

COLLEGE OF SEXUAL AND RELATIONSHIP THERAPISTS

England & Wales · Charity number 1101961

Details

Other names	BRITISH ASSOCIATION FOR SEXUAL AND RELATIONSHIP THERAPY
Status	Registered
Legal form	Charitable company
Company number	04998207
Registered	2004-02-06
Register	View on the Charity Commission register

Contact

Address	Suite 48987 Po Box 6945 London W1A 6US
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Website	www.cosrt.org.uk

Activities

Objects: TO ADVANCE EDUCATION IN SEXUAL, COUPLE AND RELATIONSHIP THERAPY FOR THE BENEFIT OF THE PUBLIC, IN PARTICULAR BUT NOT EXCLUSIVELY BY:1. THE PROVISION OF, AND ASSISTING IN THE PROVISION OF TRAINING FOR THOSE ENGAGED IN SEXUAL, COUPLE AND RELATIONSHIP THERAPY;2. FORMULATING AND MONITORING STANDARDS OF PROFESSIONAL CONDUCT AND COMPETENCE FOR THOSE ENGAGED IN SEXUAL, COUPLE AND RELATIONSHIP THERAPY; AND3. PROMOTING RESEARCH IN THE FIELDS OF MARRIAGE AND OTHER INTIMATE RELATIONSHIPS; SEXUAL, COUPLE AND RELATIONSHIP THERAPY AND HUMAN SEXUALITY.

Activities: Provides advocacy/advice/informationSponsors or undertakes research

Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£388,655	£299,921	-	-
2023-12-31	£342,562	£332,999	-	-
2022-12-31	£344,963	£261,326	-	-
2021-12-31	£355,747	£265,991	-	-
2020-12-31	£319,292	£221,754	-	-

Trustees

Name	Role	Appointed
Chris Amento Ayi Boccovi		2024-10-25
David Robert Piner		2024-10-25
Dr Wafaa Mohamed Farid Eltantawy		2024-10-25
Elizabeth Folarin		2025-10-28
Imelda Hatton Yeo		2023-11-09
Lohani Noor		2023-11-09
Markie Louise Christianson Twist		2023-11-09
Murray Blacket		2022-09-15
Simon Angus Wilson		2025-10-28
Stephen Richmond Johnson		2021-09-16

COLLEGE OF SEXUAL AND RELATIONSHIP THERAPISTS

England & Wales - Charity number 1101961

Accounts

REGISTERED COMPANY NUMBER: 04998207 (ENGLAND AND WALES)

REGISTERED CHARITY NUMBER: 1101961

College of Sexual and Relationship Therapists

Annual Report and Accounts

Trustees' Report

31 December 2024

Introduction

2024 saw the organisation continue to grow its membership, training offer and financial foundations. An important pillar of work throughout the year focused on ensuring that standards underpinning the registers were as strong as possible. This included a long-term project to develop professional competences for the modalities that COSRT oversees, with a parallel workstream examining training requirements.

COSRT's training offer continued to grow through the year, with a range of new classes and seminars provided for professionals and the public. This core CPD training was accompanied by two major online conferences.

Professional standards underpinned all the organisation's work, with complaints against members being successfully conducted under the ethics and conduct framework. The Ethics and Standards Committees brought independent scrutiny and advisory capacity to help support staff and trustees.

The year saw an evolution of people involved with COSRT. The AGM saw members vote David Piner, Bernd Leygraf, Wafaa Eltentawy, and Chris Boccovi to the board.

Thanks to all who have contributed to and supported our work. Our mission is worthwhile and achieving our aims is not possible without your help.

John Alan Dodd

Chief Executive Officer

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The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2024. The trustees have adopted the provisions of 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).

WHY WE EXIST

COSRT works to improve professional standards and protect the public. Our focus is on Psychosexual and Relationship Therapies, working with and on behalf of a membership predominantly composed of practicing therapists. Our activities are underpinned by our Articles of Association, which include:

- The provision of, and assisting in the provision of training for those engaged in sexual, couple and relationship therapy;
- Formulating and monitoring standards of professional conduct and competence for those engaged in sexual, couple and relationship therapy; and
- Promoting research in the fields of marriage and other intimate relationships; sexual, couple and relationship therapy and human sexuality.

1. HOW WE HELP

To maximise our impact, we undertake a range of activities in accordance with our charitable objectives. These include:

- Overseeing public registers of trained Psychosexual and Relationship Therapists.
- Implementing ethical standards and a complaint procedure.
- Providing high-quality training and conferences.
- Publishing a peer reviewed international journal.
- Accrediting third-party training.
- Sharing information, advice and guidance with the public and professionals.
- Acting as the voice of the Psychosexual and Relationship Therapy sector.

2. STRATEGIC REPORT

2.1 Good Therapy for All. COSRT Strategy 2024 - 2029

In 2024 a strategic plan was agreed for the organisation. This was designed to guide the core activities and how resource was deployed through 2029. The strategy contained clear vision and mission statements:

- Vision: That everyone can access high-quality specialised Psychosexual and Relationship Therapies regardless of their background or context.
- Mission: To maintain the best professional standards, increase specialist knowledge, and support access to services.

The strategy is based on four overarching objectives:

- Improving Awareness of Therapies. “Ensure that Psychosexual and Relationship Therapies are better understood by the public and those responsible for delivering services.”
- Increasing the Impact of Evidence. “Help all stakeholders have better access to relevant, high-quality evidence on what services work, why they work and why they are needed.”
- Spreading Professional Standards. “Ensure that it is only acceptable for practitioners to deliver specialist therapies with the proper training and accreditation.”
- Improving Professional Training. “Improve access to and the quality of Psychosexual and Relationship Therapy training.”

2.2 Public Benefit

COSRT trustees ensure that all activities carried out by the charity are in support of its charitable objects and thus are to support the advancement of education in sexual, couple and relationship therapy for the benefit of the public.

In setting the overall strategic direction for the charity and its shorter-term objectives, the trustees have kept in mind the Charity Commission’s guidance on public benefit.

2.3 Research

Our international peer reviewed journal continued to be at the core of our evidence and awareness raising activities. 2024 saw continued work to increase the impact and reach of the Journal of Sex and Relationship Therapy. Social media channels were used across platforms, and there was successful linkage between publisher, COSRT and journal media activities.

2024 metrics were positive for the journal with an impact factor of 1.4. Citescore, essentially a metric showing the average number of citations per document that a title receives was at 3.6. The five-year impact factor was 1.8. SNIP (Source Normalized Impact per Paper) is a journal ranking metric that aims to normalise for differences in citation practices across various research fields and was 1.05 (which would be seen as above average).

The journal continued to drive academic and practice-based discourse through its diverse content. 2024 saw an Outstanding Paper Award given to Dr. Sinéad Kelleher and coauthor Mike Murphy for “Asexual identity development and internalisation: A thematic analysis,”

2.4 Membership

COSRT continued to manage and maintain its membership structure and public register using the following categories:

- Student
- Professional Associate
- Retired
- Registered
- Accredited
- Senior Accredited

Overall membership continued to grow through 2024, with numbers reaching over 1400 members by the end of the year. Moving into 2025 the public Psychosexual and Relationship Register contained 807 members – an increase from 750 a year earlier. By the end of 2024 the Relationship Therapist Register had reached almost 581 members.

Unregistered Membership category	Dec 2023	Dec 2024
Professional Associate	223	166
Student	285	417
Retired	22	28
Affiliate	7	5
Honorary Fellow	6	6
Total	543	622

Psychosexual and Relationship Therapy Register		
Membership category	Dec 2023	Dec 2024
Senior Accredited	180	161
Accredited	158	176
Registered	412	470
Total	750	807

Relationship Therapy Register		
Membership category	Dec 2023	Dec 2024
Senior Accredited	242	340
Accredited	109	131
Registered	106	110
Total	457	581

2.5 Complaints

In its role as a professional body, COSRT conducts complaints related to professional standards. This ensures members are held accountable for their adherence to the Code of Ethics. In 2024:

- There were nine Complaints in total.
- Six did not progress after initial contact and the member of the public was directed to the Conduct Procedure.
- One complaint concerned a person who was not a COSRT member.
- One complaint related to a matter being dealt with by the Irish Association for Counselling and Psychotherapy (IACP) so COSRT awaited the outcome before acting.
- One complaint passed screening and progressed to an Interim Suspension in 2024.

2.6 COSRT's training offer

In 2024 a major focus continued to be the organisation's training offer. Key actions continued from the previous year included:

- Increasing the number of self-access video-based training courses.
- Increasing dedicated training for supervisors.
- Increasing dedicated support for Students.
- Minimising costs to users.

The work programme was highly successful and by the end of 2024:

- Fifteen new Self-Access Classes had been launched, with over 65 available by the end of the year.
- There were over 1200 Self-Access sales across the year, continuing the positive growth trend seen in previous years.
- 20 Online Seminars were held covering both thematic and professional practice issues.

- A full programme of dedicated training seminars for students and supervisors was implemented. Over 300 places were taken across supervisor sessions, and 110 at student sessions.

Two highly successful conferences were also held online. Over 120 people attended 'Contemporary research in Psychosexual and Relationship Therapies', with an additional 90 taking part in 'Fostering healthy intimacy and relationships through young adulthood'.

2.7 Accrediting training

COSRT continued to develop its role as an accrediting organisation for training related to Psychosexual and Relationship Therapies. An important part of the organisation's work was to examine what types of training are suitable before entering the speciality modalities. This led to formal proposals to replace accreditation for one year foundation courses with a new format of course including more training hours and clinical placements. Additional work was carried out to develop specialised professional competences that echo the multi-level format taken forward across the general therapy sector.

2.8 External engagement

COSRT continued its role in the cross-sector collaborative work around conversion therapy, retaining its place within the coalition supporting the Memorandum of Understanding on Conversion Therapy. The organisation also took up its position in the Coalition for Inclusion and Anti-Opressive Practice. Organisational support for the UK Says No More campaign continued, as did engagement with international bodies such as the European Federation of Sexology of which COSRT is a national body member.

3. STRUCTURE, GOVERNANCE AND MANAGEMENT

3.1 Structure and Management

The College of Sexual and Relationship Therapists (COSRT) is a company limited by guarantee registered in England and Wales (number 4998207) and a registered charity (number 1101961). Its governing document was updated and agreed by the membership at their AGM on 12 July 2014.

COSRT exists to maintain professional standards in the field therapy for the protection of the public. It is primarily a membership organisation with over 1,200 members from a wide range of disciplines, including Psychosexual and Relationship Therapies, medicine, nursing, social work, and psychiatry.

Subject to certain matters reserved to members, COSRT's Board of Trustees holds all of the Charity's powers and authorities. The Board is ultimately responsible for the overall control and strategic direction of the Charity, and for the protection of its assets. Day-to-day management is delegated to the Chief Executive Officer, John Alan Dodd.

3.2 Board of Trustees

The trustees, who are also directors under company law, are elected by the members of the Charity at the Annual General Meeting and, subject to re-election or early retirement, serve for a maximum of nine successive years. The Board has the power to fill casual vacancies by appointment until the next Annual General Meeting. The trustees all give their time to COSRT on a voluntary basis and receive no remuneration. Out-of-pocket expenses may be reimbursed.

Trustees are required to declare any potential conflict of interest, financial or otherwise and may be required to withdraw from relevant proceedings.

The trustees who served during the year and up to the date of this report are as follows:

Steve Johnson (Chair)

Tim Blackstone

Dana Braithwaite

David Edwards

Hazel Wright

Murray Blackett

Cate Campbell

Markie Twist

Lohani Noor

Imelda Hatton-Yeo

David Piner

Bernd Leygraf

Wafaa Eltentawy

Chris Boccovi

3.3 Reference and Administrative Details

Registered Company number

04998207 (England and Wales)

Registered Charity number

1101961

Registered office

10 Queen Street Place
London
United Kingdom
EC4R 1BE

Bankers

CAF Charity Money Management
Kings Hill
West Malling
Kent ME19 4TA

Postal address

Suite 48987
PO Box 6945
London
W1A 6US
Email: info@cosrt.org.uk
Website: www.cosrt.org.uk

Solicitors

Bates, Wells & Braithwaite
10 Queen Street Place
London
United Kingdom
EC4R 1BE

Chief Executive Officer & Company Secretary

John Alan Dodd

Financial Managers

the dt group
Chartered Accountants
Swatton Barn
Badbury
Swindon
Wiltshire
SN4 0EU

Independent examiner

A Clarke FCCA
the dt group
Chartered Accountants
Swatton Barn
Badbury
Swindon
SN4 0EU

3.4 Financial Review

At the end of the 2024 COSRT posted financial performance that continued a trend of surplus at year end. Income totalled over £388,000, with a net income (surplus) of £88,734.

Income increased due to larger numbers of Members, with income increasing by approximately £15,000 compared to the previous year to over £204,000. Training income stood at £79,000 for 2024, with conference ticket sales adding an extra £20,000.

Expenditure for the year stood at £299,000 with all cost areas well managed. Staffing costs totalled £174,000 which was £25,000 under budget and £6,000 less than 2023. Legal and professional costs were £28,000 – below budget and lower than any of the previous three accounting years. Wider activity costs stood at £76,000 which represented £63,000 less than budgeted expenditure.

The trustees have a reserves policy in place to ensure that the charity maintains sufficient reserves to be able to deal with unforeseen crises and to be able to wind up in good order if necessary. They believe that the charity should normally have enough reserves to maintain itself for twelve months, which are estimated to be £150,000. This policy is reviewed by the trustees on an annual basis. The reserves are at this level which the trustees believe to be prudent to maintain in the uncertain financial climate. The charity currently makes no specific investments.

General funds of £454,466 represent available free funds as of 31st December 2024

3.5 Exemptions from Disclosure

There are no exemptions from disclosure in this report.

3.6 Funds Held as Custodian Trustee on Behalf of Others

The charity is not acting as custodian trustee for any funds.

3.7 Statement of Trustees' Responsibilities

Company law requires the trustees to prepare financial statements for each financial year, and which give a true and fair view of the charitable company's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charitable company will continue in operation.

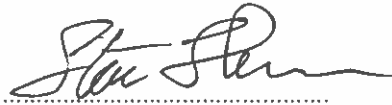
The trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy at any time, the financial position of the charitable company, and which enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for ensuring that the report of the Board of Trustees and other information included in the annual report is prepared in accordance with company law in the United Kingdom.

