

Company no. 04391957
Charity no. 1099140



Kinergy
Report and Unaudited Financial
Statements
31 March 2022

Kinergy

Reference and administrative details

For the year ended 31 March 2022

Company number	04391957
Charity number	1099140
Registered office and operational address	Mary Carpenter House Kingswood Foundation Estate Britannia Road Kingswood Bristol BS15 8DB
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Lorraine Beer (Treasurer) Adam Cross Marie Davies Lindsey Dowdell (Chair) Craig Lennox Paul Spencer Rachel Taylor-Evans Julie Venters (Vice Chair) Melissa Warren
Company secretary	Bert Weenink
Chief executive officer	Donal Carmody (resigned 8 April 2022)
Principle bankers	HSBC UK Bank PLC 79 Regent Street Bristol BS15 2LH
Independent examiners	Godfrey Wilson Limited Chartered accountants and statutory auditors 5th Floor Mariner House 62 Prince Street Bristol BS1 4QD

Kinergy

Report of the trustees

For the year ended 31 March 2022

The trustees present their report along with the financial statements of the charity for the year ended 31 March 2022.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the Memorandum and Articles of Association and the Statement of Recommended Practice - Accounting and Reporting by Charities (effective from January 2019).

Structure, governance and management

The charity is a company limited by guarantee and registered charity. It is operated under the rules of its memorandum and articles of association dated 11 March 2002 and most recently updated on 15 March 2015. It has no share capital and the liability of each member in the event of winding-up is limited to £1.

Objectives and activities

Kinergy's objects and aims are:

1. To provide the relief of sickness by the provision of counselling and support services to persons affected by rape and child sexual abuse; and
2. To advance the education of the public in the effects of rape and child sexual abuse.

Achievements and performance

COVID-19 continued to make an impact on Kinergy with various further lockdowns and restrictions. However, we were able to open up to face-to-face counselling in September and this was testament to the adaptability and hard work of the staff and counsellors. This adaptability has allowed Kinergy to now deliver online and face-to-face counselling. This way of working has actually allowed us to be more inclusive in the delivery of our services.

Trustees continued to meet online this year. We have also adapted our constitution to allow hybrid meetings to continue in the future. This has allowed some trustees who have now moved away from Bristol to continue their valuable role. Our trustee board has remained the same over the year with no new trustees starting nor none leaving.

The Chair of trustees went on sick leave at the beginning of October 2021 and returning on 1 March. The Vice Chair stepped up in her absence and they were joint Chair for three months while the Chair phased in her return.

Clinical report

With the ongoing COVID-19 pandemic and restrictions, Kinergy continued to grow and develop to most effectively support our clients. At the beginning of the year, we planned and started a recurring online wellbeing group which focused on common wellbeing concerns for survivors, tools to manage in difficult times, facilitate mindfulness exercises and provide a space to connect with others and reduce feelings of isolation. 100% of participants reported that the group sessions had helped them to feel more confident about coping with challenges in life and had learnt new ways to manage their day to day functioning.

Planning for restarting of in-person therapeutic groups has been completed and we will be commencing these groups in April 2022.

Kinergy

Report of the trustees

For the year ended 31 March 2022

In July and August we decorated therapy rooms to be more welcoming. This was all in preparation for Kinergy reopening its doors for face-to-face sessions in September. We continued to offer online and face-to-face sessions to help clients access support.

During this period we recruited 6 new incredible counsellors to deliver trauma informed therapy and help to decrease the time clients were waiting for support. We also grew our clinical team to support with client intake. 93% of clients reported that there had been an improvement in their physical or mental health due to the counselling they received at Kinergy. 97% reported that they achieved their therapeutic goals.

A big thank you to all our counsellors and staff that make this possible and have shown their commitment and care during this time. We look forward to continue learning and developing our services to continue providing the highest level of support to all of our clients.

Public benefit

Kinergy is specialist organisation offering support through counselling and therapeutic groups to adults in Bristol, South Gloucestershire, BANES & North Somerset, who have experienced any form of sexual abuse throughout their lives. Kinergy is an inclusive charity offering support to all genders, 18 years and above. The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Financial review

After 3 years of producing a surplus, this year's result shows a deficit of just under £35,000 as the trustees decided to fund various building improvements from Kinergy's reserves.

