BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

England & Wales · Charity number 1098704

Details

Other names	BABCP
Status	Registered
Legal form	Charitable company
Company number	04839948
Registered	2003-07-23
Register	View on the Charity Commission register

Contact

Address	Babcp Imperial House 79-81 Hornby Street Bury Lancashire BL9 5BN
Phone	01617054304
Email	babcp@babcp.com
Website	www.babcp.com

Activities

Objects: TO ADVANCE THE THEORY AND PRACTICE OF COGNITIVE AND BEHAVIOURAL PSYCHOTHERAPIES (CBT) BY THE PROMOTION OF SCIENTIFIC RESEARCH AND THE APPLICATION OF EVIDENCE BASED PRACTICE INCLUDING ASSESSMENT, THERAPY AND CONSULTANCY, IN A WIDE VARIETY OF SETTINGS IN ACCORDANCE WITH THE GUIDELINES FOR GOOD PRACTICE OF BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

Activities: BABCP is a multi-disciplinary interest group for people involved in the practice and theory of behavioural and cognitive psychotherapies (CBT). The objects are to advance CBT by the promotion of scientific research and the application of evidence based practice including assessment, therapy and consultancy, in a wide variety of settings in accordance with the ethical guidelines.

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Classification

- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Ireland
- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£3,889,510	£3,629,712	£3,061,531	50
2024-04-30	£3,555,968	£2,912,440	£2,799,696	41
2023-04-30	£2,563,532	£2,029,506	£2,148,785	41
2022-04-30	£2,247,728	£1,548,239	£1,616,861	38
2021-04-30	£1,816,387	£1,444,072	£918,326	26

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Trustees

Name	Role	Appointed
Claire Louise Lomax		2025-09-05
Colin Michael Blowers		2024-11-06
Craig Bernard Chigwedere		2025-09-05
Dr Fiona Clare Kennedy		2024-11-06
Elizabeth Hughes Owen		2022-07-21
Elizabeth Margaret Gray-Smith		2023-11-22
Greg Hughes		2025-07-21
Harjinder Kaur-Aujla		2024-11-06
Mark Bryan Smith		2025-09-05
Mohammed Gharbawi		2025-09-05
Peter Andrew Elliott		2020-07-27
Stirling Moorey		2023-11-23

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BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

England & Wales - Charity number 1098704

Accounts

Registered number: 04839948
Charity number: 1098704

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 APRIL 2025

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES
(A company limited by guarantee)

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BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES
(A company limited by guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 30 APRIL 2025

Trustees	Dr S Moorey, President (appointed as President 6 November 2024) P A Elliott, Honorary Secretary (appointed as Secretary 6 November 2024) L Grant C Hughes, Honorary Secretary (resigned 6 November 2024) J McKenna, Honorary Treasurer (resigned 6 November 2024) E Owen E Ruth Dr L Waddington (resigned 6 November 2024) S Naz (resigned as President 6 November 2024) N Dillon-Hatcher E M Gray-Smith J Porritt C L Blowers, Honorary Treasurer (appointed 6 November 2024) H Kaur-Aujla (appointed 6 November 2024) Dr F C Kennedy (appointed 6 November 2024)
Company registered number	04839948
Charity registered number	1098704
Registered office	Imperial House 79-81 Hornby Street Bury BL9 5BN
Chief executive officer	Tommy McIlravey
Independent auditors	Nyman Libson Paul LLP Chartered Accountants 124 Finchley Road London NW3 5JS
Bankers	Virgin Money 40 Church Street Blackburn BB1 5AW
Solicitors	Bates Wells 10 Queen Street Place London EC4R 1BE
Investment management	JM Finn 25 Copthall Ave London EC2R 7AH

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 APRIL 2025

The Trustees present their annual report together with the audited financial statements of the Charity for the 1 May 2024 to 30 April 2025. The annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Charity qualifies as small under section 382 of the Companies Act 2006, the strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Policies and objectives

The British Association for Behavioural and Cognitive Psychotherapies (BABCP) —the 'Association', is a multi-disciplinary interest group primarily aimed at people involved in the practice and theory of behavioural and cognitive psychotherapies.

The objectives of the Association are to advance the theory and practice of cognitive and behavioural psychotherapies by the promotion of scientific research and the application of evidence-based practice including assessment, therapy and consultancy, in a wide variety of settings in accordance with the BABCP Standards of Conduct, Performance and Ethics.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

The trustees are confident that the charity offers services of real and practical use to the local and national population and therefore complies with the responsibility placed on all charities under the Charities Act 2011 to demonstrate a public benefit.

Objectives and activities (continued)

b. Activities undertaken to achieve objectives

The objectives of the Association are achieved through the following activities relevant to cognitive and behavioural psychotherapies and CBT-informed approaches, all of which will be referred to under the umbrella term "CBT" throughout the rest of this report:

- setting and maintaining standards for CBT practitioners;
- providing an opportunity for members who meet our quality standards to become accredited or registered;
- managing a register of our accredited and registered members to support access highquality CBT provision, and to protect the public;
- educating and informing the public about CBT, its effectiveness, and how to access quality CBT provision;
- providing forums for discussion of matters relevant to CBT;
- providing Continuing Professional Development for CBT by organising conferences, workshops and other development opportunities;
- disseminating information through the publication of a journal, magazine and other articles, information and news relating to CBT;
- making representation to, and liaising with, public and professional bodies in relation to matters pertaining to the aims of the Association;
- fostering and promoting research into CBT and related matters;
- supporting special interest groups and geographical branches in order to promote the objectives of the Association;
- driving quality in CBT training through the accreditation of courses.

c. Grant-making policies

The Trustees re-established the Research Fund during the last financial year and will be inviting applications for funding research relevant to the objectives of the Association in the 2025/26 financial year.

d. Volunteers

The Association relies on the good will, efforts and expertise of over 300 volunteers, who regularly give their time to us. They serve across Special Interest Groups (SIGs), geographical branches, course accreditation panels, sub committees, and the Board of BABCP. Without their input key functions of BABCP simply wouldn't be possible.

It is intended to improve data about volunteering, as we implement the new IT system. This will allow us to recognise contributions and better support people who give us their time. The Association wishes to express sincere thanks to all of its volunteers.

Achievements and performance

a. Review of the work of the Association 2024/25

Over the last year the Association completed its consultation work with members and external stakeholders, to inform the creation of the new strategic plan. This was the largest strategic consultation ever carried out by the Association and the process has involved several rounds of analysis and sense-checking back with key stakeholders. The final agreed version of the new strategy is now published on our website at babcp.com.
We continued to implement the recommendations of the governance review. We have now completed a wide range of actions from the review including:

Achievements and performance (continued)

• Recruitment of a Governance Manager, who has helped drive many of these other actions
• Trustee induction and training
• Trustee skills audit and targeted recruitment of Lay Directors based on this
• Recruitment of an HR Manager
• Dedicated budget for EDI activities
• Retendering of the audit contract
• Organisational strategic risk review and ensuring focus on risk as a standing item
• Implementing more robust review cycles for governance policies and committee workplans for the year
• Increasing clarity around trustee roles, including review of role descriptions
• A full committee review to refine the types, roles and interrelations of other committees
• Began the review of terms of reference for committees
• Creation of a scheme of delegations to ensure that different committees and executives are clear on their levels of delegated authority

BABCP continued progress on the large-scale IT project to upgrade its customer management system and website. This project is designed to enhance member access, improve service and engagement and streamline operational efficiency. Our goal is to ensure that information about BABCP and CBT is engaging, up to date and delivers a quality experience for members and the public at each touchpoint.

BABCP continues to provide a growing range of CPD opportunities through its events: tailored to meet the needs of its members. These events are delivered as part of a core programme and are also shaped through proposals from the geographic and special interest groups. Between June 2024 and 30 April 2025, we delivered 93 events, attracting 6,803 delegates and providing a total of 209 CPD hours. These events generated an income of £74,325. This represents an increase of approximately 121.4% in the number of events compared to the previous year.

Our annual national conference continues to go from strength to strength. This year's event in Manchester was record breaking for us: with 1200 delegates attending in person, and 300 more taking advantage of the opportunity to live stream from four of the lecture theatres. BABCP supported 183 people to attend the conference and a total of 350 speakers presented across 99 sessions. The evaluation of the event shows that it was very well received by delegates.

At 30 April 2025 there were 23,307 members. This is an increase of approximately 9.7 % on the previous year. The growth in members is largely associated to the number of Wellbeing Practitioners that are choosing BABCP for their registration. A total of 4,618 Wellbeing Practitioners are BABCP registered (PWP, CWP, EMHP). There are 12,646 Accredited Cognitive Behavioural Psychotherapists, an increase of 9.6% on the previous year, making up 54% of the overall membership, with over 74% of the BABCP membership on the PSA Accredited CBT Register UK and Ireland.

There has been an increase in the staff team to support the work of the organisation. The full staff complement reached 43.7 full-time equivalents (FTE) at the end of this financial year. The previous reporting period showed 36.7 FTE.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 APRIL 2025

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The trustees have set a target of a minimum of six months' running costs as free reserves, which are unrestricted funds not invested in fixed assets held by the charity. Having reviewed the current levels they are satisfied that the level of reserves is easily above this threshold. At the end of the financial year the amount of reserves was £3,061,531 (2024: £2,799,696). Net current assets were £2.79m vs forecasted costs for 6 months of £2.1m. The trustees have designated £40,900 for use in future research grants and after creating this designated fund, sufficient reserves will remain to satisfy the trustees' free reserves target. Given the level of reserves currently being held in cash, the trustees and (through the delegated authority) the Finance Committee, will consider whether a greater return could be gained through additional investment of reserves.

c. Results

The financial year ending 30th April 2025 realised an operating surplus of £259,798 (2024: £643,528).

Financial income for the organisation increased to £3.89 million compared to the previous year of £3.56 million. No increases to annual membership subscriptions or accreditation fees were made in the year.

Overall expenditure increased by around £0.7 million. This included increases in staff salary overhead of nearly £0.3 million following increases in permanent staff recruitment and related support costs to meet emerging demand.

An increase in the value of investments of £2,037 (2024: £7,383) increased the result to £261,835 compared to £650,911 in the previous year.

d. Material investments policy

After taking financial advice and in accordance with the Articles of Association, the trustees invested £50,000 in long term investment funds in August 2007. The Board will continue to reinvest the accumulated balance on investment accounts until a situation is reached where the Board wishes to use the income from the investment as required. In the year to 30th April 2024 the value of investments increased by £2,037 following an increase of £7,383 in the previous year.

The ethical investment policy agreed by the trustees is:

The company adopts an ethical investment policy, which is in line with its responsibilities as a registered charity, and which complements the aims and objectives of the organisation. In this respect it seeks to invest with companies who have proven socially responsible portfolios and to have its investments managed by financial advisors who are ethically led with a demonstrable record of sound financial control and planning.

In this respect the policy statement reflects the aims and objectives of our charity:

1. The Board considers ethical investment is consistent with the aims and objectives of the organisation.
2. The Board adopts a policy of supportive ethical investment. That is, investing in companies with a commitment to responsible business practices, positive products and services. The Board does not consider it appropriate to invest by negative screening.
3. Whilst investing ethically, such a policy is not in conflict with its requirement to maximise funds for the benefit of the organisation and ensure that such a policy does not involve a risk of significant financial detriment.

The remaining funds fluctuate throughout the year and are held in interest-bearing deposit accounts.

During the year the trustees appointed JM Finn to manage the charity's investments in line with the investment policy and increase the return that is currently being made from holding funds in interest bearing deposit accounts.

e. Principal risks and uncertainties

The risks and uncertainties faced by the charity include the current economic climate and changing healthcare regulation. Increasing demand and associated cost of provision of membership and registration to CBT Register (UK) are also matters requiring ongoing consideration.

f. Financial risk management objectives and policies

The trustees have assessed the major strategic and business risks to which the charity is exposed, in particular those related to the operational finances of the charity and are satisfied that the systems established to ensure regular reports are produced and that necessary steps can be taken to address any issues arising are sufficient to mitigate the charity's exposure to major risks. The trustees regularly perform a thorough risk assessment of all aspects of the charity's activities and implement risk management strategies where necessary.

g. Principal funding

The trustee directors are satisfied that the charity's assets are adequate to fulfil its obligations. The main source of funding continues to be annual subscriptions from members. Accreditation fees are also charged to those members who apply for this recognition. Membership subscriptions may be increased with membership approval to meet the costs of additional or expanded member services or to support planned future activity. The trustee directors carefully consider what level of subscriptions and fees members will accept without withdrawing from membership. The charity continues to enjoy a renewal rate of 90% and more new members join each year than are required to cover organisational costs though costs are ever increasing due to extending the membership offer and inflationary pressures.

Accreditation fees are charged at rates to ensure the overall cost of providing accreditation services is comfortably covered. The trustees review these costs and can adjust these fees accordingly. Registration fees are taken over the period to permit recognition of CBT Register (UK) for low intensity workers for the first time.

Selling of advertising through the Association's media is another supplementary revenue stream. The trustees are seeking to increase the availability of robust and sustainable income streams that are in keeping with the objects of the organisation through launching appropriate forms of accreditation or registration to CBT Register (UK), special advertising supplements and advertising through the internet and social media.

Structure, governance and management

a. Corporate status and governing document

The company was incorporated under the Companies Act 1985 (Company number 04839948) on 21st July 2003 and took over all assets and operations of BABCP (the former unincorporated charity) on that date. The company is a private company limited by guarantee and does not have a share capital. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

The company was registered as a charity on 21 July 2003 under the provisions of the Charities Acts 1992 and 1993 (Charity number 1098704).

The charity is governed by its Memorandum and Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Memorandum of Association.

Structure, governance and management (continued)

c. Organisational structure and decision-making policies

The trustees are each elected for a period of three or four years by the full membership of the Association, or in the case of Lay Directors, appointed by the Board. Having been elected or appointed as trustees they serve on the Board as ordinary members, President, Honorary Secretary or Honorary Treasurer. The President usually serves a one-year term as President Elect, a two-year term as President and then a further one-year term as Past President, making up a four year term of office. Elections are held annually with usually three or four places becoming vacant each year, thus staggering replacement of trustees to provide some continuity.

The Chief Executive Officer subsumes the role of Company Secretary and attends the Board as a non-voting member.

A number of standing committees, ad-hoc committees and working groups are made up of trustees and other members of the Association and have a Board member as Chair or Co-Chair to satisfy the requirements within the Memorandum and Articles of Association. These committees and groups usually operate under specific terms of reference and with delegated functions as approved by the Board. Respective committees and groups operating throughout the reporting period were:

- Standards and Ethics Committee
- CBT Practitioner Accreditation and Registration Committee
- Course Accreditation Committee
- Finance Committee
- Human Resource Committee
- Branch & SIG Liaison Committee
- Conference Strategy Committee
- Editorial Board
- Fellowship Committee
- Equality, Diversity and Inclusion Committee
- Research Fund Committee
- National Conference & Workshops Strategy Committee

All standing committees combine with the Board of Trustees to form a National Committees Forum (NCF), which meets twice a year. The trustees meet at least five times a year as a Board meeting, plus attending NCF meetings. Many committees, groups and the trustees also conduct business through suitable electronic means such as email exchanges and video conference calls. New trustees attend an induction programme.

d. Key management personnel

Key management personnel are:

T McIlravey, Chief Executive Officer
M Harwood, Finance and IT Manager
H Macdonald, Senior Clinical Advisor
M Livesey, Head of Membership Services
R Light, Chief Accreditation Officer and Registrar

Key management pay is benchmarked against similar charitable organisations.

Structure, governance and management (continued)

e. Related party relationships

Trustees are required to declare an interest (either direct or indirect) if they are involved in any activities which may compromise their role as a trustee and a monitoring mechanism is in place. All related party transactions during the year have been disclosed in the notes to the financial statements.

Plans for future periods

Our new strategy will make it clear to members and to the wider public, not only where our priorities lie but also how we can track progress towards these. As the strategy was co-written with members and stakeholders we expect to begin regular reporting to members, particularly about the goals most relevant to them. As well as reporting back we are now looking at building new channels for continuous engagement with members.

Next year will see the long-awaited launch of our new integrated IT systems. This will bring together our membership database, PSA register, website and CRM database into one digital resource. This will allow members to log into a personal BABCP account and manage subscriptions and services online. It will also make it much easier for members of the public to check the status of a BABCP member or to find a suitably qualified CBT therapist. The following year we will launch an additional communities' module. This will make it much easer for BABCP members to stay in touch will colleagues and discuss topics within their branch, specialist interest areas or more widely across the Association. We will continue to invest in improving our governance and expanding our democratic processes. We will engage with members to ensure that we increase the number of people standing for board elections and the number of members voting. We have commissioned a respected provider called Koreo to help us co-create our first leadership programme for BABCP members. The programme will identify an initial cohort of members who will help design a programme that will give them the confidence and skills to take on leadership roles, both in their careers and within the board, committee, branch and specialist interest group structures of BABCP.

There are a number of other new members benefits that will be expanded next year, including:
increasing our free CPD offer, more support to branches and SIGs and additional resources to support members who are interested in engaging in research.

In September 2025 we will be delighted to co-host our annual conference with the EABCT (European) conference. We are already expecting a record number of delegates.

The Association recognises as it grows in size and scope that we want to invest more into our ability to influence policy makers and other people in power. By committing more resources to this area, we can ensure that a wider group of people can benefit from CPD and related interventions. This will see the recruitment of a new Head of External Affairs, who will join the Senior Leadership Team next year. We will also explore what other capacity can be added to a new team that will increase public awareness of CPD and allow more focused communications to our membership.

We will also look to add capacity to those areas where we currently recognise members can wait too long for outcomes, such as Applications, Accreditation and Complaints. We have set specific goals in the strategy for reducing processing times in these areas and look forward to reporting progress to the membership.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 APRIL 2025

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

Auditors

The auditors, Nyman Libson Paul LLP, were appointed as auditors in the year, and have indicated their willingness to continue in office. The designated Trustees will propose a motion reappointing the auditors at a meeting of the members.

Approved by order of the members of the board of Trustees and signed on their behalf by:

S Moorey
Trustee
Date: 29.8.25

C L Blowers
Trustee

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

Opinion

We have audited the financial statements of British Association for Behavioural and Cognitive Psychotherapies (the 'charity') for the year ended 30 April 2025 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 April 2025 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditors' report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES (CONTINUED)

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditors' responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We gained an understanding of the legal and regulatory framework applicable to the Charity and the industry in which it operates, and considered the risk of acts by the company that were contrary to applicable laws and regulations, including fraud. We designed audit procedures to respond to the risk, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

We focussed on laws and regulations which could give rise to a material misstatement in the financial statements, including, but not limited to, the Charities Act 2011 and Companies Act 2006. Our tests included agreeing the financial statement disclosures to underlying supporting documentation and enquiries with management. There are inherent limitations in the audit procedures described above and, the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. We did not identify any key audit matters relating to irregularities, including fraud. As in all our audits, we also addressed the risk of management override of internal controls, including testing journals and evaluating whether there was evidence of bias by the trustees that represented a risk of material misstatement due to fraud.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditors' report.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES (CONTINUED)

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.



Andrew Thomas (senior statutory auditor)
for and on behalf of
Nyman Libson Paul LLP
Chartered Accountants
Registered Auditors
124 Finchley Road
London
NW3 5JS

Date: 29 August 2025

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 30 APRIL 2025

	Note	Unrestricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income from:				
Charitable activities	4	3,740,078	3,740,078	3,352,848
Other trading activities	5	43,679	43,679	58,046
Investments	6	63,529	63,529	100,241
Other income	7	42,224	42,224	44,833
Total income		3,889,510	3,889,510	3,555,968
Expenditure on:				
Raising funds	8	616,603	616,603	586,490
Charitable activities	9	3,013,109	3,013,109	2,325,950
Total expenditure		3,629,712	3,629,712	2,912,440
Net income before net gains on investments		259,798	259,798	643,528
Net gains on investments		2,037	2,037	7,383
Net income		261,835	261,835	650,911
Reconciliation of funds:				
Total funds brought forward		2,799,696	2,799,696	2,148,785
Net movement in funds		261,835	261,835	650,911
Total funds carried forward		3,061,531	3,061,531	2,799,696

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 19 to 37 form part of these financial statements.

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES
(A company limited by guarantee)
REGISTERED NUMBER: 04839948

BALANCE SHEET
AS AT 30 APRIL 2025

	Note		2025 £		2024 £
Fixed assets					
Intangible assets	13		268,315		168,764
Tangible assets	14		23,159		25,323
Investments	15		97,339		95,302
			388,813		289,389
Current assets					
Debtors	16	445,890		316,756	
Cash at bank and in hand		4,228,605		3,916,413	
		4,674,495		4,233,169	
Creditors: amounts falling due within one year	17	(1,887,188)		(1,642,552)	
Net current assets			2,787,307		2,590,617
Creditors: amounts falling due after more than one year	18		(114,589)		(80,310)
Net assets excluding pension asset			3,061,531		2,799,696
Total net assets			3,061,531		2,799,696
Charity funds					
Restricted funds	19		-		-
Unrestricted funds	19		3,061,531		2,799,696
Total funds			3,061,531		2,799,696

BALANCE SHEET (CONTINUED)
AS AT 30 APRIL 2025

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

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

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

S Moorey
Trustee
Date: 29.8.25

C L Blowers
Trustee

The notes on pages 19 to 37 form part of these financial statements.

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 30 APRIL 2025

	2025 £	2024 £
Cash flows from operating activities		
Net cash used in operating activities	362,452	883,005
Cash flows from investing activities		
Dividends, interests and rents from investments	63,529	100,241
Purchase of tangible and intangible fixed assets	(113,789)	(112,047)
Net cash used in investing activities	(50,260)	(11,806)
Cash flows from financing activities		
Net cash provided by financing activities	-	-
Change in cash and cash equivalents in the year	312,192	871,199
Cash and cash equivalents at the beginning of the year	3,916,413	3,045,214
Cash and cash equivalents at the end of the year	4,228,605	3,916,413

The notes on pages 19 to 37 form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2025

1. General information

The British Association for Behavioural and Cognitive Psychotherapies is a charitable company limited by guarantee, incorporated in England and Wales. The Company number, Charity number and registered office can be found on page 1 of these financial statements.

The company is limited by guarantee and does not have a share capital. The liability of each member by way of their guarantee to the company is to contribute a sum not exceeding £10 to the assets of the company if so required on the winding up of the company.

2. Accounting policies

2.1 Basis of preparation of financial statements

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

British Association for Behavioural and Cognitive Psychotherapies meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The financial statements have been prepared on a going concern basis which assumes that the company will be able to meet its liabilities as they fall due. The trustees have concluded that the charity will continue to be a going concern for the foreseeable future, being a period of more than twelve months following the approval of these financial statements.

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income is the amount derived from ordinary activities and is stated after trade discounts, other sales taxes and net of Value Added Tax.

Membership subscriptions and accreditations are accounted for when due. All such income is deferred when it is received in advance of the period to which it relates.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service. Income relating to events after the year end is deferred.

2. Accounting policies (continued)

2.4 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 on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Staff costs are allocated to raising funds in line with the estimated time spent by staff working in this area.

Other support costs are allocated to raising funds using the calculated proportion of staff costs as this is considered an appropriate estimate of usage.

Each year the charity makes grants for research to be carried out into behavioural and cognitive psychotherapies. Any liability is only recognised when an obligation arises.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include audit fees and costs linked to the strategic management and administration of the charity.

All support costs are allocated between the activity expenditure categories on a basis designed to reflect the use of the resource.

During the year the charity revisited allocations of costs between direct and support activities, and raising funds. In applying new allocations, comparative figures were restated. There was no change to total expenditure or the net result.

2. Accounting policies (continued)

2.5 Intangible assets and amortisation

Intangible assets costing £Nil or more are capitalised and recognised when future economic benefits are probable, and the cost or value of the asset can be measured reliably.

Intangible assets represent expenditure developing the website and membership database and are initially recognised at cost. After recognition, under the cost model, intangible assets are measured at cost less any accumulated amortisation and any accumulated impairment losses.

Amortisation is provided on intangible assets at rates calculated to write off the cost of each asset on a straight-line basis over its expected useful life.

Amortisation is provided on the following bases:

Website	-	33 % straight line basis
Membership database	-	50 % reducing balance basis

Assets under construction are only depreciated when they become operational.

During the year, a new membership database was under development, this was completed post year end. The new database is not amortised until it is operational, and the old database was fully written down post year end.

2.6 Tangible fixed assets and depreciation

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, on a reducing balance basis.

Depreciation is provided on the following basis:

Office equipment	-	15% reducing balance basis
Computer equipment	-	50% reducing balance basis

2.7 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the balance sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as ‘Gains/(Losses) on investments’ in the statement of financial activities.

2.8 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2. Accounting policies (continued)

2.9 Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

2.10 Operating leases

Rentals paid under operating leases are charged to the statement of financial activities on a straight-line basis over the lease term.

2.11 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

2.12 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

3. Critical accounting estimates and areas of judgment

Estimates and judgments are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

Estimated useful life of tangible and intangible fixed assets:
Management consult with professional bodies and also their historical knowledge of the life of different types of fixed asset to provide appropriate estimates on depreciation and amortisation to provide.

4. Income from charitable activities

	Unrestricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Accreditations and Registrations	1,778,305	1,778,305	1,526,910
Membership subscriptions	1,448,403	1,448,403	1,318,850
Branch events and workshop bookings	133,354	133,354	128,185
National conference/Workshop event surpluses	380,016	380,016	378,903
	3,740,078	3,740,078	3,352,848

5. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Advertising, flyers and inserts	36,010	36,010	56,871
Professional services rendered	7,669	7,669	1,175
	43,679	43,679	58,046

6. Investment income

	Unrestricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Interest received on bank balances	63,529	63,529	100,241

7. Other incoming resources

	Unrestricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Miscellaneous income	42,224	42,224	44,833

8. Expenditure on raising funds

	Unrestricted funds 2025 £	Total funds 2025 £	As restated Total funds 2024 £
Travel, accomodation and subsistence	22,728	22,728	22,577
Printing and publishing	11,030	11,030	14,762
Hire charges	144	144	302
Stationery	-	-	7
Postage and distribution	28,967	28,967	23,772
Rent	2,420	2,420	3,988
Insurance	3,823	3,823	3,685
Computer licenses and software	57,413	57,413	36,821
Telephone	6,916	6,916	8,873
Bank charges	11,832	11,832	11,192
Bad and doubtful debts	8,914	8,914	17,478
Amortisation	273	273	2,145
Depreciation	3,392	3,392	3,430
Professional fees	36,062	36,062	56,880
Staff costs	422,689	422,689	380,578
	616,603	616,603	586,490

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2025

9. Analysis of expenditure by activities

	Activities undertaken directly 2025 £	Support costs 2025 £	Total funds 2025 £	As restated Total funds 2024 £
Charitable activities	875,965	2,050,834	2,926,799	2,292,076
Governance costs	-	86,310	86,310	33,874
Total 2025	875,965	2,137,144	3,013,109	2,325,950
Total 2024 as restated	525,555	1,800,395	2,325,950	

Analysis of direct costs

	Total funds 2025 £	As restated Total funds 2024 £
Grants payable	-	8,114
Event costs	492,762	324,937
Professional fees	226,417	144,218
Legal fees	127,249	19,675
Sundry expenses	29,537	28,611
	875,965	525,555

9. Analysis of expenditure by activities (continued)

Analysis of support costs

	Support costs 2025 £	Governance costs 2025 £	Total funds 2025 £	As restated Total funds 2024 £
Staff costs	1,516,942	51,466	1,568,408	1,275,901
Travel, accomodation and subsistence	58,648	20,344	78,992	76,794
Printing and publishing	38,334	-	38,334	50,212
Hire charges	499	-	499	1,029
Stationery	-	-	-	22
Postage and distribution	100,678	-	100,678	80,861
Rent	8,410	-	8,410	13,566
Insurance	13,287	-	13,287	12,535
Audit and accountancy fees	5,612	14,500	20,112	17,559
Computer licenses and software	199,544	-	199,544	125,249
Telephone	24,039	-	24,039	30,180
Bank charges	41,122	-	41,122	38,071
Bad and doubtful debts	30,983	-	30,983	59,453
Amortisation	947	-	947	7,295
Depreciation	11,789	-	11,789	11,668
	2,050,834	86,310	2,137,144	1,800,395
Total 2024 as restated	1,766,521	33,874	1,800,395	

10. Auditors' remuneration

	2025 £	2024 £
Audit services	14,500	14,000
Non-audit services	5,612	3,559

11. Staff costs

	2025 £	2024 £
Wages and salaries	1,655,661	1,332,182
Social security	155,822	132,369
Pensions	179,174	181,118
Agency staff costs	440	10,810
	1,991,097	1,656,479

The average number of persons employed by the Charity during the year was as follows:

	2025 No.	2024 No.
Provision of charitable services	50	41

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025 No.	2024 No.
In the band £60,000 - £69,999	1	1
In the band £70,000 - £79,999	-	2
In the band £110,000 - £119,999	1	-

The total remuneration of key management personnel during the year was £ 369,696 (2024: £401,742).

