%	2019/20	%	2020/21	%	2021/22	%
Full time work	73	20%	95	22%	Full time work	122	28%	72	28%	37	17%	48	18%
Part time work	62	17%	61	14%	Part time work	81	18%	51	20%	49	23%	55	20%
Home-maker	12	3%	15	4%	Home-maker	9	2%	5	2%	9	4%	8	3%
Unemployed	52	15%	70	17%	Unemployed	66	15%	30	12%	18	8%	56	21%
Student	121	35%	148	35%	Student	128	29%	82	32%	82	38%	85	32%
Retired	21	6%	24	6%	Retired	28	6%	14	5%	11	6%	15	6%
Carer	16	4%	10	2%	Carer	8	2%	2	1%	8	4%	2	1%

FEES	2016/17	%	2017/18	%	2018/19	%	2019/20	%	2020/21	%	2021/22	%
Full	53	12%	55	10%	66	15%	29	9%	12	6%	9	3%
Contribution	191	44%	237	44%	272	61%	193	61%	140	65%	185	57%
Funded	175	40%	217	40%	98	22%	71	22%	49	23%	100	31%
None	17	4%	30	6%	11	2%	24	8%	13	6%	30	9%
% Funded		40%		40%		22%		22%		23%		31%

Marital Status	2016/17	2017/18	2018/19	%	2019/20	%	2020/21	%	2021/22	%
Married/ partner	130	139	145	33%	85	33%	52	24%	74	28%
Single	187	228	224	51%	144	56%	122	57%	149	56%
Divorced/ Seperated	28	45	59	13%	22	9%	26	12%	33	12%
Widowed	12	11	14	3%	6	2%	14	7%	12	4%

Growth of Kernos

Growth	Total Clients	CYP	Adults
2004	78	6	72
2005	135	18	117
2006	143	19	124
2007	161	35	126
2008	171	66	105
2009	116	60	56
2010	243	120	117
2011	249	88	135
2012	266	121	145
2013	307	119	174
2014	261	88	148
2015	285	91	194
2015/16	277	106	171
2016/17	357	115	242
2017/18	423	152	271
2018/19	442	129	313
2019/20	**257**	**81**	**176**
2020/21	**214**	**80**	**134**
2021/22	**269**	**93**	**176**



Kernos Centre

Company Limited by Guarantee

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

Year ended 30 September 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 30 September 2022.

Reference and administrative details

Registered charity name	Kernos Centre
Charity registration number	1097354
Company registration number	04530654
Principal office and registered office	22 Friars Street Sudbury Suffolk CO10 2AA
The trustees	
	I Shaw (resigned 01/04/22) C M Boatwright P J Brown G B Hill K Smout M Wicker R Backshall (elected 29/07/22) E Knapp (elected 11/11/22) D Morris (elected 11/11/22)
Independent examiner	Vincent Chandler ACA FCCA 22 Friars Street Sudbury Suffolk CO10 2AA

Structure, governance and management

Governing document

The company was incorporated on 10 September 2002. The charity is controlled by its governing documents, a deed of trust, and constitutes a limited company, limited by guarantee and has no share capital as defined by the Companies Act 2006.

Recruitment and appointment of directors

The Board has the power to appoint additional trustees as it considers fit to do so.

Organisational Structure

Every member of the Charity undertakes to contribute to the assets of the Charity in the event of its being wound up while they are a member or within one year of them ceasing to be a member for payment of the debts and liabilities of the Charity contracted before they cease to be a member, and of the costs, charges and expenses of winding up and for the adjustments of the rights of the contributories among themselves such amount as may be required not exceeding one pounds (£1.00). The Charity is organised so that the trustees have regular general meetings comprising of elected and nominated members to discuss progress, activities, fundraising and administration. All directors of the company are also trustees of the charity, and there are no other trustees.

Objectives and activities

Objectives and aims for the public benefit

The charity's exclusive charitable object is to provide counselling and support services to people with emotional and psychological difficulties from a wide variety of causes by the provision of a centre of excellence.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

The charity carries out these objects by:

Counselling individuals which is not confined by time or cost as the charity believes it is essential to continue therapy for as long as it is required. Many people are unable to afford private counselling and the charity enables those without such means to benefit from the expertise available at the centre for as long as required.

Much work has been done on the value to society of early intervention for those with emotional and psychological problems and the charity's aim is to achieve this by way of attracting grants and donations in order to finance counselling. With these funds significant benefit can be achieved for those who would otherwise be unable to participate in therapy, resulting in potentially adverse consequences for themselves and society in general.

The income of the company must be applied only towards the promotion of its objects as set out in its Memorandum and Articles of Association.