3.8 Independent Examination

A resolution to re-appoint A Clarke as Independent Examiner for the ensuing year will be proposed at the annual general meeting in accordance with Section 489 of the Companies Act 2006.

Approved by order of the board of trustees on 18th September 2025 and signed on its behalf by:



Steve Johnson. Chair of the COSRT Board of Trustees

4. INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE COLLEGE OF SEXUAL AND RELATIONSHIP THERAPISTS ('the company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2024.

4.1 Responsibilities and basis of report

As the charity's trustees of the 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 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 your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

4.2 Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Associate Chartered Accountant which is one of the listed bodies.

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

- Accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.

A Clarke FCCA
the dt group
Chartered Accountants
Swatton Barn
Badbury
Swindon
Wiltshire
SN4 0EU



Date:

22nd August 2025

COLLEGE OF SEXUAL AND RELATIONSHIP THERAPISTS

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		-	-	-	1
Charitable activities					
Conference income		20,354	-	20,354	19,356
Membership contributions		204,856	-	204,856	189,186
Journal income		30,837	-	30,837	27,697
CPD income		79,133	-	79,133	66,822
Other income		<u>53,475</u>	<u>-</u>	<u>53,475</u>	<u>39,500</u>
Total		<u>388,655</u>	<u>-</u>	<u>388,655</u>	<u>342,562</u>
EXPENDITURE ON					
Charitable activities					
Information and education		93,988	-	93,988	105,090
Conference costs		21,892	-	21,892	42,911
Membership support & services		69,728	-	69,728	71,910
Support costs		111,856	-	111,856	110,631
Governance costs		<u>2,457</u>	<u>-</u>	<u>2,457</u>	<u>2,457</u>
Total		<u>299,921</u>	<u>-</u>	<u>299,921</u>	<u>332,999</u>
NET INCOME		88,734	-	88,734	9,563
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>365,732</u>	<u>-</u>	<u>365,732</u>	<u>356,169</u>
TOTAL FUNDS CARRIED FORWARD		<u>454,466</u>	<u>-</u>	<u>454,466</u>	<u>365,732</u>

The notes form part of these financial statements

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**BALANCE SHEET
31 DECEMBER 2024**

	Notes	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	6	1,406	-	1,406	1,143
CURRENT ASSETS					
Debtors	7	16,980	-	16,980	16,945
Cash at bank		<u>490,217</u>	<u>-</u>	<u>490,217</u>	<u>378,832</u>
		507,197	-	507,197	395,777
CREDITORS					
Amounts falling due within one year	8	(54,137)	-	(54,137)	(31,188)
		<u>453,060</u>	<u>-</u>	<u>453,060</u>	<u>364,589</u>
NET CURRENT ASSETS					
		454,466	-	454,466	365,732
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>454,466</u>	<u>-</u>	<u>454,466</u>	<u>365,732</u>
NET ASSETS					
		<u>454,466</u>	<u>-</u>	<u>454,466</u>	<u>365,732</u>
FUNDS					
Unrestricted funds	9			<u>454,466</u>	<u>365,732</u>
TOTAL FUNDS					
				<u>454,466</u>	<u>365,732</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.


The notes form part of these financial statements

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

BALANCE SHEET - continued
31 DECEMBER 2024

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

The financial statements were approved by the Board of Trustees and authorised for issue on 18th September 2025 and were signed on its behalf by:



.....
Steve Johnson – Chair

The notes form part of these financial statements

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

INCOME

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is 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.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 15% on reducing balance
Computer equipment	- 25% on reducing balance

TAXATION

The charity is exempt from corporation tax on its charitable activities.

FUND ACCOUNTING

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

2. SUPPORT COSTS

	Management costs £	Governance £	Totals £
Information and education	24,785	-	24,785
Conference costs	4,319	-	4,319
Support costs	38,583	-	38,583
Governance costs	<u>-</u>	<u>2,457</u>	<u>2,457</u>
	<u>67,687</u>	<u>2,457</u>	<u>70,144</u>

Support costs, included in the above, are as follows:

MANAGEMENT

				2024	2023
	Information and education £	Conference costs £	Support costs £	Total activities £	Total activities £
Marketing and research	2,352	410	3,661	6,423	6,678
Sundries	760	133	1,184	2,077	1,849
Professional	8,153	1,421	12,692	22,266	47,140
Office costs	13,396	2,334	20,854	36,584	42,452
Depreciation of tangible and heritage assets	<u>124</u>	<u>21</u>	<u>192</u>	<u>337</u>	<u>343</u>
	<u>24,785</u>	<u>4,319</u>	<u>38,583</u>	<u>67,687</u>	<u>98,462</u>

GOVERNANCE COSTS

	2024 Governance costs £	2023 Total activities £
Auditors' remuneration	<u>2,457</u>	<u>2,457</u>

3. NET INCOME/(EXPENDITURE)

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

	2024 £	2023 £
Independent examiners fee	2,457	2,457
Depreciation - owned assets	<u>337</u>	<u>343</u>

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 nor for the year ended 31 December 2023.

TRUSTEES' EXPENSES

The trustees are entitled to reclaim reasonable out of pocket expenses. .

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	1	-	1
Charitable activities			
Conference income	19,356	-	19,356
Membership contributions	189,186	-	189,186
Journal income	27,697	-	27,697
CPD income	66,822	-	66,822
Other income	39,500	-	39,500
	<hr/>	<hr/>	<hr/>
Total	<u>342,562</u>	<u>-</u>	<u>342,562</u>
EXPENDITURE ON			
Charitable activities			
Information and education	105,090	-	105,090
Conference costs	42,911	-	42,911
Membership support & services	71,910	-	71,910
Support costs	110,631	-	110,631
Governance costs	2,457	-	2,457
	<hr/>	<hr/>	<hr/>
Total	<u>332,999</u>	<u>-</u>	<u>332,999</u>
NET INCOME	9,563	-	9,563
RECONCILIATION OF FUNDS			
Total funds brought forward	356,169	-	356,169
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS CARRIED FORWARD	<u>365,732</u>	<u>-</u>	<u>365,732</u>

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 January 2024	11,349	8,543	19,892
Additions	-	599	599
	<u>11,349</u>	<u>9,142</u>	<u>20,491</u>
At 31 December 2024			
DEPRECIATION			
At 1 January 2024	11,105	7,644	18,749
Charge for year	<u>36</u>	<u>300</u>	<u>336</u>
At 31 December 2024	<u>11,141</u>	<u>7,944</u>	<u>19,085</u>
NET BOOK VALUE			
At 31 December 2024	<u>208</u>	<u>1,198</u>	<u>1,406</u>
At 31 December 2023	<u>244</u>	<u>899</u>	<u>1,143</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Prepayments	<u>16,980</u>	<u>16,945</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade creditors	25,620	3,640
Social security and other taxes	3,627	4,036
Other creditors	1,045	881
Accruals and deferred income	<u>23,845</u>	<u>22,631</u>
	<u>31,188</u>	<u>31,188</u>

9. MOVEMENT IN FUNDS

	At 1.1.24 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	365,732	88,734	454,466
	<u>365,732</u>	<u>88,734</u>	<u>454,466</u>
TOTAL FUNDS			
	<u>365,732</u>	<u>88,734</u>	<u>454,466</u>

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

9. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	388,655	(299,921)	88,734
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>388,655</u>	<u>(299,921)</u>	<u>88,734</u>

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	356,169	9,563	365,732
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>356,169</u>	<u>9,563</u>	<u>365,732</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	342,562	(332,999)	9,563
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>342,562</u>	<u>(332,999)</u>	<u>9,563</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.23 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	356,169	98,297	454,466
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>356,169</u>	<u>98,297</u>	<u>454,466</u>

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	731,217	(632,920)	98,297
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>731,217</u>	<u>(632,920)</u>	<u>98,297</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2024.

11. SHARE CAPITAL

The company is limited by guarantee and does not have a share capital. The liability of each member is limited to a sum not exceeding £1 on the winding up of the company.

The word limited is omitted by licence from the Department of Trade & Industry as the company has charitable status.

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2024**

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	-	1
Charitable activities		
Membership contributions	204,856	189,186
Conference income	20,354	19,356
Journal income	30,837	27,697
CPD income	<u>79,133</u>	<u>66,822</u>
	335,180	303,061
Other income		
Other	39,925	35,366
Accreditation Fees	<u>13,550</u>	<u>4,134</u>
	<u>53,475</u>	<u>39,500</u>
Total incoming resources	388,655	342,562
EXPENDITURE		
Charitable activities		
Wages	158,666	165,324
Social security	9,448	8,092
Pensions	6,206	6,360
Speakers	28,528	26,129
Costs relating to publishing	22,029	21,777
Legal & professional fees	<u>4,900</u>	<u>4,398</u>
	229,777	232,080
Support costs		
Management		
Marketing and research	6,423	6,678
Sundries	2,077	1,849
Professional	22,266	47,140
Office costs	36,584	42,452
Fixtures and fittings	37	300
Computer equipment	<u>300</u>	<u>43</u>
	97,687	98,462
Governance costs		
Auditors' remuneration	<u>2,457</u>	<u>2,457</u>
Total resources expended	<u>299,921</u>	<u>332,999</u>
Net income	88,734	9,563

This page does not form part of the statutory financial statements

COLLEGE OF SEXUAL AND RELATIONSHIP THERAPISTS

England & Wales - Charity number 1101961

Accounts

REGISTERED COMPANY NUMBER: 04998207 (ENGLAND AND WALES)

REGISTERED CHARITY NUMBER: 1101961

College of Sexual and Relationship Therapists

Annual Report and Accounts

Trustees' Report

31 December 2023

Introduction

2023 saw the organisation continue its successful development and growth. A key focus for the year was the implementation of a new Relationship Therapist Register – ensuring COSRT’s structure reflected its membership and the specialities at its core. Alongside this important shift, membership grew again, meaning that our scope to improve professional standards and protect the public increased.

COSRT’s training offer continued to diversify through the year, with a range of new classes and seminars provided for professionals and the public. This core CPD training was accompanied by two major conferences – one of which was a flagship event in London that marked a return to in-person training after three years.

Professional standards underpinned all activity, with complaints against members being successfully conducted under the ethics and conduct framework. The 2022 launch of revised training course standards was built upon with reaccreditation of Professional Qualification courses, emphasising learning outcomes and competences for students.

The year an evolution of personnel. Towards the end of the year Sonja Pinnell left the post of Training and Knowledge Manager, whilst Jo Coker’s post was amended to Director of Therapy Standards to reflect cross cutting activity. The AGM saw members vote Markie Twist, Lohani Noor and Imelda-Hatton Yeo to the Board of Trustees.

Thanks to all who have contributed to and supported our work. Volunteers, staff, and trustees. Our mission is worthwhile and achieving our aims is not possible without your help.

John Alan Dodd

Chief Executive Officer

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The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of 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).

1. WHY WE EXIST

COSRT works to improve professional standards and protect the public. Our focus is on Psychosexual and Relationship Therapies, working with and on behalf of a membership predominantly composed of practicing therapists. Our activities are underpinned by our Articles of Association, which include:

- The provision of, and assisting in the provision of training for those engaged in sexual, couple and relationship therapy;
- Formulating and monitoring standards of professional conduct and competence for those engaged in sexual, couple and relationship therapy; and
- Promoting research in the fields of marriage and other intimate relationships; sexual, couple and relationship therapy and human sexuality.

2. HOW WE HELP

To maximise our impact, we undertake a range of activities in accordance with our charitable objectives. These include:

- Overseeing a public register of trained Psychosexual and Relationship Therapists.
- Implementing ethical standards and a complaint procedure;
- Providing high-quality training and conferences.
- Publishing a peer reviewed international journal.
- Accrediting third-party training.
- Sharing information, advice and guidance with the public and professionals.
- Acting as the voice of the Psychosexual and Relationship Therapy sector.

3. STRATEGIC REPORT

3.1 Good Therapy for All. COSRT Strategy 2019 - 2022

In 2019 a strategic plan was agreed for the organisation. This was designed to guide the core activities and how resource was deployed through 2022. The strategy contained clear vision and mission statements:

- Vision: That everyone can access high quality psychosexual and relationship support regardless of their background or context.
- Mission: To improve knowledge around psychosexual and relationship issues, increase practice and training

The strategy is based on four overarching objectives:

- **Making evidence count:** Gathering and disseminating information; driving the impact of our international journal; and addressing knowledge gaps.
- **Setting professional standards:** Ensuring robust standards underpin the register; and promoting high professional standards across the sector.
- **Improving training and education:** Diversifying COSRT's training offer; and working with other providers to increase high quality specialist training provision.
- **Influencing policy and practice:** Increasing engagement with policy initiatives; diversifying COSRT events; and building organisational positions on key issues.

The strategy was continued through 2023 to allow for an extended strategy review period, taking into account the external changes post-pandemic.

3.2 Public Benefit

COSRT trustees ensure that all activities carried out by the charity are in support of its charitable objects and thus are to support the advancement of education in sexual, couple and relationship therapy for the benefit of the public.

In setting the overall strategic direction for the charity and its shorter-term objectives, the trustees have kept in mind the Charity Commission's guidance on public benefit.

3.3 Making evidence count

Our international peer reviewed journal continued to be at the core of our evidence activities. 2023 saw continued work to increase the impact and reach of the Journal of Sex and Relationship Therapy. Social media channels were used across platforms, and there was successful linkage between publisher, COSRT and journal media activities.

2023 metrics were positive for the journal with an impact factor of 1.5 and a five-year score of 1.7. Citescore, essentially a metric showing the average number of citations per document that a title receives over a three-year period was at 3.8. Citations, downloads, publications and open access all increased to ensure a very positive picture for the journal overall.

The journal continued to drive academic and practice-based discourse through its diverse content. 2023 saw an Outstanding Paper Award given to Cory Cascalheira and colleagues for “Curative kink: survivors of early abuse transform trauma through BDSM”. A Special Issue was also published in 2023 on Sexuality, Trauma, and Abuse – linking closely to COSRT’s conference theme for professional development.

3.4 Setting professional standards

Membership

COSRT continued to manage and maintain its membership structure and public register using the following categories:

- Student
- Professional Associate
- Retired
- Registered
- Accredited
- Senior Accredited

This was extended to a second public register in March, covering the speciality of Relationship Therapy alongside Psychosexual and Relationship Therapy.