12. Trustees' remuneration and expenses

During the year, Trustees received payments from the Charity for services provided with respect to webinar/presentation and speaker fees. These fees were payable for work relating to their profession(s) and not related to Trustee services provided. The value of Trustees' remuneration and other benefits was as follows:

		2025 £	2024 £
Dr A J Beck	Fees received	-	1,000
Dr S Moorey	Fees received	-	900
Dr F C Kennedy	Fees received	900	-

12. Trustees' remuneration and expenses (continued)

During the year ended 30 April 2025, expenses totalling £10,619 were reimbursed or paid directly to 14 Trustees (2024 - £14,761 to 13 Trustees). Expenses related to travel costs incurred.

During the year one trustee provided a gift in kind, offering services that would have been valued at £900 for no remuneration.

13. Intangible assets

	Website and portal £	Membership database £	Total £
Cost			
At 1 May 2024	110,134	283,363	393,497
Additions	-	100,771	100,771
At 30 April 2025	110,134	384,134	494,268
Amortisation			
At 1 May 2024	110,134	114,599	224,733
Charge for the year	-	1,220	1,220
At 30 April 2025	110,134	115,819	225,953
Net book value			
At 30 April 2025	-	268,315	268,315
At 30 April 2024	-	168,764	168,764

Included in the above figures are the existing membership database with a cost of £115,819, and the new database under construction, with costs to date of £268,315. Post year end, the new database will be utilised, at which point it will start being amortised.

14. Tangible fixed assets

	Office equipment £	Computer equipment £	Total £
Cost or valuation			
At 1 May 2024	8,648	116,425	125,073
Additions	1,814	11,204	13,018
At 30 April 2025	10,462	127,629	138,091
Depreciation			
At 1 May 2024	5,549	94,201	99,750
Charge for the year	627	14,555	15,182
At 30 April 2025	6,176	108,756	114,932
Net book value			
At 30 April 2025	4,286	18,873	23,159
At 30 April 2024	3,099	22,224	25,323

15. Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 May 2024	95,302
Revaluations	2,037
At 30 April 2025	97,339
Net book value	
At 30 April 2025	97,339
At 30 April 2024	95,302

The historical cost of the investments at 30 April 2024 and 30 April 2025 was £50,000.

16. Debtors

	2025 £	2024 £
Due within one year		
Trade debtors	158,292	131,740
Other debtors	24,567	26,644
Prepayments and accrued income	263,031	158,372
	445,890	316,756

17. Creditors: Amounts falling due within one year

	2025 £	2024 £
Trade creditors	104,729	35,511
Other taxation and social security	38,160	49,470
Other creditors	89,155	10,093
Accruals and deferred income	1,655,144	1,547,478
	1,887,188	1,642,552

	2025 £	2024 £
Deferred income at 1 May 2024	1,482,263	1,225,202
Amounts released from previous periods	(1,482,263)	(1,225,202)
Amounts deferred to future periods	1,577,100	1,482,263
	1,577,100	1,482,263

Deferred income relates to subscriptions and accreditations relating to post year end periods as well as branch events and workshops that were invoiced for but had not yet taken place at the year end.

18. Creditors: Amounts falling due after more than one year

	2025 £	2024 £
Accruals and deferred income	114,589	80,310

19. Statement of funds

Statement of funds - current year

	Balance at 1 May 2024 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 30 April 2025 £
Unrestricted funds						
Designated funds						
Designated Funds - all funds	-	-	-	40,900	-	40,900
General funds						
General Funds - all funds	2,799,696	3,889,510	(3,629,712)	(40,900)	2,037	3,020,631
Total Unrestricted funds	2,799,696	3,889,510	(3,629,712)	-	2,037	3,061,531

Designated funds relate to funds spent on or allocated to future spending on research grants.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2025

19. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 May 2023 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 30 April 2024 £
Unrestricted funds						
Designated funds						
Designated Funds - all funds	-	-	(8,114)	8,114	-	-
General funds						
General Funds - all funds	2,148,785	3,555,968	(2,904,326)	(8,114)	7,383	2,799,696
Total Unrestricted funds	2,148,785	3,555,968	(2,912,440)	-	7,383	2,799,696

20. Summary of funds

Summary of funds - current year

	Balance at 1 May 2024 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 30 April 2025 £
Designated funds	-	-	-	40,900	-	40,900
General funds	2,799,696	3,889,510	(3,629,712)	(40,900)	2,037	3,020,631
	2,799,696	3,889,510	(3,629,712)	-	2,037	3,061,531

20. Summary of funds (continued)

Summary of funds - prior year

	Balance at 1 May 2023 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 30 April 2024 £
Designated funds	-	-	(8,114)	8,114	-	-
General funds	2,148,785	3,555,968	(2,904,326)	(8,114)	7,383	2,799,696
	2,148,785	3,555,968	(2,912,440)	-	7,383	2,799,696

21. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2025 £	Total funds 2025 £
Tangible fixed assets	23,159	23,159
Intangible fixed assets	268,315	268,315
Fixed asset investments	97,339	97,339
Current assets	4,674,495	4,674,495
Creditors due within one year	(1,887,188)	(1,887,188)
Creditors due in more than one year	(114,589)	(114,589)
Total	3,061,531	3,061,531

Analysis of net assets between funds - prior year

	Unrestricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	25,323	25,323
Intangible fixed assets	168,764	168,764
Fixed asset investments	95,302	95,302
Current assets	4,233,169	4,233,169
Creditors due within one year	(1,642,552)	(1,642,552)
Creditors due in more than one year	(80,310)	(80,310)
Total	2,799,696	2,799,696

22. Reconciliation of net movement in funds to net cash flow from operating activities

	2025 £	2024 £
Net income for the year (as per Statement of Financial Activities)	261,835	650,911
Adjustments for:		
Depreciation charges	16,402	24,538
(Gains)/losses on investments	(2,037)	(7,383)
Dividends, interests and rents from investments	(63,529)	(100,241)
Decrease/(increase) in debtors	(129,134)	13,788
Increase in creditors	278,915	301,392
Net cash provided by operating activities	362,452	883,005

23. Analysis of cash and cash equivalents

	2025 £	2024 £
Cash in hand	4,228,605	3,916,413
Total cash and cash equivalents	4,228,605	3,916,413

24. Analysis of changes in net debt

	At 1 May 2024 £	Cash flows £	At 30 April 2025 £
Cash at bank and in hand	3,916,413	312,192	4,228,605
	3,916,413	312,192	4,228,605

25. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £179,174 (2024 - £181,118). Contributions of £nil (2024: £nil) were payable to the fund at the reporting date and are included in creditors.

26. Operating lease commitments

At 30 April 2025 the Charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2025 £	2024 £
Not later than 1 year	5,912	-
Later than 1 year and not later than 5 years	16,257	-
	22,169	-

27. Other financial commitments

As at 30 April 2025 the Association had capital commitments contracted for but not provided in the financial statements totalling £117,225 (2024: £70,875) relating to the development of the membership database and £31,523 relating to consultancy services.

28. Related party transactions

The Charity has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Charity at 30 April 2024, except those as detailed in note 12 of these financial statements.

29. Controlling party

The trustee directors are the controlling party by virtue of their office in the Charity.

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

England & Wales - Charity number 1098704

Accounts

Registered number: 04839948
Charity number: 1098704

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 APRIL 2024

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES
(A company limited by guarantee)

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BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES
(A company limited by guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 30 APRIL 2024

Trustees	S Naz, President P A Elliott L Grant C Hughes, Honorary Secretary J McKenna, Honorary Treasurer E Owen E Ruth Dr L Waddington S R Wilson (resigned 21 November 2023) N Dillon-Hatcher (appointed 10 July 2023) E M Gray-Smith (appointed 22 November 2023) S Moorey (appointed 22 November 2023) J Porritt (appointed 10 July 2023) D J Mortimer (appointed 10 July 2023, resigned 6 September 2023) Dr A J Beck (resigned 21 November 2023)
Company registered number	04839948
Charity registered number	1098704
Registered office	Imperial House 79-81 Hornby Street Bury BL9 5BN
Chief executive officer	Tommy McIlravey
Independent auditors	Nyman Libson Paul LLP Chartered Accountants 124 Finchley Road London NW3 5JS
Bankers	Virgin Money 40 Church Street Blackburn BB1 5AW
Solicitors	Bates Wells 10 Queen Street Place London EC4R 1BE

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 APRIL 2024

The Trustees present their annual report together with the audited financial statements of the Charity for the year 1 May 2023 to 30 April 2024. The annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Charity qualifies as small under section 382 of the Companies Act 2006, the strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Policies and objectives

The British Association for Behavioural and Cognitive Psychotherapies (BABCP) —the 'Association', is a multi-disciplinary interest group primarily aimed at people involved in the practice and theory of behavioural and cognitive psychotherapies.

The objectives of the Association are to advance the theory and practice of cognitive and behavioural psychotherapies by the promotion of scientific research and the application of evidence-based practice including assessment, therapy and consultancy, in a wide variety of settings in accordance with the BABCP Standards of Conduct, Performance and Ethics.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

The trustees are confident that the charity offers services of real and practical use to the local and national population and therefore complies with the responsibility placed on all charities under the Charities Act 2011 to demonstrate a public benefit.

Objectives and activities (continued)

b. Activities undertaken to achieve objectives

The objectives of the Association are achieved through the following activities relevant to cognitive and behavioural psychotherapies and CBT-informed approaches, all of which will be referred to under the umbrella term "CBT" throughout the rest of this report:

- setting and maintaining standards for CBT practitioners;
- providing an opportunity for members who meet our quality standards to become accredited or registered;
- managing a register of our accredited and registered members to support access highquality CBT provision, and to protect the public;
- educating and informing the public about CBT, its effectiveness, and how to access quality CBT provision;
- providing forums for discussion of matters relevant to CBT;
- providing Continuing Professional Development for CBT by organising conferences, workshops and other development opportunities;
- disseminating information through the publication of a journal, magazine and other articles, information and news relating to CBT;
- making representation to, and liaising with, public and professional bodies in relation to matters pertaining to the aims of the Association;
- fostering and promoting research into CBT and related matters;
- supporting special interest groups and geographical branches in order to promote the objectives of the Association;
- driving quality in CBT training through the accreditation of courses.

c. Grant-making policies

The Trustees re-established the Research Fund during the financial year and will be inviting more applications for funding research relevant to the objectives of the Association in the 2024/25 financial year.

d. Volunteers

The Association relies on the good will, efforts and expertise of over 200 volunteers, who regularly give their time to us. They serve across Special Interest Groups (SIGs), geographical branches, course accreditation panels, sub committees, and the Board of BABCP. Without their input key functions of BABCP simply wouldn't be possible.

It is intended to improve data about volunteering, as we implement the new IT system. This will allow us to recognise contributions and better support people who give us their time. The Association wishes to express sincere thanks to all of its volunteers.

Achievements and performance

a. Review of the work of the Association 2023/24

Throughout 2023 and 2024 the Association has been focusing on delivering a new strategic plan. This has involved consultation and feedback with key stakeholders across the organisation and beyond. This work is ongoing, with a new co-created strategy to be published towards the end of next year.

A new Chief Executive, Tommy McIlravey joined the Association in June 2023 and began working fulltime with BABCP from September 2023. He brings 16 years' experience as a charity CEO, having worked within front-line mental health organisations. He also brings a range of skills from trustee and non-executive roles with large organisations, including as a lay director of the Royal College of Pathologists.

A governance review was carried out, which identified key areas for development. These have already led to a number of significant changes, including the appointment of two lay directors, and agreement to completely refresh the organisational strategy. The intention of the new strategy is to better reflect the organisation's growth, and the current and future needs of its members.

The Association introduced a new Complaints and Disciplinary Procedure in February 2023. This involved a shift away from a single committee trying to process all complaints at all stages, to having a number of panels (such as Screening Panels, Hearing Panels, Suspension Panels and so on). The new panels each include a lay member, a registrant member and a legal advisor. This ensures that the process is more independent from the Association. A total of 60 complaints were received and processed under the new system. Alongside this the Association was able to significantly reduce the backlog of complaints from the previous process

There is information on the BABCP website to ensure that clients of BABCP members (and members of the public more generally) are made more aware about their options and the process for how to complain or raise concerns.

BABCP continued progress on the large-scale IT project to upgrade its customer management system and website. This project is designed to enhance member access, improve service and engagement and streamline operational efficiency. Our goal is to ensure that information about BABCP and CBT is engaging, up to date and delivers a quality experience for members and the public at each touchpoint.

Following considerable consultation with the membership and the resulting publication of the new Minimum Training Standards (MTS) and Core Curriculum in July 2022, the MTS and Core Curriculum (2021) were implemented for Accreditation as a CBT Psychotherapist from 1 October 2023. As part of this implementation, it was noted that this presented challenges for some applicants, with feedback noted and acted upon, which will also inform future editions of these standards.

The registration of Children's Wellbeing Practitioners (CWPs) and Education Wellbeing Practitioners (EMHPs) was launched in April 2023. This workforce joined Psychological Wellbeing Practitioners on the Wellbeing Section of the CBT Register UK and Ireland. From 24 April 2024 Registration for these roles was required when working within NHS England commissioned services. Work continues to develop the criteria for registration of Mental Health Wellbeing Practitioners (MHWPs).

Achievements and performance (continued)

The Professional Standards Authority (PSA) reviewed our final submission for accreditation of the CBT Register UK and Ireland from April to June 2023. Our final submission particularly included the changes made to our complaints procedures and how we manage concerns raised. PSA confirmed that we met their criteria for accreditation in July 2023, which is a significant achievement for us as an association, and contributes to protecting the public and promoting accreditation and registration. Now that we have a PSA accredited Register, there will be an annual review to confirm that we continue to meet all of the conditions for PSA accreditation. We have been asked to respond to PSA's new "Standard 9" which includes expectations on how we promote and protect Equity, Equality, Diversity and Inclusion as an association, particularly in relation to protecting the public.

BABCP provides a range of CPD opportunities through its events; tailored to meet the needs of its members. These events are delivered as part of a core programme and are also shaped through proposals from the geographic and special interest groups. There were a total of 42 events in the period from 30 April 2023 to 1 May 2024, these contributed to 171 CPD hours and 3499 attendees. Beyond the formal events, BABCP also fosters a variety of informal opportunities in collaboration with the Branches and Special Interest Groups to enrich engagement and development opportunities for members.

BABCP announced a statement on the climate emergency, in consultation with the BABCP Climate Change Special Interest Group and trustees. This statement acknowledged the role that the Association has to play, in terms of helping people understand that climate concern is a normal psychological reaction to the drastic changes in our climate, and we are committed to sustainability by reducing our carbon footprint, with the goal of achieving Carbon Zero for emissions we directly control by 2040.

At 30 April 2024 there were 21,424 members. This is an increase of approximately 11% on the previous year. The growth in members is largely associated to the number of Wellbeing Practitioners that are choosing BABCP for their registration. A total of 3,134 Wellbeing Practitioners are BABCP registered, and a further 1,000 applications are in progress. There are 11,531 Accredited Cognitive Behavioural Psychotherapists, an increase of 14% on the previous year, making up 54% of the overall membership, with over 68% of the BABCP membership on the PSA Accredited CBT Register UK and Ireland.

There has been an increase in the staff team to support the work of the organisation. The full staff complement reached 36.7 full-time equivalents (FTE) at the end of this financial year. The previous reporting period showed 28.9 FTE.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The trustees have set a target of a minimum of six months' running costs as free reserves, which are unrestricted funds not invested in fixed assets held by the charity. Having reviewed the current levels they are satisfied that the level of reserves is easily above this threshold. At the end of the financial year the amount of reserves was £2,799,696 (2023: £2,148,785). The trustees have designated £600,000 of this for the completion of the Oomi Project and this will be reflected in next year's financial statements. This is a wideranging IT project that will upgrade various aspects of the charity's digital working, inciuding the customer relationship marketing database, the website and systems supporting back office functions such as Registration and Accreditation. These upgrades will improve the level of service to members and make information and resources more accessible to people accessing CBT and related interventions, and the wider public. After creating this designated fund, sufficient reserves will remain to satisfy the trustees' free reserves target. Given the level of reserves currently being held in cash, the trustees and (through the delegated authority) the Finance Committee, will consider whether a greater return could be gained through additional investment of reserves.

c. Results

The financial year ending 30th April 2023 realised an operating surplus of £643,528 (2023: £534,026).

Financial income for the organisation increased to £3.56 million compared to the previous year of £2.98 million. No increases to annual membership subscriptions or accreditation fees were proposed by the Board for membership consideration in the year.

Overall expenditure increased by around £0.46 million. This included increases in staff salary overhead of nearly £0.40 million following increases in permanent staff recruitment and related support costs to meet emerging demand.

An increase in the value of investments of £7,383 (2023: £2,102 decrease) increased the result to £650,911 compared to £531,924 in the previous year.

d. Material investments policy

After taking financial advice and in accordance with the Articles of Association, the trustees invested £50,000 in long term investment funds in August 2007. £15,000 was invested with Kames Ethical Equity Fund (which evolved into Aegon Ethical Equity Fund) and £35,000 was invested with FSC Stewardship Income Fund (which evolved firstly into BMO Responsible UK Income Fund and then Columbia Threadneedle Responsible UK Income Fund). The trustees considered that the charity needed to achieve long-term capital appreciation and income. The Board will continue to reinvest the accumulated balance on both investment accounts until a situation is reached where the Board wishes to use the income from the investment as required. In the year to 30th April 2024 the value of investments increased by £7,383 following a decrease of £2,102 in the previous year.

The ethical investment policy agreed by the trustees is:

The company adopts an ethical investment policy, which is in line with its responsibilities as a registered charity, and which complements the aims and objectives of the organisation. In this respect it seeks to invest with companies who have proven socially responsible portfolios and to have its investments managed by financial advisors who are ethically led with a demonstrable record of sound financial control and planning.

In this respect the policy statement reflects the aims and objectives of our charity:

1. The Board considers ethical investment is consistent with the aims and objectives of the organisation.
2. The Board adopts a policy of supportive ethical investment. That is, investing in companies with a commitment to responsible business practices, positive products and services. The Board does not consider it appropriate to invest by negative screening.
3. Whilst investing ethically, such a policy is not in conflict with its requirement to maximise funds for the benefit of the organisation and ensure that such a policy does not involve a risk of significant financial detriment.

The remaining funds fluctuate throughout the year and are held in interest-bearing deposit accounts.

During the year as these funds fluctuate, it is agreed by the trustees that the money could be invested on the Money Market for fixed short-term periods (seven days upwards, but more usually for three-month terms) to attract higher interest rates and to meet their requirements to generate income and secure capital values. The Finance Manager, in consultation with the Honorary Treasurer, will accordingly decide the amount and period of investment to allow sufficient funds to remain in the current accounts for immediate use.

e. Principal risks and uncertainties

The risks and uncertainties faced by the charity include the current economic climate and changing healthcare regulation. Increasing demand and associated cost of provision of membership and registration to CBT Register (UK) are also matters requiring ongoing consideration.

f. Financial risk management objectives and policies

The trustees have assessed the major strategic and business risks to which the charity is exposed, in particular those related to the operational finances of the charity and are satisfied that the systems established to ensure regular reports are produced and that necessary steps can be taken to address any issues arising are sufficient to mitigate the charity's exposure to major risks. The trustees regularly perform a thorough risk assessment of all aspects of the charity's activities and implement risk management strategies where necessary.

g. Principal funding

The trustee directors are satisfied that the charity's assets are adequate to fulfil its obligations. The main source of funding continues to be annual subscriptions from members. Accreditation fees are also charged to those members who apply for this recognition. Membership subscriptions may be increased with membership approval to meet the costs of additional or expanded member services or to support planned future activity. The trustee directors carefully consider what level of subscriptions and fees members will accept without withdrawing from membership. The charity has exceeded a 92 per cent renewal rate for the last 12 years and more new members join each year than are required to cover organisational costs though costs are ever increasing due to extending the membership offer and inflationary pressures.

Accreditation fees are charged at rates to ensure the overall cost of providing accreditation services is comfortably covered. The trustees review these costs and can adjust these fees accordingly. Registration fees are taken over the period to permit recognition of CBT Register (UK) for low intensity workers for the first time.

Selling of advertising through the Association's media is another supplementary revenue stream. The trustees are seeking to increase the availability of robust and sustainable income streams that are in keeping with the objects of the organisation through launching appropriate forms of accreditation or registration to CBT Register (UK), special advertising supplements and advertising through the internet and social media.

Structure, governance and management

a. Corporate status and governing document

The company was incorporated under the Companies Act 1985 (Company number 04839948) on 21st July 2003 and took over all assets and operations of BABCP (the former unincorporated charity) on that date. The company is a private company limited by guarantee and does not have a share capital. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

The company was registered as a charity on 21 July 2003 under the provisions of the Charities Acts 1992 and 1993 (Charity number 1098704).

The charity is governed by its Memorandum and Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006.

b. Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Memorandum of Association.

Structure, governance and management (continued)

c. Organisational structure and decision-making policies

The trustees are each elected for a period of three or four years by the full membership of the Association, or in the case of Lay Directors, appointed by the Board. Having been elected or appointed as trustees they serve on the Board as ordinary members, President, Honorary Secretary or Honorary Treasurer. The President usually serves a one-year term as President Elect, a two-year term as President and then a further one-year term as Past President, making up a four year term of office. Elections are held annually with usually three or four places becoming vacant each year, thus staggering replacement of trustees to provide some continuity.

The Chief Executive Officer subsumes the role of Company Secretary and attends the Board as a non-voting member.

A number of standing committees, ad-hoc committees and working groups are made up of trustees and other members of the Association and have a Board member as Chair or Co-Chair to satisfy the requirements within the Memorandum and Articles of Association. These committees and groups usually operate under specific terms of reference and with delegated functions as approved by the Board. Respective committees and groups operating throughout the reporting period were:

- Standards and Ethics Committee
- CBT Practitioner Accreditation and Registration Committee
- Course Accreditation Committee
- Finance Committee
- Human Resource Committee
- Branch & SIG Liaison Committee
- Conference Strategy Committee
- Editorial Board
- Fellowship Committee
- Equality, Diversity and Inclusion Committee

All standing committees combine with the Board of Trustees to form a National Committees Forum (NCF), which meets twice a year. The trustees meet at least five times a year as a Board meeting, plus attending NCF meetings. Many committees, groups and the trustees also conduct business through suitable electronic means such as email exchanges and video conference calls. New trustees attend an induction programme.

d. Key management personnel

Key management personnel are:

T McIlravey, Chief Executive Officer (Appointed 28 June 2023)

M Harwood, Finance and IT Manager
H Macdonald, Senior Clinical Advisor
M Livesey, Head of Membership Services
F McManus, Chief Accreditation Officer and Registrar (Until 15 September 2023)
R Light, Chief Accreditation Officer and Registrar (Appointed 18 September 2023)

Key management pay is benchmarked against similarcharitable organisations.

Structure, governance and management (continued)

e. Related party relationships

Trustees are required to declare an interest (either direct or indirect) if they are involved in any activities which may compromise their role as a trustee and a monitoring mechanism is in place. All related party transactions during the year have been disclosed in the notes to the financial statements.

Plans for future periods

There will be a review of membership subscriptions, which will be put to members at the Annual General Meeting.

There will be a member benefits review, in which the views of the widest possible variety of members will be considered. This is likely to include designation of new funds for items such as Continuing Professional Development, branches, research grants, etc.

The 2024 Annual Conference plans to include a focus on sustainability, Low Intensity provision, EDI content, hybrid attendance, as well as increased inclusion of lived experience voices.

The implementation of Cyber Essentials standards will be taking place, in order to reduce the risk of cyber attacks.

A review of the BABCP Minimum Training Standards and Core Curriculum will be begin in 2025. The BABCP Standards of Conduct, Performance and Ethics will also undergo a review in this period.

The first annual review by the Professional Standards Authority of the CBT Register is to be held on the anniversary of its accreditation (June 2024).

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 30 APRIL 2024

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

Auditors

The auditors, Nyman Libson Paul LLP, were appointed as auditors in the year, and have indicated their willingness to continue in office. The designated Trustees will propose a motion reappointing the auditors at a meeting of the members.

Approved by order of the members of the board of Trustees and signed on their behalf by:

S Naz
Trustee
Date: 6th November 2024

J McKenna
Trustee

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

Opinion

We have audited the financial statements of British Association for Behavioural and Cognitive Psychotherapies (the 'charity') for the year ended 30 April 2024 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 April 2024 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditors' report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES (CONTINUED)

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditors' responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We gained an understanding of the legal and regulatory framework applicable to the Charity and the industry in which it operates, and considered the risk of acts by the company that were contrary to applicable laws and regulations, including fraud. We designed audit procedures to respond to the risk, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

We focussed on laws and regulations which could give rise to a material misstatement in the financial statements, including, but not limited to, the Charities Act 2011 and Companies Act 2006. Our tests included agreeing the financial statement disclosures to underlying supporting documentation and enquiries with management. There are inherent limitations in the audit procedures described above and, the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. We did not identify any key audit matters relating to irregularities, including fraud. As in all our audits, we also addressed the risk of management override of internal controls, including testing journals and evaluating whether there was evidence of bias by the trustees that represented a risk of material misstatement due to fraud.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditors' report.

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES (CONTINUED)

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.



Andrew Thomas (senior statutory auditor)
for and on behalf of
Nyman Libson Paul LLP
Chartered Accountants
Registered Auditors
124 Finchley Road
London
NW3 5JS

Date: 13 January 2025

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 30 APRIL 2024

	Note	Unrestricted funds 2024 £	Total funds 2024 £	As restated Total funds 2023 £
Income from:				
Charitable activities	4	3,352,848	3,352,848	2,819,508
Other trading activities	5	58,046	58,046	81,680
Investments	6	100,241	100,241	39,614
Other income	7	44,833	44,833	43,571
Total income		3,555,968	3,555,968	2,984,373
Expenditure on:				
Raising funds	8	117,960	117,960	95,273
Charitable activities		2,794,480	2,794,480	2,355,074
Total expenditure		2,912,440	2,912,440	2,450,347
Net income before net gains/(losses) on investments		643,528	643,528	534,026
Net gains/(losses) on investments		7,383	7,383	(2,102)
Net income		650,911	650,911	531,924
Reconciliation of funds:				
Total funds brought forward		2,148,785	2,148,785	1,616,861
Net movement in funds		650,911	650,911	531,924
Total funds carried forward		2,799,696	2,799,696	2,148,785

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 19 to 37 form part of these financial statements.

BALANCE SHEET
AS AT 30 APRIL 2024

	Note		2024 £		2023 £
Fixed assets					
Intangible assets	13		168,764		85,579
Tangible assets	14		25,323		20,999
Investments	15		95,302		87,770
			289,389		194,348
Current assets					
Debtors	16	316,756		330,544	
Cash at bank and in hand		3,916,413		3,045,214	
		4,233,169		3,375,758	
Creditors: amounts falling due within one year	17	(1,722,862)		(1,421,321)	
Net current assets			2,510,307		1,954,437
Total net assets			2,799,696		2,148,785
Charity funds					
Restricted funds	18		-		-
Unrestricted funds	18		2,799,696		2,148,785
Total funds			2,799,696		2,148,785

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

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

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

S Naz
Trustee
Date: 6th November 2024

J McKenna
Trustee

The notes on pages 19 to 37 form part of these financial statements.