Volunteers

Trustees and Members are unpaid volunteers.

Achievements and performance

For statistical information see the data attached as provided by the office administrator and counselling report.

Financial review

Principal funding sources
The Charity is principally funded by grants from various bodies detailed in the reports and accounts, donations from our clients, room hire revenue and other fundraising activities. Many friends have also supported us.

The trustees intend to continue to apply for more funds from grant making bodies and pursue referring agencies for financial support to establish means by which funding can follow a client to the Kernos Centre.

Reserves policy

The centre retains a reserve of just over £66,000. This provides for financial reserves to be set aside to ensure that the centre can continue to operate and meet the needs of clients in the event of unexpected contingencies including a cessation or interruption of part of its funding.

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 13/3/23 and signed on behalf of the board of trustees by:

C M Boatwright
Trustee

Kernos Centre

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Kernos Centre

Year ended 30 September 2022

I report to the trustees on my examination of the financial statements of Kernos Centre ('the charity') for the year ended 30 September 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

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.

Vincent Chandler ACA FCCA
Independent Examiner

22 Friars Street
Sudbury
Suffolk
CO10 2AA

22/3/23

Kernos Centre

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 30 September 2022

	Note	2022 Unrestricted funds £	2022 Restricted funds £	2022 **Total funds** £	2021 Total funds £
Income and endowments					
Donations and legacies	**5**	17,335	32,189	**49,524**	80,827
Charitable activities	**6**	23,302	-	**23,302**	34,862
Other trading activities	**7**	588	-	**588**	966
Total income		41,225	32,189	**73,414**	116,655
Expenditure					
Expenditure on raising funds:					
Expenditure on charitable activities	**8,9**	38,128	50,687	**88,815**	101,337
Total expenditure		38,128	50,687	**88,815**	101,337
Net income and net movement in funds		3,097	(18,498)	**(15,401)**	15,318
Reconciliation of funds					
Total funds brought forward		55,960	25,773	**81,733**	66,415
Total funds carried forward		59,057	7,275	**66,332**	81,733

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

Kernos Centre

Company Limited by Guarantee

Statement of Financial Position

30 September 2022

	Note	2022 £	£	2021 £
Fixed assets				
Tangible fixed assets	14		2,461	892
Current assets				
Debtors	15	3,674		2,654
Cash at bank and in hand		68,078		89,982
		71,752		92,636
Creditors: amounts falling due within one year	16	7,881		11,795
Net current assets			63,871	80,841
Total assets less current liabilities			66,332	81,733
Net assets			66,332	81,733
Funds of the charity				
Restricted funds			7,275	25,773
Unrestricted funds			59,057	55,960
Total charity funds	17		66,332	81,733

For the year ending 30 September 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 ....13.3.23....., and are signed on behalf of the board by:

Mr G B Hill
Trustee

The notes on pages 20 to 27 form part of these financial statements.

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in and a registered charity in England and Wales. The address of the registered office is 22 Friars Street, Sudbury, Suffolk, CO10 2AA.

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, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

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.

Income tax

The company is exempt from corporation tax.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and fall into one of two sub-classes: restricted income funds or endowment funds.

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are 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.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- 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 accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully 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, non-charitable trading activities, and the sale of donated goods.
- 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.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

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, fittings & equipment - 25% reducing balance

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

4. Limited by guarantee

The charity is a company incorporated in England and Wales and is limited by guarantee. In the event the charity is wound up the liability of each member is limited to £1.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2022 £**
Donations			
Donations	17,335	-	**17,335**
Grants			
Grants receivable	-	32,189	**32,189**
	17,335	32,189	**49,524**

5. Donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations			
Donations	17,660	-	17,660
Grants			
Grants receivable	-	63,167	63,167
	17,660	63,167	80,827

Unrestricted grants received during the year - None

Restricted grants received during the year -

	2022 £
Suffolk Community Foundation	**18,750**
Babergh District Council	**8,664**
TMH Media	**2,000**
Rotary Club	**1,700**
Colchester Catalyst	**75**
Great Cornard Parish Council	**1,000**
TOTAL	**32,189**

6. Charitable activities

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Sale of services as part of direct charitable activities	23,302	**23,302**	34,862	34,862
	23,302	**23,302**	34,862	34,862

7. Other trading activities

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Fundraising events	588	**588**	966	966

8. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	**Total Funds 2022**
	£	£	**£**
Counselling fees	3,402	45,875	**49,277**
Room hire	7,704	-	**7,704**
Centre running costs	8,854	4,000	**12,854**
Other	16,968	812	**17,780**
Support costs	1,200	–	**1,200**
	38,128	50,687	**88,815**