According to Kinergy's reserve policy, we need to keep at least six months of expenses in reserve which is taken to be £121,619 based on total core costs in the year to 31 March 2022. We revisit this policy once a year. At present, our reserves are higher than that through an effective in-house approach to fundraising. Some of our reserves have been used during the summer of 2021, for the installation of a professional database and making drastic changes to our IT provision through the installation of a fibre optic cable and various online tools that help us to work more effectively.

We also were able to make some major improvements to our premises by:

- installing an accessible bathroom;
- creating a small office, suitable and fully equipped for Zoom meetings; and
- changing the bathroom into a proper shower facility.

In the short term we don't feel that Kinergy faces any financial risks as our projected income plus our reserves should enable us to function at our present level and allow us also the space to grow to increase the number of counselling sessions we provide for individuals and for groups, both face-to-face and online.

Most of our funding is guaranteed until April 2023, but we need to remain vigilant in our fundraising so that the income from statutory bodies and private funders will continue beyond that date. We continue the good relationship we have with a local professional funder for advice and for completing funding applications.

We also work towards creating a diversity of income streams, such as providing counselling for bodies that are willing to pay for our services, such as universities and colleges.

Kinergy

Report of the trustees

For the year ended 31 March 2022

A big thank you to all of our funders such as Ministry of Justice, Henry Smith, Lloyds and OPCC for their ongoing support in helping us to provide a space for survivors of sexual abuse and sexual violence. We offer thanks to all our funders, big and small, who continue to support us financially. This has allowed us to carry on and develop our work, and their interest and involvement is always welcome and valued.

Plans for future periods

At the beginning of March, our CEO tendered his resignation which has meant a big push at the end of the year in recruitment to replace him. We have been able to make a new and exciting appointment and are looking forward to welcoming our new CEO at the end of October.

We are pleased to have an agreement with our landlords to replace our short term lease with a 10 year lease, which will greatly help us with our long term planning.

We are working hard towards re-opening our waiting list in September and aiming to expand our team of counsellors to increase our capacity to provide both face-to-face and online therapy.

Finally, I would like to thank, on behalf of the trustees, all the counsellors and staff for their hard work and commitment in what has been, for everyone a challenging year.

Statement of responsibilities of the trustees

The trustees (who are also 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, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- 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 charity and which enable them to ensure that the financial statements comply with the Companies Act 2006. The trustees 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.

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

Kinergy

Report of the trustees

For the year ended 31 March 2022

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Independent examiners

Godfrey Wilson Limited were appointed as independent examiners to the charitable company during the year and have expressed their willingness to continue in that capacity.

Approved by the trustees on 3 October 2022 and signed on their behalf by

A handwritten signature in black ink, appearing to read 'Julie A Venters', with a stylized flourish at the end.

Julie Venters - Vice Chair

Independent examiner's report

To the trustees of

Kinergy

I report to the trustees on my examination of the accounts of Kinergy (the charitable company) for the year ended 31 March 2022, which are set out on pages 7 to 17.

Responsibilities and basis of report

As the trustees of the charitable company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- (4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Laura May Richards

Date: 4 October 2022

Laura Richards ACA

Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

Kinergy

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 March 2022

	Note	Restricted £	Unrestricted £	2022 Total £	2021 Total £
Income from:					
Donations	3	-	83,034	83,034	117,869
Charitable activities	4	141,610	19,568	161,178	132,284
Other		-	1,325	1,325	1,583
Total income		<u>141,610</u>	<u>103,927</u>	<u>245,537</u>	<u>251,736</u>
Expenditure on:					
Raising funds		-	37,149	37,149	35,159
Charitable activities		<u>141,610</u>	<u>101,628</u>	<u>243,238</u>	<u>164,427</u>
Total expenditure	6	<u>141,610</u>	<u>138,777</u>	<u>280,387</u>	<u>199,586</u>
Net income / (expenditure) and net movement in funds	7	<u>-</u>	<u>(34,850)</u>	<u>(34,850)</u>	<u>52,150</u>
Reconciliation of funds:					
Total funds brought forward		<u>-</u>	<u>229,215</u>	<u>229,215</u>	<u>177,065</u>
Total funds carried forward		<u><u>-</u></u>	<u><u>194,365</u></u>	<u><u>194,365</u></u>	<u><u>229,215</u></u>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 13 to the accounts.

Prior period income and expenditure have been reclassified to reflect the requirements of the Charities SORP (FRS 102) and to be comparable with the current year. The restatements are purely reclassifications of income and expenditure and do not affect net income.