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 30 APRIL 2024

	2024 £	2023 £
Cash flows from operating activities		
Net cash used in operating activities	883,005	760,397
Cash flows from investing activities		
Dividends, interests and rents from investments	100,241	39,614
Purchase of tangible and intangible fixed assets	(112,047)	(90,711)
Net cash used in investing activities	(11,806)	(51,097)
Cash flows from financing activities		
Net cash provided by financing activities	-	-
Change in cash and cash equivalents in the year	871,199	709,300
Cash and cash equivalents at the beginning of the year	3,045,214	2,335,914
Cash and cash equivalents at the end of the year	3,916,413	3,045,214

The notes on pages 19 to 37 form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2024

1. General information

The British Association for Behavioural and Cognitive Psychotherapies is a charitable company limited by guarantee, incorporated in England and Wales. The Company number, Charity number and registered office can be found on page 1 of these financial statements.

The company is limited by guarantee and does not have a share capital. The liability of each member by way of their guarantee to the company is to contribute a sum not exceeding £10 to the assets of the company if so required on the winding up of the company.

At 30 April 2024 there were 21,424 (2023: 19,306) members.

2. Accounting policies

2.1 Basis of preparation of financial statements

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

British Association for Behavioural and Cognitive Psychotherapies meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The financial statements have been prepared on a going concern basis which assumes that the company will be able to meet its liabilities as they fall due. The trustees have concluded that the charity will continue to be a going concern for the foreseeable future, being a period of more than twelve months following the approval of these financial statements.

2.3 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Income is the amount derived froin ordinary activities and is stated after trade discounts, other sales taxes and net of Value Added Tax.

Membership subscriptions and accreditations are accounted for when due. All such income is deferred when it is received in advance of the period to which it relates.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service. Income relating to events after the year end is deferred.

2. Accounting policies (continued)

2.4 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 on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Each year the charity makes grants for research to be carried out into behavioural and cognitive psychotherapies. Any liability is only recognised when an obligation arises.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include audit fees and costs linked to the strategic management and administration of the charity.

All support costs are allocated between the activity expenditure categories on a basis designed to reflect the use of the resource. Support costs are apportioned on a appropriate basis e.g. time spent, floor areas, or estimated usage.

Branch transactions are induded in full in the financial statements.

2.5 Intangible assets and amortisation

Intangible assets costing £Nil or more are capitalised and recognised when future economic benefits are probable, and the cost or value of the asset can be measured reliably.

Intangible assets represent expenditure developing the website and membership database and are initially recognised at cost. After recognition, under the cost model, intangible assets are measured at cost less any accumulated amortisation and any accumulated impairment losses.

Amortisation is provided on intangible assets at rates calculated to write off the cost of each asset on a straight-line basis over its expected useful life.

Amortisation is provided on the following bases:

Website	-	33 %	straight line basis
Membership database	-	50 %	reducing balance basis

Assets under construction are only depreciated when they become operational.

2. Accounting policies (continued)

2.6 Tangible fixed assets and depreciation

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, on a reducing balance basis.

Depreciation is provided on the following basis:

Office equipment	-	15% reducing balance basis
Computer equipment	-	50% reducing balance basis

2.7 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the balance sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the statement of financial activities.

2.8 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.9 Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

2.10 Operating leases

Rentals paid under operating leases are charged to the statement of financial activities on a straight-line basis over the lease term.

2.11 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

2. Accounting policies (continued)

2.12 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

2.13 Prior year restatement

The comparative financial statements have been restated to gross up event income and expenditure by £420,841 to reflect the nature of these activities. Previously, the income recognised equated to the net surplus. There is no change in the net movement in funds.

3. Critical accounting estimates and areas of judgment

Estimates and judgments are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

Overclaims of gift aid:
Management consult with professional bodies to provide appropriate assumptions on which to calculate any liability likely to arise.

Estimated useful life of tangible and intangible fixed assets:
Management consult with professional bodies and also their historical knowledge of the life of different types of fixed asset to provide appropriate estimates on depreciation and amortisation to provide.

4. Income from charitable activities

	Unrestricted funds 2024 £	Total funds 2024 £	As restated Total funds 2023 £
Accreditions	1,526,910	1,526,910	1,048,621
Membership subscriptions	1,318,850	1,318,850	1,226,166
Branch events and workshop bookings	128,185	128,185	106,273
National conference/Workshop event surpluses	378,903	378,903	438,448
	3,352,848	3,352,848	2,819,508

5. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Advertising, flyers and inserts	56,871	56,871	81,263
Professional services rendered	1,175	1,175	417
	58,046	58,046	81,680

6. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Interest received on bank balances	100,241	100,241	39,614

7. Other incoming resources

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Miscellaneous income	44,833	44,833	43,571

8. Expenditure on raising funds

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Hire charges	63	63	6
Stationery	1	1	68
Postage and distribution	5,232	5,232	3,832
Rent	878	878	1,759
Insurance	811	811	495
Repairs and renewals	3,475	3,475	3,673
Software/computer supplies	4,628	4,628	2,897
Telephone	1,953	1,953	2,048
Bank charges	4,927	4,927	3,582
Bad and doubtful debts	7,693	7,693	-
Amortisation	4,720	4,720	13,550
Depreciation	755	755	552
Staff costs	82,824	82,824	62,811
	117,960	117,960	95,273

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2024

9. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Support costs 2024 £	Total funds 2024 £	Total funds 2023 £
Charitable activities	582,435	2,178,223	2,760,658	2,337,155
Governance costs	-	33,822	33,822	17,919
Total 2024	582,435	2,212,045	2,794,480	2,355,074
Total 2023	700,252	1,654,822	2,355,074	

Analysis of direct costs

	Total funds 2024 £	As restated Total funds 2023 £
Grants payable	8,114	-
Event costs	324,937	472,405
Professional fees	201,098	126,947
Legal fees	19,675	71,539
Sundry expenses	28,611	29,361
	582,435	700,252

9. Analysis of expenditure by activities (continued)

Analysis of support costs

	Support costs 2024 £	Governance costs 2024 £	Total funds 2024 £	Total funds 2023 £
Staff costs	1,573,655	-	1,573,655	1,193,412
Travel, accomodation and subsistence	79,549	19,822	99,371	60,750
Printing and publishing	64,974	-	64,974	54,074
Hire charges	1,268	-	1,268	121
Stationery	28	-	28	1,284
Postage and distribution	99,401	-	99,401	72,806
Rent	16,676	-	16,676	33,424
Insurance	15,409	-	15,409	9,410
Audit and accountancy fees	3,559	14,000	17,559	9,516
Repairs and renewals	66,029	-	66,029	69,784
Software/computer supplies	87,938	-	87,938	55,051
Telephone	37,100	-	37,100	38,915
Bank charges	44,336	-	44,336	32,234
Bad and doubtful debts	69,238	-	69,238	-
Amortisation	4,720	-	4,720	13,550
Depreciation	14,343	-	14,343	10,491
	2,178,223	33,822	2,212,045	1,654,822
Total 2023	1,636,903	17,919	1,654,822	

10. Auditors' remuneration

	2024 £	2023 £
Audit services	14,000	5,750
Non-audit services	3,559	3,766

11. Staff costs

	2024 £	2023 £
Wages and salaries	1,332,182	1,007,707
Social security	132,369	95,668
Pensions	181,118	119,323
Agency staff costs	10,810	33,525
	1,656,479	1,256,223

The average number of persons employed by the Charity during the year was as follows:

	2024 No.	2023 No.
Provision of charitable services	41	31

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2024 No.	2023 No.
In the band £60,000 - £69,999	1	2
In the band £70,000 - £79,999	2	-

The total remuneration of key management personnel during the year was £ £401,742 (2023: £341,614).

12. Trustees' remuneration and expenses

During the year, two Trustees received payments from the Charity for services provided with respect to webinar/presentation and speaker fees. These fees were payable for work relating to their profession(s) and not related to Trustee services provided. The value of Trustees' remuneration and other benefits was as follows:

		2024 £	2023 £
Dr A J Beck	Fees received	1,000	-
S Moorey	Fees received	900	-

During the year ended 30 April 2024, expenses totalling £14,761 were reimbursed or paid directly to 13 Trustees (2023 - £11,049 to 12 Trustees). Expenses related to travel costs incurred.

13. Intangible assets

	Website and portal £	Membership database £	Total £
Cost			
At 1 May 2023	110,134	190,738	300,872
Additions	-	92,625	92,625
At 30 April 2024	110,134	283,363	393,497
Amortisation			
At 1 May 2023	101,914	113,379	215,293
Charge for the year	8,220	1,220	9,440
At 30 April 2024	110,134	114,599	224,733
Net book value			
At 30 April 2024	-	168,764	168,764
At 30 April 2023	8,220	77,359	85,579

14. Tangible fixed assets

	Office equipment £	Computer equipment £	Total £
Cost or valuation			
At 1 May 2023	8,648	97,003	105,651
Additions	-	19,422	19,422
At 30 April 2024	8,648	116,425	125,073
Depreciation			
At 1 May 2023	5,032	79,620	84,652
Charge for the year	517	14,581	15,098
At 30 April 2024	5,549	94,201	99,750
Net book value			
At 30 April 2024	3,099	22,224	25,323
At 30 April 2023	3,616	17,383	20,999

15. Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 May 2023	87,770
Revaluations	7,532
At 30 April 2024	95,302
Net book value	
At 30 April 2024	95,302
At 30 April 2023	87,770

The historical cost of the investments at 30 April 2023 and 30 April 2024 was £50,000.

16. Debtors

	2024 £	2023 £
Due within one year		
Trade debtors	131,740	188,744
Other debtors	26,644	23,863
Prepayments and accrued income	158,372	117,937
	316,756	330,544

17. Creditors: Amounts falling due within one year

	2024 £	2023 £
Trade creditors	35,511	71,786
Other taxation and social security	49,470	22,431
Other creditors	10,093	14,950
Accruals and deferred income	1,627,788	1,312,154
	1,722,862	1,421,321

	2024 £	2023 £
Deferred income at 1 May 2023	1,225,202	928,307
Amounts released from previous periods	(1,225,202)	(928,307)
Amounts deferred to future periods	1,552,031	1,225,202
	1,552,031	1,225,202

Deferred income relates to subscriptions and accreditations relating to post year end periods as well as branch events and workshops that were invoiced for but had not yet taken place at the year end.

18. Statement of funds

Statement of funds - current year

	Balance at 1 May 2023 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 30 April 2024 £
Unrestricted funds						
Designated funds						
Designated Funds - all funds	-	-	(8,114)	8,114	-	-
General funds						
General Funds - all funds	2,148,785	3,555,968	(2,904,326)	(8,114)	7,383	2,799,696
Total Unrestricted funds	2,148,785	3,555,968	(2,912,440)	-	7,383	2,799,696

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2024

18. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 May 2022 £	As restated Income £	As restated Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 30 April 2023 £
Unrestricted funds						
Designated funds						
Research fund	-	14,721	(41,854)	27,133	-	-
Branch funds	-	156,910	(52,584)	(104,326)	-	-
	-	171,631	(94,438)	(77,193)	-	-
General funds						
General Funds - all funds	1,616,861	2,812,742	(2,355,909)	77,193	(2,102)	2,148,785
Total Unrestricted funds	1,616,861	2,984,373	(2,450,347)	-	(2,102)	2,148,785

19. Summary of funds

Summary of funds - current year

	Balance at 1 May 2023 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 30 April 2024 £
Designated funds	-	-	(8,114)	8,114	-	-
General funds	2,148,785	3,555,968	(2,904,326)	(8,114)	7,383	2,799,696
	2,148,785	3,555,968	(2,912,440)	-	7,383	2,799,696

19. Summary of funds (continued)

Summary of funds - prior year

	Balance at 1 May 2022 £	As restated Income £	As restated Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 30 April 2023 £
Designated funds	-	171,631	(94,438)	(77,193)	-	-
General funds	1,616,861	2,812,742	(2,355,909)	77,193	(2,102)	2,148,785
	1,616,861	2,984,373	(2,450,347)	-	(2,102)	2,148,785

20. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	25,323	25,323
Intangible fixed assets	168,764	168,764
Fixed asset investments	95,302	95,302
Current assets	4,233,169	4,233,169
Creditors due within one year	(1,722,862)	(1,722,862)
Total	2,799,696	2,799,696

Analysis of net assets between funds - prior period

	Unrestricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	20,999	20,999
Intangible fixed assets	85,579	85,579
Fixed asset investments	87,770	87,770
Current assets	3,375,758	3,375,758
Creditors due within one year	(1,421,321)	(1,421,321)
Total	2,148,785	2,148,785

21. Reconciliation of net movement in funds to net cash flow from operating activities

	2024 £	2023 £
Net income for the period (as per Statement of Financial Activities)	650,911	531,924
Adjustments for:		
Depreciation charges	24,538	38,142
(Gains)/losses on investments	(7,383)	2,102
Dividends, interests and rents from investments	(100,241)	(39,614)
Decrease/(increase) in debtors	13,788	(131,982)
Increase in creditors	301,392	359,825
Net cash provided by operating activities	883,005	760,397

22. Analysis of cash and cash equivalents

	2024 £	2023 £
Cash in hand	3,916,413	3,045,214
Total cash and cash equivalents	3,916,413	3,045,214

23. Analysis of changes in net debt

	At 1 May 2023 £	Cash flows £	At 30 April 2024 £
Cash at bank and in hand	3,045,214	871,199	3,916,413
	3,045,214	871,199	3,916,413

24. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £181,118 (2023 - £119,323). Contributions of £nil (2023: £14,035) were payable to the fund at the reporting date and are included in creditors.

25. Operating lease commitments

At 30 April 2024 the Charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2024 £	2023 £
Not later than 1 year	-	31,992

The Charity had no commitments under non-cancellable operating leases at 30 April 2024. Post year end the charity had signed a lease agreement comitting to payments totalling £29,562.

26. Other financial commitments

As at 30 April 2024 the Association had capital commitments contracted for but not provided in the financial statements totalling £70,875 (2023: £130,050) relating to the development of the membership database.

27. Related party transactions

The Charity has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Charity at 30 April 2024, except those as detailed in note 12 of these financial statements.

28. Controlling party

The trustee directors are the controlling party by virtue of their office in the Charity.

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

England & Wales - Charity number 1098704

Accounts

Company Number: 04839948

Charity Number: 1098704

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

(A COMPANY LIMITED BY GUARANTEE)

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED

30th APRIL 2023

Ainsworths Limited
Chartered Accountants
and Statutory Auditors
Charter House
Stansfield Street
Nelson
Lancashire
BB9 9XY

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES
(A COMPANY LIMITED BY GUARANTEE)

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for the year ended 30th April 2023

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REPORT OF THE TRUSTEES
for the year ended 30th April 2023

The trustees, who are also directors of the charitable company for the purposes of the Companies Act 2006, present their report together with the audited financial statements for the year ended 30th April 2023. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, 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 United Kingdom and Republic of Ireland (FRS 102) (effective 1st January 2015).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered company number
04839948

Registered charity number
1098704

Registered office
Minerva House
Hornby Street
Bury
Lancashire
BL9 5BN

Trustee directors
The membership of the Board during the year is set out below. All served on the Board throughout the year except as otherwise stated. The company has no share capital and there were therefore no director interests.

S Naz (President from 01/07/22)
Dr A J Beck (President until 01/07/22)
C Blowers (Resigned 22/07/22)
P A Elliott
L Grant (Appointed 21/07/22)
E Kell (Appointed 22/07/22 ~ Resigned 22/07/22)
C Hughes (Honorary Secretary)
J McKenna (Honorary Treasurer)
E Owen (Resigned 21/07/22 ~ Re-appointed 04/08/22)
T Reeves (Resigned 21/07/22)
E Ruth (Appointed 21/07/22)
Dr L Waddington
S R Wilson

Key management personnel

R M White	-	Company Secretary and Chief Executive Officer (Resigned 15/11/22)
M Harwood	-	Finance and IT Manager
H Macdonald	-	Senior Clinical Advisor
M Livesey	-	Head of Membership Services
F McManus	-	Chief Accreditation Officer and Registrar

REFERENCE AND ADMINISTRATIVE DETAILS (continued)

Auditors
Ainsworths Limited
Chartered Accountants
and Statutory Auditors
Charter House
Stansfield Street
Nelson
Lancashire
BB9 9XY

Bankers
Virgin Money
40 Church Street
Blackburn
Lancashire
BB1 5AW

Solicitors
Bates Wells
10 Queen Street Place
London
EC4R 1BE

STRUCTURE, GOVERNANCE AND MANAGEMENT

Corporate status

The company was incorporated under the Companies Act 1985 (Company number 04839948) on 21st July 2003 and took over all assets and operations of BABCP (the former unincorporated charity) on that date. The company is a private company limited by guarantee and does not have a share capital. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

The company was registered as a charity on 21st July 2003 under the provisions of the Charities Acts 1992 and 1993 (Charity number 1098704).

Governing document

The charity is governed by its Memorandum and Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006.

Principal Activities and Objectives

The British Association for Behavioural and Cognitive Psychotherapies (BABCP) – the 'Association', is a multi-disciplinary interest group primarily aimed at people involved in the practice and theory of behavioural and cognitive psychotherapies.

The objectives of the Association are to advance the theory and practice of cognitive and behavioural psychotherapies by the promotion of scientific research and the application of evidence-based practice including assessment, therapy and consultancy, in a wide variety of settings in accordance with the *BABCP Standards of Conduct, Performance and Ethics.*

In setting our objectives and planning our activities the trustees have given careful consideration to the Charity Commission's general guidance on public benefit.

The objectives of the Association are achieved through the following activities:

- providing a forum for discussion of matters relevant to behavioural and cognitive psychotherapies among members of all helping professions
- disseminating information about and providing training for behavioural and cognitive psychotherapies by organising conferences, courses and workshops
- organising the printing, publication and circulation of a journal, magazine and other publications containing articles, information and news relating to behavioural and cognitive psychotherapies
- making representation to and liaising with public and professional bodies in relation to matters pertaining to the aims of the Association
- fostering and promoting research into behavioural and cognitive psychotherapies and related matters
- facilitating the formation of geographical branches and special interest groups in order to promote the objectives of the Association and to provide a service to the members
- encouraging and assisting in training in behavioural and cognitive psychotherapies
- educating and informing the public about behavioural and cognitive psychotherapies and their availability
- maintaining standards for practitioners of behavioural and cognitive psychotherapies by providing an opportunity for members who meet the training standards and other criteria, to become accredited.

STRUCTURE, GOVERNANCE AND MANAGEMENT (continued)

Organisational Structure

The trustees are each elected for a period of three or four years by the full membership of the Association. Having been elected as trustees they serve on the Board as ordinary members, President, Honorary Secretary or Honorary Treasurer. The President usually serves a one-year term as President Elect, a two-year term as President and then a further one-year term as Past President, making up a four-year term of office. Elections are held annually with usually three or four places becoming vacant each year, thus staggering replacement of trustees to provide some continuity. The Chief Executive Officer subsumes the role of Company Secretary and attends the Board as a non-voting member.

A number of standing committees, ad-hoc committees and working groups are made up of trustees and other members of the Association and have a Board member as Chair or Co-Chair to satisfy the requirements within the Memorandum and Articles of Association. These committees and groups usually operate under specific terms of reference and with delegated functions as approved by the Board. Each committee and group have its decisions ratified by the Board. Respective committees and groups operating throughout the reporting period were:

- Standards Committee
- CBT Practitioner Accreditation Committee
- Course Accreditation Committee
- Finance Committee
- Human Resource Committee
- Branch Liaison Committee
- Conference Strategy Committee
- Editorial Board
- Fellowship Committee
- Equality, Diversity and Inclusion Committee

All standing committees combine with the Board of Trustees to form a National Committees Forum (NCF), which meets twice a year in addition to the Annual General Meeting (AGM).

The trustees meet at least five times a year as a Board meeting, plus attending NCF meetings in addition to the AGM. Many committees, groups and the trustees also conduct business through suitable electronic means such as email exchanges and video conference calls. New trustees attend an induction programme. The first face-to-face business meeting for the whole Board is normally held in September. This year it was held in November following the later September start to the governance year.

Related parties

Trustees are required to declare an interest (either direct or indirect) if they are involved in any activities which may compromise their role as a trustee and a monitoring mechanism is in place. All related party transactions during the year have been disclosed in the notes to the financial statements.

STRUCTURE, GOVERNANCE AND MANAGEMENT (continued)

Principal risks and uncertainties

The risks and uncertainties faced by the charity include the current economic climate and changing healthcare regulation. Increasing demand and associated cost of provision of membership and registration to CBT Register (UK) are also matters requiring ongoing consideration.

Risk assessment and management

The trustees have assessed the major strategic and business risks to which the charity is exposed, in particular those related to the operational finances of the charity and are satisfied that the systems established to ensure regular reports are produced and that necessary steps can be taken to address any issues arising are sufficient to mitigate the charity's exposure to major risks. The trustees regularly perform a thorough risk assessment of all aspects of the charity's activities and implement risk management strategies where necessary.

REVIEW OF THE WORK OF THE ASSOCIATION 2022/23

Overview

The Association has been focusing on successfully achieving its strategic aim of Public Standards Authority (PSA) accreditation. It also updated and revised its complaints policies and procedures. Also recruiting all panel members, legal assessors and a complaints manager.

Staff are continuing to work remotely from home and Human Resources processes have been aligned to support this.

The Board fully intends to reach its realigned strategic aims and objectives whilst embracing positive change and wishes to demonstrate it is corporately responsible and takes the obligations it has to its critical stakeholders seriously. The Association has demonstrated its commitment to Equality, Diversity and Inclusion by establishing an Equality, Diversity and Inclusion (EDI) Committee. Further representatives with expertise in Human Resources, Finance, Legal and Governance have been recruited to Board in the position of lay directors. We are continuing to review our commitment to environmental sustainability and carbon footprint.

This last year has seen a significant growth in membership with the onboarding of Wellbeing Practitioners and the commissioning of a wellbeing register in line with NHS requirements.

At the end of April 2023 there had been net growth of 3,063 members over the financial year to 19,306, showing growth of nearly 19%. The previous two years rates of annual growth were around 9%. Previously, annual growth was around 5%. A total of 2,112 Wellbeing Practitioner members joined to gain registration to CBT Register (UK) and Ireland and this represents an increase of almost 330%.

At the end of April 2023 there were 10,160 accredited members, increasing from 9,304 previously. This remains at 53% of total membership (2022: 57%) and shows a 9% increase in accredited members. The addition of registered Wellbeing Practitioner members brings the total of organisation members on CBT Register (UK) and Ireland to 12,898 which represents 67% of the organisation's membership. The application to the Professional Standards Authority to attain an Accredited Voluntary Register was submitted. The outcome is expected in the following period.

REVIEW OF THE WORK OF THE ASSOCIATION 2022/23 (continued)

Overview (continued)
More staff were recruited to support our expanding operating schedule. The full staff complement reached 28.90 full-time equivalents (FTE) at the end of this financial year. The previous reporting period showed 23.97 full-time equivalents (FTE). Further recruitment is anticipated to meet the growing demands and expectations of the organisation.

The staff structure is as follows:.

Position	FTE
Chief Executive Officer	Vacant
Secretary / PA	1.0
Senior Clinical Advisor	0.8
Finance and IT Manager	1.0
Head of Membership Services	1.0
Chief Accreditation Officer	1.0
Course Accreditation Manager	Vacant
Course Accreditation Officers	1.0
Finance Staff	3.6
Accreditation Liaison Officers	4.7
Administration Officers	10.6
Web and IT Officers	2.0
Communications Officer	1.0
Complaints Co-ordinator	1.2
Total staff members	**28.90**

There are also ten Accreditors working as sub-contractors processing accreditation applications.

The demand for good quality CPD continued over the reporting period. Head Office continued organising the delivery of a core online CPD programme. 12 webinar events attracted 3,415 registrations. There were a further 14 events organised online by Branches and Special Interest Groups and 3 events in person that attracted another 840 attendees in total while Knowledge Skills and Attitudes (KSA) quarterly online training events attracted 45 delegates.

Several large and significant IT projects have continued to prove challenging. The CRM-based membership database has not provided the operational benefit and efficiency hoped for. The decision was made, as the contract with the provider drew to expiry, to research the marketplace with a new specification in order to try for the longer-term strategic capability desired. A new replacement membership database is currently undergoing installation.

FINANCIAL REVIEW

The financial year ending 30th April 2023 realised an operating surplus of £534,026 (2022: £699,489). This result shows a higher surplus than forecasts following decreases in income of some £68,000 and decreases in expenditure of some £467,000 compared to that expected. A decrease in the value of investments of £2,102 (2022: £954) decreased the result to £531,924 compared to £698,535 in the previous year.

Financial income for the organisation increased to £2.564 million compared to the previous year of £2.248 million. No increases to annual membership subscriptions or accreditation fees were proposed by the Board for membership consideration.

Overall expenditure increased by around £481,000. This included increases in staff salary overhead of nearly £248,000 following increases in permanent staff recruitment and related support costs to meet emerging demand.

Membership Subscriptions 2023/24

The existing rates of membership will remain in force until they are next reviewed. The Board believes that BABCP continues to offer a membership package that is good value for money and one that remains comparable with similar organisations.

FINANCIAL REVIEW (continued)

Investments Selection Policy

After taking financial advice and in accordance with the Articles of Association, the trustees invested £50,000 in long term investment funds in August 2007. £15,000 was invested with Kames Ethical Equity Fund (which evolved into Aegon Ethical Equity Fund) and £35,000 was invested with F&C Stewardship Income Fund (which evolved firstly into BMO Responsible UK Income Fund and then Columbia Threadneedle Responsible UK Income Fund). The trustees considered that the charity needed to achieve long-term capital appreciation and income. The Board will continue to reinvest the accumulated balance on both investment accounts until a situation is reached where the Board wishes to use the income from the investment as required. In the year to 30th April 2023 the value of investments decreased by £2,102 following a decrease of £954 in the previous year.

The ethical investment policy agreed by the trustees is:

The company adopts an ethical investment policy, which is in line with its responsibilities as a registered charity, and which complements the aims and objectives of the organisation. In this respect it seeks to invest with companies who have proven socially responsible portfolios and to have its investments managed by financial advisors who are ethically led with a demonstrable record of sound financial control and planning.

In this respect the policy statement reflects the aims and objectives of our charity:

1. The Board considers ethical investment is consistent with the aims and objectives of the organisation.
2. The Board adopts a policy of supportive ethical investment. That is, investing in companies with a commitment to responsible business practices, positive products and services. The Board does not consider it appropriate to invest by negative screening.
3. Whilst investing ethically, such a policy is not in conflict with its requirement to maximise funds for the benefit of the organisation and ensure that such a policy does not involve a risk of significant financial detriment.

The remaining funds fluctuate throughout the year and are held in interest-bearing deposit accounts.

During the year as these funds fluctuate, it is agreed by the trustees that the money could be invested on the Money Market for fixed short-term periods (seven days upwards, but more usually for three-month terms) to attract higher interest rates and to meet their requirements to generate income and secure capital values. The Finance Manager, in consultation with the Honorary Treasurer, will accordingly decide the amount and period of investment to allow sufficient funds to remain in the current accounts for immediate use.

Grant-Making Policy

The charity previously operated a Research Fund. This was set up with the objective of making grants for research relevant to the objectives of the Association. Due to issues with the funding of this the grants were unavailable in recent years. The Board now has firm plans in place to relaunch this and hopes to make grants within the next year.

FINANCIAL REVIEW (continued)

Reserves

The trustees have set a target of a minimum of six months' running costs as free reserves, which are unrestricted funds not invested in fixed assets held by the charity. Having reviewed the current levels they are satisfied that the level of reserves is easily above this threshold.

