Hull and East Yorkshire Counselling Limited

England & Wales · Charity number 1104045

Details

Other names	RELATE HULL AND EAST YORKSHIRE
Status	Registered
Legal form	Charitable company
Company number	05098895
Registered	2004-05-28
Register	View on the Charity Commission register

Contact

Address	HEY Counselling 1 Charlotte Street Mews Hull HU1 3BP
Phone	01482329621
Email	info@heycounselling.org.uk
Website	https://heycounselling.org.uk/

Activities

Objects: 1 TO EDUCATE THE PUBLIC CONCERNING THE BENEFITS OF SECURE COUPLE RELATIONSHIPS, MARRIAGE AND FAMILY LIFE IN ORDER TO IMPROVE THE EMOTIONAL, SEXUAL AND SPIRITUAL WELL-BEING OF INDIVIDUALS WHICH IS DERIVED FROM COMMITTED RELATIONSHIPS;2 TO SEEK TO ENHANCE, THE GOOD HEALTH, BOTH MENTAL AND PHYSICAL, OF ADULTS AND CHILDREN BY;2.1 INCREASING PUBLIC AWARENESS OF THE BENEFIT OF COMMITTED COUPLERELATIONSHIPS, MARRIAGE, AND FAMILY LIFE; AND2.2 WORKING TO PREVENT POVERTY, HARDSHIP AND DISTRESS CAUSED BY THE BREAKDOWN OF SUCH RELATIONSHIPS;3 TO PROVIDE COUNSELLING, ADVICE, EDUCATION, GUIDANCE AND RELIEF TO ADULTS AND/OR CHILDREN IN RELATION TO ANY ASPECT OF CONTEMPORARY LIFE OR WORK WHICH:3.1 MAY PREJUDICE THEIR PHYSICAL OR MENTAL WELL BEING; OR3.2 INFLUENCE, EITHER DIRECTLY OR INDIRECTLY, THEIR PRESENT OR FUTURE FAMILY OR COUPLE RELATIONSHIP;4 TO RELIEVE THOSE IN NEED BY REASON OF YOUTH, AGE, ILL-HEALTH, DISABILITY, FINANCIAL HARDSHIP OR OTHER DISADVANTAGE; AND5 TO PROMOTE RESEARCH INTO ALL OF THE ABOVE OBJECTS AND TO MAKE THE RESULTS AVAILABLE TO THE PUBLIC.

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Activities: We provide Relationship Counselling to couples and individuals. We also provide Family Counselling Psychosexual Therapy and young peoples counselling.

Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Economic/community Development/employment
- **Who:** Children/young People, The General Public/mankind

Geography

- **Area of benefit:** HULL AND EAST YORKSHIRE
- East Riding Of Yorkshire
- Kingston Upon Hull City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£506,179	£507,947	£283,373	13
2024-03-31	£489,746	£471,532	-	-
2023-03-31	£468,359	£443,516	-	-
2022-03-31	£454,524	£438,491	-	-
2021-03-31	£479,580	£457,493	-	-

Trustees

Name	Role	Appointed
TINA IVES	Chair	
David Piercy		2016-09-21
PAUL GRAEME STARK		
Paula Litten		2014-02-12
Peter John Choules		2021-11-16
Rosalind Anne Harman		2020-11-20

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Hull and East Yorkshire Counselling Limited

England & Wales - Charity number 1104045

Accounts

Hull & East Yorkshire
Counselling



Annual Report and Financial Statements
For the year ended 31 March 2025

bacp collective mark | Accredited Service

A Company Limited by Guarantee
Company Number 5098895
Registered Charity Number 1104045

CYBER ESSENTIALS CERTIFIED PLUS

Company registration number: 05098895

Charity registration number: 1104045

Hull and East Yorkshire Counselling Limited

Formerly

Relate Hull and East Yorkshire

(A company limited by Guarantee)

Annual Report and Financial Statements

For the Year Ended 31 March 2025

bacp collective mark | Accredited Service

Hull and East Yorkshire Counselling Limited
Formerly
RELATE Hull and East Yorkshire

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Hull and East Yorkshire Counselling Limited
Formerly
RELATE Hull and East Yorkshire

Reference and Administrative Details

Trustees	Mrs T. Ives, Chairperson
	Mr P. G. Stark
	Mr D. M. Piercy
	Ms P. J. Litten
	Mrs R. A. Harman
	Mr P. J. Choules
Secretary	Mrs D. Andrew
Charity Registration Number	1104045
Company Registration Number	05098895
	The charity is incorporated in England and Wales.
Registered Office	1 Charlotte Street Mews
	Hull
	East Yorkshire
	HU1 3BP
Independent Examiner	J W Smith & Co Ltd
	Independent Examiner
	Oberon House
	Ferries Street
	Hull
	HU9 1RL

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2025.