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Counselling fees	27,804	31,729	59,533
Room hire	4,948	1,840	6,788
Centre running costs	8,867	7,060	15,927
Other	11,621	6,288	17,889
Support costs	1,200	-	1,200
	54,440	46,897	101,337

9. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	**Total funds 2022**	Total fund 2021
	£	£	**£**	£
Counselling fees	49,277	–	**49,277**	59,533
Room hire	7,704	–	**7,704**	6,788
Centre running costs	12,854	–	**12,854**	15,927
Other	17,780	–	**17,780**	17,889
Governance costs	–	1,200	**1,200**	1,200
	87,615	1,200	**88,815**	101,337

10. Net income

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
		£
Depreciation of tangible fixed assets	**826**	298
Loss on disposal of tangible fixed assets	**9**	-

11. Independent examination fees

	2022	2021
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	**1,200**	1,200

12. Trustee remuneration and expenses

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

Travel / administration costs amounting to nil (2021 - £383) were reimbursed to no (2021 - one) members of the management committee. Of this amount nil (2021 - £383) was donated back to the centre as donations.

13. Transfers between funds

Unrestricted funds have been transferred into restricted funds to cover the shortfall on restricted expenditure. No such transfers arose during this financial period.

14. Tangible fixed assets

	Fixtures and fittings	**Total**
	£	£
Cost		
At 1 October 2021	6,784	**6,784**
Additions	2,404	**2,404**
Disposals	(440)	**(440)**
At 30 September 2022	8,748	**8,748**
Depreciation		
At 1 October 2021	5,892	**5,892**
Charge for the year	826	**826**
Eliminated on disposals	(431)	**(431)**
At 30 September 2022	6,287	**6,287**
Carrying amount		
At 30 September 2022	2,461	**2,461**
At 30 September 2021	892	892

15. Debtors

	2022	2021
	£	£
Trade debtors	652	75
Prepayments and accrued income	3,022	2,579
	3,674	2,654

16. Creditors: amounts falling due within one year

	2022	2021
	£	£
Trade creditors	5,926	10,345
Accruals and deferred income	1,955	1,450
	7,881	11,795

17. Analysis of charitable funds

Unrestricted funds

	At 1 October 2021	Income	Expenditure	Transfers	At 30 September 2022
	£	£	£	£	£
General funds	55,960	41,225	(38,128)	-	59,057

	At 1 October 2020	Income	Expenditure	Transfers	At 30 September 2021
	£	£	£	£	£
General funds	56,912	53,488	(54,440)	-	55,960

Restricted funds

	At 1 October 2021	Income	Expenditure	Transfers	At 30 September 2022
	£	£	£	£	£
Restricted Funds	25,773	32,189	(50,687)	-	7,275

	At 1 October 2020	Income	Expenditure	Transfers	At 30 September 2021
	£	£	£	£	£
Restricted Funds	9,503	63,167	(46,897)	-	25,773

18. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2022 £**
Tangible fixed assets	38	2,423	**2,461**
Current assets	66,900	4,852	**71,752**
Creditors less than 1 year	(7,881)	-	**(7,881)**
Net assets	59,057	7,275	**66,332**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Tangible fixed assets	61	831	892
Current assets	67,694	24,942	92,636
Creditors less than 1 year	(11,795)	-	(11,795)
Net assets	55,960	25,773	81,733

19. Operating lease commitments

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

	2022 £	2021 £
Not later than 1 year	**8,200**	8,200
	8,200	8,200

Kernos Centre

Company Limited by Guarantee

Management Information

Year ended 30 September 2022

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

Kernos Centre

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 30 September 2022

	2022	2021
	£	£
Income and endowments		
Donations and legacies		
Donations	**17,335**	17,660
Grants receivable	**32,189**	63,167
	49,524	80,827
Charitable activities		
Sale of services as part of direct charitable activities	**23,302**	34,862
Other trading activities		
Fundraising events	**588**	966
Total income	**73,414**	116,655
Expenditure		
Expenditure on charitable activities		
Rent	**8,200**	8,200
Rates and water	**681**	371
Light and heat	**1,362**	2,870
Repairs and maintenance	**268**	1,990
Insurance	**1,585**	1,572
Motor vehicle expenses	**-**	383
Legal and professional fees	**1,200**	1,200
Telephone	**759**	924
Depreciation	**826**	298
Loss on disposal of assets	**9**	-
General administrative expenses, counselling fees and supervision costs	**73,287**	82,466
Postage, stationery and printing	**542**	967
Advertising and website	**96**	96
	88,815	101,337
Total expenditure	**88,815**	101,337
Net income	**(15,401)**	15,318