At the end of the financial year the amount of reserves was £2,148,785 (2022: £1,616,861). The trustees have designated £600,000 of this for the completion of the Oomi Project. This is a wide-ranging IT project that will upgrade various aspects of the charity's digital working, including the customer relationship marketing database, the website and systems supporting back office functions such as Registration and Accreditation. These upgrades will improve the level of service to members and make information and resources more accessible to people accessing CBT and related interventions, and the wider public. Given the level of reserves currently being held in cash, the trustees and (through the delegated authority) the Finance Committee, will consider whether a greater return could be gained through additional investment of reserves.

Funding

The trustee directors are satisfied that the charity's assets are adequate to fulfil its obligations. The main source of funding continues to be annual subscriptions from members. Accreditation fees are also charged to those members who apply for this recognition. Membership subscriptions may be increased with membership approval to meet the costs of additional or expanded member services or to support planned future activity. The trustee directors carefully consider what level of subscriptions and fees members will accept without withdrawing from membership. The charity has exceeded a 92 per cent renewal rate for the last 12 years and more new members join each year than are required to cover organisational costs though costs are ever increasing due to extending the membership offer and inflationary pressures.

Accreditation fees are charged at rates to ensure the overall cost of providing accreditation services is comfortably covered. The trustees review these costs and can adjust these fees accordingly. Registration fees are taken over the period to permit recognition of CBT Register (UK) for low intensity workers for the first time.

Selling of advertising through the Association's media is another supplementary revenue stream. The trustees are seeking to increase the availability of robust and sustainable income streams that are in keeping with the objects of the organisation through launching appropriate forms of accreditation or registration to CBT Register (UK), special advertising supplements and advertising through the internet and social media.

Public benefit

The trustees are confident that the charity offers services of real and practical use to the local and national population and therefore complies with the responsibility placed on all charities under the Charities Act 2011 to demonstrate a public benefit.

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with the United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law), including FRS 102 the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland. The financial statements are required by law to give a true and fair view of the state of affairs of the company and of the surplus or deficit arising for the period. In preparing those financial statements, the trustees should follow best practice and are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP and FRS 102;
- make judgements and estimates that are reasonable and prudent;
- state whether United Kingdom applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and which enable them to ensure that the financial statements comply with the Companies Act 2006 and regulations thereunder. They are also responsible for safeguarding the assets of the company and for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

STATEMENT AS TO DISCLOSURE OF INFORMATION TO AUDITORS

So far as the trustees are aware, there is no relevant audit information (as defined by Section 418 of the Companies Act 2006) of which the company's auditors are unaware and each trustee has taken all the steps that they ought to have taken as a trustee in order to make them aware of any relevant audit information and to establish that the company's auditors are aware of that information.

AUDITORS

The auditors, Ainsworths Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

SMALL COMPANY EXEMPTION

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

CHARITY REQUIREMENTS

This report has been prepared in accordance with the requirements set down by the Charities SORP (FRS 102).

ON BEHALF OF THE TRUSTEE DIRECTORS

.....

Director/Trustee

Dated: 22nd November 2023

Jacqueline McKenna

.....

Director/Trustee

Dated: 22nd November 2023

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES (A COMPANY LIMITED BY GUARANTEE)

Opinion

We have audited the financial statements of the British Association for Behavioural and Cognitive Psychotherapies (the charitable company) for the year ended 30th April 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30th April 2023 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other information
The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006
In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees, which includes the Directors' Report, prepared for the purposes of company law for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report included within the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us, or
- the financial statements are not in agreement with the accounting records and returns, or
- we have not received all the information and explanations we require for our audit, or
- certain disclosures of trustees' remuneration specified by law are not made, or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption from the requirement to prepare a Strategic Report.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities set out on page 12, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Identifying and assessing potential risks related to irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, we considered the following:

- the nature of the industry and sector, control environment and business performance including the key drivers for trustees' remuneration and dividend levels;
- results of our enquiries of management about their own identification and assessment of the risks of irregularities;
- any matters we identified having made enquiries of management about their policies and procedures relating to:
  - > identifying, evaluating and complying with laws and regulations and whether they were aware of any instances of non-compliance;
  - > detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud;
  - > the internal controls established to mitigate risks of fraud or non-compliance with laws and regulations;
- the matters discussed among the audit engagement team regarding how and where fraud might occur in the financial statements and any potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the organisation for fraud. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.

Our responsibilities for the audit of the financial statements (continued)
We also obtained an understanding of the legal and regulatory frameworks that the company operates in, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the UK Companies Act and local tax legislation.

In addition, we considered provisions of other laws and regulations that do not have a direct effect on the financial statements, but compliance with which may be fundamental to the company's ability to operate.

Audit response to risks identified
As a result of performing the above our procedures to respond to the risks identified included the following:

- reviewing the financial statements disclosure and testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- enquiring of management about actual and potential litigation and claims;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risk of material misstatement due to fraud;
- obtained an understanding of provisions and held discussions with management to understand the basis of recognition or non-recognition of tax provisions; and
- in addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments; assessing whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluating the business rationale of any significant transactions that are unusual or outside the normal course of business.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES (A COMPANY LIMITED BY GUARANTEE)

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in the Auditor's Report and for no other purpose, To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Michael Heys

Michael Heys (Senior Statutory Auditor)
for and on behalf of Ainsworths Limited
Chartered Accountants
and Statutory Auditors
Charter House
Stansfield Street
Nelson
Lancashire
BB9 9XY

Dated: 22nd November 2023

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES (A COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) for the year ended 30th April 2023

	Notes	2023 £	2022 £
INCOME:			
Income from charitable activities:			
Membership subscriptions		**1,226,166**	1,128,946
Accreditations		**1,048,621**	872,332
Branch events and workshop bookings		**106,273**	86,301
Other income from charitable activities	2	**17,607**	56,561
Income from trading activities:			
Activities for generating funds	3	**81,680**	100,625
		2,480,347	2,244,765
Investment income		**39,614**	2,549
Other incoming resources		**43,571**	414
TOTAL INCOMING RESOURCES		**2,563,532**	2,247,728
EXPENDITURE:			
Costs of raising funds	4	**95,273**	81,291
Expenditure on charitable activities	5	**1,934,233**	1,466,948
TOTAL RESOURCES EXPENDED		**2,029,506**	1,548,239
NET INCOME/(EXPENDITURE)	6	**534,026**	699,489
OTHER RECOGNISED (LOSSES)/GAINS			
Unrealised (loss)/gain on revaluation of investment assets		**(2,102)**	(954)
NET MOVEMENT IN FUNDS		**531,924**	698,535

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

All income and expenditure derives from continuing activities and is of an unrestricted nature.

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES (A COMPANY LIMITED BY GUARANTEE) (COMPANY NUMBER 04839948)

BALANCE SHEET as at 30th April 2023

	Notes	2023		2022	
		£	£	£	£
FIXED ASSETS					
Intangible fixed assets	9		**85,579**		37,759
Tangible fixed assets	10		**20,999**		16,251
Investments	11		**87,770**		89,872
			194,348		143,882
CURRENT ASSETS					
Debtors and prepayments	12	**330,544**		198,562	
Cash at bank and in hand		**3,045,214**		2,335,913	
		3,375,758		2,534,475	
LIABILITIES					
Creditors falling due within one year	13	**1,421,321**		1,061,496	
NET CURRENT ASSETS/(LIABILITIES)			**1,954,437**		1,472,979
TOTAL ASSETS LESS CURRENT LIABILITIES			**2,148,785**		1,616,861
CREDITORS					
Amounts falling due after more than one year			-		-
NET ASSETS			**2,148,785**		1,616,861
THE FUNDS OF THE CHARITY					
Unrestricted income funds:					
Designated	14		-		-
General	15		**2,148,785**		1,616,861
TOTAL CHARITY FUNDS	15		**2,148,785**		1,616,861

The trustees have prepared the financial statements in accordance with Section 398 of the Companies Act 2006 and Section 138 of the Charities Act 2011. Furthermore, these financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard 102 (effective 1st January 2015).

The financial statements were approved by the Board of Trustees on 22nd November 2023

Signed on behalf of the Board of Trustees

.....
Director/Trustee

.....
Director/Trustee

The notes on pages 21 to 33 form part of these accounts.

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES
(A COMPANY LIMITED BY GUARANTEE) (COMPANY NUMBER 04839948)

CASH FLOW STATEMENT
for the year ended 30th April 2023

	Notes	2023	2022
		£	£
Cash flows from charitable activities			
Cash generated from activities	1	**760,397**	779,520
Bank interest received		**39,614**	2,549
Net cash from charitable activities		**800,011**	782,069
Cash flows from investing activities			
Purchase of tangible fixed assets		**(90,711)**	(8,370)
Net cash from investing activities		**(90,711)**	(8,370)
Increase/(Decrease) in cash and cash equivalents		**709,300**	773,699
Cash and cash equivalents at beginning of year	2	**2,335,913**	1,562,214
Cash and cash equivalents at end of year	2	**3,045,213**	2,335,913

CASH FLOW STATEMENT NOTES
for the year ended 30th April 2023

1. RECONCILIATION OF SURPLUS/(DEFICIT) TO CASH GENERATED FROM ACTIVITIES

	2023	2022
	£	£
Surplus/(Deficit) for the year	531,924	698,535
Depreciation charges etc	38,142	38,853
Loss on disposal of fixed assets	-	-
Bank interest received	(39,614)	(2,549)
Decrease/(Increase) in value of investments	2,102	954
	532,554	735,793
(Increase)/Decrease in trade and other debtors	(131,982)	(14,338)
Increase/(Decrease) in trade and other creditors	359,825	58,065
Cash generated from charitable activities	760,397	779,520

2. CASH AND CASH EQUIVALENTS

The amounts disclosed on the Cash Flow Statement in respect of cash and cash equivalents are in respect of these Balance Sheet amounts:

Year ended 30th April 2023

	30.04.23	01.05.22
	£	£
Cash and cash equivalents	3,045,213	2,335,913

Year ended 30th April 2022

	30.04.22	01.05.21
	£	£
Cash and cash equivalents	2,335,913	1,562,214

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 30th April 2023

1. ACCOUNTING POLICIES

Company information
The British Association for Behavioural and Cognitive Psychotherapies is a charitable company limited by guarantee, incorporated in England and Wales. The Company number and registered office can be found in the Trustees report.

Basis of preparing the financial statements
The financial statements have been prepared in accordance with applicable accounting standards.

The financial statements have been prepared on a going concern basis which assumes that the company will be able to meet its liabilities as they fall due. The trustees have concluded that the charity will continue to be a going concern for the foreseeable future, being a period of more than twelve months following the approval of these financial statements.

Accounting convention
The financial statements have been prepared under the historical cost convention, and in accordance with 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 United Kingdom and Republic of Ireland (FRS 102) (effective 1st January 2015) ~ (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Companies Act 2006 and the Charities Act 2011.

The British Association for Behavioural and Cognitive Psychotherapies meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

Incoming resources
All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income is the amount derived from ordinary activities and is stated after trade discounts, other sales taxes and net of Value Added Tax.

Membership subscriptions and accreditations are accounted for when due. All such income is deferred when it is received in advance of the period to which it relates.

All other income is recognised on an accruals basis, with income relating to events after the year end being deferred.

1. ACCOUNTING POLICIES (continued)

Resources expended
Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include audit fees and costs linked to the strategic management and administration of the charity.

All support costs are allocated between the activity expenditure categories on a basis designed to reflect the use of the resource. Support costs are apportioned on an appropriate basis e.g. time spent, floor areas, or estimated usage.

Grants Payable
Each year the charity makes grants for research to be carried out into behavioural and cognitive psychotherapies. Any liability is only recognised when an obligation arises.

Branch transactions
Branch transactions are included in full in the financial statements.

Intangible fixed assets and amortisation
Intangible fixed assets represent expenditure developing the website and membership database. Amortisation is provided so as to write off the cost of the asset, less its estimated residual value, over its expected useful life of as follows:

Website	3 years	straight line basis
Membership database	50%	reducing balance basis

Assets under construction are only depreciated when they become operational.

Tangible fixed assets and depreciation
All tangible fixed assets are capitalised at cost. Depreciation is provided so as to write off the cost of an asset, less its estimated residual value, over its expected useful life as follows:

Office equipment	15%	reducing balance basis
Computer equipment	50%	reducing balance basis

Investments
Investments are stated at market value at the balance sheet date. The Statement of Financial Activities includes the net gains and losses arising on any revaluations or disposals throughout the year.

1. ACCOUNTING POLICIES (continued)

Taxation
The company is a registered charity and is therefore exempt from Income Tax and Corporation Tax under the provisions of Section 505(1) of the Income and Corporation Taxes Act 1988.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustee directors.

Designated funds are unrestricted funds which have been designated for specific purposes by the trustee directors.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pensions costs and other post-retirement benefits
The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. Contributions payable for the year are charged in the Statement of Financial Activities.

Operating leases
Rentals payable under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

Debtors
Short term debtors are measured at transaction price, less any impairment.

Creditors
Short term creditors are measured at transaction price.

Significant judgements and accounting estimates
Preparation of the financial statements requires management to make significant judgements and estimates. The major item in the financial statements where these judgements and estimates have been made is in relation to overclaims of gift aid. Management consult with professional bodies to provide appropriate assumptions on which to calculate any liability likely to arise.

2. OTHER INCOME FROM CHARITABLE ACTIVITIES

	2023	2022
	£	£
National conference/Workshop event (deficits)/surpluses	17,607	56,561
Other	-	-
	17,607	56,561

3. INCOME FROM ACTIVITIES FOR GENERATING FUNDS

	2023	2022
	£	£
Advertising, flyers and inserts	81,263	100,088
Professional services rendered	417	537
	81,680	100,625

4. SUPPORT COSTS

The association allocates its support costs on a basis consistent with the use of resources, as shown in the table below.

	Costs of raising funds	Charitable activities	Governance costs	2023 TOTAL	2022 TOTAL
	£	£	£	£	£
Travel, accommodation and subsistence	-	48,581	12,169	60,750	11,665
Printing and publishing	-	54,074	-	54,074	68,700
Hire charges	6	121	-	127	1,063
Staff costs (see note 7)	62,811	1,193,412	-	1,256,223	1,008,168
Stationery	68	1,284	-	1,352	83
Postage and distribution	3,832	72,806	-	76,638	46,114
Rent	1,759	33,424	-	35,183	43,012
Insurance	495	9,410	-	9,905	13,187
Audit fees	-	-	5,750	5,750	5,500
Accountancy services	-	3,766	-	3,766	3,053
Repairs and renewals	3,673	69,784	-	73,457	72,847
Software/computer supplies	2,897	55,051	-	57,948	57,442
Telephone	2,048	38,915	-	40,963	31,898
Bank charges	3,582	32,234	-	35,816	23,648
Bad and doubtful debts	-	-	-	-	-
Amortisation	13,550	13,550	-	27,100	29,540
Depreciation	552	10,491	-	11,043	9,313
Loss on disposal	-	-	-	-	-
TOTAL SUPPORT COSTS	95,273	1,636,903	17,919	1,750,095	1,425,233

5. EXPENDITURE ON CHARITABLE ACTIVITIES

	2023	2022
	£	£
Grants payable	-	-
Event costs	51,564	17,607
Publicity	-	-
Professional fees	126,947	68,112
Legal fees	71,539	20,592
Support costs (see note 4)	1,636,903	1,336,802
Governance costs (see note 4)	17,919	7,140
Sundry expenses	29,361	16,695
	1,934,233	1,466,948

6. NET INCOME FOR THE YEAR

The income for the year is stated after charging:

	2023	2022
	£	£
Auditors' remuneration:		
Audit services	5,750	5,500
Non-audit services	3,766	3,053
Amortisation of intangible fixed assets	27,100	29,540
Depreciation of owned tangible assets	11,043	9,313
Loss on disposal of owned tangible assets	-	-
Pension costs	119,323	90,538

7. STAFF COSTS

Staff costs during the year were as follows:

	2023	2022
	£	£
Wages and salaries	1,007,707	840,558
Social security	95,668	77,072
Pensions	119,323	90,538
Agency staff costs	33,525	-
	1,256,223	1,008,168

The average number of staff employed by the charity (including trustee directors but excluding agency staff) during the year was:

	2023	2022
	Number	Number
Trustee directors	10	10
Provision of charitable services	31	28
	41	38

The emoluments of two members of staff, including benefits in kind, was within the range £60,000 to £69,999 (2022: One within the range £60,000 - £69,999), not including retirement benefits which are accruing under a defined benefit scheme.

The emoluments of no member of staff, including benefits in kind, was within the range £70,000 to £79,999 (2022: One within the range £70,000 - £79,999), not including retirement benefits which are accruing under a defined benefit scheme.

The key management personnel of the charity comprise the trustee directors, the company secretary and the finance manager. The total remuneration of key management personnel during the year was £188,125 (2022: £135,088).

8. TRUSTEE DIRECTORS AND CONNECTED PERSONS

No trustee director received any remuneration in the year, directly or indirectly, from the charitable company.

The charity reimbursed travel expenses incurred by 12 (2022: 8) trustee directors during the year amounting to £11,049 (2022: £2,533).

9. INTANGIBLE FIXED ASSETS

	Website and portal costs £	Membership database £	TOTAL £
Cost:			
At 1st May 2022	110,134	115,818	225,952
Additions	-	74,920	74,920
At 30th April 2023	**110,134**	**190,738**	**300,872**
Depreciation:			
At 1st May 2022	77,253	110,940	188,193
Charge for the year	24,661	2,439	27,100
At 30th April 2023	**101,914**	**113,379**	**215,293**
Net book value at 30th April 2023	**8,220**	**77,359**	**85,579**
Net book value at 30th April 2022	32,881	4,878	37,759

10. TANGIBLE FIXED ASSETS

	Office equipment £	Computer equipment £	TOTAL £
Cost:			
At 1st May 2022	8,648	81,212	89,860
Additions	-	15,791	15,791
At 30th April 2023	**8,648**	**97,003**	**105,651**
Depreciation:			
At 1st May 2022	4,391	69,218	73,609
Charge for the year	641	10,402	11,043
At 30th April 2023	**5,032**	**79,620**	**84,652**
Net book value at 30th April 2023	**3,616**	**17,383**	**20,999**
Net book value at 30th April 2022	4,257	11,994	16,251

11. INVESTMENTS

	2023	2022
	£	£
Valuation brought forward at 1st May 2022	89,872	90,826
Net (loss)/gain on revaluation	(2,102)	(954)
Valuation carried forward at 30th April 2023	87,770	89,872

The investment is in a UK open ended investment company, held to provide an investment return for the charity.

12. DEBTORS

	2023	2022
	£	£
Trade debtors	188,744	97,419
Other debtors	23,863	5,332
Prepayments and accrued income	117,937	95,811
	330,544	198,562

13. CREDITORS: Amounts falling due within one year

	2023	2022
	£	£
Trade creditors	71,786	34,408
Accruals	86,952	45,205
Deferred income	1,225,202	928,307
Social security and other taxes	22,431	38,060
Other creditors	14,950	15,516
	1,421,321	1,061,496

The movement in deferred income is analysed as follows:

	2023	2022
	£	£
Deferred income brought forward	928,307	878,531
Amounts released from previous years	(928,307)	(878,531)
Income received this year deferred to later years	1,225,202	928,307
Deferred income carried forward	1,225,202	928,307

Deferred income relates to subscriptions and accreditations relating to post year end periods as well as branch events and workshops that were invoiced for but had not yet taken place at the year end.

14. DESIGNATED FUNDS

	Research fund	Branch funds	TOTAL
	£	£	£
At 1st May 2022	-	-	-
Incoming resources	14,721	156,910	**171,631**
Resources expended	(41,854)	(52,584)	**(94,438)**
Transfers between funds	27,133	(104,326)	**(77,193)**
At 30th April 2023	-	-	-

Name of fund — **Description, nature and purposes of the fund**

Research fund: The charity previously operated a Research Fund. This was set up with the objective of making grants for research relevant to the objectives of the Association. Due to issues with the funding of this the grants were unavailable in recent years. The Board now has firm plans in place to relaunch this and hopes to make grants within the next year.

Branch funds: This represents the surplus of income over expenditure arising from branch events held. It represents free reserves and is effectively classified as such.

15. UNRESTRICTED FUNDS

	Designated funds	General fund	TOTAL
	£	£	£
Funds at 1st May 2022	-	1,616,861	**1,616,861**
Incoming resources	171,631	2,391,901	**2,563,532**
Resources expended	(94,438)	(1,935,068)	**(2,029,506)**
(Loss)/Profit on revaluation of investment assets	-	(2,102)	**(2,102)**
Transfers between funds	(77,193)	77,193	-
Funds at 30th April 2023	-	2,148,785	**2,148,785**

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Designated funds	General fund	TOTAL
	£	£	£
Fixed assets	-	194,348	**194,348**
Current assets	-	3,375,758	**3,375,758**
Creditors falling due within one year	-	(1,421,321)	**(1,421,321)**
	-	2,148,785	**2,148,785**

17. THE FUNDS OF THE CHARITY

	2023
	£
At 1st May 2022	1,616,861
Surplus for the year	531,924
At 30th April 2023	**2,148,785**

18. OPERATING LEASE COMMITMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2023		2022	
	Land and buildings	Other	Land and buildings	Other
	£	£	£	£
Expiring:				
Within one year	31,992	-	31,992	-
Between two and five years	-	-	-	-
	31,992	-	31,992	-

19. OTHER COMMITMENTS

(i) As at 30th April 2023 the Association was committed to pay grant awards totalling £Nil (2022: £Nil) in respect of research activities being carried out by third parties. All such grant awards will be met from the Educational Activities fund, a designated fund established for this specific purpose.

(ii) As at 30th April 2023 the Association had capital commitments contracted for but not provided in the financial statements totalling £130,050 (2022: £Nil)

20. POST BALANCE SHEET EVENTS

There have been no significant events affecting the financial statements since the balance sheet date.

21. TRANSACTIONS WITH TRUSTEE DIRECTORS

No trustee director or other related party was a party to any transaction with the trustee directors during the year except as disclosed in note 8 on page 28.

22. CONTROLLING RELATED PARTY

The trustee directors are the controlling related party by virtue of their office in the Company.

23. COMPANY LIMITED BY GUARANTEE

The company is limited by guarantee and does not have a share capital. The liability of each member by way of their guarantee to the company is to contribute a sum not exceeding £10 to the assets of the company if so required on the winding up of the company.

At 30th April 2023 there were 19,306 (2022: 16,243) members.

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

England & Wales - Charity number 1098704

Accounts

Company Number: 04839948

Charity Number: 1098704

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

(A COMPANY LIMITED BY GUARANTEE)

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED

30th APRIL 2022

Ainsworths Limited
Chartered Accountants
and Statutory Auditors
Charter House
Stansfield Street
Nelson
Lancashire
BB9 9XY

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES
(A COMPANY LIMITED BY GUARANTEE)

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for the year ended 30th April 2022

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BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES
(A COMPANY LIMITED BY GUARANTEE)

REPORT OF THE TRUSTEES
for the year ended 30th April 2022

The trustees, who are also directors of the charitable company for the purposes of the Companies Act 2006, present their report together with the audited financial statements for the year ended 30th April 2022. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, 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 United Kingdom and Republic of Ireland (FRS 102) (effective 1st January 2015).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered company number
04839948

Registered charity number
1098704

Registered office
Minerva House
Hornby Street
Bury
Lancashire
BL9 5BN

Trustee directors
The membership of the Board during the year is set out below. All served on the Board throughout the year except as otherwise stated. The company has no share capital and there were therefore no director interests.

A J Beck (President from 01/07/20)
C Blowers
Dr C A Brady (Resigned 09/09/21. Honorary Secretary until 09/09/21)
M Brooks-Ucheaga (Resigned 10/11/21)
P A Elliott
S F Harper (Resigned 09/09/21)
C Hughes (Honorary Secretary from 09/09/21)
J McKenna (Honorary Treasurer)
S Naz (Appointed 09/09/21)
E Owen (Appointed 21/12/21)
T Reeves
P Salkovskis (Resigned 09/09/21)
Dr. L Waddington (Appointed 09/09/21)
S R Wilson (Appointed 09/09/21)

Key management personnel

R M White	-	Company Secretary and Chief Executive Officer
M Harwood	-	Finance and IT Manager
L Maddox	-	Senior Clinical Advisor
S Reynolds	-	Senior Clinical Advisor
M Livesey	-	Membership Services Manager
H MacDonald	-	Chief Accreditation Officer

REFERENCE AND ADMINISTRATIVE DETAILS (continued)

Auditors
Ainsworths Limited
Chartered Accountants
and Statutory Auditors
Charter House
Stansfield Street
Nelson
Lancashire
BB9 9XY

Bankers
Virgin Money
40 Church Street
Blackburn
Lancashire
BB1 5AW

Solicitors
Bates Wells
10 Queen Street Place
London
EC4R 1BE

STRUCTURE, GOVERNANCE AND MANAGEMENT

Corporate status

The company was incorporated under the Companies Act 1985 (Company number 04839948) on 21st July 2003 and took over all assets and operations of BABCP (the former unincorporated charity) on that date. The company is a private company limited by guarantee and does not have a share capital. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

The company was registered as a charity on 21st July 2003 under the provisions of the Charities Acts 1992 and 1993 (Charity number 1098704).

Governing document

The charity is governed by its Memorandum and Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006.

Principal Activities and Objectives

The British Association for Behavioural and Cognitive Psychotherapies (BABCP) – the 'Association', is a multi-disciplinary interest group primarily aimed at people involved in the practice and theory of behavioural and cognitive psychotherapies.

The objectives of the Association are to advance the theory and practice of cognitive and behavioural psychotherapies by the promotion of scientific research and the application of evidence-based practice including assessment, therapy and consultancy, in a wide variety of settings in accordance with the *BABCP Standards of Conduct, Performance and Ethics.*

In setting our objectives and planning our activities the trustees have given careful consideration to the Charity Commission's general guidance on public benefit.

The objectives of the Association are achieved through the following activities:

- providing a forum for discussion of matters relevant to behavioural and cognitive psychotherapies among members of all helping professions
- disseminating information about and providing training for behavioural and cognitive psychotherapies by organising conferences, courses and workshops
- organising the printing, publication and circulation of a journal, magazine and other publications containing articles, information and news relating to behavioural and cognitive psychotherapies
- making representation to and liaising with public and professional bodies in relation to matters pertaining to the aims of the Association
- fostering and promoting research into behavioural and cognitive psychotherapies and related matters
- facilitating the formation of geographical branches and special interest groups in order to promote the objectives of the Association and to provide a service to the members
- encouraging and assisting in training in behavioural and cognitive psychotherapies
- educating and informing the public about behavioural and cognitive psychotherapies and their availability
- maintaining standards for practitioners of behavioural and cognitive psychotherapies by providing an opportunity for members who meet the training standards and other criteria, to become accredited.

STRUCTURE, GOVERNANCE AND MANAGEMENT (continued)

Organisational Structure

The trustees are each elected for a period of three or four years by the full membership of the Association. Having been elected as trustees they serve on the Board as ordinary members, President, Honorary Secretary or Honorary Treasurer. The President usually serves a one-year term as President Elect, a two-year term as President and then a further one-year term as Past President, making up a four-year term of office. Elections are held annually with usually three or four places becoming vacant each year, thus staggering replacement of trustees to provide some continuity. The Chief Executive Officer subsumes the role of Company Secretary and attends the Board as a non-voting member.

A number of standing committees, ad-hoc committees and working groups are made up of trustees and other members of the Association and have a Board member as Chair or Co-Chair to satisfy the requirements within the Memorandum and Articles of Association. These committees and groups usually operate under specific terms of reference and with delegated functions as approved by the Board. Each committee and group have its decisions ratified by the Board. Respective committees and groups operating throughout the reporting period were:

- Standards Committee
- CBT Practitioner Accreditation Committee
- Course Accreditation Committee
- Finance Committee
- Human Resource Committee
- Branch Liaison Committee
- Conference Strategy Committee
- Editorial Board
- Fellowship Committee
- Equality, Diversity and Inclusion Committee

All standing committees combine with the Board of Trustees to form a National Committees Forum (NCF), which meets twice a year in addition to the Annual General Meeting (AGM).