Kinergy

Balance sheet

As at 31 March 2022

	Note	£	2022 £	2021 £
Fixed assets				
Tangible assets	10		21,122	-
Current assets				
Debtors	11	1,948		1,310
Cash at bank and in hand		<u>173,263</u>		<u>229,075</u>
		175,211		230,385
Liabilities				
Creditors: amounts falling due within 1 year	12	<u>(1,968)</u>		<u>(1,170)</u>
Net current assets			<u>173,243</u>	<u>229,215</u>
Net assets			<u>194,365</u>	<u>229,215</u>
Funds	13			
Unrestricted funds				
General funds			<u>194,365</u>	<u>229,215</u>
Total charity funds			<u>194,365</u>	<u>229,215</u>

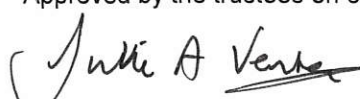
The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477(2), and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for:

- ensuring that the Company keeps proper accounting records which comply with section 386 of the Act; and
- preparing financial statements which give a true and fair view of the state of affairs of the Company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by the trustees on 3 October 2022 and signed on their behalf by


Julie Venters - Vice Chair

Notes to the financial statements

For the year ended 31 March 2022

1. Accounting policies

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Kinergy 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.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves. There are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

d) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

e) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

f) Expenditure and irrecoverable VAT

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

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Notes to the financial statements

For the year ended 31 March 2022

1. Accounting policies (continued)

g) Allocation of support and governance costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Governance costs are the costs associated with the governance arrangements of the charity, including the costs of complying with constitutional and statutory requirements and any costs associated with the strategic management of the charity's activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities based on the proportion of direct costs as follows:

	2022	2021
Raising funds	13.2%	17.6%
Charitable activities	86.8%	82.4%

h) Tangible fixed assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Leasehold improvements	3 years straight line
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Items of equipment are capitalised where the purchase price exceeds £1,000.

i) Debtors

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

j) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

k) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

l) Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

Notes to the financial statements

For the year ended 31 March 2022

1. Accounting policies (continued)

m) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

The key source of estimation uncertainty that has a significant effect on the amounts recognised in the financial statements is depreciation as described in note 1h above.

2. Prior period comparatives: statement of financial activities (restated)

	Restricted £	Unrestricted £	2021 Total £
Income from:			
Donations	-	117,869	117,869
Charitable activities	127,699	4,585	132,284
Investments	-	1,583	1,583
Total income	127,699	124,037	251,736
Expenditure on:			
Raising funds	-	35,159	35,159
Charitable activities	160,999	3,428	164,427
Total expenditure	160,999	38,587	199,586
Net income / (expenditure) and net movement in funds	(33,300)	85,450	52,150

Kinergy

Notes to the financial statements

For the year ended 31 March 2022

3. Income from donations

	2022 Total £	2021 Total £
Donations	10,584	14,397
Grants:		
Lloyds Bank Foundation	40,000	30,000
Henry Smith	15,450	-
Other grants	17,000	29,452
South Gloucester Council	-	24,020
Peoples Postcode Lottery	-	20,000
Total income from donations	83,034	117,869

In the current and prior year, all income from donations was unrestricted.

4. Income from charitable activities

	Restricted £	Unrestricted £	2022 Total £
Grants:			
Ministry of Justice	131,610	-	131,610
PCC Avon & Somerset	10,000	-	10,000
Contract income	-	12,418	12,418
Other income	-	7,150	7,150
Total income from charitable activities	141,610	19,568	161,178
Prior period comparative:			2021 Total £
	Restricted £	Unrestricted £	
Grants:			
Ministry of Justice	117,704	-	117,704
PCC Avon & Somerset	9,995	-	9,995
Contract income	-	2,922	2,922
Other income	-	1,663	1,663
Total income from charitable activities	127,699	4,585	132,284

5. Government grants

The charitable company receives government grants, defined as funding from South Gloucester Council, Ministry of Justice and PCC Avon & Somerset, to fund charitable activities. The total value of such grants in the period was £141,610 (2021: £151,719). There are no unfulfilled conditions or contingencies attaching to these grants.