Overall membership continued to grow through 2022, with numbers reaching just under 1300 members by the end of the year. As of December 2023, the public Psychosexual and Relationship Register contained 750 members – an increase from 713 a year earlier. By the end of 2023 the Relationship Therapist Register had reached almost 460 members from a starting point of around 400 in March.

Unregistered Membership category	Dec 2022	Dec 2023
Professional Associate	218	223
Student	249	285
Retired	17	22
Affiliate	8	7
Honorary Fellow	6	6
Total	498	543

Psychosexual and Relationship Therapy Register		
Membership category	Dec 2022	Dec 2023
Senior Accredited	199	180
Accredited	153	158
Registered	361	412
Total	713	750

Relationship Therapy Register		
Membership category	Mar 2023	Dec 2023
Senior Accredited	194	242
Accredited	106	109
Registered	105	106
Total	405	457

Complaints

In its role as a professional body, COSRT conducts complaints related to professional standards. This ensures members are held accountable for their adherence to the Code of Ethics. In 2023:

- Three complaints passed screening and were conducted under the Conduct Procedure.
- Two of these complaints were completed in 2022, with one concluded via Consensual Agreement Resolution and the other ending with a Professional Conduct Panel hearing.
- The third of the three new complaints continued into 2023 for completion.
- A fourth complaint was conducted in 2024, having started in 2024, with the outcome determined by a Professional Conduct Panel.

3.5 Improving training and education

Continued development of COSRT's training offer

In 2023 a major focus continued to be the organisation's training offer. This was and is seen as a vital aspect of work to improve practice standards and to subsequently support Service Users. Key actions included:

- Increasing the number of self-access video-based training courses.
- Increasing dedicated training for supervisors.
- Increasing dedicated support for Students.
- Minimising costs to users.

The work programme was highly successful and by the end of 2023:

- Ten new Self-Access Classes had been launched, with over 50 available by the end of the year.
- There were over 1000 Self-Access sales across the year, continuing the positive trend of 2022.
- 20 Online Seminars were held, seeing almost 1000 delegates attending.

In addition, four Student Support sessions were held meaning the support programme was fully implemented alongside four seminars for registered supervisors.

Accrediting training

COSRT continued to develop its role as an accrediting organisation for training related to Psychosexual and Relationship Therapies. An important part of the organisation's work was to reaccredit Professional Qualifications against revised standards developed through 2022. This saw standards evaluated against learner outcomes and related 'stretch' of training, as well as metrics around the time an average learner could be expected to dedicate to the training. Accredited courses also expanded to include two Relationship Therapy Professional Qualifications for the first time.

Annual conferences

The format of conferences was adapted in 2023 to include one face-to-face/hybrid conference alongside an online version. The first was a single day event held in Spring/Summer which explored how domestic abuse can be complex and hidden. The second hybrid event built on the vital theme to examine how therapists can support adult survivors of abuse. was a similar format, examining the effects of Race and Culture in Psychosexual & Relationship Therapy. Participation levels were extremely good, with the in-person event seeing over 150 people being joined by over 50 online.

3.6 Influencing policy and practice

COSRT continued its role in the cross-sector collaborative work around conversion therapy, retaining its place within the coalition supporting the Memorandum of Understanding on Conversion Therapy. COSRT also applied to join and later did join in 2024, the Coalition for The Coalition for Inclusion and Anti-Oppressive Practice. That is a grouping of organisations with a shared mission to improve diversity within the counselling, psychotherapy and psychological therapy professions.

Alongside that, COSRT staff and Members continued to produce opinion for and input into a range of media articles relevant to the professions served.

4 STRUCTURE, GOVERNANCE AND MANAGEMENT

4.1 Structure and Management

The College of Sexual and Relationship Therapists (COSRT) is a company limited by guarantee registered in England and Wales (number 4998207) and a registered charity (number 1101961). Its governing document was updated and agreed by the membership at their AGM on 12 July 2014.

COSRT exists to maintain professional standards in the field therapy for the protection of the public. It is primarily a membership organisation with over 1,200 members from a wide range of disciplines, including Psychosexual and Relationship Therapies, medicine, nursing, social work, and psychiatry.

Subject to certain matters reserved to members, COSRT's Board of Trustees holds all of the Charity's powers and authorities. The Board is ultimately responsible for the overall control and strategic direction of the Charity, and for the protection of its assets. Day-to-day management is delegated to the Chief Executive Officer, John Alan Dodd.

4.2 Board of Trustees

The trustees, who are also directors under company law, are elected by the members of the Charity at the Annual General Meeting and, subject to re-election or early retirement, serve for a maximum of nine successive years. The Board has the power to fill casual vacancies by appointment until the next Annual General Meeting. The trustees all give their time to COSRT on a voluntary basis and receive no remuneration. Out-of-pocket expenses may be reimbursed.

Trustees are required to declare any potential conflict of interest, financial or otherwise and may be required to withdraw from relevant proceedings.

The trustees who served during the year and up to the date of this report are as follows:

Andrew Galliford-Yates – resigned 9th November 2023

Steve Johnson (Chair)

Tim Blackstone

Dana Braithwaite

David Edwards

Charmian Beer – resigned 9th November 2023

Nigel Westwood – resigned 7th February 2024

Hazel Wright – resigned 28th May 2024

Colin Cosgrove – resigned 11th January 2023

Murray Blackett

Cate Campbell

Markie Twist – appointed 9th November 2023

Lohani Noor – appointed 9th November 2023

Imelda Hatton-Yeo – appointed 9th November 2023

4.3 Reference and Administrative Details

Registered Company number

04998207 (England and Wales)

Registered Charity number

1101961

Registered office

10 Queen Street Place

London

United Kingdom

EC4R 1BE

Bankers

CAF Charity Money Management

Kings Hill

West Malling

Kent ME19 4TA

Postal address

Suite 48987

PO Box 6945

London

W1A 6US

Email: info@cosrt.org.uk

Website: www.cosrt.org.uk

Solicitors

Bates, Wells & Braithwaite

10 Queen Street Place

London

United Kingdom

EC4R 1BE

Chief Executive Officer & Company Secretary

John Alan Dodd

Financial Managers

the dt group

Chartered Accountants

Swatton Barn

Badbury

Swindon

Independent examiner

A Clarke FCCA

the dt group

Chartered Accountants

Swatton Barn

Badbury

4.4 Financial Review

COSRT is predominantly funded through membership subscriptions. The trustees set a budget for 2023 with a target to achieve a deficit of £108,450.

At the end of the year, however, COSRT posted financial performance that continued a trend of surplus at year end. There was an actual overall underspend (surplus) was £9,563.

Income increased due to larger numbers of Members – over £4,000 above budget target. CPD income was also above target – posting a £26,000 surplus – albeit reduced compared to 2022. Spending across the year was well managed, with staff and wider activity costs within planned budget – posting a combined surplus of £76,451 – with factors including gaps in staffing and changes to work priorities in year.

The trustees have a reserves policy in place to ensure that the charity maintains sufficient reserves to be able to deal with unforeseen crises and to be able to wind up in good order if necessary. They believe that the charity should normally have enough reserves to maintain itself for twelve months, which are estimated to be £90,000. This policy is reviewed by the trustees on an annual basis. The reserves are at this level which the trustees believe to be prudent to maintain in the uncertain financial climate. The charity currently makes no specific investments.

General funds of £365,732 represent available free funds as of 31st December 2023

4.5 Exemptions from Disclosure

There are no exemptions from disclosure in this report.

4.6 Funds Held as Custodian Trustee on Behalf of Others

The charity is not acting as custodian trustee for any funds.

4.7 Statement of Trustees' Responsibilities

Company law requires the trustees to prepare financial statements for each financial year, and which give a true and fair view of the charitable company's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent; and

- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charitable company 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 charitable company, and which enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for ensuring that the report of the Board of Trustees and other information included in the annual report is prepared in accordance with company law in the United Kingdom.

4.8 Independent Examination

A resolution to re-appoint the dt group as Independent Examiners for the ensuing year will be proposed at the annual general meeting in accordance with Section 489 of the Companies Act 2006.

Approved by order of the board of trustees on 10th September 2024 and signed on its behalf by:



Steve Johnson. Chair of the COSRT Board of Trustees

5 INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE COLLEGE OF SEXUAL AND RELATIONSHIP THERAPISTS ('the company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2023.

5.1 Responsibilities and basis of report

As the charity's trustees of the 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 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 your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In

carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

5.2 Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Associate Chartered Accountant which is one of the listed bodies.

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

- Accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.

A Clarke FCCA
the dt group
Swatton Barn
Badbury
Swindon
Wiltshire
SN4 0EU



Date : 10th September 2024

COLLEGE OF SEXUAL AND RELATIONSHIP THERAPISTS

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		1	-	1	-
Charitable activities					
Conference income		19,356	-	19,356	27,727
Membership contributions		189,186	-	189,186	183,972
Journal income		27,697	-	27,697	25,541
CPD income		66,822	-	66,822	70,383
Other income		<u>39,500</u>	<u>-</u>	<u>39,500</u>	<u>37,340</u>
Total		<u>342,562</u>	<u>-</u>	<u>342,562</u>	<u>344,963</u>
EXPENDITURE ON					
Charitable activities					
Information and education		105,090	-	105,090	88,491
Conference costs		42,911	-	42,911	17,020
Membership support & services		71,910	-	71,910	62,746
Support costs		110,631	-	110,631	90,612
Governance costs		<u>2,457</u>	<u>-</u>	<u>2,457</u>	<u>2,457</u>
Total		<u>332,999</u>	<u>-</u>	<u>332,999</u>	<u>261,326</u>
NET INCOME		9,563	-	9,563	83,637
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>356,169</u>	<u>-</u>	<u>356,169</u>	<u>272,532</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>365,732</u></u>	<u><u>-</u></u>	<u><u>365,732</u></u>	<u><u>356,169</u></u>

The notes form part of these financial statements

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**BALANCE SHEET
31 DECEMBER 2023**

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	6	1,143	-	1,143	1,486
CURRENT ASSETS					
Debtors	7	16,945	-	16,945	10,138
Cash at bank		<u>378,832</u>	-	<u>378,832</u>	<u>376,398</u>
		395,777	-	395,777	386,536
CREDITORS					
Amounts falling due within one year	8	(31,188)	-	(31,188)	(31,853)
		<u>364,589</u>	-	<u>364,589</u>	<u>354,683</u>
NET CURRENT ASSETS					
		365,732	-	365,732	356,169
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>365,732</u>	-	<u>365,732</u>	<u>356,169</u>
NET ASSETS					
		<u>365,732</u>	-	<u>365,732</u>	<u>356,169</u>
FUNDS	9				
Unrestricted funds				<u>365,732</u>	<u>356,169</u>
TOTAL FUNDS				<u>365,732</u>	<u>356,169</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.


The notes form part of these financial statements

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

BALANCE SHEET - continued
31 DECEMBER 2023

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

The financial statements were approved by the Board of Trustees and authorised for issue on 10th September 2024 and were signed on its behalf by:



Steve Johnson – Chair of the COSRT Board of Trustees

The notes form part of these financial statements

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

INCOME

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is 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.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 15% on reducing balance
Computer equipment	- 25% on reducing balance

TAXATION

The charity is exempt from corporation tax on its charitable activities.

FUND ACCOUNTING

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

2. SUPPORT COSTS

	Management costs £	Governance £	Totals £
Information and education Conference costs	35,476	-	35,476
	18,566	-	18,566
Support costs	44,420	-	44,420
Governance costs	-	2,457	2,457
	<u>98,462</u>	<u>2,457</u>	<u>100,919</u>

Support costs, included in the above, are as follows:

MANAGEMENT

				2023	2022
	Information and education	Conference costs	Support costs	Total activities	Total activities
	£	£	£	£	£
Marketing and research	2,406	1,259	3,013	6,678	3,302
Sundries	666	349	834	1,849	912
Professional	16,984	8,889	21,267	47,140	27,990
Office costs	15,295	8,005	19,152	42,452	24,482
Depreciation of tangible and heritage assets	<u>125</u>	<u>64</u>	<u>154</u>	<u>343</u>	<u>450</u>
	<u>35,476</u>	<u>18,566</u>	<u>44,420</u>	<u>98,462</u>	<u>57,136</u>

GOVERNANCE COSTS

	2023 Governance costs £	2022 Total activities £
Auditors' remuneration	<u>2,457</u>	<u>2,457</u>

3. NET INCOME/(EXPENDITURE)

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

	2023 £	2022 £
Independent examiners fee	2,457	2,457
Depreciation - owned assets	<u>343</u>	<u>450</u>

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

TRUSTEES' EXPENSES

The trustees are entitled to reclaim reasonable out of pocket expenses. During the year 10 trustees reclaimed £ (2023 £4,512) in respect of travel and other expenses.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Conference income	27,727	-	27,727
Membership contributions	183,972	-	183,972
Journal income	25,541	-	25,541
CPD income	70,383	-	70,383
Other income	<u>37,340</u>	<u>-</u>	<u>37,340</u>
Total	<u>344,963</u>	<u>-</u>	<u>344,963</u>
 EXPENDITURE ON			
Charitable activities			
Information and education	88,491	-	88,491
Conference costs	17,020	-	17,020
Membership support & services	62,746	-	62,746
Support costs	90,612	-	90,612
Governance costs	<u>2,457</u>	<u>-</u>	<u>2,457</u>
Total	<u>261,326</u>	<u>-</u>	<u>261,326</u>
 NET INCOME	 83,637	 -	 83,637
 RECONCILIATION OF FUNDS			
Total funds brought forward	<u>272,532</u>	<u>-</u>	<u>272,532</u>
 TOTAL FUNDS CARRIED FORWARD	 <u>356,169</u>	 <u>-</u>	 <u>356,169</u>

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 January 2023 and 31 December 2023	<u>11,349</u>	<u>8,543</u>	<u>19,892</u>
DEPRECIATION			
At 1 January 2023	11,062	7,344	18,406
Charge for year	<u>43</u>	<u>300</u>	<u>343</u>
At 31 December 2023	<u>11,105</u>	<u>7,644</u>	<u>18,749</u>
NET BOOK VALUE			
At 31 December 2023	<u>244</u>	<u>899</u>	<u>1,143</u>
At 31 December 2022	<u>287</u>	<u>1,199</u>	<u>1,486</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Prepayments	<u>16,945</u>	<u>10,138</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	3,640	4,425
Social security and other taxes	4,036	3,202
Other creditors	881	1,036
Accruals and deferred income	<u>22,631</u>	<u>23,190</u>
	<u>31,188</u>	<u>31,853</u>

9. MOVEMENT IN FUNDS

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	<u>356,169</u>	<u>9,563</u>	<u>365,732</u>
TOTAL FUNDS	<u>356,169</u>	<u>9,563</u>	<u>365,732</u>

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

9. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	342,562	(332,999)	9,563
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>342,562</u>	<u>(332,999)</u>	<u>9,563</u>

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	272,532	83,637	356,169
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>272,532</u>	<u>83,637</u>	<u>356,169</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	344,963	(261,326)	83,637
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>344,963</u>	<u>(261,326)</u>	<u>83,637</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.22 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	272,532	93,200	365,732
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>272,532</u>	<u>93,200</u>	<u>365,732</u>

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	687,525	(594,325)	93,200
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>687,525</u>	<u>(594,325)</u>	<u>93,200</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023.