The trustees meet at least five times a year as a Board meeting, plus attending NCF meetings in addition to the AGM. Many committees, groups and the trustees also conduct business through suitable electronic means such as email exchanges and video conference calls. New trustees attend an induction programme. The first face-to-face business meeting for the whole Board is normally held in September. This year it was held in November following the later September start to the governance year.

Related parties

Trustees are required to declare an interest (either direct or indirect) if they are involved in any activities which may compromise their role as a trustee and a monitoring mechanism is in place. All related party transactions during the year have been disclosed in the notes to the financial statements.

STRUCTURE, GOVERNANCE AND MANAGEMENT (continued)

Principal risks and uncertainties

The risks and uncertainties faced by the charity include the Covid-19 (Coronavirus) pandemic, the current economic climate and changing healthcare regulation. Increasing demand and associated cost of provision of membership and registration to CBT Register (UK) are also matters requiring ongoing consideration.

Risk assessment and management

The trustees have assessed the major strategic and business risks to which the charity is exposed, in particular those related to the operational finances of the charity and are satisfied that the systems established to ensure regular reports are produced and that necessary steps can be taken to address any issues arising are sufficient to mitigate the charity's exposure to major risks. The trustees regularly perform a thorough risk assessment of all aspects of the charity's activities and implement risk management strategies where necessary.

Covid-19 impact statement

The Association previously rolled out remote working for all employees quickly following the public announcement that "working from home" was recommended for those who could manage it. Following this recommendation assessments were carried out to ensure staff could work safely from home and the means procured to make this possible. Ensuring good staff communication channels were maintained has helped mitigate against risk that might arise from remote working over a prolonged period. Awareness and maintenance of staff wellbeing is increasingly important. Surveys and other feedback indicate good staff morale was maintained and the likes of previously reduced annual absenteeism was maintained. Head Office accommodation was previously downsized, remaining within the same office complex. One staff member was furloughed over the reporting period. Every reasonable effort was made to ensure that the membership offer was not undermined due to remote working and that our obligations as a registered charity were observed.

REVIEW OF THE WORK OF THE ASSOCIATION 2021/22

Overview

The Association was mindful of the strategic plan launched previously and the more immediate demands placed on it from the impact of Covid-19. The impact of Covid-19 was still reshaping and impacting the operating environments relevant to the company which remained focused largely on short-term strategy to ensure it was able to carry on operations with minimal detrimental impact until towards the end of the reporting period. Consideration was then being given to any amendments to strategy required to sustain the company over the longer term whilst accounting for change. Staff generally worked remotely from home and Head Office was downsized towards the end of the previous reporting period. One staff member was furloughed over the reporting period.

The Board fully intends to reach its realigned strategic aims and objectives whilst embracing positive change and wishes to demonstrate it is corporately responsible and takes the obligations it has to its critical stakeholders seriously. Further public representatives have been recruited to our standing committees reporting to Board. The Association has reduced packaging on member related products and provided Equality, Diversity and Inclusion training for all staff, Board and standing committee chairs. An Equality, Diversity and Inclusion Standing Committee is being formed and the Association is becoming a White Ribbon Supporter Organisation. All are examples of progress. In the coming period the Association will investigate how it might meet the challenge of being carbon neutral.

This last year has seen a continuation in annual growth in membership but the growth in the proportion of accredited members has slowed.

At the end of April 2022 there had been net growth by nearly 1,700 members over the financial year to 16,243, showing growth of nearly 9%. The previous two years rates of annual growth were around 14%. Previously, annual growth was around 5%. The growth in student members continued to 2,168, largely relative to increases in accredited courses. A total of 626 Wellbeing Practitioner members joined to gain registration to CBT Register (UK) and Ireland. The Association had entered into a collaborative agreement with the British Psychological Society regarding this provision in the previous reporting period.

At the end of April 2022 there were 9,304 accredited members, increasing from 8,243 previously. This remains at 57% of total membership, as the previous year, and shows 12% increase in accredited members. The addition of registered Wellbeing Practitioner members brings the total of organisation members on CBT Register (UK) and Ireland to 9,930. The outcome to the application to the Professional Standards Authority to attain an Accredited Voluntary Register was further delayed following changes to assessment criteria requiring a partial resubmission. The outcome is expected in the following period.

More staff were recruited to support our expanding operating schedule. The full staff complement reached 23.97 full-time equivalents (FTE) at the end of this financial year, with 0.6 additional allowance for maternity cover. The previous reporting period showed 22.35 full-time equivalents (FTE). Further recruitment is anticipated to meet the growing demands and expectations of the organisation. However, the Board are mindful of the relationship between increasing annual cost of overheads and annual financial turnover and seek to ensure cost of employment is limited to 50%.

Overview (continued)
The staff structure is as follows:.

Position	FTE
Chief Executive Officer	1.0
Secretary / PA	0.95
Senior Clinical Advisor	1.2
Finance and IT Manager	1.0
Head of Membership Services	1.0
Chief Accreditation Officer	0.8
Course Accreditation Manager	0.6
Course Accreditation Officers	1.47
Finance Staff	3.0
Accreditation Liaison Officers	2.6
Administration Officers	6.95
Web and IT Officers	2.0
Communications Officer	1.0
Complaints Co-ordinator	0.4
Total staff members	**23.97**

There are also ten Accreditors working as sub-contractors processing accreditation applications.

The demand for good quality CPD continued over the reporting period. Head Office continued organising the delivery of a core online CPD programme. Twelve webinar events attracted 2,513 registrations and there was a further 5,000 post-event online views. Branches and Special Interest Groups provided 21 online workshops attracting 960 registrations. These events are not recorded.

Several large and significant IT projects have continued to prove challenging. The CRM-based membership database has not provided the operational benefit and efficiency hoped for. The decision has been made, as the contract with the provider draws to expiry, to research the marketplace with a new specification in order to try and the longer-term strategic capability desired.

FINANCIAL REVIEW

The financial year ending 30th April 2022 realised an operating surplus of nearly £700,000 (2021: £372,000). This result shows a higher surplus compared to forecast following an increase in income but a more significant decrease in expenditure than expected.

Financial income for the organisation increased to £2.248 million compared to the previous year of £1.816 million. No increases were considered by the Board for annual membership subscriptions or accreditation fees. Low level registration fees were introduced for the 626 Wellbeing Practitioner members.

The annual Summer Conference was held in Belfast, hosting the first conference in the city since the Covid-19 restrictions were lifted. The company underwrote and assisted in the organisation of the conference hosted by the Irish Association of Behavioural Cognitive Psychotherapy for the European Association of Behavioural Cognitive Therapy. Managing to deliver this four-day hybrid event to an incredibly high standard of quality was a remarkable feat. The event contributed a surplus of £56,561 though this would have been nearer a financial break-even except for Visit Belfast funding in support of the event.

Overall expenditure increased by around £104,000. This included increases in staff salary overhead of nearly £80,000 following increases in permanent staff recruitment and related support costs to meet emerging demand. The cost of rent was nearly halved as Head Office space was downsized following the Covid-19 (Coronavirus) pandemic. The cost of governance increased as Covid-19 restrictions lifted as did support costs.

Membership Subscriptions 2022/23

The Board is committed to ensuring sufficient financial reserves are accumulated to meet known obligations whilst keeping access to enough cash reserves to cover six months operating costs. In addition, further investment in staffing is required to meet demand arising for Wellbeing Practitioner registration and wider accreditation, to support and enhance the complaints service, improve online offer and website presence and develop a governance model. The economic climate proves difficult for many charitable and not-for-profit sector operators due to the legacy of the Covid-19 (Coronavirus) pandemic and the impact of rising inflation. The organisation remains committed to providing a membership package reflecting good value-for-money and of increasing public benefit.

The Board is not proposing any increase in membership subscriptions for 2022-2023 for a third consecutive year. All annual rates of membership subscription will again remain unchanged. Therefore, the standard full annual membership subscription will remain at £82.00. The Board believes the organisation continues to offer a membership package that is good value for money and significantly lower than can be found in other comparable organisations.

FINANCIAL REVIEW (continued)

Investments Selection Policy

After taking financial advice and in accordance with the Articles of Association, the trustees invested £50,000 in long term investment funds in August 2007. £15,000 was invested with Kames Ethical Equity Fund (which evolved into Aegon Ethical Equity Fund) and £35,000 was invested with F&C Stewardship Income Fund (which evolved into BMO Responsible UK Income Fund). The trustees considered that the charity needed to achieve long-term capital appreciation and income. The Board will continue to reinvest the accumulated balance on both investment accounts until a situation is reached where the Board wishes to use the income from the investment as required. In the year to 30th April 2022 the value of investments decreased by £954 following an increase of 16,884 in the previous year.

The ethical investment policy agreed by the trustees is:

The company adopts an ethical investment policy, which is in line with its responsibilities as a registered charity, and which complements the aims and objectives of the organisation. In this respect it seeks to invest with companies who have proven socially responsible portfolios and to have its investments managed by financial advisors who are ethically led with a demonstrable record of sound financial control and planning.

In this respect the policy statement reflects the aims and objectives of our charity:

1. The Board considers ethical investment is consistent with the aims and objectives of the organisation.
2. The Board adopts a policy of supportive ethical investment. That is, investing in companies with a commitment to responsible business practices, positive products and services. The Board does not consider it appropriate to invest by negative screening.
3. Whilst investing ethically, such a policy is not in conflict with its requirement to maximise funds for the benefit of the organisation and ensure that such a policy does not involve a risk of significant financial detriment.

The remaining funds fluctuate throughout the year and are held in interest-bearing deposit accounts.

During the year as these funds fluctuate, it is agreed by the trustees that the money could be invested on the Money Market for fixed short-term periods (seven days upwards, but more usually for three-month terms) to attract higher interest rates and to meet their requirements to generate income and secure capital values. The Finance Manager, in consultation with the Honorary Treasurer, will accordingly decide the amount and period of investment to allow sufficient funds to remain in the current accounts for immediate use.

Grant-Making Policy

During 2010 a Research Fund was set up with the ultimate objective of making grants for research relevant to the objectives of the Association. The trustees have previously approved such grants after inviting applications from members. There were no new research grants approved over the financial years' 2017-2018 to 2021-2022.

Although the Research Grant remained unavailable in 2021-2022 the Board is planning to relaunch this fund for the application of members in the charity's 50th anniversary year.

FINANCIAL REVIEW (continued)

Reserves

The trustees have reviewed the level of free reserves, which are unrestricted funds not invested in fixed assets held by the charity. They are satisfied that the level of reserves is adequate to comfortably cover six months expected operating costs if needed.

At the end of the financial year the amount of reserves was £1,616,861 (2021: £918,326). At the same date there were no designated funds.

Funding

The trustee directors are satisfied that the charity's assets are adequate to fulfil its obligations. The main source of funding continues to be annual subscriptions from members. Accreditation fees are also charged to those members who apply for this recognition. Membership subscriptions may be increased with membership approval to meet the costs of additional or expanded member services or to support planned future activity. The trustee directors carefully consider what level of subscriptions and fees members will accept without withdrawing from membership. The charity has exceeded a 92 per cent renewal rate for the last 11 years and more new members join each year than are required to cover organisational costs though costs are ever increasing due to extending the membership offer and inflationary pressures.

Accreditation fees are charged at rates to ensure the overall cost of providing accreditation services is comfortably covered. The trustees review these costs and can adjust these fees accordingly. Registration fees are taken over the period to permit recognition of CBT Register (UK) for low intensity workers for the first time.

Selling of advertising through the Association's media is another supplementary revenue stream. The trustees are seeking to increase the availability of robust and sustainable income streams that are in keeping with the objects of the organisation through launching appropriate forms of accreditation or registration to CBT Register (UK), special advertising supplements and advertising through the internet and social media.

Public benefit

The trustees are confident that the charity offers services of real and practical use to the local and national population and therefore complies with the responsibility placed on all charities under the Charities Act 2011 to demonstrate a public benefit.

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with the United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law), including FRS 102 the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland. The financial statements are required by law to give a true and fair view of the state of affairs of the company and of the surplus or deficit arising for the period. In preparing those financial statements, the trustees should follow best practice and are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP and FRS 102;
- make judgements and estimates that are reasonable and prudent;
- state whether United Kingdom applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and which enable them to ensure that the financial statements comply with the Companies Act 2006 and regulations thereunder. They are also responsible for safeguarding the assets of the company and for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

STATEMENT AS TO DISCLOSURE OF INFORMATION TO AUDITORS

So far as the trustees are aware, there is no relevant audit information (as defined by Section 418 of the Companies Act 2006) of which the company's auditors are unaware and each trustee has taken all the steps that they ought to have taken as a trustee in order to make them aware of any relevant audit information and to establish that the company's auditors are aware of that information.

AUDITORS

The auditors, Ainsworths Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

SMALL COMPANY EXEMPTION

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

CHARITY REQUIREMENTS

This report has been prepared in accordance with the requirements set down by the Charities SORP (FRS 102).

ON BEHALF OF THE TRUSTEE DIRECTORS

Director/Trustee J MCKENNA

Dated: 5th December 2022

Director/Trustee A J BECK

Dated: 5th December 2022

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES (A COMPANY LIMITED BY GUARANTEE)

Opinion

We have audited the financial statements of the British Association for Behavioural and Cognitive Psychotherapies (the charitable company) for the year ended 30th April 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30th April 2022 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other information
The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006
In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees, which includes the Directors' Report, prepared for the purposes of company law for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report included within the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us, or
- the financial statements are not in agreement with the accounting records and returns, or
- we have not received all the information and explanations we require for our audit, or
- certain disclosures of trustees' remuneration specified by law are not made, or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption from the requirement to prepare a Strategic Report.

Responsibilities of trustees
As explained more fully in the Statement of Trustees' Responsibilities set out on page 13, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements
Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Identifying and assessing potential risks related to irregularities
In identifying and assessing risks of material misstatement in respect of irregularities, we considered the following:

- the nature of the industry and sector, control environment and business performance;
- results of our enquiries of management about their own identification and assessment of the risks of irregularities;
- any matters we identified having made enquiries of management about their policies and procedures relating to:
  - identifying, evaluating and complying with laws and regulations and whether they were aware of any instances of non-compliance;
  - detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud;
  - the internal controls established to mitigate risks of fraud or non-compliance with laws and regulations;
- the matters discussed among the audit engagement team regarding how and where fraud might occur in the financial statements and any potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the organisation for fraud. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.

Our responsibilities for the audit of the financial statements (continued)
We also obtained an understanding of the legal and regulatory frameworks that the company operates in, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the UK Companies Act and local tax legislation.

In addition, we considered provisions of other laws and regulations that do not have a direct effect on the financial statements, but compliance with which may be fundamental to the company's ability to operate.

Audit response to risks identified
As a result of performing the above our procedures to respond to the risks identified included the following:

- reviewing the financial statements disclosure and testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- enquiring of management about actual and potential litigation and claims;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risk of material misstatement due to fraud;
- in addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments; assessing whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluating the business rationale of any significant transactions that are unusual or outside the normal course of business.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES (A COMPANY LIMITED BY GUARANTEE)

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in the Auditor's Report and for no other purpose, To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Michael Heys

Michael Heys (Senior Statutory Auditor)
for and on behalf of Ainsworths Limited
Chartered Accountants
and Statutory Auditors
Charter House
Stansfield Street
Nelson
Lancashire
BB9 9XY

Dated: 6th February 2023

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES
(A COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)
for the year ended 30th April 2022

	Notes	2022 £	2021 £
INCOME:			
Income from charitable activities:			
Membership subscriptions		**1,128,946**	990,255
Accreditations		**872,332**	681,023
Branch events and workshop bookings		**86,301**	1,284
Other income from charitable activities	2	**56,561**	84,562
Income from trading activities:			
Activities for generating funds	3	**100,625**	55,664
		2,244,765	1,812,788
Investment income		**2,549**	2,061
Other incoming resources		**414**	1,538
TOTAL INCOMING RESOURCES		**2,247,728**	1,816,387
EXPENDITURE:			
Costs of raising funds	4	**81,291**	75,115
Expenditure on charitable activities	5	**1,466,948**	1,368,957
TOTAL RESOURCES EXPENDED		**1,548,239**	1,444,072
NET INCOME/(EXPENDITURE)	6	**699,489**	372,315
OTHER RECOGNISED GAINS/(LOSSES)			
Unrealised (loss)/gain on revaluation of investment assets		**(954)**	16,884
NET MOVEMENT IN FUNDS		**698,535**	389,199

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

All income and expenditure derives from continuing activities and is of an unrestricted nature.

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES (A COMPANY LIMITED BY GUARANTEE) (COMPANY NUMBER 04839948)

BALANCE SHEET as at 30th April 2022

	Notes	2022		2021	
		£	£	£	£
FIXED ASSETS					
Intangible fixed assets	9		**37,759**		67,299
Tangible fixed assets	10		**16,251**		17,194
Investments	11		**89,872**		90,826
			143,882		175,319
CURRENT ASSETS					
Debtors and prepayments	12	**198,562**		184,224	
Cash at bank and in hand		**2,335,913**		1,562,214	
		2,534,475		1,746,438	
LIABILITIES					
Creditors falling due within one year	13	**1,061,496**		1,003,431	
NET CURRENT ASSETS/(LIABILITIES)			**1,472,979**		743,007
TOTAL ASSETS LESS CURRENT LIABILITIES			**1,616,861**		918,326
CREDITORS					
Amounts falling due after more than one year			**-**		-
NET ASSETS			**1,616,861**		918,326
THE FUNDS OF THE CHARITY					
Unrestricted income funds:					
Designated	14		**-**		-
General	15		**1,616,861**		918,326
TOTAL CHARITY FUNDS	15		**1,616,861**		918,326

The trustees have prepared the financial statements in accordance with Section 398 of the Companies Act 2006 and Section 138 of the Charities Act 2011. Furthermore, these financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard 102 (effective 1st January 2015).

The financial statements were approved by the Board of Trustees on the 5th of December 2022.

Signed on behalf of the Board of Trustees

Director/Trustee J MCKENNA

Director/Trustee A J BECK

The notes on pages 22 to 33 form part of these accounts.

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES
(A COMPANY LIMITED BY GUARANTEE) (COMPANY NUMBER 04839948)

CASH FLOW STATEMENT
for the year ended 30th April 2022

	Notes	2022	2021
		£	£
Cash flows from charitable activities			
Cash generated from activities	1	**779,520**	520,577
Bank interest received		**2,549**	2,061
Net cash from charitable activities		**782,069**	522,638
Cash flows from investing activities			
Purchase of tangible fixed assets		**(8,370)**	(16,439)
Net cash from investing activities		**(8,370)**	(16,439)
Increase/(Decrease) in cash and cash equivalents		**773,699**	506,199
Cash and cash equivalents at beginning of year	2	**1,562,214**	1,056,015
Cash and cash equivalents at end of year	2	**2,335,913**	1,562,214

BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES (A COMPANY LIMITED BY GUARANTEE) (COMPANY NUMBER 04839948)

CASH FLOW STATEMENT NOTES
for the year ended 30th April 2022

1. RECONCILIATION OF SURPLUS/(DEFICIT) TO CASH GENERATED FROM ACTIVITIES

	2022	2021
	£	£
Surplus/(Deficit) for the year	**698,535**	389,199
Depreciation charges	**38,853**	35,869
Loss on disposal of fixed assets	**-**	-
Bank interest received	**(2,549)**	(2,061)
Decrease/(Increase) in value of investments	**954**	(16,884)
	735,793	406,123
(Increase)/Decrease in trade and other debtors	**(14,338)**	(44,251)
Increase/(Decrease) in trade and other creditors	**58,065**	158,705
Cash generated from charitable activities	**779,520**	520,577

2. CASH AND CASH EQUIVALENTS

The amounts disclosed on the Cash Flow Statement in respect of cash and cash equivalents are in respect of these Balance Sheet amounts:

Year ended 30th April 2022

	30.04.22	01.05.21
	£	£
Cash and cash equivalents	**2,335,913**	1,562,214

Year ended 30th April 2021

	30.04.21	01.05.20
	£	£
Cash and cash equivalents	**1,562,214**	1,056,015

1. ACCOUNTING POLICIES

Company information
The British Association for Behavioural and Cognitive Psychotherapies is a charitable company limited by guarantee, incorporated in England and Wales. The Company number and registered office can be found in the Trustees report.

Basis of preparing the financial statements
The financial statements have been prepared in accordance with applicable accounting standards.

The financial statements have been prepared on a going concern basis which assumes that the company will be able to meet its liabilities as they fall due. Although these financial statements cover a period which has included Covid-19 (Coronavirus) lockdowns the company has still generated a profit and the trustees are confident in the current and future operating performance of the charity. However, there is an uncertainty in respect of any future Covid-19 (Coronavirus) lockdowns and whether the government will continue to provide any ongoing support. Despite the uncertainty the trustees have concluded that the charity will continue to be a going concern for the foreseeable future, being a period of more than twelve months following the approval of these financial statements.

As a consequence the financial statements continue to be prepared on a going concern basis.

Accounting convention
The financial statements have been prepared under the historical cost convention, and in accordance with 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 United Kingdom and Republic of Ireland (FRS 102) (effective 1st January 2015) ~ (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Companies Act 2006 and the Charities Act 2011.

The British Association for Behavioural and Cognitive Psychotherapies meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

Incoming resources
All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income is the amount derived from ordinary activities and is stated after trade discounts, other sales taxes and net of Value Added Tax.

Membership subscriptions and accreditations are accounted for when due. All such income is deferred when it is received in advance of the period to which it relates.

All other income is recognised on an accruals basis, with income relating to events after the year end being deferred.

1. ACCOUNTING POLICIES (continued)

Resources expended
Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include audit fees and costs linked to the strategic management and administration of the charity.

All support costs are allocated between the activity expenditure categories on a basis designed to reflect the use of the resource. Support costs are apportioned on an appropriate basis e.g. time spent, floor areas, or estimated usage.

Grants Payable
Each year the charity makes grants for research to be carried out into behavioural and cognitive psychotherapies. Any liability is only recognised when an obligation arises.

Branch transactions
Branch transactions are included in full in the financial statements.

Intangible fixed assets and amortisation
Intangible fixed assets represent expenditure developing the website and membership database. Amortisation is provided so as to write off the cost of the asset, less its estimated residual value, over its expected useful life of as follows:

Website	3 years	straight line basis
Membership database	50%	reducing balance basis

Assets under construction are only depreciated when they become operational.

Tangible fixed assets and depreciation
All tangible fixed assets are capitalised at cost. Depreciation is provided so as to write off the cost of an asset, less its estimated residual value, over its expected useful life as follows:

Office equipment	15%	reducing balance basis
Computer equipment	50%	reducing balance basis

Investments
Investments are stated at market value at the balance sheet date. The Statement of Financial Activities includes the net gains and losses arising on any revaluations or disposals throughout the year.

1. ACCOUNTING POLICIES (continued)

Taxation
The company is a registered charity and is therefore exempt from Income Tax and Corporation Tax under the provisions of Section 505(1) of the Income and Corporation Taxes Act 1988.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustee directors.

Designated funds are unrestricted funds which have been designated for specific purposes by the trustee directors.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pensions costs and other post-retirement benefits
The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. Contributions payable for the year are charged in the Statement of Financial Activities.

Operating leases
Rentals payable under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

Debtors
Short term debtors are measured at transaction price, less any impairment.

Creditors
Short term creditors are measured at transaction price.

Significant judgements and accounting estimates
The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the Balance Sheet date and the amounts reported for revenue and expenses during the year. However, the nature of estimation means that actual outcomes could differ from these estimates.

The main area of estimation is in respect of accruals and the useful lives of fixed assets. The depreciation rates used can be identified in the fixed asset accounting policy above.

2. OTHER INCOME FROM CHARITABLE ACTIVITIES

	2022	2021
	£	£
National conference/Workshop event surpluses/(deficits)	**56,561**	84,562
Other	**-**	-
	56,561	84,562

3. INCOME FROM ACTIVITIES FOR GENERATING FUNDS

	2022	2021
	£	£
Advertising, flyers and inserts	**100,088**	54,988
Professional services rendered	**537**	676
	100,625	55,664

4. SUPPORT COSTS

The association allocates its support costs on a basis consistent with the use of resources, as shown in the table below.

	Costs of raising funds	Charitable activities	Governance costs	2022 TOTAL	2021 TOTAL
	£	£	£	£	£
Travel, accommodation and subsistence	-	10,025	1,640	**11,665**	(318)
Printing and publishing	-	68,700	-	**68,700**	48,073
Hire charges	53	1,010	-	**1,063**	1,488
Staff costs (see note 7)	50,408	957,760	-	**1,008,168**	928,192
Stationery	4	79	-	**83**	642
Postage and distribution	2,306	43,808	-	**46,114**	40,095
Rent	2,151	40,861	-	**43,012**	82,651
Insurance	659	12,528	-	**13,187**	8,233
Audit fees	-	-	5,500	**5,500**	5,500
Accountancy services	-	3,053	-	**3,053**	4,474
Repairs and renewals	3,642	69,205	-	**72,847**	80,302
Software/computer supplies	2,872	54,570	-	**57,442**	33,020
Telephone	1,595	30,303	-	**31,898**	28,589
Bank charges	2,365	21,283	-	**23,648**	13,714
Bad and doubtful debts	-	-	-	**-**	-
Amortisation	14,770	14,770	-	**29,540**	26,200
Depreciation	466	8,847	-	**9,313**	9,669
Loss on disposal	-	-	-	**-**	-
TOTAL SUPPORT COSTS	**81,291**	**1,336,802**	**7,140**	**1,425,233**	1,310,524

5. EXPENDITURE ON CHARITABLE ACTIVITIES

	2022	2021
	£	£
Grants payable	-	-
Event costs	**17,607**	6,671
Publicity	-	-
Professional fees	**68,112**	89,202
Legal fees	**20,592**	25,192
Support costs (see note 4)	**1,336,802**	1,229,909
Governance costs (see note 4)	**7,140**	5,500
Sundry expenses	**16,695**	12,483
	1,466,948	1,368,957

6. NET INCOME FOR THE YEAR

The income for the year is stated after charging:

	2022	2021
	£	£
Auditors' remuneration:		
Audit services	**5,500**	5,500
Non-audit services	**3,053**	4,474
Amortisation of intangible fixed assets	**29,540**	26,200
Depreciation of owned tangible assets	**9,313**	9,669
Loss on disposal of owned tangible assets	-	-
Pension costs	**90,538**	83,483

7. STAFF COSTS

Staff costs during the year were as follows:

	2022	2021
	£	£
Wages and salaries	**840,558**	757,482
Social security	**77,072**	67,227
Pensions	**90,538**	83,483
Agency staff costs	**-**	20,000
	1,008,168	928,192

The average number of staff employed by the charity (including trustee directors but excluding agency staff) during the year was:

	2022	2021
	Number	Number
Trustee directors	**10**	10
Provision of charitable services	**28**	26
	38	36

The emoluments of one member of staff, including benefits in kind, was within the range £60,000 to £69,999 (2021: One within the range £60,000 - £69,999), not including retirement benefits which are accruing under a defined benefit scheme.

The emoluments of one member of staff, including benefits in kind, was within the range £70,000 to £79,999 (2021: None within the range £70,000 - £79,999), not including retirement benefits which are accruing under a defined benefit scheme.

The key management personnel of the charity comprise the trustee directors, the company secretary and the finance manager. The total remuneration of key management personnel during the year was £135,088 (2021: £123,192).

8. TRUSTEE DIRECTORS AND CONNECTED PERSONS

No trustee director received any remuneration in the year, directly or indirectly, from the charitable company.

The charity reimbursed travel expenses incurred by 8 (2021: 0) trustee directors during the year amounting to £2,533 (2021: £Nil).