Kinergy

Notes to the financial statements

For the year ended 31 March 2022

6. Total expenditure

	Raising funds £	Charitable activities £	Support and governance costs £	2022 Total £
Fundraising and publicity	3,255	-	-	3,255
Professional fees	-	-	6,507	6,507
Counselling, supervision and other costs	-	47,606	-	47,606
Office costs	-	-	5,893	5,893
Telephone and IT	-	-	15,132	15,132
Insurance	-	753	587	1,340
Repairs and maintenance	-	3,136	4,478	7,614
Staff costs (note 8)	15,727	71,855	59,489	147,071
Staff training and expenses	-	-	3,311	3,311
Utility and property costs	-	-	36,212	36,212
Registrations and subscriptions	-	937	411	1,348
Depreciation	-	-	5,098	5,098
Sub-total	18,982	124,287	137,118	280,387
Allocation of support and governance costs	18,167	118,951	(137,118)	-
Total expenditure	37,149	243,238	-	280,387

Total governance costs were £28,156 (2021: £28,246).

Kinergy

Notes to the financial statements

For the year ended 31 March 2022

6. Total expenditure (continued)

Prior period comparative

	Raising funds £	Charitable activities £	Support and governance costs £	2021 Total £
Fundraising and publicity	1,276	-	-	1,276
Professional fees	-	-	1,170	1,170
Counselling, supervision and other costs	-	26,898	-	26,898
Office costs	-	-	2,354	2,354
Telephone and IT	-	-	21,400	21,400
Insurance	-	753	680	1,433
Repairs and maintenance	-	405	108	513
Staff costs (note 8)	15,322	49,164	55,282	119,768
Staff training and expenses	-	117	840	957
Utility and property costs	-	-	23,112	23,112
Registrations and subscriptions	-	290	415	705
Sub-total	16,598	77,627	105,361	199,586
Allocation of support and governance costs	18,561	86,800	(105,361)	-
Total expenditure	<u>35,159</u>	<u>164,427</u>	<u>-</u>	<u>199,586</u>

Kinergy

Notes to the financial statements

For the year ended 31 March 2022

7. Net movement in funds

This is stated after charging:

	2022 £	2021 £
Depreciation	5,098	Nil
Trustees' remuneration	Nil	Nil
Trustees' reimbursed expenses	Nil	Nil
Independent examiner's remuneration	1,968	1,170

8. Staff costs and numbers

Staff costs were as follows:

	2022 £	2021 £
Salaries and wages	137,011	112,206
Social security costs	6,318	4,418
Pension costs	3,742	3,144
	147,071	119,768

No employee earned more than £60,000 during the year.

The key management personnel of the charitable company comprise the Chief Executive Officer, Clinical Manager and Business Manager. The total employee benefits of the key management personnel were £97,029 (2021: £91,402).

	2022 No.	2021 No.
Average head count	8	7

Kinergy

Notes to the financial statements

For the year ended 31 March 2022

9. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

10. Tangible fixed assets

	Leasehold improvements £
Cost	
At 1 April 2021	-
Additions in year	<u>26,220</u>
At 31 March 2022	<u>26,220</u>
Depreciation	
At 1 April 2021	-
Charge for the year	<u>5,098</u>
At 31 March 2022	<u>5,098</u>
Net book value At 31 March 2022	<u><u>21,122</u></u>
At 31 March 2021	<u><u>-</u></u>

No fixed assets were recognised in the prior year as previous capital costs are considered to be fully depreciated.

11. Debtors

	2022 £	2021 £
Trade debtors	1,876	1,310
Accrued income	<u>72</u>	<u>-</u>
	<u><u>1,948</u></u>	<u><u>1,310</u></u>

12. Creditors : amounts due within 1 year

	2022 £	2021 £
Accruals	<u><u>1,968</u></u>	<u><u>1,170</u></u>

Kinergy

Notes to the financial statements

For the year ended 31 March 2022

13. Movements in funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2022 £
Restricted funds					
Counselling	-	141,610	(141,610)	-	-
Total restricted funds	-	141,610	(141,610)	-	-
General funds	229,215	103,927	(138,777)	-	194,365
Total unrestricted funds	229,215	103,927	(138,777)	-	194,365
Total funds	229,215	245,537	(280,387)	-	194,365

Purposes of restricted funds

Counselling The counselling fund includes income from the Ministry of Justice and the Police and Crime Commissioner Avon and Somerset and supports additional counselling sessions.

Prior period comparative

	At 1 April 2020 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2021 £
Restricted funds					
Counselling	33,300	96,390	(129,690)	-	-
COVID 19	-	31,309	(31,309)	-	-
Total restricted funds	33,300	127,699	(160,999)	-	-
General funds	143,765	124,037	(38,587)	-	229,215
Total unrestricted funds	143,765	124,037	(38,587)	-	229,215
Total funds	177,065	251,736	(199,586)	-	229,215

14. Related party transactions

There were no related party transactions in the current or prior period.