11. SHARE CAPITAL

The company is limited by guarantee and does not have a share capital. The liability of each member is limited to a sum not exceeding £1 on the winding up of the company.

The word limited is omitted by licence from the Department of Trade & Industry as the company has charitable status.

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023**

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	1	-
Charitable activities		
Membership contributions	189,186	183,972
Conference income	19,356	27,727
Journal income	27,697	25,541
CPD income	<u>66,822</u>	<u>70,383</u>
	303,061	307,623
Other income		
Other	35,366	33,430
Accreditation Fees	<u>4,134</u>	<u>3,910</u>
	<u>39,500</u>	<u>37,340</u>
Total incoming resources	342,562	344,963
EXPENDITURE		
Charitable activities		
Wages	165,324	143,314
Social security	8,092	8,028
Pensions	6,360	5,523
Speakers	26,129	20,651
Costs relating to publishing	21,777	18,299
Legal & professional fees	<u>4,398</u>	<u>5,918</u>
	232,080	201,733
Support costs		
Management		
Marketing and research	6,678	3,302
Sundries	1,849	912
Professional	47,140	27,990
Office costs	42,452	24,482
Fixtures and fittings	300	399
Computer equipment	<u>43</u>	<u>51</u>
	98,462	57,136
Governance costs		
Auditors' remuneration	<u>2,457</u>	<u>2,457</u>
Total resources expended	<u>332,999</u>	<u>261,326</u>
Net income	9,563	83,637

This page does not form part of the statutory financial statements

COLLEGE OF SEXUAL AND RELATIONSHIP THERAPISTS

England & Wales - Charity number 1101961

Accounts

REGISTERED COMPANY NUMBER: 04998207 (ENGLAND AND WALES)

REGISTERED CHARITY NUMBER: 1101961

College of Sexual and Relationship Therapists

Annual Report and Accounts

Trustees' Report

31 December 2022

Introduction

2022 saw society begin to move towards a new normal after the disruption and harm caused by the Pandemic. It was, however, not free of challenges. Global events heavily affected daily lives in the UK, with increases in the cost of living causing widespread distress. In this context, COSRT's Members continued to play a vital role in providing therapeutic support to people in need. And COSRT itself sought to help professionals and Service Users alike.

The year saw changes to personnel in key positions. Steve Johnson was appointed Chair of the COSRT Board in the latter half of the year, bringing longstanding experience of therapy regulation and standards to the position. Within the staff team, Isis Mera joined as Operations Administrator after Sonja Pinnell moved within the team to the revised role of Training and Knowledge Manager.

Despite the difficult wider context outside the organisation, COSRT continued to grow and deliver. Membership increased again, meaning that our ability to improve professional standards and protect the public continued to grow.

At the core of our work was the continued development of our training offer for therapists. The diversity of training increased as did the scale of training and support opportunity. Alongside CPD-style training, the organisation provided two online conferences attracting large and diverse audiences.

Training standards were another focus again, with review and development of accreditation for Professional Qualifications. Accreditation was subsequently opened to Relationship Therapy training courses for the first time, underpinning the continued development of our Registers.

Thanks to all who have contributed to and supported our work. Volunteers, staff, and trustees. Our mission is worthwhile and achieving our aims is not possible without your help.

John Alan Dodd

Chief Executive Officer

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The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of 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).

1. WHY WE EXIST

COSRT works to improve professional standards and protect the public. Our focus is on Psychosexual and Relationship Therapies, working with and on behalf of a membership predominantly composed of practicing therapists. Our activities are underpinned by our Articles of Association, which include:

- The provision of, and assisting in the provision of training for those engaged in sexual, couple and relationship therapy;
- Formulating and monitoring standards of professional conduct and competence for those engaged in sexual, couple and relationship therapy; and
- Promoting research in the fields of marriage and other intimate relationships; sexual, couple and relationship therapy and human sexuality.

2. HOW WE HELP

To maximise our impact, we undertake a range of activities in accordance with our charitable objectives. These include:

- Overseeing a public register of trained Psychosexual and Relationship Therapists.
- Implementing ethical standards and a complaint procedure;
- Providing high-quality training and conferences.
- Publishing a peer reviewed international journal.
- Accrediting third-party training.
- Sharing information, advice and guidance with the public and professionals.
- Acting as the voice of the Psychosexual and Relationship Therapy sector.

3. STRATEGIC REPORT

3.1 Good Therapy for All. COSRT Strategy 2019 - 2022

In 2019 a strategic plan was agreed for the organisation. This was designed to guide the core activities and how resource was deployed through 2022. The strategy contained clear vision and mission statements:

- Vision: That everyone can access high quality psychosexual and relationship support regardless of their background or context.
- Mission: To improve knowledge around psychosexual and relationship issues, increase practice and training

The strategy is based on four overarching objectives:

- **Making evidence count:** Gathering and disseminating information; driving the impact of our international journal; and addressing knowledge gaps.
- **Setting professional standards:** Ensuring robust standards underpin the register; and promoting high professional standards across the sector.
- **Improving training and education:** Diversifying COSRT's training offer; and working with other providers to increase high quality specialist training provision.
- **Influencing policy and practice:** Increasing engagement with policy initiatives; diversifying COSRT events; and building organisational positions on key issues.

3.2 Public Benefit

COSRT trustees ensure that all activities carried out by the charity are in support of its charitable objects and thus are to support the advancement of education in sexual, couple and relationship therapy for the benefit of the public.

In setting the overall strategic direction for the charity and its shorter-term objectives, the trustees have kept in mind the Charity Commission's guidance on public benefit.

3.3 Making evidence count

Our international peer reviewed journal continued to be at the core of our evidence activities. 2022 saw continued work to increase the impact and reach of the Journal of Sex and Relationship Therapy. Social media channels were used across platforms, and there was successful linkage between publisher, COSRT and journal media activities.

The success of the journal was demonstrated in very encouraging metrics. The journal saw an increase in the key metrics for 2021, reported in 2022.

Clarivate's 2021 Journal Citation Report showed that the 2021 Impact Factor for Sexual and Relationship Therapy was 1.733. That is an encouraging and significant increase from 2020's level of 1.283. 2021 was the first year that Clarivate (who calculates the Impact Factor) used the date of online publication (versus printed publication) to calculate the metric. That may have led to a small inflation in the metric for 2021 and a slight drop for 2022.

Citescore, essentially a metric showing the average number of citations per document that a title receives over a three-year period was at 3.00 for 2021.

The journal continued to drive academic and practice-based discourse through its diverse content. 2022 saw Mark A. Levand take the position of guest editor for an issue focused on sexuality, religion and spirituality. Whilst other issues saw a range of clinical issues addressed, as well as exploration of psychosexual therapy practice.

3.4 Setting professional standards

Membership

COSRT continued to manage and maintain its membership structure and public register using the following categories:

- Student
- Professional Associate
- Retired
- Registered
- Accredited
- Senior Accredited

Overall membership continued to grow through 2022, despite ongoing external challenges, with COSRT breaking 1,200 members for the first time in December. As of December 2022, the public register contained over 700 professionals for the first time.

Senior accredited numbers decreased due to retirements from practice. However, trends show a balanced progression for members from student to accredited through the various membership categories.

Membership category	Dec 2021	Dec 2022
Senior Accredited	210	199
Accredited	137	153
Registered	333	361
Professional Associate	214	218
Student	229	249
Retired	10	17
Affiliate	6	8
Honorary Fellow	6	6
Total	1144	1211

A major piece of work carried out was the development of a Relationship Therapist Register to complement the original Psychosexual and Relationship Therapist. After significant engagement, analysis and planning, the end of year saw the organisation ready to move to a phased launch of the second Register in Q1 2023.

Complaints

In its role as a professional body, COSRT conducts complaints related to professional standards. This ensures members are held accountable for their adherence to the Code of Ethics. In 2022 complaints activity began to increase as the effects of Covid on outside activities reduced.

- Two complaints passed screening and were conducted under the Conduct Procedure.
- Both complaints were completed in 2022, with one concluded via Consensual Agreement Resolution and the other ending with a Professional Conduct Panel hearing.
- Ten public queries were responded to regarding the complaints procedure.

3.5 Improving training and education

Continued development of COSRT's training offer

In 2022 a major focus for COSRT was the continued development of the organisation's training offer. This was to help underpin continued improvement in practice standards and to subsequently support Service Users. Key actions included:

- Increasing the number of self-access video-based training courses.
- Introducing dedicated training for supervisors.
- Introducing dedicated support for Students.
- Ensuring costs to users were affordable to increase uptake.

The work programme was highly successful and by the end of 2022:

- Ten new Self-Access Classes had been launched, with 43 available by the end of the year.
- There were over 1300 Self-Access sales across the year, more than doubling the 2021 figures.
- 24 Online Seminars were held, doubling the 2021 total, and seeing over 850 delegates attending.

In addition, the first Student Support session was held, with a full programme set up for 2023. Whilst three Supervision Support sessions saw 125 delegates engage with the new initiative.

Accrediting training

COSRT continued to develop its role as an accrediting organisation for training related to Psychosexual and Relationship Therapies. A major project saw the review and amendment of accreditation standards and policies. Critically, this saw standards examine learner outcomes and related 'stretch' of training, as well as metrics around the time an average learner could be expected to dedicate to the training. The review also widened accreditation to Relationship Therapy courses for the first time, underpinning additional work to develop the public Registers that would be launched in 2023.

Annual conferences

The format of conferences continued the model developed in 2021 – two conferences using online platforms to maximise accessibility for all. The first was a single day event held in Spring/Summer exploring Gender, Sexual and Relationship Diversity in modern therapy. The second was a similar format, examining the effects of Race and Culture in Psychosexual & Relationship Therapy. Participation levels showed an increase compared to the past, with over 160 attending the first conference, and over 100 attending the second.

3.6 Influencing policy and practice

COSRT continued its role in the cross-sector collaborative work around conversion therapy, retaining its place within the coalition supporting the Memorandum of Understanding on Conversion Therapy. COSRT also produced position statements on Government policy announcements related to Conversion Therapy legislation, and the organisation's commitment to banning the practice.

Alongside that, COSRT carried out practical work related to the cost of living crisis, including policy-based moves to reduce charges for training delivered to therapists and Members. COSRT produced positions calling for the Government to back specialist mental health provision in mental health planning, and continued cross-sector support for efforts to widen provision. And COSRT staff and Members continued to produce opinion for and input into a range of media articles relevant to the professions served.

4. STRUCTURE, GOVERNANCE AND MANAGEMENT

4.1 Structure and Management

The College of Sexual and Relationship Therapists (COSRT) is a company limited by guarantee registered in England and Wales (number 4998207) and a registered charity (number 1101961). Its governing document was updated and agreed by the membership at their AGM on 12 July 2014.

COSRT exists to maintain professional standards in the field therapy for the protection of the public. It is primarily a membership organisation with over 1,100 members from a wide range of disciplines, including psychosexual and relationship therapy, medicine, nursing, social work, and psychiatry.

Subject to certain matters reserved to members, COSRT's Board of Trustees holds all of the Charity's powers and authorities. The Board is ultimately responsible for the overall control and strategic direction of the Charity, and for the protection of its assets. Day-to-day management is delegated to the Chief Executive Officer, John Alan Dodd.

4.2 Board of Trustees

The trustees, who are also directors under company law, are elected by the members of the Charity at the Annual General Meeting and, subject to re-election or early retirement, serve for a maximum of nine successive years. The Board has the power to fill casual vacancies by appointment until the next Annual General Meeting. The trustees all give their time to COSRT on a voluntary basis and receive no remuneration. Out-of-pocket expenses may be reimbursed.

Trustees are required to declare any potential conflict of interest, financial or otherwise and may be required to withdraw from relevant proceedings. The trustees who served during the year and up to the date of this report are as follows:

Andrew Galliford-Yates (Chair)

Steve Johnson (Chair)

Tim Blackstone

Dana Braithwaite

David Edwards

Lorraine McGinlay

Charmian Beer

Nigel Westwood

Eli Joubert

Hazel Wright

Colin Cosgrove (Deceased)

Murray Blackett

Cate Campbell

4.3 Reference and Administrative Details

Registered Company number

04998207 (England and Wales)

Registered Charity number

1101961

Registered office

10 Queen Street Place

London

United Kingdom

EC4R 1BE

Bankers

CAF Charity Money Management

Kings Hill

West Malling

Kent ME19 4TA

Postal address

Suite 48987

PO Box 6945

London

W1A 6US

Email: info@cosrt.org.uk

Website: www.cosrt.org.uk

Solicitors

Bates, Wells & Braithwaite

10 Queen Street Place

London

United Kingdom

EC4R 1BE

Chief Executive Officer & Company Secretary

John Alan Dodd

Financial Managers

d&t

Chartered Accountants

Swatton Barn

Badbury

Swindon

Wiltshire

SN4 0EU

Independent examiner

A Clarke FCCA

d&t

Chartered Accountants

Swatton Barn

Badbury

Swindon

SN4 0EU

4.4 Financial Review

COSRT is predominantly funded through membership subscriptions. The trustees set a budget for 2022 with a target to achieve a deficit of £36,900.

At the end of the year, however, COSRT posted a comparable financial performance compared to 2021. There was an actual overall underspend (surplus) was £83,637.