9. INTANGIBLE FIXED ASSETS

	Website and portal costs £	Membership database £	TOTAL £
Cost:			
At 1st May 2021	110,134	115,818	225,952
At 30th April 2022	**110,134**	**115,818**	**225,952**
Depreciation:			
At 1st May 2021	52,592	106,061	158,653
Charge for the year	24,661	4,879	29,540
At 30th April 2022	**77,253**	**110,940**	**188,193**
Net book value at 30th April 2022	**32,881**	**4,878**	**37,759**
Net book value at 30th April 2021	57,542	9,757	67,299

10. TANGIBLE FIXED ASSETS

	Office equipment £	Computer equipment £	TOTAL £
Cost:			
At 1st May 2021	7,848	73,642	81,490
Additions	800	7,570	8,370
At 30th April 2022	**8,648**	**81,212**	**89,860**
Depreciation:			
At 1st May 2021	3,743	60,553	64,296
Charge for the year	648	8,665	9,313
At 30th April 2022	**4,391**	**69,218**	**73,609**
Net book value at 30th April 2022	**4,257**	**11,994**	**16,251**
Net book value at 30th April 2021	4,105	13,089	17,194

11. INVESTMENTS

	2022	2021
	£	£
Valuation brought forward at 1st May 2021	**90,826**	73,942
Net (loss)/gain/ on revaluation	**(954)**	16,884
Valuation carried forward at 30th April 2022	**89,872**	90,826

The investment is in a UK open ended investment company, held to provide an investment return for the charity.

12. DEBTORS

	2022	2021
	£	£
Trade debtors	**97,419**	75,254
Other debtors	**5,332**	11,070
Prepayments and accrued income	**95,811**	97,900
	198,562	184,224

13. CREDITORS: Amounts falling due within one year

	2022	2021
	£	£
Trade creditors	**34,408**	26,372
Accruals	**45,205**	55,261
Deferred income	**928,307**	878,531
Social security and other taxes	**38,060**	28,069
Other creditors	**15,516**	15,198
	1,061,496	1,003,431

The movement in deferred income is analysed as follows:

	2022	2021
	£	£
Deferred income brought forward	**878,531**	744,698
Amounts released from previous years	**(878,531)**	(744,698)
Income received this year deferred to later years	**928,307**	878,531
Deferred income carried forward	**928,307**	878,531

Deferred income relates to subscriptions and accreditations relating to post year end periods as well as branch events and workshops that were invoiced for but had not yet taken place at the year end.

14. DESIGNATED FUNDS

	Research fund	Branch funds	TOTAL
	£	£	£
At 1st May 2021	-	-	-
Incoming resources	69,419	141,319	**210,738**
Resources expended	-	(25,339)	**(25,339)**
Transfers between funds	(69,419)	(115,980)	**(185,399)**
At 30th April 2022	-	-	-

Name of fund	Description, nature and purposes of the fund
Research fund:	Established for the provision of grants to third parties to carry out research relevant to the objectives of the Association. In 2019 the Board decided to withdraw the Research Fund and resolved that this fund effectively represented free reserves and be classified as such.
Branch funds:	This represents the surplus of income over expenditure arising from branch events held. It represents free reserves and is effectively classified as such.

15. UNRESTRICTED FUNDS

	Designated funds	General fund	TOTAL
	£	£	£
Funds at 1st May 2021	-	918,326	**918,326**
Incoming resources	210,738	2,036,990	**2,247,728**
Resources expended	(25,339)	(1,522,900)	**(1,548,239)**
Profit/(Loss) on revaluation of investment assets	-	(954)	**(954)**
Transfers between funds	(185,399)	185,399	-
Funds at 30th April 2022	-	1,616,861	**1,616,861**

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Designated funds	General fund	TOTAL
	£	£	£
Fixed assets	-	143,882	**143,882**
Current assets	-	2,534,475	**2,534,475**
Creditors falling due within one year	-	(1,061,496)	**(1,061,496)**
	-	1,616,861	**1,616,861**

17. THE FUNDS OF THE CHARITY

	2022
	£
At 1st May 2021	918,326
Surplus for the year	698,535
At 30th April 2022	**1,616,861**

18. OPERATING LEASE COMMITMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2022		2021	
	Land and buildings	Other	Land and buildings	Other
	£	£	£	£
Expiring:				
Within one year	31,992	-	29,076	1,488
Between two and five years	-	-	-	970
	31,992	-	29,076	2,458

19. OTHER COMMITMENTS

As at 30th April 2022 the Association was committed to pay grant awards totalling £Nil (2021: £Nil) in respect of research activities being carried out by third parties. All such grant awards will be met from the Educational Activities fund, a designated fund established for this specific purpose.

20. POST BALANCE SHEET EVENTS

There have been no significant events affecting the financial statements since the balance sheet date.

21. TRANSACTIONS WITH TRUSTEE DIRECTORS

No trustee director or other related party was a party to any transaction with the trustee directors during the year except as disclosed in note 8 on page 29.

22. CONTROLLING RELATED PARTY

The trustee directors are the controlling related party by virtue of their office in the Company.

23. COMPANY LIMITED BY GUARANTEE

The company is limited by guarantee and does not have a share capital. The liability of each member by way of their guarantee to the company is to contribute a sum not exceeding £10 to the assets of the company if so required on the winding up of the company.

At 30th April 2022 there were 16,243 (2021: 14,274) members.

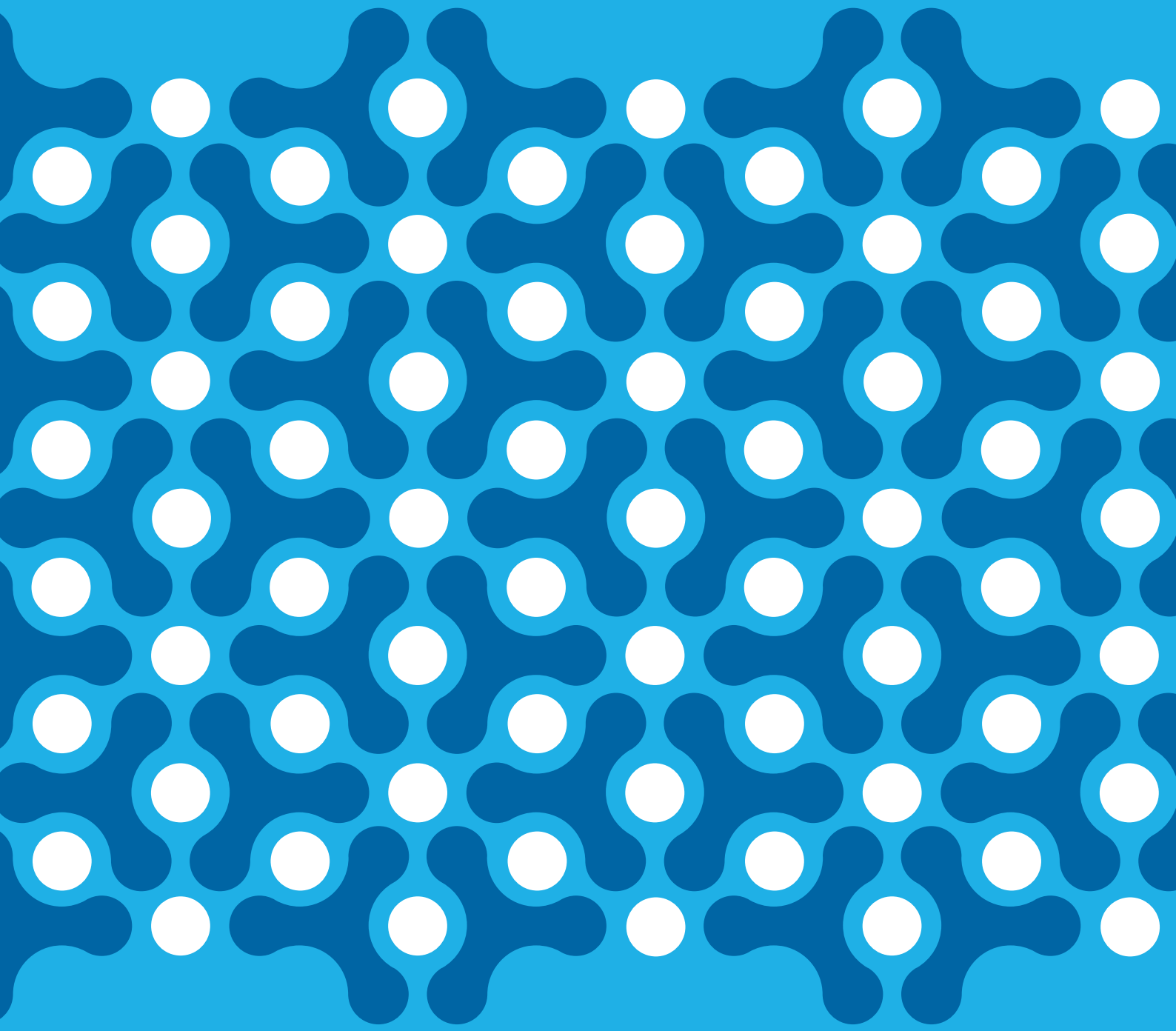
BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE PSYCHOTHERAPIES

England & Wales - Charity number 1098704

Accounts

BABCP

www.babcp.com



Annual Report

2020-21

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President's Report

For the year ended 30 April 2021

We are still struggling through the pandemic and I hope that despite that it is safe for us to start getting together in person at BABCP events by the time you read this. The conference team has worked really hard to plan our joint event with the EABCT in Belfast in September and although we have made sure that a conference that blends in the room presentations with opportunities for remote access is possible it would be great to see so many people in person again.

I hope you have found that BABCP has been a help at this difficult time and that the resources, CPD and support we offer has continued or improved over the past year. I know the office team have worked really hard to make sure that as an organisation we are doing our best for you but if we could do better let us know. One of the most effective ways to do this is through your Special Interest Groups (SIGs) and branches which remain really important ways for members to communicate with and shape the organisation. We have really benefited from the input of a lot of these member networks this year and listening to members voices is the best way we can be sure that as an organisation we continue to represent your views and interests.

The biggest change to the organisation this year has been developing the registration route for Low Intensity practitioners. Though this will mainly be for PWPs and Low Intensity CAMHS staff in England we hope that over time we will support the further development of these roles in Scotland, Wales and across Ireland so that we can continue to advocate for this important part of the mental health workforce.

We have also just appointed a Policy Development Officer to help our work across the UK and Ireland. This key new role will make sure that we have a good understanding of the specific policies driving the development of CBT and Low Intensity work there and also be able to advocate for developing services in those countries.

A lot of our office staff have been busy getting BABCP ready for accreditation by the Professional Standards Agency. This work has been really helpful as it has made sure that the way we operate has come under more scrutiny than usual and this has provided us with impetus to improve things in line with what the PSA considers to be good practice. Good governance in an organisation our size is one of those things that if it is working well you barely notice but it makes sure that we are able to do the right thing at challenging times.

You will also see in this report that we continue to work towards doing better around Equality,

Diversity and Inclusion. We have had the benefit of an outside organisation looking at how we do things and making suggestions for improvement. We have had the benefit of SIGs that continue to make sure we think about this topic and keep working towards improving things in this regard.

I would like to thank all of our staff and volunteers on our many standing committees, the Board, SIGs and branches for continuing to make sure that we are as good an organisation as we can be to support our members in their crucial work in providing good quality, evidence-based treatments for people with mental health problems. Carol Brady ends her term as Honorary Secretary this year and I wanted to thank her for the clarity and thoughtfulness she has brought to that role and the way that she has prioritised support for members and staff during this tough period.

Lastly I wanted to recognise the fantastic work of Paul Salkovskis, who continues to lead on our Journals but who is now ending his year as Past President after two years as President. It is fair to say that my year as President has been spent keeping the organisation heading in the direction he set for us in terms of Low Intensity registration, Equality, Diversity and Inclusion, and being an organisation that really represents member voices and the best interests of service users. Thanks Paul on behalf of all us and thanks to you as members for making this an organisation it is a real honour to be a part of.

Andrew Beck
July 2021



Annual General Meeting Notice

BABCP Annual General Meeting; online and in person, at the International Conference Centre, 2 Lanyon Place, Belfast, BT1 3WH

Thursday 9 September 2021 at 1.45pm

AGENDA

Introduction

1. **Apologies for Absence**

2. **Ordinary Resolution to approve meeting minutes of the 2021 Annual General Meeting**

3. **Annual Reports 2020-2021 including:**

   a. President
   b. Committee Chairs and Trustees
   c. Honorary Treasurer
   d. Member Questions to the Board

Ordinary Resolutions

4. **Approve the Financial Statements 2020-2021**

5. **Approve the Appointment of Auditors**

   The Board propose Ainsworths Limited are appointed as Auditors for the financial year ending 30 April 2022.

6. **Approve Membership Subscriptions 2021-2022**

   The Board propose rates of annual membership subscriptions to apply from 1 October 2021 to 30 September 2022 remain unaltered. The recommendations of the Board are found on page 10.

7. **Approve Honorary Fellows**

   There are no Board recommendations for Honorary Fellowship awards.

Special Resolutions

8. **Special Resolutions to Amend the Articles of Association of BABCP**

   There are no special resolutions for consideration at this meeting.

Notifications

9. **Election of Board Members for 2021**

   - President Elect (four-year term)
   - Honorary Treasurer (three-year term)
   - Honorary Secretary (two-year term)
   - Two Elected Members (three-year term)

Announcements

10. **AGM Member Voting Results**

    Results concerning items 2,4,5 and 6

11. **2022 General Meeting**

    London, July 2022

FURTHER INFORMATION

AGENDA ITEM 6: MEMBERSHIP SUBSCRIPTIONS 2021-2022

PROPOSAL

The BABCP Board is proposing to the AGM on 9 September 2021 no increase in membership subscriptions for 2021/22.

The Board of Directors (Trustees) will propose the following rates of membership subscriptions remain from 1 October 2021 to 30 September 2022.

	Annual Payment	
	UK & Ireland	Overseas
Ordinary Member Rate	£82.00	£91.00
Ordinary Member Reduced Rate	£48.50	£57.50
Associate Member Rate	£22.50	£31.00
Student Member Rate	£28.00	£37.00

Minutes of the Annual General Meeting

Tuesday 15 September 2020 – 5.30 pm-6.30 pm – Via remote access

In attendance:

Trustees – Chair, Andrew Beck, President Elect (West Yorkshire), Paul Salkovskis, President (Bath), Jacqueline McKenna, Honorary Treasurer (Ireland), Carol Brady, Honorary Secretary (Newark), Michelle Brooks-Ucheaga (Derbyshire), Peter A Elliott (Isle of Wight), Sean Harper (Edinburgh), Colin Blowers (Brighton), Colin Hughes (Ireland), Thomas Reeves (Durham)

Ordinary Members - Adele Marston (Tyne & Wear), Ailsa Russell (Bath), Alastair Roberts (London), Aly Salem Elshiekh (Egypt), Andrew Websdale (East Riding of Yorkshire), Ann Gledhill (Devon), Barry Twigg (Buckinghampshire), Bhavna Sennik (Greater London), Bill Davidson (East Yorkshire), Blake Stobie (Greater London), Catherine McMaster (Glasgow), Charlotte Davies (Essex), Christopher Huthins-Joss (Hampshire), Christopher Williams (West Dunbartonshire), Daniela Maroni (London), David Clark (Oxford), David Veale (Greater London), Debbie Williams (Bristol), Debby Monkhouse (Dorset), Elizabeth Brewer (Greater London),Eric Cargill (North Yorkshire), Hayley Keeble (Somerset), Howard Lomas (Outer Hebrides), Isaac Marks (Greater London), Jane Muston (Cardiff), Jasmin Patel (Wembley), Jennifer Wainman (Greater London), Jenny Palmer (Barking), Joseph Croft (London), Katherine Newman Taylor (Hampshire), Katherine Simons (West Midlands), Katrina Williams (Milford Haven) Katy Grazebrook (Dartford), Kenneth Curley (County Cork), Kevin Noon (South Lanarkshire), Krish Nath (Kent), Lambton Phillips (West Yorkshire), Lee Grant (East Sussex), Leila Lawton (Kent), Linda Brownbridge (Lincolnshire), Lovemore Masiane (West Midlands), Malcolm Toyer (Hampshire), Maria Barquin (Cambridge), Mark Latham (Northumberland), Navya Anand (London), Pamela Myles-Hooton (Tyne & Wear), Parissa Sextone (Greater London), Patricia Murphy (Kent), Paul McDonnell (Tyne & Wear), Richard Alliston (Surrey), Richard Thwaites (Carlisle), Rob Newell (Devon), Rod Holland (Greater London), Saiqa Naz (Rochdale), Sarah Corrie (Surrey), Shauna Mullan (County Tyrone), Shirley Reynolds (Norfolk), Sindhu Santhosh (Worcester), Steve Flatt (Merseyside), Susan Stevens (Surrey), Tafara Kunorobwe (Berkshire), Tanya Thompson (London), Terrie Lofthouse (Lancashire), Toby Chelms (West Yorkshire), Yvonne Luk (Hong Kong),

Total in attendance, 75.

Signed: .....
President

Dated: .....

Present:

Ross White (Chief Executive Officer),
Sandra Wolfson (Minute Secretary),
Michelle Harwood (Finance and IT Manager),
Michelle Livesey (Membership Services Manager), Peter Elliott (Communications Officer),
Lucy Maddox (Senior Clinical Advisor),
Helen Macdonald (Chief Accreditation Officer),
Phil McDougall (I T Officer), Graham Williams (UK Engage), Stuart Whittaker (UK Engage)

Signed: .....
Trustee

Dated: .....

1 Apologies for absence:

George Dimitrov

2 Minutes of the Annual General Meeting (AGM) held on 4 September 2019

The President Elect proposed the minutes of the Annual General Meeting held on 4 September 2019 were approved as a true record of the proceedings (Resolution 1). **Approved**

3 Matters arising from the 2019 Annual General Meeting minutes

None

4 Approval of Financial Statements 2019 - 2020

Treasurer's Report

The Honorary Treasurer presented the audited accounts up to 30 April 2020. It was stated that the financial review of the organisation is available on page 15 of the Annual Report and Financial Statements on page 40.

The Honorary Treasurer proposed the financial statements were approved as a true and accurate reflection of BABCP financial activity over 2020 (Resolution 2).

The Honorary Treasurer expressed thanks to the Finance Manager for producing this report.

5 Appointment of Auditors

The Honorary Treasurer proposed that Ainsworth's Accountants remain as BABCP auditors for the financial year ending 30 April 2021 (Resolution 3). **Approved**

6 Approval of Membership Subscriptions 2020 – 2021

The Board propose rates of membership subscriptions to apply from 1 October 2020 to 30 September 2021 remain unaltered (Resolution 4). **Approved**

7 Honorary Fellows

The Board proposed the following members receive an Honorary Fellowship award.

a. Pamela Myles-Hooton (Resolution 5)
b. William Davidson (Resolution6)

Further information concerning these recommendations are found on page 10 of the Annual Report. **Approved**

It was noted that Dr Gillian Todd was confirmed as a BABCP Fellow at the most recent Board meeting. The President elect offered congratulations to Dr Todd.

8 Special Resolutions to Amend the Articles of Association of BABCP

a. Amendment to Article 12 *(Special Resolution 7)*

The Board propose the following amendment -

Delete, *"In the event members are unable to attend General Meetings of the Association, members shall be entitled to cast their votes on proposals put to the vote of the Association's membership at General Meetings, by advance postal and/or electronic means, in accordance with the procedures*

for such voting as specified by the Board of Directors and notified to members in advance of such General Meetings."

Insert, *"In the event members are unable to attend General Meetings of the Association, members shall be entitled to cast their votes on proposals put to the vote of the Association's membership at General Meetings, by advance postal and/or electronic means, and at the time of the meeting by other means in accordance with the procedures for such voting as specified by the Board of Directors and notified to members in advance of such General Meetings.".* **Approved**

b. Amendment to Article 14 (Special Resolution 8)

The Board propose the following amendment –

Delete, *"The General Meetings shall be held at such times and places as the Board of Directors shall appoint."*

Insert, *"The General Meetings shall be held at such times, places and environments as the Board of Directors shall appoint, including by remote access and where this may supplement or replace General Meetings held in a place".* **Approved**

9 Election of Board Members for 2020 – 2021

The President Elect announced the following results from nominations submitted to join the Board.

- Honorary Secretary (three-year term) – Dr Carol Brady
- Two Elected Members (three-year term) Michelle Brooks-Ucheaga and Peter Elliott
- One Co-opted Elected Member (one-year term) – Dr Sean Harper

10 Annual Reports 2019 – 2020 including:

a. President Report

The President Elect invited questions and comments concerning the President's Report found on page 4 of the Annual Report 2021 following presentation of reports.

b. Committee Chairs and Trustees Reports

The President Elect invited questions and comments concerning Standing Committee reports beginning on page 21 of the Annual Report 2021 following presentation of reports.

c. Honorary Treasurer Report

The Honorary Treasurer presented the financial statements within the Annual Report 2020.

Questions and comments were invited.

d. Member Questions

The following member questions were provided in advance or during the AGM for Trustee response.

Q. Howard Lomas asked if the savings on travel over the last 6 months could be used to bring back the Research Committee.

A. The President Elect replied that this would be looked at again at the next Board meeting.

Q. Mark Latham asked, how much did the new website cost? And secondly does the new website have any less functionality than was originally hoped for?

A. The Honorary Secretary invited the Finance and IT Manager to respond. The Finance and I T Manager stated the investment in the website exceeded budget, though this is largely because of a change in supporting specification.

Q. Mark Latham asked does the new website have any less functionality than was originally hoped for?

A. The Honorary Secretary invited the Finance and IT Manager to respond. The website does not yet have the functionality required. It is hoped this will be improved soonest to help better manage back-office requirements and to improve the user experience. BABCP has outsourced much of the development work to take advantage of expertise external to BABCP.

Q. Saiqa Naz questioned what can BABCP do about racism in the workplace?

A. The President Elect replied that BABCP must respond to issues as this as an organisation, with an organisational response. This will be more effective than individual responses.

11 Announcements

The President Elect was announced that the BABCP Engagement and Inclusion Award for 2020 was awarded to Patricia Murphy and offered Patricia congratulations on behalf of the Board.

12 Notice of Member Voting Results

The President Elect confirmed the following turnout of votes for this meeting.

Ordinary Resolution 1 – 193 for, 1 against, 12 abstain
Ordinary Resolution 2 – 191 for, 3 against, 12 abstain
Ordinary Resolution 3 – 189 for, 5 against, 12 abstain
Ordinary Resolution 4 – 199 for, 6 against, 1 abstain
Ordinary Resolution 5 – 188 for, 5 against, 13 abstain
Ordinary Resolution 6 – 184 for, 4 against, 18 abstain
Special Resolution 7 – 200 for, 1 against, 5 abstain
Special Resolution 8 – 200 for, 1 against, 5 abstain

The President Elect offered congratulations to Pamela Myles-Hooton and William Davidson on confirmation of their award as Honorary Fellows of BABCP.

13 Next Annual General Meeting

The President Elect announced the next AGM is planned for Belfast in 2021.

Meeting ends 6.30pm.

Financial Statements

For the year ended 30 April 2021

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Trustees and Officers

For the year ended 30 April 2021

Trustee Directors

The membership of the Board during the year is set out below. All served on the Board throughout the year except as otherwise stated. The company has no share capital and there were therefore no director interests.

Andrew Beck	(Appointed 4 September 2019, President from 1 July 2020)
Paul Salkovskis	(Appointed 27 July 2017, President from 19 July 2018 to 1 July 2020)
Kate Davidson	(Honorary Secretary, appointed 1 August 2013 to 1 July 2020)
Jacqui McKenna	(Honorary Treasurer, appointed 19 July 2018)
Brenda Davis	(Appointed 24 July 2014 to 1 July 2020)
Colin Blowers	(Appointed 16 June 2016)
Rita Woo	(Appointed 27 July 2017 to 1 July 2020)
Carol Brady	(Appointed 19 July 2018, Honorary Secretary from 1 July 2020)
Colin Hughes	(Appointed 19 July 2018)
Tom Reeves	(Appointed 4 September 2019)
Peter Elliott	(Appointed 1 July 2020)
Sean Harper	(Appointed 1 July 2020)

Treasurer
Jacqui McKenna

Key management personnel
Ross White .....Chief Executive Officer
Michelle Harwood .....Finance & IT Manager
Lucy Maddox .....Senior Clinical Advisor
Michelle Livesey .....Membership Services Manager
Helen Macdonald .....Chief Accreditaion Officer & Registrar

Registered company number
04839948

Registered charity number
1098704

Registered office
Minerva House
Hornby Street
Bury
BL9 5BN

Bankers
Yorkshire and Clydesdale Bank
40 Church Street
Blackburn BB1 5AW

Solicitors
Bates Wells
10 Queen Street Place
London
EC4R 1BE

Auditors
Ainsworths Limited
Chartered Accountants and
Statutory Auditors
Charter House
Stansfield Street
Nelson
BB9 9XY

Report of the Trustee Directors

For the year ended 30 April 2021

The trustees, who are also directors of the charitable company for the purposes of the Companies Act 2006, present their report together with the audited financial statements for the year ended 30 April 2021. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, 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 United Kingdom and Republic of Ireland (FRS 102) (effective 1 January 2015).

Corporate status

The company was incorporated under the Companies Act 1985 (Company number 04839948) on 21 July 2003 and took over all assets and operations of BABCP (the former unincorporated charity) on that date. The company is a private company limited by guarantee and does not have a share capital. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

The company was registered as a charity on 21 July 2003 under the provisions of the Charities Acts 1992 and 1993 (Charity number 1098704).

Governing document

The charity is governed by its Memorandum and Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006.

Principal Activities and Objectives

The British Association for Behavioural and Cognitive Psychotherapies (BABCP), the 'Association', is a multi-disciplinary interest group primarily aimed at people involved in the practice and theory of behavioural and cognitive psychotherapies.

The objectives of the Association are to advance the theory and practice of cognitive and behavioural psychotherapies by the promotion of scientific research and the application of evidence-based practice including assessment, therapy and consultancy, in a wide variety of settings in accordance with the BABCP Standards of Conduct, Performance and Ethics.

In setting our objectives and planning our activities the Trustee Directors have given careful consideration to the Charity Commission's general guidance on public benefit.

The objectives of the Association are achieved through the following activities:

- providing a forum for discussion of matters relevant to behavioural and cognitive psychotherapies among members of all helping professions
- disseminating information about and providing training for behavioural and

cognitive psychotherapies by organising conferences, courses and workshops

- organising the printing, publication and circulation of a journal, magazine and other publications containing articles, information and news relating to behavioural and cognitive psychotherapies
- making representation to and liaising with public and professional bodies in relation to matters pertaining to the aims of the Association
- fostering and promoting research into behavioural and cognitive psychotherapies and related matters
- facilitating the formation of geographical branches and special interest groups in order to promote the objects of the Association and to provide a service to the members
- encouraging and assisting in training in behavioural and cognitive psychotherapies
- educating and informing the public about behavioural and cognitive psychotherapies and their availability
- maintaining standards for practitioners of behavioural and cognitive psychotherapies by providing an opportunity for members who meet the training standards and other criteria, to become accredited

Organisational Structure

The Trustees are each elected for a period of three or four years by the full membership of the Association. They serve having been elected as Trustees to act on the Board as ordinary members, President, Honorary Secretary, or Honorary Treasurer. The President usually serves a one-year term as President Elect, two-year term as President and then a further one-year term as Past President, making up a four-year term of office. Elections are held annually with usually three or four places becoming vacant each year, thus staggering replacement of Trustees to provide some continuity. The Chief Executive Officer subsumes the role of Company Secretary and attends the Board as a non-voting member.

A number of standing committees, ad-hoc committees and working groups are made up of Trustees and other members of the Association and have a Board member as Chair or Co-Chair to satisfy requirements within the memorandum and articles of association. These committees and groups usually operate under specific terms of reference and with delegated functions as approved by the Board. Each committee and group has its decisions ratified by the Board. Respective committees and groups operating throughout the reporting period were:

- Standards Committee
- CBT Practitioner Accreditation Committee
- Course Accreditation Committee
- Finance Committee
- Human Resource Committee
- Branch Liaison Committee
- Scientific Committee
- Conference Strategy Committee
- Editorial Board
- Fellowship Committee

There has also been the following active working groups;

- EABCT Conference 2021 Working Group
- Journals Publishing Contract Working Party
- Equality, Diversity and Inclusion Working Party

Chairs of all standing committees combine with the Board of Trustees to form a National Committees Forum (NCF) to meet twice a year in addition to the Annual General Meeting (AGM).

The Trustees meet at least five times a year as a Board meeting, plus attend NCF meetings, in addition to the AGM. Many committees, groups and the Trustees also conduct business through telephone conferences and suitable electronic means such as email exchanges and video-conference calls. New Trustees attend an induction programme. The first face-to-face business meeting for the whole Board is normally held in September. The Board also holds meetings by teleconference and other suitable electronic means.

Related parties

Trustees are required to declare an interest (either direct or indirect) if they are involved in any activities which may compromise their role as a Trustee and a monitoring mechanism is in place. All related party transactions during the year have been disclosed in the notes to the financial statements.

Principal risks and uncertainties

The risks and uncertainties faced by the charity include the Covid-19 (Coronavirus) pandemic and the current economic climate. Membership levels and rising costs are also matters for consideration.

Risk assessment and management

The trustees have assessed the major strategic and business risks to which the charity is exposed, in particular those related to the operational finances of the charity and are satisfied that the systems established to ensure regular reports are produced and that necessary steps can be taken to address any issues arising are sufficient to mitigate the charity's exposure to major risks. The trustees regularly perform a thorough risk assessment of all aspects of the charity's activities and implement risk management strategies where necessary.

Covid-19 impact statement

BABCP rolled out remote working for all employees quickly following the public announcement working would be remote for those who could manage it. Additional equipment, software and systems to work remotely were purchased, implemented or adopted. This included some hardware and investment in upgrading network servers. Assessments and means were purchased to ensure staff could work safely from home.

Management enhanced staff communication channels to help mitigate against risk that might arise from remote working over a prolonged period. The awareness and maintenance of staff wellbeing became increasingly important. However, good morale was maintained and likes of absenteeism reduced over the period. Opportunity was taken to downsize the Head Office accommodation, within the same office complex, to meet our new organisational requirements. There was no requirement to furlough staff over the reporting period.

Every reasonable effort was made to ensure that the membership offer was not undermined due to remote working and that our obligations as a registered charity were observed. Greater use of electronic means of communication, mainly online, replaced any remaining organisational demand for postal mail, though this is still accepted.

Membership net volume increased over the reporting period. At the end of April 2021 there had been net growth by over 1,800 members over the financial year to 14,524. As such, the rate of percentage rate of growth increased significantly to over 14% compared to an average of around 5% over recent years.

Review of Work of the Association

2020/2021

Overview

BABCP launched its first corporate strategy towards the end of the previous financial year and as the onset of Covid immediately reshaped the operating environment. The organisation focused largely on short-term strategy and ensured it was able to carry on operations with minimal detrimental impact. Staff worked remote from Head Office and are still to return to downsized office space. No staff were furloughed over the reporting period.

As the operating environment still settles into a new equilibrium, we intend to reach our strategic aims and objectives but in a way that embraces the opportunity for positive change. BABCP wishes to advance its schedule of works that demonstrate it is corporately responsible and takes the obligations it has to its critical stakeholders seriously. BABCP continues to be ahead of the curve regarding improving our position on equality, involvement, and inclusion with every intention to remain so. Consultants help us identify and consolidate weaknesses and further build on good practice already adopted.

This last year has seen a continuation in annual growth in BABCP membership while growth in the proportion of BABCP accredited members has slowed.

At the end of April 2021 there had been net growth by over 1,800 members over the financial year to 14,524. As such, the rate of percentage rate of growth increased significantly to over 14% compared to an average of around 5% over recent years. The discount applied to provide Student Membership, reintroduced in October 2016, helped provide the majority of this growth.

Within this total membership figure there were 8,243 BABCP accredited members, an increase of 633. This makes up 57% of total membership, dropping slightly compared to the previous year. This halted 10 years of increasing annual growth of an increasing proportion of a growing membership holding BABCP practitioner accreditation. Towards the end of the reporting period an application was made to the Professional Standards Authority to attain an Accredited Voluntary Register. BABCP was also looking to enter into a collaborative agreement with BPS for the provision of Low Intensity Workforce practitioner accreditation.

There has been an increase in staff levels employed to support our operating schedule as the organisation grows. The full staff complement now equates to 22.35 full-time equivalents (FTE) at the end of this financial year. This is an increase of nearly FTE 2.0 on the previous year of 20.45 though some of this is from movement of contract posts to permanent staff positions. The senior staff role was developed into the Chief Executive Officer role from that of Company Secretary and General Manager.

Position	FTE
Chief Executive Officer	1.0
Secretary/PA	0.95
Senior Clinical Advisor	0.6
Finance & IT Manager	1.0
Membership Services Manager	1.0
Chief Accreditation Officer	0.8
Finance Staff	4.0
Accreditation Liaison Officers	2.0
Course Accreditation	1.55
Administration Officers	6.45
Web & IT Officer	1.0
Communications Officer	1.0
Journals Managing Editor	1.0
Total staff members	22.35

There are also eight Accreditors working as sub-contractors processing accreditation applications.

The drastic change in the operating environment only enhanced the need to provide good quality CPD to our members. Provision changed from Head Office coordinating events on behalf of our active Branches and Special Interest Groups to Head office organising the delivery of a core CPD programme. This allowed provision that satisfied member demand whilst also conforming to public guidance due to the impact of Covid-19. BABCP provided events online for the first time and members could also view those events online afterwards. Nineteen events attracted over 7,000 registrations and over a further 5,000 post-event online views. This overall attendance is more than the total of the previous four years' worth of events coordinated by Head Office for Branches and SIGs. Regrettably, the Spring and Summer Conference events had to be cancelled due to Covid restrictions. However, substitute online events attracted over twice the number of registrants expected at those events previously.

Several large and significant IT projects have been ongoing over the last three years. These included a new CRM-based membership database and website. These aimed to provide significant operational benefit and improvement to longer-term strategic capability. These projects continue to prove challenging though both are starting to show signs of repaying large amounts of investment in time, money, and energy.

Senior Clinical Advisor Summary

For the year ended 30 April 2021

During the past year Lucy's role as BABCP Senior Clinical Advisor has involved a mixture of public engagement, policy, strategic and clinical input and representation at external meetings.

Public engagement

Lucy's podcast series *'Let's Talk About CBT'* continued to reach a large audience. New episodes reflected new areas of work within BABCP (Evidence Based Parenting Training: What is it and What's it got to do with CBT?' as well as very well established areas of practice 'CBT for depression', which featured Dr Anne Garland and ' CBT for Anxiety', with Dr Blake Stobie and Claire Read.

Public engagement at the BABCP Annual Conference was planned but was not possible because the conference had to be cancelled. Public engagement at the BABCP 2021 conference in Belfast has been planned. At this conference, held jointly with the EABCT conference, there will be several sessions that incorporate people with lived experience of CBT Experts by experience and lay members are being embedded in all major committees and a process of recruitment has been agreed. Earlier in the year Michael Morton and Paul Edwards joined the Practitioner Accreditation Committee (as Lay Member and Lived Experience Advisor respectively). Likewise Javed Rahman joined the Course Accreditation Committee as a Lived Experience Advisor. Recruitment is currently ongoing for a lay member and expert by experience to the Standards and Ethics Committee.

Representation of BABCP at a policy level has included:

- Liaison with other key psychotherapy organisations on policy issues, e.g. attendance at meetings of the Memorandum of Understanding against Conversion Therapy, Talking Therapies Task Force.
- Contribution to Reading Well Books on Prescription book selection and scoping guidelines for the children's booklist
- Conference attendance to ask questions of key policy stakeholders in relation to issues such as equality and diversity in therapy, regulation of psychotherapy and child and adolescent mental health.

Strategic and clinical input has included:

- Chairing the BABCP Equality Diversity and Inclusion working group
- Regular coordination of NICE guideline consultation responses.
- Planning and development of online training for BABCP members
- Development of member resources including guidelines for delivering CBT with children and young people and guidelines on providing therapy remotely (guidelines forthcoming July 2021).

Prepared by Shirley Reynolds (maternity leave cover for Lucy Maddox from 19 April 2021)

Committee Reports

For the year ended 30 April 2021

HR committee

The HR committee was established in 2019 to: 1) bring together key elements of BABCP staffing and volunteering (HR) activity that impinge on external and internal environments, ensuring an agreed strategic direction for the Association; 2) consider strategic proposals and advise the Board on HR aspects; 3) provide oversight and review any HR policy that might impact BABCP. Throughout the past year we have continued to meet online. During this time the committee has maintained a watching brief on the wellbeing of BABCP staff who have been working from home. We have recommended changes to Board on BABCP policies on parental leave, bringing these into line with those of the NHS. The committee has developed the procedure for dealing with complaints against staff and volunteers. The committee has also been focused on the implementation of recommendations from the Equality and Diversity review, in particular in relation to the development of the BABCP recruitment policy.

BABCP Journals

Plan S, an initiative to move quickly to full and immediate open access for funded research, came into force on 1 January 2021. Both BCP and tCBT have been accepted on the Plan S transformative journals programme which means that the journals are committed to transitioning to becoming fully Open Access when the time is right and that authors of research funded by cOAlition S are able to publish their research as Open Access in the journals in a Plan S compliant way. To help support this, our publishers Cambridge University Press, have been negotiating several Read & Publish Agreements with institutions which allow authors to publish their research as Gold Open Access with the article processing charges waived.

We have launched the BABCP *Article of the Month* which is a monthly blog post highlighting an outstanding article that has been recently published in either BCP or tCBT. The article is selected by either journal Editor or the Associate Editors and the authors are asked to write a short blog post about their research, the key findings and why they are important. The blog is hosted on the Cambridge Core platform and the article made freely available for the month.

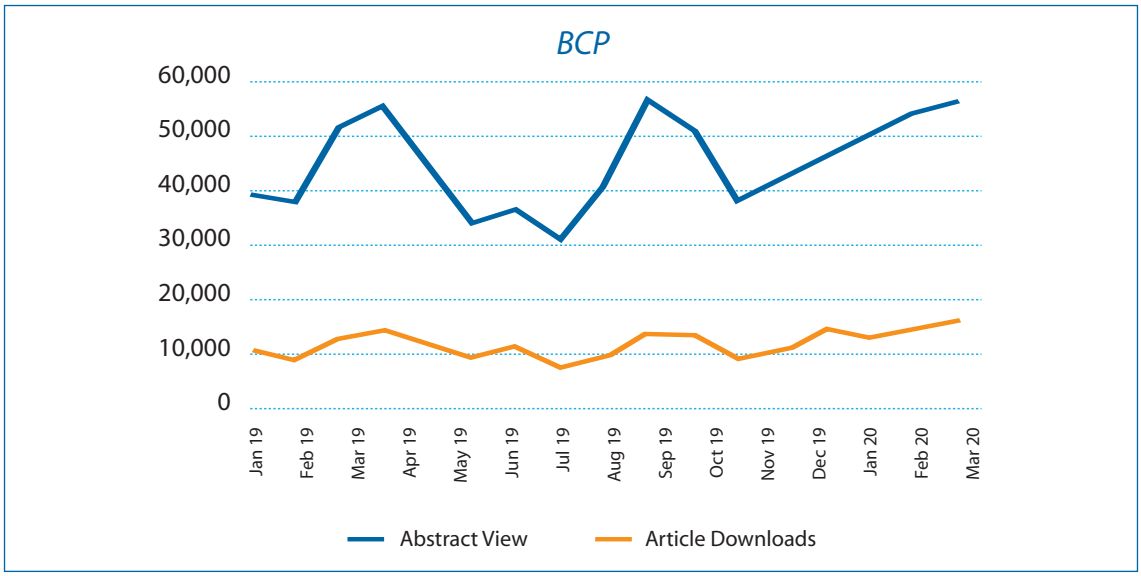
Behavioural and Cognitive Psychotherapy

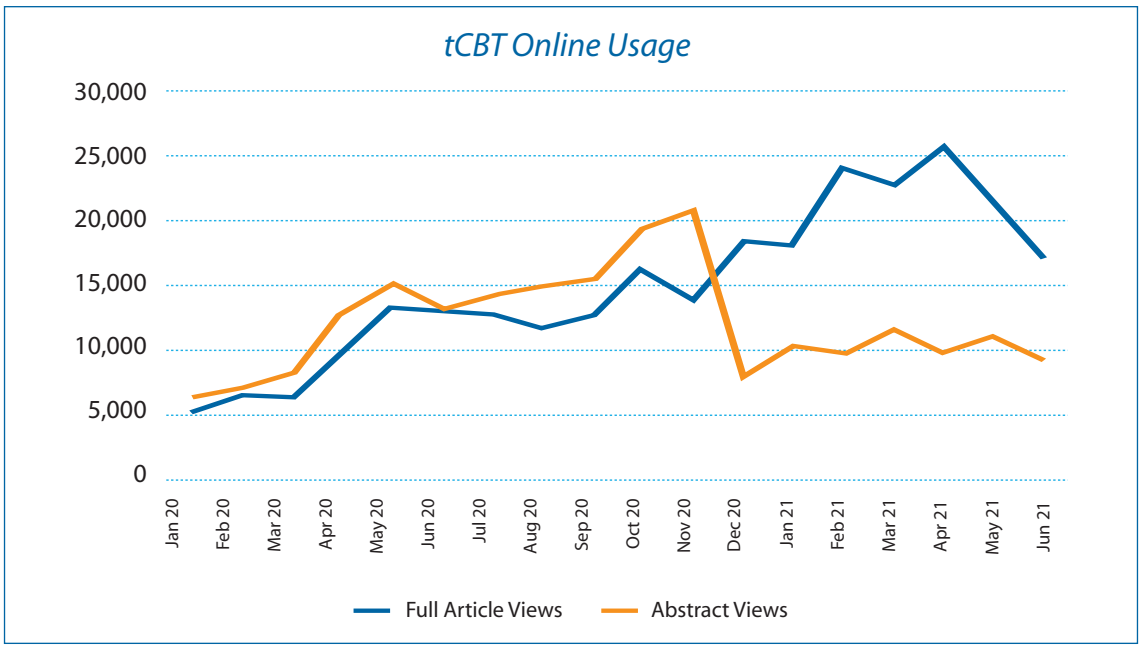
BCP's online views have continued to perform steadily over the past year. We saw an increase in the number of views towards the end of 2020 due to a new HTML Article layout that has been introduced on the Cambridge Core platform. This allows readers to access to full text of the article from the journal menu rather than going via the intermediate stage of a separate abstract page allowing easier access to the journal for readers.

The article which had the highest number of online views and downloads was *Practitioner review: health anxiety in children and young people in the context of the COVID-19 pandemic* by Andy Haig-Ferguson, Kate Cooper, Emma Cartwright, Maria Loades and Jo Daniels. This was published in the wake of the Covid-19 pandemic and has received over 7,900 downloads since publication in September 2020.

the Cognitive Behaviour Therapist

It is pleasing to see that the article views for tCBT have been increasing since January 2020. As with the BCP article views, there was an increase at the end of 2020 due to the new HTM





Article layout which has caused the decline in Abstract Views as readers are more easily able to access the full text of the article without the interim Abstract page.

Online usage also increased following the publication of the Special Issue: *CBT practitioner guidance for, during, and following the COVID-19 pandemic*. This Special Issue was fully published in August 2020 and contained 11 fully Open Access articles, all of which were widely shared on social media and gained a wide readership.

The article which had the highest number of online views and downloads was *Death anxiety in the time of COVID-19: theoretical explanations and clinical implications* by Rachel Menzies and Ross Menzies which was part of the Covid Special Issue and was viewed over 11,700 times.

tCBT is continuing to publish Special Issue collections. The latest special issue, *Advances in Digital CBT*, is being guest edited by Graham Thew, Heather Hadjistavropoulos and Alexander Rozental and is currently accepting submissions with an aim to publish in Spring 2020.

The journal saw several new appointments to the Editorial team last year and we welcomed Beth Watkins, Jara Falkenburg, Hayley Keeble, Fiona Kennedy and Paul Farrand as new Associate Editors.

Course Accreditation Committee

The Course Accreditation Committee is the standing committee responsible for developing and delivering course accreditation processes for CBT courses. We currently offer accreditations for courses that deliver BABCP's core curriculum (at Level 1 and Level 2), the High Intensity IAPT national curriculum (both adult and CYP), the core curriculum with specialist training, doctorates in clinical psychology, evidence-based parenting training and some post-qualification programmes.

Internally to the BABCP, we provide consultation to the Board of Trustees on matters relating to course accreditation and liaise closely with other standing committees including the Practitioner Accreditation Committee. Externally, in addition to working closely with course directors, we work with academic institutions, national bodies and other stakeholders, to deliver a valued service which is recognised within the UK and Ireland, as well as internationally. We have accredited courses in Scotland, Northern Ireland, Wales and England.

This past year has been another busy year for the Committee. We have successfully established a process for conducting course visits remotely which has enabled us to resume this core function. We have continued to work closely with CBT training courses to offer guidance and support as they have adapted their supervision and training delivery to accommodate the challenges of the pandemic. Alongside members of the Board, the Chief Accreditation Officer and other parties, the Committee has contributed to the development of processes to enable the registration of Psychological Wellbeing Practitioners, Children's Wellbeing Practitioners and Education Mental Health Practitioners.

Internally to the Committee, we have appointed a Course Accreditation Manager which has been a vital development in enabling the Committee to deliver its core business in an optimally effective and time-efficient manner. We have also recruited a committee Representative with Lived Experience and a Lay Representative. Both members have considerable expertise at both strategic and 'grass roots' levels and are supporting us with thinking through how we embed diversity and inclusion in our processes and practices.

Sarah Corrie,
Chair of the Course Accreditation Committee

National Conference and Workshops

The national conference and workshop programme in 2020/21 continued to be affected by the impact of the pandemic which has meant that our usual face to face conference or workshop programmes have not taken place since the Annual Conference in Bath in September 2019.

Our usual 2020 Spring programme had to be cancelled but we were able to run two of the workshops online. Mark Freestone's workshop in April and Trudie Chalder's in June online each attracted nearly 300 registrations and were a great success

The annual Conference and workshop programme planned to be held in Cardiff in July was also cancelled but following the success of running the spring workshops online we ran three of the Pre-Conference workshops from the Cardiff programme online at the same time the Conference was due to take place. These were also a success and attracted over 500 delegates. A one-day online virtual annual conference was also organised and run in September with over 900 delegates signing up. We still intended to hold our conference in Wales and the venue has been rebooked for July 2023.

Although we were hoping that our 2021 Spring event would take place as a live event the continuing impact of COVID-19 again made it impossible and a virtual event with four half-day workshops and a one-day conference was run on the 28 – 30 April.

Future Events

A hybrid Congress will be combining the 49th BABCP Annual Conference and the EABCT Annual Congress is being organised in September 2021 in Belfast hosted by the Irish Association for Behavioural and Cognitive Psychotherapies. This will probably be the first fully hybrid conference run in the UK since the start of the pandemic and will involve over 1,250 delegates joining in-person or online.

Preparations are also underway for BABCP's 50th Anniversary Conference at Imperial College, London in July 2022 which will be launched at the 2021 Annual Conference.

BABCP has also been shortlisted to host the 2024 EABCT annual congress in Glasgow and a decision on this will be made in September at the Belfast Congress.

Glenn Waller and Colin Blowers, co-chair of the Scientific Committee have been planning future events and the Conference Strategy Group, established in 2015 to take an overview of conference organisation and develops the long-term plan has been meeting virtually during 2020/2021.

Rod Holland, Conference Organiser
Glenn Waller & Colin Blowers, Co-Chairs, Scientific Committee

Branch Liaison Committee

Due to the pandemic, there has been a significant effect on branches and Special Interest Groups. One of our main functions was to organise and facilitate a healthy programme of local CPD, however this has obviously been affected. I'm pleased to say that with the considerable support from central office we have been able to maintain providing quality, robust and consistent CPD all remotely during this time. This has seen a huge benefit in terms of accessibility and while some Branches and Special Interest Groups across the country have fluctuated in their involvement there remains a steady availability of high-quality training events for our members.

Therefore, we continue to disseminate evidence-based practice in association to a variety of therapeutic modalities i.e. Compassion Focused Therapy, ACT and DBT. New branches and SIGs continue to emerge bringing with them important attention to relevant fields in relation to the BABCP. The Branch Liaison Committee (BLC) is the largest of the BABCP national committees bringing together a representative (known as a liaison officer) from each of the current branch and SIG committees. The branch would normally physically meet twice yearly to cover the following aims: committee meeting, networking, finance updates, development and policy updates, governance and any updates or changes to financial arrangements. This is also an opportunity for branches to share events they have run, plans for future events and ideas on how to enhance community involvement etc. However, given recent events there has been only one meeting conducted virtually which itself had benefits in the accessibility for more representatives to attend. While the landscape of the future remains uncertain the Branches and SIGs remain present in delivering the above.

We would like to say a big thank you to all the branch members who work so hard in volunteering roles to organise and hold events throughout the year and contribute towards the aims of the BABCP. This year more than ever we need to recognise the contributions made by our members and volunteers and we are proud that we continue to disseminate evidence-based practice enhancing treatment and understanding of mental health conditions and ways to alleviate suffering. We hope that going forward we can again encourage communities to engage and be involved in local branch events and that the BABCP becomes a platform to further increase mental health awareness and reduce stigma.

Standards Committee

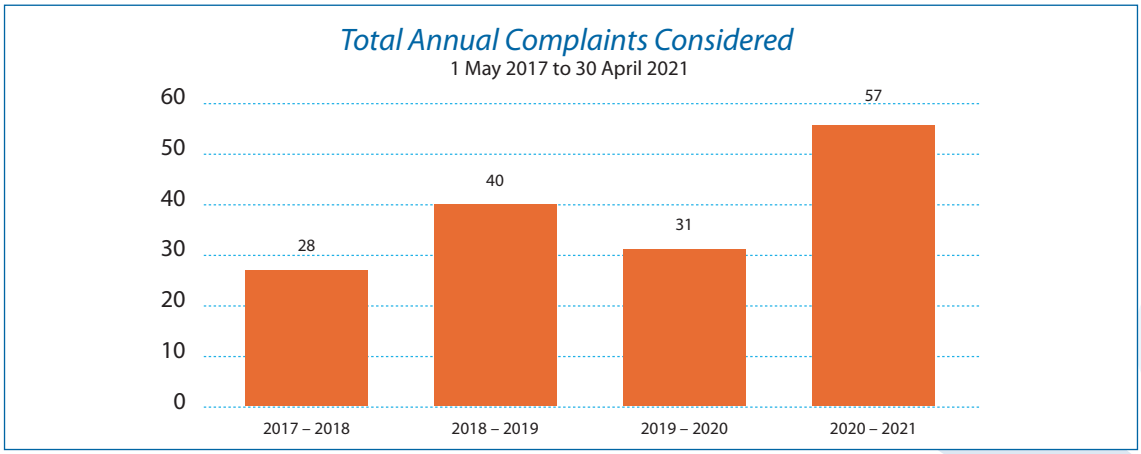
The Standards Committee remains vigilant concerning a period of significant change in the regulation of healthcare professionals. Here, statutory regulation appears to be increasingly diluted. Voluntary regulation is expected to make up the difference in helping protect the public. This appears movement towards increasing regulation by market force as opposed to public service intervention. This would signal significant change in this regulatory operating environment. It would be remiss of BABCP, as a professional organisation and registered charity, to provide a complaints procedure that is unfit for purpose and that does not help provide protection for the public within its remit regarding all BABCP members. This includes those with BABCP practitioner accreditation, and so registered on CBT Register UK, but also none-accredited members. Member research tells us that nearly 99% of our members practice CBT, whether accredited or not.

There has been significant growth in BABCP membership over the reporting period. The annual growth in volume of BABCP accredited members continues. This is largely attributed to members gaining accreditation without a BABCP recognised core profession. Complaints raised against these members and non-accredited members are directly considered by this Committee unless the member has a significant employer or those few cases where statutory regulation is relevant. Outcomes reached by statutory regulators, or a significant employer, is considered by the Standards Committee when finally reaching an outcome to a complaint.

The Standards Committee considered 57 complaints made against members over the year, significantly more than over the previous three years as shown below. Nine complainants were brought forward from 2019-2020. Seventeen cases were concluded in the year, fourteen concerning members' private practice (direct or via agency) and three members as public service employees, including one self-disclosure. Six complaints were directly or partially upheld. Twenty three complaints were carried forward into May 2021. Seventeen complaints were pending, where further information is awaited to progress, or the complainant has referred to a third party for redress first and as consistent with BABCP Complaints Procedures Governing Members. No members were expelled over the year. This follows three expulsions the previous year (one in 2018-2019, four 2017-2018).

The Committee extended its remit at the beginning of the year to consider Criminal, Civil, Investigation or Disciplinary declarations as part of Practitioner Accreditation applications and make recommendations of any further action. This helped ensure consistency of decision making concerning potential breaches of BABCP Standards of Conduct Performance and Ethics. This added eight additional case files for committee consideration.

The increase in caseload has been met with an



increase in committee meetings. This Committee has fully adopted online video conferencing with nine meetings over the reporting period, nearly double the annual face-to-face committee meetings. It is likely a blend of online and in person meetings may be most advantageous.

There has been some change in committee membership and thanks are provided to George Dimitrov who stepped down from committee duty during the reporting period. This Committee looks forward to recruiting new members to meet the aims of BABCP Public and Patient Involvement strategy and provide further balance to committee membership. This Committee supports BABCP pursuit of the Professional Standards Authority Accredited Voluntary Register (PSA AVR) quality mark. A successful award may be contingent on updating our policy and procedures. A Standards Committee Working Party is previewing change necessary to the Complaints Procedures Governing Members and related policy. This will also be informed from feedback from the PSA evaluation of our application for AVR recognition. Identified change will be put before our members for consultation over the next reporting period. However, it is suspected there is a need for investment to ensure BABCP can deliver change whilst also managing associated risk.

Finally, i must continue to offer our thanks and appreciation to all members of the Standards Committee, all volunteers, for their ongoing generous service, contribution, and invaluable commitment to this important work on behalf of BABCP.

Krish Nath – Standards Committee Chair

CBT Practitioner Accreditation Committee (CBT-PAC)

The Practitioner Accreditation Committee oversees all individual accreditation, registration and related activities, and provides consultation, liaison and guidance for members and other committees. At the time of writing, over half of our 14,000 members are accredited.

This year has been exceptionally busy for CBT-PAC and I would like to thank all the committee members for their hard work and the BABCP Board for its support in the committee's work. The committee continues to provide guidance and support on the impact of the coronavirus pandemic and on training, supervision, clinical practice and continuing professional development activities. I would like to welcome Paul Edwards and Michael Morton as our new committee members who are, respectively Lived Experience representative and Lay representative. Michael Townend has also been appointed as CBT-PAC new supervisor and trainer accreditation representative and Liz Kell and Liz Ruth as wellbeing practitioner members.

Key Performance Indicators for Equality, Diversity and Inclusion are being developed and implemented, with equality impact assessments planned. Working parties during the year have completed contributions to the application for Professional Standards Authority recognition of CBT Register UK, including extensive work on mitigating potential risks. Our proposal to re-launch registration for Psychological Wellbeing Practitioners (PWPs) has led to establishing our new Wellbeing Practitioner section of the Register, and collaboration with the British Psychological Society and NHS England on consistent processes. The individual process for accrediting Evidence-Based Parent Trainers has also been launched. We are now offering accredited members the opportunity to receive a certificate from EABCT (the European Association for Behavioural and Cognitive Therapies) as our accreditation processes are recognised.

There have been reviews and consultation on our Minimum Training Standards, Core

Curriculum; recognised Core Professions and Knowledge, Skills and Attitudes (KSA) equivalence. We have also reviewed our agreement with AREBT (Association for Rational Emotive Behaviour Therapy). Guidance on clinical supervision, updates to the information on our website; work on criminal and fitness to practice declarations.

This has been an especially challenging year for me personally. I would like to thank all the CBT-PAC members and staff at BABCP for their support, kindness and compassion at this immensely difficult time. I would like to give particular thanks to Helen Macdonald for holding the fort at CBT-PAC and for helping me to stay connected whilst alleviating me of the many duties and responsibilities that the role of co-chair carries.