Income increased due to larger numbers of Members - £3,972 above budget target. CPD income was also above target – posting a £27,111 surplus. Spending across the year was well managed, with staff and wider activity costs within planned budget – posting a combined surplus of £43,951 – with factors including gaps in staffing and changes to work priorities in year.

The trustees have a reserves policy in place to ensure that the charity maintains sufficient reserves to be able to deal with unforeseen crises and to be able to wind up in good order if necessary. They believe that the charity should normally have enough reserves to maintain itself for six months, which are estimated to be £80,000. This policy is reviewed by the trustees on an annual basis. The reserves are at this level which the trustees believe to be prudent to maintain in the uncertain financial climate. The charity currently makes no specific investments.

General funds of £356,169 represent available free funds as of 31st December 2022

4.5 Exemptions from Disclosure

There are no exemptions from disclosure in this report.

4.6 Funds Held as Custodian Trustee on Behalf of Others

The charity is not acting as custodian trustee for any funds.

4.7 Statement of Trustees' Responsibilities

Company law requires the trustees to prepare financial statements for each financial year, and which give a true and fair view of the charitable company's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charitable company will continue in operation.

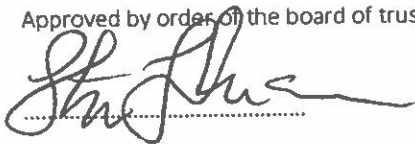
The trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy at any time, the financial position of the charitable company, and which enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for ensuring that the report of the Board of Trustees and other information included in the annual report is prepared in accordance with company law in the United Kingdom.

4.8 Independent Examination

A resolution to re-appoint B Herbert as Independent Examiner for the ensuing year will be proposed at the annual general meeting in accordance with Section 489 of the Companies Act 2006.

Approved by order of the board of trustees on 6th September 2023 and signed on its behalf by:



Steven Johnson. Chair of the COSRT Board of Trustees

5. INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE COLLEGE OF SEXUAL AND RELATIONSHIP THERAPISTS ('the company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2022.

5.1 Responsibilities and basis of report

As the charity's trustees of the 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 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 your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

5.2 Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of the Association of Chartered Certified Accountants which is one of the listed bodies.

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

- Accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.

A Clarke FCCA
d&t Chartered Accountants
Swatton Barn
Badbury
Swindon
Wiltshire
SN4 0EU



Date: 24th August 2023

**6. STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED
31 DECEMBER 2022**

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		-	-	-	1
Charitable activities					
Conference income		27,727	-	27,727	26,530
Membership contributions		183,972	-	183,972	188,121
Journal income		25,541	-	25,541	25,982
CPD income		70,383	-	70,383	75,806
Other income		<u>37,340</u>	<u>-</u>	<u>37,340</u>	<u>39,307</u>
Total		344,963	-	344,963	355,747
EXPENDITURE ON					
Charitable activities					
Information and education		88,491	-	88,491	85,084
Conference costs		17,020	-	17,020	17,844
Membership support & services		62,746	-	62,746	61,449
Support costs		90,612	-	90,612	99,274
Governance costs		<u>2,457</u>	<u>-</u>	<u>2,457</u>	<u>2,340</u>
Total		261,326	-	261,326	265,991
NET INCOME		83,637	-	83,637	89,756
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>272,532</u>	<u>-</u>	<u>272,532</u>	<u>182,776</u>
TOTAL FUNDS CARRIED FORWARD		<u>356,169</u>	<u>-</u>	<u>356,169</u>	<u>272,532</u>

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**BALANCE SHEET
31 DECEMBER 2022**

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	6	1,486	-	1,486	1,936
CURRENT ASSETS					
Debtors	7	10,138	-	10,138	11,245
Cash at bank		<u>376,398</u>	<u>-</u>	<u>376,398</u>	<u>288,502</u>
		386,536	-	386,536	299,747
CREDITORS					
Amounts falling due within one year	8	(31,853)	-	(31,853)	(29,151)
		<u>354,683</u>	<u>-</u>	<u>354,683</u>	<u>270,596</u>
NET CURRENT ASSETS					
		<u>354,683</u>	<u>-</u>	<u>354,683</u>	<u>270,596</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>356,169</u>	<u>-</u>	<u>356,169</u>	<u>272,532</u>
NET ASSETS					
		<u>356,169</u>	<u>-</u>	<u>356,169</u>	<u>272,532</u>
FUNDS	9				
Unrestricted funds				<u>356,169</u>	<u>272,532</u>
TOTAL FUNDS				<u>356,169</u>	<u>272,532</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

BALANCE SHEET - continued
31 DECEMBER 2022

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

The financial statements were approved by the Board of Trustees and authorised for issue on 6th September 2023 and were signed on its behalf by:



Steven Johnson, Chair of the COSRT Board of Trustees

7. NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

7.1 Accounting Policies

Basis of Preparing the Financial Statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is 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.

Tangible Fixed Assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	15% on reducing balance
Computer equipment	25% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

Pension Costs and Other Post-Retirement Benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

7.2 SUPPORT COSTS

	Management £	costs £	Totals £
Information and education Conference costs	24,953	-	24,953
	2,492	-	2,492
Support costs	29,691	-	29,691
Governance costs	-	2,457	2,457
	<u>57,136</u>	<u>2,457</u>	<u>59,593</u>

Support costs, included in the above, are as follows:

MANAGEMENT

				2022	2021
	Information and education	Conference costs	Support costs	Total activities	Total activities
	£	£	£	£	£
Marketing and research	1,442	144	1,716	3,302	4,485
Sundries	398	40	474	912	2,752
Professional	12,224	1,221	14,545	27,990	30,020
Office costs	10,692	1,068	12,722	24,482	25,843
Depreciation of tangible and heritage assets	197	19	234	450	593
	<u>24,953</u>	<u>2,492</u>	<u>29,691</u>	<u>57,136</u>	<u>63,693</u>

GOVERNANCE COSTS

	2022 Governance costs £	2021 Total activities £
Auditors' remuneration	2,457	2,340
Legal fees	-	-
Travel and subsistence	-	-
Room hire	-	-
	<u>2,457</u>	<u>2,340</u>

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

7.3 NET INCOME/(EXPENDITURE)

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

	2022	2021
	£	£
Independent examiners fee	2,457	2,340
Depreciation - owned assets	<u>450</u>	<u>593</u>

7.4 TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

TRUSTEES' EXPENSES

The trustees are entitled to reclaim reasonable out of pocket expenses. During the year 10 trustees reclaimed £4,512 (2021 £3,083) in respect of travel and other expenses.

7.5 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	1	-	1
Charitable activities			
Conference income	26,530	-	26,530
Membership contributions	188,121	-	188,121
Journal income	25,982	-	25,982
CPD income	75,806	-	75,806
Other income	<u>39,307</u>	<u>-</u>	<u>39,307</u>
Total	355,747	-	355,747
EXPENDITURE ON			
Charitable activities			
Information and education	85,084	-	85,084
Conference costs	17,844	-	17,844
Membership support & services	61,449	-	61,449
Support costs	99,274	-	99,274
Governance costs	<u>2,340</u>	<u>-</u>	<u>2,340</u>
Total	265,991	-	265,991
NET INCOME	89,756	-	89,756

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

7.5 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES – continued

	Unrestricted fund £	Restricted fund £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	182,776	-	182,776
TOTAL FUNDS CARRIED FORWARD	<u>272,532</u>	<u>-</u>	<u>272,532</u>

7.6 TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 January 2022 and 31 December 2022	<u>11,349</u>	<u>8,543</u>	<u>19,892</u>
DEPRECIATION			
At 1 January 2022	11,011	6,945	17,956
Charge for year	<u>51</u>	<u>399</u>	<u>450</u>
At 31 December 2022	<u>11,062</u>	<u>7,344</u>	<u>18,406</u>
NET BOOK VALUE			
At 31 December 2022	<u>287</u>	<u>1,199</u>	<u>1,486</u>
At 31 December 2021	<u>338</u>	<u>1,598</u>	<u>1,936</u>

7.7 DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Prepayments	<u>10,138</u>	<u>11,245</u>

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

7.8 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	4,425	2,538
Social security and other taxes	3,202	3,316
Other creditors	1,036	950
Accruals and deferred income	23,190	22,347
	<u>31,853</u>	<u>29,151</u>

7.9 MOVEMENT IN FUNDS

	At 1.1.22	Net movement in funds	At 31.12.22
	£	£	£
Unrestricted funds			
General fund	272,532	83,637	356,169
	<u>272,532</u>	<u>83,637</u>	<u>356,169</u>
TOTAL FUNDS	<u>272,532</u>	<u>83,637</u>	<u>356,169</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	344,963	(261,326)	83,637
	<u>344,963</u>	<u>(261,326)</u>	<u>83,637</u>
TOTAL FUNDS	<u>344,963</u>	<u>(261,326)</u>	<u>83,637</u>

Comparatives for movement in funds

	At 1.1.21	Net movement in funds	At 31.12.21
	£	£	£
Unrestricted funds			
General fund	182,776	89,756	272,532
	<u>182,776</u>	<u>89,756</u>	<u>272,532</u>
TOTAL FUNDS	<u>182,776</u>	<u>89,756</u>	<u>272,532</u>

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

7.9 MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	355,747	(265,991)	89,756
	<u>355,747</u>	<u>(265,991)</u>	<u>89,756</u>
TOTAL FUNDS	<u>355,747</u>	<u>(265,991)</u>	<u>89,756</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.21 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	182,776	173,393	356,169
	<u>182,776</u>	<u>173,393</u>	<u>356,169</u>
TOTAL FUNDS	<u>182,776</u>	<u>173,393</u>	<u>356,169</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	700,710	(527,317)	173,393
	<u>700,710</u>	<u>(527,317)</u>	<u>173,393</u>
TOTAL FUNDS	<u>700,710</u>	<u>(527,317)</u>	<u>173,393</u>

7.10 RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2022.

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2022

7.11 SHARE CAPITAL

The company is limited by guarantee and does not have a share capital. The liability of each member is limited to a sum not exceeding £1 on the winding up of the company.

The word limited is omitted by licence from the Department of Trade & Industry as the company has charitable status.

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022**

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	-	1
Charitable activities		
Membership contributions	183,972	188,121
Conference income	27,727	26,530
Journal income	25,541	25,982
CPD income	<u>70,383</u>	<u>75,806</u>
	307,623	316,439
Other income		
Other	33,430	30,944
Accreditation Fees	<u>3,910</u>	<u>8,363</u>
	<u>37,340</u>	<u>39,307</u>
Total Incoming resources	344,963	355,747
EXPENDITURE		
Charitable activities		
Wages	143,314	139,858
Social security	8,028	8,524
Pensions	5,523	5,241
Room hire	-	-
Travel & subsistence	-	-
Speakers	20,651	22,760
Costs relating to publishing	18,299	16,528
Web and computer	-	668
Legal & professional fees	5,918	6,355
Training	-	24
Accreditation	<u>-</u>	<u>-</u>
	201,733	199,958
Support costs		
Management		
Marketing and research	3,302	4,485
Sundries	912	2,752
Professional	27,990	30,020
Office costs	24,482	25,843
Fixtures and fittings	399	533
Computer equipment	<u>51</u>	<u>60</u>
	57,136	63,693

This page does not form part of the statutory financial statements

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022

	2022 £	2021 £
Management		
Governance costs		
Auditors' remuneration	2,457	2,340
Legal fees	-	-
Travel and subsistence	-	-
Room hire	-	-
	<u>2,457</u>	<u>2,340</u>
Total resources expended	<u>261,326</u>	<u>265,991</u>
Net income	<u>83,637</u>	<u>89,756</u>

This page does not form part of the statutory financial statements

COLLEGE OF SEXUAL AND RELATIONSHIP THERAPISTS

England & Wales - Charity number 1101961

Accounts

REGISTERED COMPANY NUMBER: 04998207 (ENGLAND AND WALES)

REGISTERED CHARITY NUMBER: 1101961

College of Sexual and Relationship Therapists

Annual Report and Accounts

Trustees' Report

31 December 2021

Introduction

2021 was a second year of disruption and challenge for all. However, we are delighted that despite the very difficult context, COSRT continued to grow and deliver. Membership increased again, meaning that our ability to improve professional standards and protect the public continued to grow.

The year was focused on consolidation and adaptation. At the core of work was the strategic plan adopted in 2019. A key focus was the continued development of a high-quality training platform. The offer within that was gradually increased and diversified. Alongside CPD-style training, the organisation provided two online conferences attracting large and diverse audiences.

Training standards were another focus, with COSRT launching accreditation of thematic training and foundation training courses. These were linked to robust standards for entry to the COSRT Register.

Thanks to all who have contributed to and supported our work. Volunteers, staff, and trustees. Our mission is worthwhile and achieving our aims is not possible without your help.

John Alan Dodd

Chief Executive Officer

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The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2020. The trustees have adopted the provisions of 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).

1. WHY WE EXIST

COSRT works to improve professional standards and protect the public. Our focus is on psychosexual and relationship therapy, working with and on behalf of a membership predominantly composed of practicing therapists. Our activities are underpinned by our Articles of Association, which include:

- The provision of, and assisting in the provision of training for those engaged in sexual, couple and relationship therapy;
- Formulating and monitoring standards of professional conduct and competence for those engaged in sexual, couple and relationship therapy; and
- Promoting research in the fields of marriage and other intimate relationships; sexual, couple and relationship therapy and human sexuality.

2. HOW WE HELP

To maximise our impact, we undertake a range of activities in accordance with our charitable objectives. These include:

- Overseeing a public register of trained Psychosexual and Relationship Therapists.
- Implementing ethical standards and a complaint procedure;
- Providing high-quality training and conferences.
- Publishing a peer reviewed international journal.
- Accrediting third-party training.
- Sharing information, advice and guidance with the public and professionals.
- Acting as the voice of the psychosexual and relationship therapy sector.