Anne Garland – Co-chair
Helen Macdonald – Chief Accreditation Officer and Registrar



Report and Financial Statements

For the year ended 30 April 2021

British Association for Behavioural and Cognitive Psychotherapies
(A Company Limited by Guarantee)

Company number: 04839948
Charity number: 1098704

Ainsworths Limited
Chartered Accountants
and Statutory Auditors
Charter House
Stansfield Street
Nelson
Lancashire
BB9 9XY

Accounts Overview

For the year ended 30 April 2021

The financial year ending 30 April 2021 realised an operating surplus of £372,315 compared to a forecast of £284,000. Income from investments increased this to £389,199. This follows the previous year's operational surplus of £336,905.

Operating income for the Association increased to £1.816 million compared to the previous year of £1.789 million. No increases to annual membership subscriptions were proposed by Board for membership consideration. Accreditation fees were also held.

Our Annual Conference, planned for Cardiff, and Spring Conference in London were cancelled due to Covid-19. The substitute online events contributed around £85,000 due to reduced cost of provision.

Overall expenditure decreased by £8,673. However, there are several changes reported in expenditure from 2019-2020, largely resulting from Covid. These include cost savings for events and governance arrangements of around £80,000, as staff worked from home and the likes of training and standing committee meetings moved to online provision. Staff salary overhead increased by £145,000 largely due to an increase in the number permanent staff and following conversion of those on self-employed contract. The reduction in office-based costs was largely offset by investment in equipment and software to enable capability to operate remote. Further cost reductions in rent are anticipated as Head Office has downsized and savings should come into effect in the next reporting period.

Membership Subscriptions 2021/22

The Board is committed to ensuring sufficient financial reserves are accumulated to meet known obligations whilst keeping access to enough cash reserves to cover three months operating costs. It is the aim to sustainably increase these reserves to six months of operating costs over the longer term. The economic climate again proves difficult for many charitable and not-for-profit sector operators due to the ongoing COVID-19 pandemic. However, BABCP remains committed to providing a good value-for-money and attractive membership package and of increasing public benefit. Here, for instance, a new journals publishing contract was negotiated over the reporting period and as a result it is expected the journals will move from being a net cost to a net income source over the next five years.

The Board is not proposing any increase in membership subscriptions for 2021-2022 for a second consecutive year. All annual rates of membership subscription will again remain unchanged. Therefore, the standard full annual membership subscription will remain at £82.00. The Board believes the organisation continues to offer a membership package that is good value for money and significantly lower than can be found in other comparable organisations.

Investments Selection Policy

After taking financial advice and in accordance with the Articles of Association, the Trustees invested £50,000 in long-term investment funds in August 2007. £35,000 was invested with F&C Stewardship Income Fund, becoming Fund Asset Management, and £15,000 was invested with Kames Capital, more recently Aegon Investments. The Trustees considered BABCP needed long-term capital appreciation and income. The Board will continue to reinvest the accumulated balance on both investment accounts until a situation is reached where the Board wishes to use the income from the investment. In the year to 30 April 2021, the value of investments increased in value by nearly £17,000 to £90,826 following a loss of around £9,000 in the previous year.

The ethical investment policy agreed by the Trustees is:

BABCP adopts an ethical investment policy, which is in line with its responsibilities as a registered charity, and which complements the aims and objectives of the organisation. In this respect it seeks to invest with companies who have proven socially responsible portfolios and to have its investments managed by financial advisors who are ethically led with a demonstrable record of sound financial control and planning.

In this respect the policy statement reflects the aims and objectives of our charity:

1. BABCP considers ethical investment is consistent with the aims and objectives of the organisation.

2. BABCP adopts a policy of supportive ethical investment. That is, investing in companies with a commitment to responsible business practices, positive products and services. BABCP does not consider it appropriate to invest by negative screening.

3. Whilst investing ethically, such a policy is not in conflict with its requirement to maximise funds for the benefit of the organisation and ensure that such a policy does not involve a risk of significant financial detriment.

The remaining funds fluctuate throughout the year and are held in interest-bearing deposit accounts.

During the year as these funds fluctuate, it is agreed by the Trustees that the money should be invested on the Money Market for fixed short-term periods (seven days upwards, but more usually for three-month terms) to attract higher interest rates and to meet their requirements to generate income and secure capital values. The Finance Manager, in consultation with the Honorary Treasurer, will accordingly decide the amount and period of investment to allow sufficient funds to remain in the current accounts for immediate use.

Grant-Making Policy

During 2010 a Research Fund was set up with the ultimate objective of making grants for research relevant to the objectives of the Association. The Trustees have previously approved such grants after inviting applications from members. No new research grants were approved over the financial years' 2017-2018 to 2020-2021.

Grants had largely depended on the monies raised from Gift Aid. However, BABCP found it can no longer make claims in this regard and repaid a settlement figure to HMRC. Although the Research Grant remained unavailable in 2020-2021, plans are afoot to relaunch this fund over BABCP's 50th anniversary year.

Reserves

The trustees have reviewed the level of free reserves, which are unrestricted funds not invested in fixed assets held by the charity. Although they are satisfied that the level of reserves is adequate to meet short-term requirements, the aim is to increase financial reserves to comfortably cover six months expected operating costs.

At the end of the financial year the amount of reserves was £918,326 (2020: £529,127). At the same date there were no designated funds.

Funding

The Trustee Directors are satisfied that the charity's assets are adequate to fulfil its obligations.

The main source of funding continues to be annual subscriptions from members for their membership in addition to accreditation fees. Membership subscriptions may be increased with membership approval to meet the costs of additional or expanded member services. Trustees carefully consider what level of subscriptions and fees members will accept without withdrawing from membership. BABCP has exceeded a 92 per cent renewal rate for the last ten annual reports. More new members join annually than are required to cover organisational costs.

Accreditation fees are charged at rates to ensure the overall cost of providing accreditation services is comfortably covered. The Trustees review these costs and can adjust these fees accordingly. Selling of advertising through Association media is another supplementary revenue stream. The Trustees are seeking to increase the availability of robust and sustainable income streams that are in keeping with the objects of the organisation, through launching appropriate forms of accreditation, special advertising supplements and advertising through the internet and social media.

Public Benefit

The Trustees are confident that the charity offers services of real and practical use to the local and national population and therefore complies with the responsibility placed on all charities under the Charities Act 2011 to demonstrate a public benefit.

Statement of Trustee Directors' Responsibilities

The Trustees are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees have elected to prepare the financial statements in accordance with the United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law), including FRS 102 the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland. The financial statements are required by law to give a true and fair view of the state of affairs of the company and of the surplus or deficit arising for the period. In preparing those financial statements, the Trustees should follow best practice and are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP and FRS 102;
- make judgements and estimates that are reasonable and prudent;
- state whether United Kingdom applicable

accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and which enable them to ensure that the financial statements comply with the Companies Act 2006 and regulations thereunder. They are also responsible for safeguarding the assets of the company and for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Statement as to Disclosure of Information to Auditors

So far as the Trustees are aware, there is no relevant audit information (as defined by Section 418 of the Companies Act 2006) of which the company's auditors are unaware and each Trustee has taken all the steps that they ought to have taken as a Trustee in order to make them aware of any relevant audit information and to establish that the company's auditors are aware of that information.

Auditors

The auditors, Ainsworths Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

ON BEHALF OF THE TRUSTEE DIRECTORS

A. J Beck
President/Trustee:
Dated: 9 September 2021

J McKenna
Honorary Treasurer/Trustee
Dated: 9 September 2021

Small Company Exemption

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Charity Requirements

This report has been prepared in accordance with requirements set down by the Charities SORP (FRS 102).

Independent Auditor's Report

to members of the British Association for Behavioural and Cognitive Psychotherapies

Opinion

We have audited the financial statements of the British Association for Behavioural and Cognitive Psychotherapies (the charitable company) for the year ended 30 April 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 April 2021 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the Trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether

the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees, which includes the Directors' Report, prepared for the purposes of company law for the financial year for which the financial statements are prepared is consistent with the financial statements; and

- the Directors' Report included within the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- the financial statements are not in agreement with the accounting records and returns, or

- certain disclosures of Trustees' remuneration specified by law are not made, or

- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption from the requirement to prepare a Strategic Report.

Responsibilities of Trustees

As explained more fully in the Statement of Trustees' Responsibilities set out on page 34, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting

irregularities, including fraud is detailed below:

Identifying and assessing potential risks related to irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, we considered the following:

- the nature of the industry and sector, control environment and business performance including the key drivers for Trustees' remuneration and dividend levels;
- results of our enquiries of management about their own identification and assessment of the risks of irregularities;
- any matters we identified having made enquiries of management about their policies and procedures relating to:
  - identifying, evaluating and complying with laws and regulations and whether they were aware of any instances of non-compliance;
  - detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud;
  - the internal controls established to mitigate risks of fraud or non-compliance with laws and regulations;
- the matters discussed among the audit engagement team regarding how and where fraud might occur in the financial statements and any potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the organisation for fraud. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.

We also obtained an understanding of the legal and regulatory frameworks that the company operates in, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the UK Companies Act and local tax legislation.

In addition, we considered provisions of other laws and regulations that do not have a direct effect on the financial statements, but compliance with which may be fundamental to the company's ability to operate.

Audit response to risks identified

As a result of performing the above our procedures to respond to the risks identified included the following:

- reviewing the financial statements disclosure and testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- enquiring of management about actual and potential litigation and claims;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risk of material misstatement due to fraud;
- obtained an understanding of provisions and held discussions with management to understand the basis of recognition or non-recognition of tax provisions; and
- in addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments; assessing whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluating the business rationale of any significant transactions that are unusual or outside the normal course of business.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's Trustees those matters we are required to state to them in the Auditor's Report and for no other purpose, to the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's Trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Michael Heys (Senior Statutory Auditor)
for and on behalf of Ainsworths Limited
Chartered Accountants
and Statutory Auditors
Charter House
Stansfield Street
Nelson
Lancashire
BB9 9XY

Dated: 9 September 2021

Statement of Financial Activities

(incorporating the income and expenditure account)
for the year ended 30 April 2021

	Notes	**2021**	2020
		£	£
INCOME			
Income from charitable activities:			
Membership subscriptions		**990,255**	881,224
Accreditations		**681,023**	622,864
Branch events and workshop bookings		**1,284**	188,633
Other income from charitable activities	2	**84,562**	51,059
Income from trading activities:			
Activities for generating funds	3	**55,664**	41,230
		1,812,788	1,785,010
Investment income		**2,061**	4,341
Other income resources		**1,538**	299
TOTAL INCOMING RESOURCES		**1,816,387**	1,789,650
EXPENDITURE			
Costs of raising funds	4	**75,115**	54,152
Expenditure on charitable activities	5	**1,368,957**	1,398,593
TOTAL RESOURCES EXPENDED		**1,444,072**	1,452,745
NET INCOME (EXPENDITURE)	6	**372,315**	336,905
OTHER RECOGNISED (LOSSES) GAINS			
Unrealised (loss)/gain on revaluation of investment assets		**16,884**	(9,002)
Overdeclarations of Gift Aid	19	**-**	41,828
NET MOVEMENT IN FUNDS		**389,199**	369,731

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

All income and expenditure derives from continuing activities and is of an unrestricted nature.

Balance Sheet

As at 30 April 2021

	Note	2021		2020	
		£	£	£	£
FIXED ASSETS					
Intangible fixed assets	9		**67,299**		73,983
Tangible fixed assets	10		**17,194**		29,940
Investments	11		**90,826**		73,942
			175,319		177,865
CURRENT ASSETS					
Debtors and prepayments	12	**184,224**		139,973	
Cash at bank and in hand		**1,562,214**		1,056,015	
		1,746,438		1,195,988	
LIABILITIES					
Creditors falling due within one year	13	**1,003,431**		844,726	
NET CURRENT ASSETS/(LIABILITIES)			**743,007**		351,262
TOTAL ASSETS LESS CURRENT LIABILITIES			**918,326**		529,127
CREDITORS					
Amounts falling due after more than one year			**-**		-
NET ASSETS			**918,326**		529,127
THE FUNDS OF THE CHARITY					
Unrestricted income funds:					
Designated	14		**-**		-
General	15		**918,326**		529,127
TOTAL CHARITY FUNDS	**15**		**918,326**		529,127

The Trustees have prepared the financial statements in accordance with Section 398 of the Companies Act 2006 and Section 138 of the Charities Act 2011. Furthermore, these financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard 102 (effective 1 January 2015).

The financial statements were approved by the Board of Trustees on 9 September 2021 and were signed on its behalf by:

.....	.....
A J Beck	J. McKenna
President/Trustee	Honorary Treasurer/Trustee
Dated:	Dated:

The notes on pages 44 to 54 form part of these accounts.

Cash Flow Statement

for the year ended 30 April 2021

	Notes	**2021**	2020
		£	£
CASH FLOWS FROM CHARITABLE ACTIVITIES			
Cash generated from activities	1	**520,577**	206,747
Bank interest received		**2,061**	4,341
Net cash from charitable activities		**522,638**	211,088
CASH FLOWS FROM INVESTING ACTIVITIES			
Purchase of tangible fixed assets		**(16,439)**	(5,132)
Net cash from investing activities		**(16,439)**	(5,132)
INCREASE/(DECREASE) IN CASH AND CASH EQUIVALENTS		**506,199**	205,956
CASH AND CASH EQUIVALENTS AT BEGINNING OF YEAR	2	**1,056,015**	850,089
CASH AND CASH EQUIVALENTS AT END OF YEAR	2	**1,562,214**	1,056,015

Cash Flow Statement Notes

for the year ended 30 April 2021

1 RECONCILIATION OF SURPLUS/(DEFICIT) TO CASH GENERATED FROM ACTIVITIES

	2021	2020
	£	£
Surplus/(Deficit) for the year	**389,199**	369,731
Depreciation charges	**35,869**	24,259
Loss on disposal of fixed assets	**-**	-
Bank interest received	**(2,061)**	(4,341)
Decrease/(Increase) in value of investments	**(16,884)**	9,002
	406,123	398,651
(Increase)/Decrease in trade and other debtors	**(44,251)**	(60,746)
(Decrease)/Increase in trade and other creditors	**158,705**	(131,158)
Cash generated from charitable activities	**520,577**	206,747

2. CASH AND CASH EQUIVALENTS

The amounts disclosed on the Cash Flow Statement in respect of cash and cash equivalents are in respect of these Balance Sheet amounts:

Year ended 30 April 2021

	30.04.21	01.05.20
	£	£
Cash and cash equivalents	**1,562,214**	1,056,015

Year ended 30 April 2020

	30.04.20	01.05.19
	£	£
Cash and cash equivalents	**1,056,015**	850,059

Notes to the Financial Statements

for the year ended 30 April 2021

1. ACCOUNTING POLICIES

Company information

The British Association for Behavioural and Cognitive Psychotherapies is a charitable company limited by guarantee, incorporated in England and Wales. The Company number and registered office can be found in the Trustees report.

Basis of preparing the financial statements

The financial statements have been prepared in accordance with applicable accounting standards.

The financial statements have been prepared on a going concern basis which assumes that the company will be able to meet its liabilities as they fall due. Although these financial statements cover a period which has included Covid-19 (Coronavirus) lockdowns the company has still generated a profit and the Trustees are confident in the current and future operating performance of the charity. However, there is an uncertainty in respect of any future Covid-19 (Coronavirus) lockdowns and whether the government will continue to provide any ongoing support. Despite the uncertainty the Trustees have concluded that the charity will continue to be a going concern for the foreseeable future, being a period of more than twelve months following the approval of these financial statements.

As a consequence the financial statements continue to be prepared on a going concern basis.

Accounting convention

The financial statements have been prepared under the historical cost convention, and in accordance with 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 United Kingdom and Republic of Ireland (FRS 102) (effective 1st January 2015) ~ (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Companies Act 2006 and the Charities Act 2011.

The British Association for Behavioural and Cognitive Psychotherapies meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income is the amount derived from ordinary activities and is stated after trade discounts, other sales taxes and net of Value Added Tax.

Membership subscriptions and accreditations are accounted for when due. All such income is deferred when it is received in advance of the period to which it relates.

All other income is recognised on an accruals basis, with income relating to events after the year end being deferred.

Resources expended
Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include audit fees and costs linked to the strategic management and administration of the charity.

All support costs are allocated between the activity expenditure categories on a basis designed to reflect the use of the resource. Support costs are apportioned on an appropriate basis e.g. time spent, floor areas, or estimated usage.

Grants Payable
Each year the charity makes grants for research to be carried out into behavioural and cognitive psychotherapies. Any liability is only recognised when an obligation arises.

Branch transactions
Branch transactions are included in full in the financial statements.

Intangible fixed assets and amortisation
Intangible fixed assets represent expenditure developing the website and membership database. Amortisation is provided so as to write off the cost of the asset, less its estimated residual value, over its expected useful life of as follows:

Website	3 years straight line basis
Membership database	50% reducing balance basis

Assets under construction are only depreciated when they become operational.

Tangible fixed assets and depreciation
All tangible fixed assets are capitalised at cost. Depreciation is provided so as to write off the cost of an asset, less its estimated residual value, over its expected useful life as follows:

Office equipment	15% reducing balance basis
Computer equipment	50% reducing balance basis

Investments
Investments are stated at market value at the balance sheet date. The Statement of Financial Activities includes the net gains and losses arising on any revaluations or disposals throughout the year.

Taxation
The company is a registered charity and is therefore exempt from Income Tax and Corporation Tax under the provisions of Section 505(1) of the Income and Corporation Taxes Act 1988.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustee Directors.

Designated funds are unrestricted funds which have been designated for specific purposes by the Trustee Directors.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pensions costs and other post-retirement benefits
The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. Contributions payable for the year are charged in the Statement of Financial Activities.

Operating leases
Rentals payable under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

Debtors
Short term debtors are measured at transaction price, less any impairment.

Creditors
Short term creditors are measured at transaction price.

Significant judgements and accounting estimates
Preparation of the financial statements requires management to make significant judgements and estimates. The major item in the financial statements where these judgements and estimates have been made is in relation to overclaims of gift aid. Management consult with professional bodies to provide appropriate assumptions on which to calculate any liability likely to arise.

2. OTHER INCOME FROM CHARITABLE ACTIVITIES

	2021	2020
	£	£
Journals	**-**	-
Gift Aid	**-**	-
National conference/Workshop event surpluses/(deficits)	**84,562**	51,059
	84,562	51,059

3. INCOME FROM ACTIVITIES FOR GENERATING FUNDS

	2021	2020
	£	£
Advertising, flyers and inserts	**54,988**	41,052
Address labels	**-**	-
Professional services rendered	**676**	178
	55,664	41,230

4. SUPPORT COSTS

The association allocates its support costs on a basis consistent with the use of resources, as shown in the table below.

	Cost of Raising funds	Charitable activities	Governance costs	**2021 TOTAL**	2020 TOTAL
	£	£	£	**£**	£
Travel, accommodation and subsistence	-	(318)	-	**(318)**	89,850
Printing and publishing	-	48,073	-	**48,073**	60,947
Hire charges	74	1,414	-	**1,488**	1,663
Staff costs (see note 7)	46,410	881,782	-	**928,192**	782,817
Stationery	32	610	-	**642**	4,303
Postage and distribution	2,005	38,090	-	**40,095**	53,154
Rent	4,133	78,518	-	**82,651**	74,640
Insurance	412	7,821	-	**8,233**	6,536
Audit fees	-	-	5,500	**5,500**	5,500
Bookkeeping services	-	4,474	-	**4,474**	3,375
Repairs and renewals	4,015	76,287	-	**80,302**	56,499
Software/computer supplies	1,651	31,369	-	**33,020**	24,345
Telephone	1,429	27,160	-	**28,589**	28,785
Bank charges	1,371	12,343	-	**13,714**	13,025
Bad and doubtful debts	-	-	-	**-**	-
Amortisation	13,100	13,100	-	**26,200**	-
Depreciation	483	9,186	-	**9,669**	24,259
Loss on disposal	-	-	-	**-**	-
TOTAL SUPPORT COSTS	**75,115**	**1,229,909**	**5,500**	**1,310,524**	1,229,698

5. EXPENDITURE ON CHARITABLE ACTIVITIES

	2021 £	2020 £
Grants payable	**-**	-
Event costs	**6,671**	131,185
Publicity	-	184
Professional fees	**89,202**	80,010
Legal fees	**25,192**	3,583
Support costs (see note 4)	**1,229,909**	1,162,488
Governance costs (see note 4)	**5,500**	13,058
Sundry expenses	**12,483**	8,085
	1,368,957	1,398,593

6. NET INCOME FOR THE YEAR

The income for the year is stated after charging:

	2021 £	2020 £
Auditors' remuneration:		
Audit services	**5,500**	5,500
Non-audit services	**4,474**	3,375
Amortisation of intangible fixed assets	**26,200**	-
Depreciation of owned tangible assets	**9,669**	24,259
Loss on disposal of owned tangible assets	**-**	-
Pension costs	**83,483**	65,410

7. STAFF COSTS

Staff costs during the year were as follows:

	2021	2020
	£	£
Wages and salaries	**757,482**	589,854
Social security	**67,227**	50,511
Pensions	**83,483**	65,410
Agency staff costs	**20,000**	77,042
	928,192	782,817

The average number of staff employed by the charity (including Trustee Directors but excluding agency staff) during the year was:

	2021	2020
	Number	Number
Trustee directors	**10**	10
Provision of charitable services	**26**	23
	36	33

The emoluments of one member of staff, including benefits in kind, was within the range £60,000 to £69,999 (2020: One within the range £60,000 - £69,999), not including retirement benefits which are accruing under a defined benefit scheme.

The key management personnel of the charity comprise the Trustee Directors, the Company Secretary and the Finance Manager. The total remuneration of key management personnel during the year was £123,192 (2020: £102,140).

8. TRUSTEE DIRECTORS AND CONNECTED PERSONS

No Trustee Director received any remuneration in the year, directly or indirectly, from the charitable company.

The charity reimbursed travel expenses incurred by 0 (2020: 8) Trustee Directors during the year amounting to £Nil (2020: £6,262).

9. INTANGIBLE FIXED ASSETS

	Website and portal costs	Membership database	TOTAL
	£	£	£
Cost:			
At 1 May 2020	110,134	-	110,134
Reclassification transfer	-	115,818	115,818
At 30 April 2021	**110,134**	**115,818**	**225,952**
Depreciation:			
At 1 May 2020	36,151	-	36,151
Reclassification transfer	-	96,302	96,302
Charge for the year	16,441	9,759	26,200
At 30 April 2021	**52,592**	**106,061**	**158,653**
Net book value at 30 April 2021	**57,542**	**9,757**	**67,299**
Net book value at 30 April 2020	73,983	-	73,983

10. TANGIBLE FIXED ASSETS

	Office equipment	Computer equipment	TOTAL
	£	£	£
Cost:			
At 1 May 2020	7,848	173,021	180,869
Reclassification transfer	-	(115,818)	(115,818)
Additions	-	16,439	16,439
At 30 April 2021	**7,848**	**73,642**	**81,490**
Depreciation:			
At 1 May 2020	3,019	147,910	150,929
Reclassification transfer	-	(96,302)	(96,302)
Charge for the year	724	8,945	9,669
At 30 April 2021	**3,743**	**60,553**	**64,296**
Net book value at 30 April 2021	**4,105**	**13,089**	**17,194**
Net book value at 30 April 2020	4,829	25,111	29,940

11. INVESTMENTS

	2021 £	2020 £
Valuation brought forward at 1 May 2020	**73,942**	82,944
Net (loss)/gain on revaluation	**16,884**	(9,002)
Valuation carried forward at 30 April 2021	**90,826**	73,942

The investment is in a UK open ended investment company, held to provide an investment return for the charity.

12. DEBTORS

	2021 £	2020 £
Trade debtors	**75,254**	70,065
Other debtors	**11,070**	7,190
Prepayments and accrued income	**97,900**	62,718
	184,224	139,973

13. CREDITORS: Amounts falling due within one year

	2021 £	2020 £
Trade creditors	**26,372**	38,673
Accruals	**55,261**	27,170
Deferred income	**878,531**	744,698
Social security and other taxes	**28,069**	14,216
Other creditors	**15,198**	19,969
	1,003,431	844,726

The movement in deferred income is analysed as follows:

	2021 £	2020 £
Deferred income brought forward	**744,698**	736,551
Amounts released from previous years	**(744,698)**	(736,551)
Income received this year deferred to later years	**878,531**	744,698
Deferred income carried forward	**878,531**	744,698

Deferred income relates to subscriptions and accreditations relating to post year end periods as well as branch events and workshops that were invoiced for but had not yet taken place at the year end.

14. DESIGNATED FUNDS

	Research fund	Branch funds	TOTAL
	£	£	£
At 1 May 2020	-	-	**-**
Incoming resources	95,992	41,084	**137,076**
Resources expended	-	(5,663)	**(5,663)**
Transfers between funds	(95,992)	(35,421)	**(131,413)**
At 30 April 2021	-	-	**-**

Name of fund	Description, nature and purposes of the fund
Research fund:	Established for the provision of grants to third parties to carry out research relevant to the objectives of the Association. In 2019 the Board decided to withdraw the Research Fund and resolved that this fund effectively represented free reserves and be classified as such.
Branch funds:	This represents the surplus of income over expenditure arising from branch events held. It represents free reserves and is effectively classified as such.

15. UNRESTRICTED FUNDS

	Designated funds	General fund	TOTAL
	£	£	£
Funds at 1 May 2020	-	529,127	**529,127**
Incoming resources	137,076	1,679,311	**1,816,387**
Resources expended	(5,663)	(1,438,409)	**(1,444,072)**
Profit/(Loss) on revaluation of investment assets	-	16,884	**16,884**
Transfers between funds	(131,413)	131,413	**-**
Funds at 30 April 2021	**-**	**918,326**	**918,326**

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Designated funds	General fund	TOTAL
	£	£	£
Fixed assets	-	175,319	**175,319**
Current assets	-	1,746,438	**1,746,438**
Creditors falling due within one year	-	(1,003,431)	**(1,003,431)**
	-	918,326	**918,326**

17. THE FUNDS OF THE CHARITY

	2021 £
At 1 May 2020	**529,127**
Surplus for the year	**394,767**
At 30 April 2021	**923,894**

18. OPERATING LEASE COMMITMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2021		2020	
	Land & buildings **£**	Other **£**	Land & buildings £	Other £
Expiring:				
Within one year	**29,076**	**1,488**	-	-
Between two and five years	**-**	**970**	143,491	4,335
	29,076	**2,458**	143,491	4,335

19. GIFT AID

During 2019/20 it became apparent that the organisation had overclaimed Gift Aid on members' subscriptions following a change in relevant legislation that was not immediately implemented by the claims department.

The charity informed Her Majesty's Revenue & Customs (HMRC) of the error and a provision of £141,828 was made by the Trustee Directors in the financial statements for the year ending 30 April 2019. However, the final liability subsequently agreed by and settled with HMRC was for an amount of £100,000 and therefore the overprovision of £41,828 has been credited to the Statement of Financial Activities in the year ended 30 April 2020 and separately disclosed on the face of that report.

20. OTHER COMMITMENTS

As at 30 April 2021 the Association was committed to pay grant awards totalling £Nil (2020: £Nil) in respect of research activities being carried out by third parties. All such grant awards will be met from the Educational Activities fund, a designated fund established for this specific purpose.

21. POST BALANCE SHEET EVENTS

There have been no significant events affecting the financial statements since the balance sheet date.

22. TRANSACTIONS WITH TRUSTEE DIRECTORS

No Trustee Director or other related party was a party to any transaction with the Trustee Directors during the year except as disclosed in note 8 on page 49.

23. CONTROLLING RELATED PARTY

The Trustee Directors are the controlling related party by virtue of their office in the Company.

24. COMPANY LIMITED BY GUARANTEE

The company is limited by guarantee and does not have a share capital. The liability of each member by way of their guarantee to the company is to contribute a sum not exceeding £10 to the assets of the company if so required on the winding up of the company.

At 30 April 2021 there were 14,274 (2020: 12,789) members.



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