3. STRATEGIC REPORT

3.1 Good Therapy for All. COSRT Strategy 2019 - 2022

In 2019 a new strategic plan was agreed for the organisation. This was designed to guide the core activities and how resource was deployed through to 2022. The strategy contained new vision and mission statements:

- Vision: That everyone can access high quality psychosexual and relationship support regardless of their background or context.
- Mission: To improve knowledge around psychosexual and relationship issues, increase practice and training

The strategy is based on four overarching objectives:

- **Making evidence count:** Gathering and disseminating information; driving the impact of our international journal; and addressing knowledge gaps.
- **Setting professional standards:** Ensuring robust standards underpin the register; and promoting high professional standards across the sector.
- **Improving training and education:** Diversifying COSRT's training offer; and working with other providers to increase high quality specialist training provision.
- **Influencing policy and practice:** Increasing engagement with policy initiatives; diversifying COSRT events; and building organisational positions on key issues.

3.2 Public Benefit

COSRT trustees ensure that all activities carried out by the charity are in support of its charitable objects and thus are to support the advancement of education in sexual, couple and relationship therapy for the benefit of the public.

In setting the overall strategic direction for the charity and its shorter-term objectives, the trustees have kept in mind the Charity Commission's guidance on public benefit.

3.3 Making evidence count

The Journal of Sex and Relationship Therapy

2021 saw continued work to increase the impact and reach of the Journal of Sex and Relationship Therapy. Social media channels were used across platforms, and there was successful linkage between publisher, COSRT and journal media activities.

The success of the journal was demonstrated in very encouraging metrics. Clarivate's 2020 Journal Citation Report showed that the 2020 Impact Factor for Sexual and Relationship Therapy was 1.283. that is an encouraging increase from 2019's level of 1.125.

Supporting research

COSRT also promoted the creation of new information and data. We supported two external university research projects through communication and dissemination, helping ensure our members' knowledge contributes to evidence. These were projects aimed at gathering clinical evidence to

better understand the efficacy of interventions and user experiences. A second evidence gathering project was designed and launched in collaboration with the BSSM to understand specialist service provision across the NHS system – a project which continues into 2022.

3.4 Setting professional standards

New register and structure

COSRT continued to manage and maintain its membership structure and public register using the following categories:

- Student
- Professional Associate
- Retired
- Registered
- Accredited
- Senior Accredited

An additional category of Senior Accredited (Non-Clinical) was added to maximise opportunities for engagement. Training standards for entry to the Register were tightened to facilitate entry into certain categories using multiple qualifications.

Growing membership

Overall membership continued to grow through 2021, despite the challenges of Covid. Membership increased by over 10%, with COSRT breaking 1,100 members for the first time. At the end of December 2021, the public register contained 680 professionals.

Senior accredited numbers decreased due to retirements from practice – an issue that slightly affected other categories. However, trends show a balanced progression for members from student to accredited through the various membership categories.

Membership category	Dec 2020	Dec 2021
Senior Accredited	226	210
Accredited	134	137
Registered	290	333
Professional Associate	168	214
Student	197	229
Retired	0	10
Affiliate	7	6
Honorary Fellow	5	6
Total	1027	1144

Complaints

In its role as a professional body, COSRT conducts complaints related to professional standards. This ensures members are held accountable for their adherence to the Code of Ethics. In 2021 complaints activity was reduced, reflecting the impact of Covid on activities outside the organisation:

- No complaint was conducted under the Conduct Procedure.
- 8 public queries were responded to regarding the complaints procedure.

3.5 Improving training and education

Continued focus on online training model

In 2021 a major focus for COSRT was the development of new training. This was part of the plan developed in 2019 but was timely given restrictions imposed by Covid. The main actions were:

- Continually improving functionality of the dedicated training website called COSRTlearn.
- Increasing the number of self-access video-based training courses.
- Increasing the number and scope of online seminars.

All changes were successful and by the end of 2021:

- There were over 20 self-access training courses available on COSRTlearn.
- Over 600 unique users had registered for self-access training courses.
- 12 online live events had been held.

Accrediting training

COSRT continued its role as an accrediting organisation for training related to Psychosexual and Relationship Therapy. Accreditation was designed and launched for Thematic Training and Foundation Courses. These were eight Thematic and two Foundation courses accredited. These complemented nine Professional Qualification courses.

Annual conference

The format of conferences was amended. Two conferences were held online attracting over 200 delegates. The first was a single day event held in Spring/Summer covering the parenting relationship. The second was a multi-event conference spanning a week held in Autumn. Participation levels showed an increase compared to past face-to-face conferences and delegates were able to join from more diverse geographical locations.

3.6 Influencing policy and practice

Covid

As with many other organisations, Covid and ensuring proper psychological support for all was a major focus for COSRT in 2020. Attention was therefore diverted to this subject area. COSRT has continued to play an ongoing role in a cross-sector coalition designed to influence government support for therapy provision. Alongside such external-facing activity, we provided regular updates to members on Covid-related policy and tailored practice guides. These were within a dedicated section of the website to ensure maximum visibility.

Other positions and outputs

COSRT continued its role in the cross-sector collaborative work around conversion therapy. Our staff provided numerous statements and inputs to press articles on therapy and issues affecting service users. And our own outputs continued to highlight issues through blogs and social media activity.

4. STRUCTURE, GOVERNANCE AND MANAGEMENT

4.1 Structure and Management

The College of Sexual and Relationship Therapists (COSRT) is a company limited by guarantee registered in England and Wales (number 4998207) and a registered charity (number 1101961). Its governing document was updated and agreed by the membership at their AGM on 12 July 2014.

COSRT exists to maintain professional standards in the field therapy for the protection of the public. It is primarily a membership organisation with over 1,100 members from a wide range of disciplines, including psychosexual and relationship therapy, medicine, nursing, social work, and psychiatry.

Subject to certain matters reserved to members, COSRT's Board of Trustees holds all of the Charity's powers and authorities. The Board is ultimately responsible for the overall control and strategic direction of the Charity, and for the protection of its assets. Day-to-day management is delegated to the Chief Executive Officer, John Alan Dodd.

4.2 Board of Trustees

The trustees, who are also directors under company law, are elected by the members of the Charity at the Annual General Meeting and, subject to re-election or early retirement, serve for a maximum of nine successive years. The Board has the power to fill casual vacancies by appointment until the next Annual General Meeting. The trustees all give their time to COSRT on a voluntary basis and receive no remuneration. Out-of-pocket expenses may be reimbursed.

Trustees are required to declare any potential conflict of interest, financial or otherwise and may be required to withdraw from relevant proceedings.

The trustees who served during the year and up to the date of this report are as follows:

Andrew Yates (Chair)

Tim Blackstone

Dana Braithwaite

David Edwards

Lorraine McGinlay

Charmian Beer

Joshua Leoroyd

Nigel Westwood

Eli Joubert

Hazel Wright

Steve Johnson

Colin Cosgrove

4.3 Reference and Administrative Details

Registered Company number

04998207 (England and Wales)

Registered Charity number

1101961

Registered office

10 Queen Street Place

London

United Kingdom

EC4R 1BE

Bankers

CAF Charity Money Management

Kings Hill

West Malling

Kent ME19 4TA

Postal address

Suite 48987

PO Box 6945

London

Solicitors

Bates, Wells & Braithwaite

10 Queen Street Place

London

W1A 6US
Email: info@cosrt.org.uk
Website: www.cosrt.org.uk

United Kingdom
EC4R 1BE

Chief Executive Officer & Company Secretary

John Alan Dodd

Financial Managers

d&t
Chartered Accountants
Swatton Barn
Badbury
Swindon
Wiltshire
SN4 0EU

Independent examiner

B Herbert FCA
d&t
Chartered Accountants
Swatton Barn
Badbury
Swindon
SN4 0EU

4.4 Financial Review

COSRT is predominantly funded through membership subscriptions. The trustees set a budget for 2021 with a target to achieve a deficit of £9,710.

At the end of the year, however, COSRT posted a comparable financial performance compared to 2020. There was an actual overall underspend (surplus) was £89,756.

Income increased due to larger numbers of Members - £8,121 above budget target. CPD income was also above the 2020 target – posting a £30,806 surplus. Spending across the year was well managed, with staff and wider activity costs within planned budget – posting surpluses of £1,377 and approximately £58,000 surpluses respectively. The latter due to an extent on continued online meetings and events.

The trustees have a reserves policy in place to ensure that the charity maintains sufficient reserves to be able to deal with unforeseen crises and to be able to wind up in good order if necessary. They believe that the charity should normally have enough reserves to maintain itself for six months, which are estimated to be £80,000. This policy is reviewed by the trustees on an annual basis. The reserves are at this level which the trustees believe to be prudent to maintain in the uncertain financial climate. The charity currently makes no specific investments.

General funds of £272,532 represent available free funds as of 31st December 2021

4.5 Exemptions from Disclosure

There are no exemptions from disclosure in this report.

4.6 Funds Held as Custodian Trustee on Behalf of Others

The charity is not acting as custodian trustee for any funds.

4.7 Statement of Trustees' Responsibilities

Company law requires the trustees to prepare financial statements for each financial year, and which give a true and fair view of the charitable company's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charitable company 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 charitable company, and which enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for ensuring that the report of the Board of Trustees and other information included in the annual report is prepared in accordance with company law in the United Kingdom.

4.8 Independent Examination

A resolution to re-appoint B Herbert as Independent Examiner for the ensuing year will be proposed at the annual general meeting in accordance with Section 489 of the Companies Act 2006.

Approved by order of the board of trustees on 23 June 2022 and signed on its behalf by:



A Galliford-Yates. Chair of the COSRT Board of Trustees

5. INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE COLLEGE OF SEXUAL AND RELATIONSHIP THERAPISTS ('the company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2021

5.1 Responsibilities and basis of report

As the charity's trustees of the 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 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 your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

5.2 Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Associate Chartered Accountant which is one of the listed bodies.

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

- Accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.



B Herbert FCA
d&t Chartered Accountants
Swatton Barn
Badbury
Swindon
Wiltshire
SN4 0EU

Date: 23 June 2022

6. STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		1	-	1	(1)
Charitable activities					
Conference income		26,530	-	26,530	-
Membership contributions		188,121	-	188,121	178,734
Journal income		25,982	-	25,982	26,355
CPD income		75,806	-	75,806	64,900
Other income		<u>39,307</u>	<u>-</u>	<u>39,307</u>	<u>49,304</u>
Total		355,747	-	355,747	319,292
EXPENDITURE ON					
Charitable activities					
Information and education		85,084	-	85,084	70,855
Conference costs		17,844	-	17,844	10,201
Membership support & services		61,449	-	61,449	48,610
Support costs		99,274	-	99,274	87,872
Governance costs		2,340	-	2,340	4,216
Total		<u>265,991</u>	<u>-</u>	<u>265,991</u>	<u>221,754</u>
NET INCOME		89,756	-	89,756	97,538
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>182,776</u>	<u>-</u>	<u>182,776</u>	<u>85,238</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>272,532</u></u>	<u><u>-</u></u>	<u><u>272,532</u></u>	<u><u>182,776</u></u>

The notes form part of these financial statements

**COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS**

**BALANCE SHEET
31 DECEMBER 2021**

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	6	1,936	-	1,936	2,529
CURRENT ASSETS					
Debtors	7	11,245	-	11,245	13,696
Cash at bank		<u>288,502</u>	<u>-</u>	<u>288,502</u>	<u>203,419</u>
		299,747	-	299,747	217,115
CREDITORS					
Amounts falling due within one year	8	(29,151)	-	(29,151)	(36,868)
		<u>270,596</u>	<u>-</u>	<u>270,596</u>	<u>180,247</u>
NET CURRENT ASSETS					
		<u>270,596</u>	<u>-</u>	<u>270,596</u>	<u>180,247</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>272,532</u>	<u>-</u>	<u>272,532</u>	<u>182,776</u>
NET ASSETS					
		<u>272,532</u>	<u>-</u>	<u>272,532</u>	<u>182,776</u>
FUNDS					
Unrestricted funds	9			<u>272,532</u>	<u>182,776</u>
TOTAL FUNDS					
				<u>272,532</u>	<u>182,776</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

BALANCE SHEET - continued
31 DECEMBER 2021

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

The financial statements were approved by the Board of Trustees and authorised for issue on 23 June 2022 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'A Galliford-Yates', with a horizontal line underneath.

A Galliford-Yates. Chair of the COSRT Board of Trustees

7. NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2021

7.1 Accounting Policies

Basis of Preparing the Financial Statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is 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.

Tangible Fixed Assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	15% on reducing balance
Computer equipment	25% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

Pension Costs and Other Post-Retirement Benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

7.2 SUPPORT COSTS

	Management £	costs £	Totals £
Information and education Conference costs	350	-	350
	211	-	211
Support costs	63,132	-	63,132
Governance costs	-	2,340	2,340
	<u>63,693</u>	<u>2,340</u>	<u>66,033</u>

Support costs, included in the above, are as follows:

MANAGEMENT

	Information and education	Conference costs	Support costs	2021 Total activities	2020 Total activities
	£	£	£	£	£
Marketing and research	350	211	3,924	4,485	254
Sundries	-	-	2,752	2,752	292
Professional	-	-	30,020	30,020	35,882
Office costs	-	-	25,843	25,843	22,620
Depreciation of tangible and heritage assets	-	-	593	593	615
	<u>350</u>	<u>211</u>	<u>63,132</u>	<u>63,693</u>	<u>59,663</u>

GOVERNANCE COSTS

	2021 Governance costs £	2020 Total activities £
Auditors' remuneration	2,340	2,340
Legal fees	-	637
Travel and subsistence	-	1,099
Room hire	-	140
	<u>2,340</u>	<u>4,216</u>

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

7.3 NET INCOME/(EXPENDITURE)

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

	2021	2020
	£	£
Independent examiners fee	2,340	2,340
Depreciation - owned assets	<u>593</u>	<u>615</u>

7.4 TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the year ended 31 December 2020.

TRUSTEES' EXPENSES

The trustees are entitled to reclaim reasonable out of pocket expenses. During the year 10 trustees reclaimed £4,512 (2011 £3,083) in respect of travel and other expenses.

7.5 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	(1)	-	(1)
Charitable activities			
Membership contributions	178,734	-	178,734
Journal income	26,355	-	26,355
CPD income	64,900	-	64,900
Other income	<u>49,304</u>	<u>-</u>	<u>49,304</u>
Total	319,292	-	319,292
EXPENDITURE ON			
Charitable activities			
Information and education	70,855	-	70,855
Conference costs	10,201	-	10,201
Membership support & services	48,610	-	48,610
Support costs	87,872	-	87,872
Governance costs	4,216	-	4,216
	<u> </u>	<u> </u>	<u> </u>
Total	<u>221,754</u>	<u>-</u>	<u>221,754</u>
NET INCOME	97,538	-	97,538

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

7.5 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES – continued

	Unrestricted fund £	Restricted fund £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	85,238	-	85,238
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD	<u>182,776</u>	<u>-</u>	<u>182,776</u>

7.6 TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 January 2021 and 31 December 2021	<u>11,349</u>	<u>8,543</u>	<u>19,892</u>
DEPRECIATION			
At 1 January 2021	10,951	6,412	17,363
Charge for year	<u>60</u>	<u>533</u>	<u>593</u>
At 31 December 2021	<u>11,011</u>	<u>6,945</u>	<u>17,956</u>
NET BOOK VALUE			
At 31 December 2021	<u>338</u>	<u>1,598</u>	<u>1,936</u>
At 31 December 2020	<u>398</u>	<u>2,131</u>	<u>2,529</u>

7.7 DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Prepayments	<u>11,245</u>	<u>13,696</u>

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

7.8 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade creditors	2,538	6,571
Social security and other taxes	3,316	2,004
Other creditors	950	710
Accruals and deferred income	22,347	24,613
Accrued expenses	<u>-</u>	<u>2,970</u>
	<u>29,151</u>	<u>36,868</u>

7.9 MOVEMENT IN FUNDS

	At 1.1.21	Net movement in funds	At 31.12.21
	£	£	£
Unrestricted funds			
General fund	182,776	89,756	272,532
	<u>182,776</u>	<u>89,756</u>	<u>272,532</u>
TOTAL FUNDS	<u>182,776</u>	<u>89,756</u>	<u>272,532</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	355,747	(265,991)	89,756
	<u>355,747</u>	<u>(265,991)</u>	<u>89,756</u>
TOTAL FUNDS	<u>355,747</u>	<u>(265,991)</u>	<u>89,756</u>

Comparatives for movement in funds

	At 1.1.20	Net movement in funds	At 31.12.20
	£	£	£
Unrestricted funds			
General fund	85,238	97,538	182,776
	<u>85,238</u>	<u>97,538</u>	<u>182,776</u>
TOTAL FUNDS	<u>85,238</u>	<u>97,538</u>	<u>182,776</u>

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

7.9 MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	319,292	(221,754)	97,538
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>319,292</u>	<u>(221,754)</u>	<u>97,538</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.20 £	Net movement in funds £	At 31.12.21 £
Unrestricted funds			
General fund	85,238	187,294	272,532
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>85,238</u>	<u>187,294</u>	<u>272,532</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	675,039	(487,745)	187,294
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>675,039</u>	<u>(487,745)</u>	<u>187,294</u>

7.10 RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2021.

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2021

7.11 SHARE CAPITAL

The company is limited by guarantee and does not have a share capital. The liability of each member is limited to a sum not exceeding £1 on the winding up of the company.

The word limited is omitted by licence from the Department of Trade & Industry as the company has charitable status.

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	1	(1)
Charitable activities		
Membership contributions	188,121	178,734
Conference income	26,530	-
Journal income	25,982	26,355
CPD income	<u>75,806</u>	<u>64,900</u>
	316,439	269,989
Other income		
Other	30,944	35,239
Accreditation Fees	<u>8,363</u>	<u>14,065</u>
	<u>39,307</u>	<u>49,304</u>
Total incoming resources	355,747	319,292
EXPENDITURE		
Charitable activities		
Wages	139,858	110,938
Social security	8,524	7,198
Pensions	5,241	3,391
Room hire	-	1,877
Travel & subsistence	-	1,526
Speakers	22,760	14,500
Costs relating to publishing	16,528	15,694
Web and computer	668	451
Legal & professional fees	6,355	300
Training	24	-
Accreditation	<u>-</u>	<u>2,000</u>
	199,958	157,875
Support costs		
Management		
Marketing and research	4,485	254
Sundries	2,752	292
Professional	30,020	35,882
Office costs	25,843	22,620
Fixtures and fittings	533	545
Computer equipment	<u>60</u>	<u>70</u>
	63,693	59,663

COLLEGE OF SEXUAL AND RELATIONSHIP
THERAPISTS

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021

	2021 £	2020 £
Management		
Governance costs		
Auditors' remuneration	2,340	2,340
Legal fees	-	637
Travel and subsistence	-	1,099
Room hire	-	140
	<u>2,340</u>	<u>4,216</u>
Total resources expended	<u>265,991</u>	<u>221,754</u>
Net income	<u>89,756</u>	<u>97,538</u>

COLLEGE OF SEXUAL AND RELATIONSHIP THERAPISTS

England & Wales - Charity number 1101961

Accounts

REGISTERED COMPANY NUMBER: 04998207 (ENGLAND AND WALES)

REGISTERED CHARITY NUMBER: 1101961

College of Sexual and Relationship Therapists

Annual Report and Accounts

Trustees' Report

31 December 2020

Introduction

2020 was a year of disruption and challenge for all. However, we are delighted that despite the very difficult context, COSRT continued to grow and deliver. Membership increased again, meaning that our ability to improve professional standards and protect the public continued to grow.

The year was focused on consolidation and adaptation. At the core of work was the strategic plan adopted in 2019. The organisation's public register was launched alongside a redesigned membership structure on the 1st of January. And the attention moved to implementing a new training model to reflect the needs of professionals.

2020 saw important staff changes that have underpinned our continued success.

Kate Crane formally started in her role as Operations Manager in quarter one, having been appointed at the end of 2019. Later in the year, Sonja Pinnell joined as Operations Administrator – a new role designed to give cross-function support.

Thanks to all who have contributed to and supported our work. Volunteers, staff and trustees. Our mission is worthwhile and achieving our aims is not possible without your help.

John Alan Dodd

Chief Executive Officer

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The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2020. The trustees have adopted the provisions of 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 trustees have prepared the financial statements in accordance with the provisions of the Companies Act 2006 and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). The trustees have also prepared the financial statements in accordance with the provisions of the Charities Act 2006 and the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

2. HOW WE HELP

The charity's purpose is to provide support and assistance to people in need. The charity's activities are carried out through a number of different projects and services. The charity's income is derived from a number of different sources, including donations, grants and income from investments. The charity's expenditure is primarily on the provision of support and assistance to people in need. The charity's financial statements for the year ended 31 December 2020 show that the charity has achieved its purpose and that its financial position is sound.

3. STRATEGIC REPORT

The charity's strategic report for the year ended 31 December 2020 sets out the charity's vision, mission and values, and describes the charity's activities and achievements. The charity's vision is to create a world where everyone has the opportunity to live a life of dignity and respect. The charity's mission is to provide support and assistance to people in need, and to promote the well-being of the community. The charity's values are honesty, integrity, respect and compassion. The charity's activities include providing financial support, emotional support, and practical support to people in need. The charity's achievements include providing support and assistance to over 100,000 people in need, and raising over £1 million for the charity's activities.

1. WHY WE EXIST

COSRT works to improve professional standards and protect the public. Our focus is on psychosexual and relationship therapy, working with and on behalf of a membership predominantly composed of practising therapists. Our activities are underpinned by our Articles of Association, which include:

- The provision of, and assisting in the provision of training for those engaged in sexual, couple and relationship therapy;
- Formulating and monitoring standards of professional conduct and competence for those engaged in sexual, couple and relationship therapy; and
- Promoting research in the fields of marriage and other intimate relationships; sexual, couple and relationship therapy and human sexuality.

2. HOW WE HELP

To maximise our impact, we undertake a range of activities in accordance with our charitable objectives. These include:

- Overseeing a public register of trained Psychosexual and Relationship Therapists.
- Implementing ethical standards and a complaint procedure;
- Providing high-quality training and conferences.
- Publishing a peer-reviewed international journal.
- Accrediting third-party training.
- Sharing information, advice and guidance with the public and professionals.
- Acting as the voice of the psychosexual and relationship therapy sector.

3. STRATEGIC REPORT

3.1 Good Therapy for All. COSRT Strategy 2019 - 2022

In 2019 a new strategic plan was agreed for the organisation. This was designed to guide the core activities and how resource was deployed through to 2022. The strategy contained new vision and mission statements:

- Vision: That everyone can access high quality psychosexual and relationship support regardless of their background or context.
- Mission: To improve knowledge around psychosexual and relationship issues, increase practice and training

The strategy is based on four overarching objectives:

- Making evidence count: Gathering and disseminating information; driving the impact of our international journal; and addressing knowledge gaps.
- Setting professional standards: Ensuring robust standards underpin the register; and promoting high professional standards across the sector.
- Improving training and education: Diversifying COSRT's training offer and working with other providers to increase high-quality specialist training provision.
- Influencing policy and practice: Increasing engagement with policy initiatives; diversifying COSRT events; and building organisational positions on key issues.

3.2 Public Benefit

COSRT trustees ensure that all activities carried out by the charity are in support of its charitable objects and thus are to support the advancement of education in sexual, couple and relationship therapy for the benefit of the public.

In setting the overall strategic direction for the charity and its shorter-term objectives, the trustees have kept in mind the Charity Commission's guidance on public benefit.

3.3 Making evidence count

The Journal of Sex and Relationship Therapy

2020 saw a focus on the Journal of Sex and Relationship Therapy. Significant work was done to continue more effective awareness-raising and dissemination. Social media channels were used in a more targeted manner. Whilst greater collaboration with the publisher and editorial staff saw increased sharing of specialist knowledge and journal content.

The success of the journal was demonstrated in very encouraging metrics. The ninth impact factor (drawn from the annual Journal Citation Report from Clarivate) for the journal was received for 2019 which was 1.125. This was an increase from 2018's 0.95.

Supporting research

COSRT also promoted the creation of new information and data. We supported three external university research projects through communication and dissemination, helping ensure our members'

knowledge contributes to evidence. These were projects aimed at gathering clinical evidence to better understand the efficacy of interventions and user experiences. We also launched calls for evidence on specialist service provision across the NHS system – a project which continues into 2021.

3.4 Setting professional standards

New register and structure

On the 1st of January 2020 COSRT formally launched its new membership structure and public register. This brought the organisation in line with key peer organisations and underpinned greater support for professional standards. The revised structure created the following non-registered categories:

- Student
- Professional Associate
- Retired

Then for fully trained therapists able to demonstrate they meet exacting standards, the following registered categories:

- Registered
- Accredited
- Senior Accredited

Growing membership

Overall membership continued to grow through 2020, despite the challenges of Covid. There was a 7.5% increase in the overall membership size, with COSRT breaking 1,000 members for the first time. At the end of December 2020, the public register contained 650 professionals.

Senior accredited numbers decreased due to retirements from practice – an issue that slightly affected other categories, but which has been reversed in recent months. However, trends show a balanced progression for members from student to accredited through the various membership categories.

Membership category	Dec 2019	Dec 2020
Senior Accredited	232	226
Accredited	127	134
Registered	307	290
Professional Associate	124	168
Student	158	197
Retired	0	0
Affiliate	7	7
Honorary Fellow	-	5*
Total	955	1027

complaints

In its role as a professional body, COSRT conducts complaints related to professional standards. This ensures members are held accountable for their adherence to the Code of Ethics. In 2020 complaints activity was reduced, reflecting the impact of Covid on activities outside the organisation:

- One complaint was conducted under the Conduct Procedure.
- 12 public queries were responded to regarding the complaints procedure.

3.5 Improving training and education

New training model

In 2020 a major focus for COSRT was the development of new training models. This was part of the plan developed in 2019 but was timely given restrictions imposed by Covid. The main actions were:

- Development and launch of a dedicated training website called COSRTlearn.
- Piloting and roll out of self-access video-based training courses.
- A shift to online live training and conferences to ensure greater access.

All changes were successful and by the end of 2020:

- There were 9 self-access training courses available on COSRTlearn.
- Over 560 unique users had registered for self-access training courses.
- A total of 11 online live events had been held.
- Over 540 participants joined the events.

The content of training was also amended. New sessions were created to support practical professional issues including accreditation, working online, and supervision skills. Whilst later in the year morning networking events were created as member-only forums for discussion.

Accrediting training

COSRT continued its role as an accrediting organisation for training related to Psychosexual and Relationship Therapy. A total of nine courses held COSRT accreditation by the close of 2020. Over the course of the year, 12 external CPD activities were accredited which accounted for over 40 days of CPD hours.

Annual conference

The 2020 annual conference was delayed until spring 2021, allowing an online model to be finalised and planned speakers to ensure their participation.

3.6 Influencing policy and practice

Covid

As with many other organisations, Covid presented the major focus for COSRT in 2020. Attention was therefore diverted to this subject area. COSRT joined and has continued to play an ongoing role in a cross-sector coalition designed to influence government support for therapy provision. Alongside such external-facing activity, we provided regular updates to members on Covid-related policy and tailored practice guides. These were within a dedicated section of the website to ensure maximum visibility.

Other positions and outputs

Policy influencing was artificially limited due to the clear focus on Covid. However, COSRT did launch statements on fertility services and the impact of lockdowns on mental health, as well as continuing support for regulation in the therapy sector. Attention was paid to outputs for non-decision maker audiences, using COSRT's specialism to highlight issues such as divorce during the context of Covid, and how mental stress can affect couples and relationships.

4. STRUCTURE, GOVERNANCE AND MANAGEMENT

4.1 Structure and Management

The College of Sexual and Relationship Therapists (COSRT) is a company limited by guarantee registered in England and Wales (number 4998207) and a registered charity (number 1101961). Its governing document was updated and agreed by the membership at their AGM on 12 July 2014.

COSRT exists to maintain professional standards in the field of therapy for the protection of the public. It is primarily a membership organisation with over 1000 members from a wide range of disciplines, including psychosexual and relationship therapy, medicine, nursing, social work, and psychiatry.

Subject to certain matters reserved to members, COSRT's Board of Trustees holds all of the Charity's powers and authorities. The Board is ultimately responsible for the overall control and strategic direction of the Charity, and for the protection of its assets. Day-to-day management is delegated to the Chief Executive Officer, John Alan Dodd.

4.2 Board of Trustees

The trustees, who are also directors under company law, are elected by the members of the Charity at the Annual General Meeting and, subject to re-election or early retirement, serve for a three-year term. The Board has the power to fill casual vacancies by appointment until the next Annual General Meeting. The trustees all give their time to COSRT on a voluntary basis and receive no remuneration. Out-of-pocket expenses may be reimbursed.

Trustees are required to declare any potential conflict of interest, financial or otherwise and may be required to withdraw from relevant proceedings.

The trustees who served during the year and up to the date of this report are as follows:

Andrew Yates (Chair)

Tim Blackstone

Dana Braithwaite

David Edwards

Lorraine McGinlay

Charmian Beer

Joshua Learoyd

Nigel Westwood

Eli Joubert

Hazel Wright

4.3 Reference and Administrative Details

Registered Company number

04998207 (England and Wales)

Registered Charity number

1101961

Registered office

10 Queen Street Place

London

United Kingdom

EC4R 1BE

Bankers

CAF Charity Money Management

Kings Hill

West Malling

Kent ME19 4TA

Postal address

Suite 48987
PO Box 6945
London
W1A 6US
Email: info@cosrt.org.uk
Website: www.cosrt.org.uk

Solicitors

Bates, Wells & Braithwaite
10 Queen Street Place
London
United Kingdom
EC4R 1BE

Chief Executive Officer & Company Secretary

John Alan Dodd

Financial Managers

d&t
Chartered Accountants
Swatton Barn
Badbury
Swindon
Wiltshire
SN4 0EU

Independent examiner

B Herbert FCA
d&t
Chartered Accountants
Swatton Barn
Badbury
Swindon
SN4 0EU

4.4 Financial Review

COSRT is predominantly funded through membership subscriptions. The trustees set a budget for 2020 with a target to achieve an underspend of £2,620.

At the end of the year, COSRT posted an improved financial performance compared to 2019. The overall underspend (surplus) was £97,538. This was above the budget target and represented a major shift from the 2019 underspend of £15,605.

Income increased due to larger numbers of Members - £8,734 above budget target. CPD income was also above the 2020 target – posting a £39,650 surplus. Spending across the year was well managed, with staff and activity costs within the planned budget – posting £9,664 and £48,650 surpluses respectively. The latter is due to a shift to online meetings and events.

The trustees have a reserves policy in place to ensure that the charity maintains sufficient reserves to be able to deal with unforeseen crises and to be able to wind up in good order if necessary. They believe that the charity should normally have enough reserves to maintain itself for six months, which are estimated to be £70,000. This policy is reviewed by the trustees on an annual basis. The reserves are at

this level which the trustees believe to be prudent to maintain in the uncertain financial climate. The charity currently makes no specific investments.

General funds of £182,776 represent available free funds as of 31st December 2020.

4.5 Exemptions from Disclosure

There are no exemptions from disclosure in this report.

4.6 Funds Held as Custodian Trustee on Behalf of Others

The charity is not acting as custodian trustee for any funds

4.7 Statement of Trustees' Responsibilities

Company law requires the trustees to prepare financial statements for each financial year, and which give a true and fair view of the charitable company's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charitable company will continue in operation.

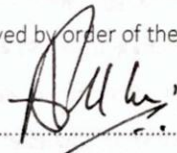
The trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy at any time, the financial position of the charitable company, and which enable them to ensure that the financial statements comply with the Companies Act 1985. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for ensuring that the report of the Board of Trustees and other information included in the annual report is prepared in accordance with company law in the United Kingdom.

4.8 Independent Examination

A resolution to re-appoint B Herbert as Independent Examiner for the ensuing year will be proposed at the annual general meeting in accordance with Section 489 of the Companies Act 2006.

Approved by order of the board of trustees on xxx and signed on its behalf by:



.....
A Galliford-Yates. Chair of the COSRT Board of Trustees

5. INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE COLLEGE OF SEXUAL AND RELATIONSHIP THERAPISTS ('the company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2020.

5.1 Responsibilities and basis of report

As the charity's trustees of the 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 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 your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

5.2 Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Associate Chartered Accountant which is one of the listed bodies.

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

- Accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- 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
- 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.



B Herbert FCA

d&t Chartered Accountants

Swatton Barn

Badbury

Swindon

Wiltshire

SN4 0EU

Date:

6. STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED
31 DECEMBER 2020

	Unrestricted funds £	Restricted funds £	2020 Total funds £	2019 Total funds £
INCOME AND ENDOWMENTS FROM				
Charitable activities				
Conference income	-	-	-	20,750
Membership contributions	178,734	-	178,734	153,415
Journal income	26,355	-	26,355	34,848
CPD income	64,900	-	64,900	20,835
Other income	<u>49,303</u>	<u>-</u>	<u>49,303</u>	<u>35,106</u>
Total	319,292	-	319,292	264,954
EXPENDITURE ON				
Charitable activities				
Information and education	70,855	-	70,855	61,683
Conference costs	10,201	-	10,201	26,724
Membership support & services	48,610	-	48,610	43,248
Support costs	87,872	-	87,872	110,553
Governance costs	<u>4,216</u>	<u>-</u>	<u>4,216</u>	<u>7,141</u>
Total	221,754	-	221,754	249,349
NET INCOME/(EXPENDITURE)	97,538	-	97,538	15,605
RECONCILIATION OF FUNDS				
Total funds brought forward	<u>85,238</u>	<u>-</u>	<u>85,238</u>	<u>69,633</u>
TOTAL FUNDS CARRIED FORWARD	<u>182,776</u>	<u>-</u>	<u>182,776</u>	<u>85,238</u>

7. BALANCE SHEET 31 DECEMBER 2020

	Notes	Unrestricted fund £	Restricted fund £	2020 Total funds £	2019 Total funds £
FIXED ASSETS					
Tangible assets	8	2,529	-	2,529	1,908
CURRENT ASSETS					
Debtors	9	13,696	-	13,696	13,324
Cash at bank		<u>203,419</u>	<u>-</u>	<u>203,419</u>	<u>105,515</u>
		217,115	-	217,115	118,839
CREDITORS					
Amounts falling due within one year	10	(36,868)	-	(36,868)	(35,509)
		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
NET CURRENT ASSETS		<u>180,247</u>	<u>-</u>	<u>180,247</u>	<u>83,330</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>182,776</u>	<u>-</u>	<u>182,776</u>	<u>85,238</u>
NET ASSETS		<u>182,776</u>	<u>-</u>	<u>182,776</u>	<u>85,238</u>
FUNDS					
Unrestricted funds	11			<u>182,776</u>	<u>85,238</u>
TOTAL FUNDS				<u>182,776</u>	<u>85,238</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act

2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on xxx and were signed on its behalf by:



.....
A Galliford Yates. Chair of the COSRT Board of Trustees

8. NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

8.1 Accounting Policies

Basis of Preparing the Financial Statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs 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.

Tangible Fixed Assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	15% on reducing balance
Computer equipment	25% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

Pension Costs and Other Post-Retirement Benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

8.2 Analysis of expenditure

	Staff Costs	Other	2020 Total	2019 Total
	£	£	£	£
Charitable expenditure				
Information and Education	44,707	36,349	81,056	61,683
Conference Costs	-	-	-	26,724
Membership Costs	48,610	-	48,610	43,248
Support Costs	<u>28,208</u>	<u>63,881</u>	<u>92,089</u>	<u>117,694</u>
	<u>121,525</u>	<u>100,229</u>	<u>221,755</u>	<u>249,349</u>

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8.3 Support Costs

	Management costs	Governance costs	Totals
	£	£	£
Support costs	59,666	-	59,666
Governance costs	-	4,215	4,215
	<u>59,666</u>	<u>4,215</u>	<u>63,881</u>

Support costs, included in the above, are as follows:

MANAGEMENT

	2020 Support costs £	2019 Total activities £
Marketing and research	256	458
Sundries	292	5,460
Professional	35,883	58,855
Office costs	22,620	20,848
Depreciation of tangible and heritage assets	615	549
	<u>59,666</u>	<u>86,170</u>

GOVERNANCE COSTS

	2020 Governance costs £	2019 Total activities £
Independent examiners fee	2,340	2,340
Postage and stationery	-	-
Legal fees	637	875
Travel and subsistence	1,098	3,515
Teleconferencing	-	10
Room hire	140	329
Sundry	-	72
	<u>4,215</u>	<u>7,141</u>

8.4 Net Income/(Expenditure)

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

	2020 £	2019 £
Independent examiners fee	2,340	2,340
Depreciation - owned assets	615	547

8.5 Trustees' Remuneration and Benefits

There were no trustees' remuneration or other benefits for the year ended 31 December 2020 nor for the year ended 31 December 2019.

8.6 Trustees' Expenses

The trustees are entitled to reclaim reasonable out of pocket expenses. During the year 6 trustees reclaimed £2,112 (2019 £6,987) in respect of travel and other expenses.

8.7 Staff Costs

	2020 £	2019 £
Wages and salaries	110,987	99,442
Social security costs	79	5,323
Other pension costs	399	3,355
	<u>121,525</u>	<u>108,120</u>

The average monthly number of employees during the year was as follows:

	2020	2019
Management and administration	<u>5</u>	<u>5</u>

No employees received emoluments in excess of £60,000 during the year (2019 Nil).

8.8 Comparatives for the Statement of Financial Activities

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Conference income	20,750	-	20,750
Membership contributions	153,415	-	153,415
Journal income	34,848	-	34,848
CPD income	20,835	-	20,835
Other income	<u>35,106</u>	<u>-</u>	<u>35,106</u>
Total	264,954	-	264,954
EXPENDITURE ON			
Charitable activities			
Information and education	61,683	-	61,683
Conference costs	26,724	-	26,724
Membership support & services	43,248	-	43,248
Support costs	110,533	-	110,533
Governance costs	<u>7,141</u>	<u>-</u>	<u>7,141</u>
Total	249,349	-	249,349
NET INCOME/(EXPENDITURE)	15,605	-	15,605
RECONCILIATION OF FUNDS			
Total funds brought forward	69,633	-	69,633
TOTAL FUNDS CARRIED FORWARD	<u>85,238</u>	<u>-</u>	<u>85,238</u>

8.9 Tangible Fixed Assets

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 January 2020	11,349	7,307	18,656
Additions	-	1,236	1,236
At 31 December 2020	<u>11,349</u>	<u>8,543</u>	<u>19,892</u>
DEPRECIATION			
At 1 January 2020	10,881	5,867	16,748
Charge for year	70	545	615
At 31 December 2020	<u>10,951</u>	<u>6,412</u>	<u>17,363</u>
NET BOOK VALUE			
At 31 December 2020	<u>398</u>	<u>2,131</u>	<u>2,529</u>
At 31 December 2019	<u>468</u>	<u>1,440</u>	<u>1,908</u>

8.10 Debtors: Amounts Falling Due Within One Year

	2020 £	2019 £
Prepayments	<u>13,696</u>	<u>13,324</u>

8.11 Creditors: Amounts Falling Due Within One Year

	2020 £	2019 £
Trade creditors	6,571	14,513
Social security and other taxes	2,004	1,360
Other creditors	710	414
Accruals and deferred income	24,613	16,252
Accrued expenses	<u>2,970</u>	<u>2,970</u>
	<u>36,868</u>	<u>35,509</u>

8.12 Movement in Funds

	At 1.1.20 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	85,238	97,538	182,776
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>85,238</u>	<u>97,538</u>	<u>182,776</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	319,292	(221,754)	97,538
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>319,292</u>	<u>(21,754)</u>	<u>97,538</u>

8.13 Related Party Disclosures

There were no related party transactions for the year ended 31 December 2020.

8.14 Share Capital

The company is limited by guarantee and does not have a share capital. The liability of each member is limited to a sum not exceeding £1 on the winding up of the company.

The word limited is omitted by licence from the Department of Trade & Industry as the company has charitable status.

9. DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2020

	2020	2019
	£	£
INCOME AND ENDOWMENTS		
Charitable activities		
Membership contributions	178,734	153,415
Conference income	-	20,750
Journal income	26,355	34,848
CPD income	<u>64,900</u>	<u>20,835</u>
	269,989	229,848
Other income		
Other	<u>49,303</u>	<u>35,106</u>
Total incoming resources	319,292	264,954
EXPENDITURE		
Charitable activities		
Wages	110,938	99,442
Social security	7,198	5,322
Pensions	3,391	3,356
Postage and stationery	-	361
Room hire	1,877	14,837
Travel & subsistence	1,526	7,102
Speakers	14,500	8,657
Costs relating to publishing	15,694	15,897
Sundry expenses	-	64
Legal & professional	300	-
Training	-	1,000
Accreditation	<u>2,000</u>	<u>-</u>
	157,875	156,038
Support costs		
Management		
Marketing and research	254	458
Sundries	292	5,460
Professional	35,882	58,855
Office costs	22,620	20,848
Fixtures and fittings	545	466
Computer equipment	<u>70</u>	<u>83</u>
	59,663	86,170

9. DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR
ENDED 31 DECEMBER 2020

	2020 £	2019 £
INCOME AND ENDOWMENTS		
Charitable activities		
Membership contributions	178,734	153,415
Conference income	-	20,750
Journal income	26,355	34,848
CPD income	<u>64,900</u>	<u>20,835</u>
	269,989	229,848
Other income		
Other	<u>49,303</u>	<u>35,106</u>
Total incoming resources	319,292	264,954
EXPENDITURE		
Charitable activities		
Wages	110,938	99,442
Social security	7,198	5,322
Pensions	3,391	3,356
Postage and stationery	-	361
Room hire	1,877	14,837
Travel & subsistence	1,526	7,102
Speakers	14,500	8,657
Costs relating to publishing	15,,694	15,897
Sundry expenses	-	64
Legal & professional	300	-
Training	-	1,000
Accreditation	<u>2,000</u>	<u>-</u>
	157,875	156,038
Support costs		
Management		
Marketing and research	254	458
Sundries	292	5,460
Professional	35,882	58,855
Office costs	22,620	20,848
Fixtures and fittings	545	466
Computer equipment	<u>70</u>	<u>83</u>
	59,663	86,170

	2020	2019
	£	£
Governance costs		
Auditors' remuneration	2,340	2,340
Legal fees	637	875
Travel and subsistence	1,099	3,515
Teleconferencing	-	10
Room hire	140	329
Sundry	-	72
	<u>4,216</u>	<u>7,141</u>
Total resources expended	<u>221,754</u>	<u>249,349</u>
Net income/(expenditure)	<u>97,538</u>	<u>15,605</u>