Trustees

Mrs T. Ives, Chairperson

Mr P. G. Stark

Mr D. M. Piercy

Ms P. J. Litten

Mrs R. A. Harman

Mr P. J. Choules

Objectives and activities

Objects and aims

The Charity operates in Hull and other nearby areas, providing counselling for individuals and couples.

The objectives and aims of the Charity is to educate the public concerning the benefits of secure couple relationships, marriage and family life in order to improve the emotional, sexual and spirited well-being of individuals, which is derived from committed relationships.

To promote research into all aspects of couple relationships and marriage and to make the results available to the public.

To seek to enhance the good health, both mental and physical, of adults and children by increasing public awareness of the benefit of committed couple relationships, marriage and family life and working to prevent poverty and hardship and distress caused by the breakdown of such relationships.

Statement of Common Purpose

Our role is to help people build better couple relationships:

To enhance the quality of couple and parental family relationships.

To help relationships and marriage withstand the pressures leading to breakdown.

To limit the damage which commonly accompanies failing relationships, separation and divorce, and increase the prospect of subsequent relationships succeeding.

We aim to deliver its services with cultural sensitivity and without discrimination.

We believe that:
- An individual's physical well-being and emotional and mental health benefit from a committed relationship.
- Children thrive in families where relationships are free from destructive conflict.
- People gain from an understanding of their sexuality.
- Expressing clear commitment isa helpful contribution to a healthy and secure couple relationship.

The trustees have paid due regard to guidance issued by the Charities Commission in deciding what activities the charity should undertake.

The Charity has provided counselling services in a variety of contexts, some of which are discussed in detail below. The majority of our income comes from contracted services, which has been the case for some time now.

Trustees' Report

Objectives, strategies and activities

Education & Training

We are continuing to work with Action for Children to run Planning Together for Children workshops and e-learning. This is provided when Family Law Courts request either one or both parties should attend these workshops. They are for family members who are in conflict over child contact. This is usually parents but can also be grandparents or other family members.

We also continue to direct any profit from this area into providing counselling for members of the public who are unable to make a donation towards our services.

We are also continuing to review our current Life Skills courses.

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales

Trustees' Report

Chairperson's Report 2024/2025

This year has been one of significant change for our Organisation. It has been very unsettling for everyone involved and has caused a lot of hard work but we have prevailed! Relate Federation went into administration – As a group of federated centres we made an offer so that we could keep the brand name, unfortunately this was rejected and Relate was subsequently sold to Family Action. The offer made to us by Relate at Family Action was not sustainable as our operating fees would have increased from 20k to close to 50k. The decision was therefore made to disaffiliate and to change our name whilst keeping our Companies house registration and Charities commission status. We are now known as Hull and East Yorkshire Counselling Limited (HEY) but we continue to provide the same quality service.

In order to continue to offer our services as widely as possible, we commenced working out of three new outposts in Bridlington, Goole and Beverley. This has helped us achieve one of our objectives, to increase face to face counselling.

Our IT providers of some 20+ years closed their business and we now have a maintenance contract with Genesis.

We continue to improve our workplace and have had new double-glazed wooden windows fitted to replace the old rotten single glazed frames. As the majority of our building is listed, we had to replace these with Wooden Sash Windows which cost £46,000. This also included the need for full scaffolding around the building. The additional double glazing will help stop the heat escaping which will reduce our heating bills.

We have also completed a refurbishment of the counselling rooms which included additional sound proofing together with new chairs. This has created a more welcoming and comfortable atmosphere to compliment the services we offer.

As a business we are mindful of the ongoing pressures of spiralling costs. To this end, we continue to ensure that we bid for contracts as and when they come up for renewal and I am delighted to confirm that the NHS contract has been renewed for a further 2 years. The MS Society also renewed their contract and we attended an awareness and information day where we were able to detail what HEY can offer. Unfortunately, Humber Coast and Vale for whom we provided couple counselling for NHS staff have ceased to exist and therefore our contract was not renewed.

Although our financial year ended with lots of unrest and uncertainty, the experience has demonstrated that we have a dedicated and talented leadership team and a loyal and hardworking team as the work created by disaffiliating has been extremely challenging and huge. Having said that, this has offered more opportunities and some freedom in how we move forward. The prospect of being independent and changing the charities name has been monumental in the development and future of HEY and the Trustees are fully in support and appreciative of the work carried out to take us forward.

Recognition for the many of the achievements during the last year go to our Managing Director Debbie who has successfully propelled the business forward and guided the team through a very precarious time. Thanks also go to the management team, the administration staff, and the counsellors for all the hard work and dedication through a very challenging time. The trustees should also receive thanks for their continued dedication and guidance, in particular to our Vice Chair Paula Litten who has taken on such a pivotal role in the start up of the new company so far.

Trustees' Report

Snapshot of work

	2019/20	2020/21	2021/22	2022/23	2023/24	2024/25
Counselling Sessions	5504	4999	4458	4534	4846	4684
PST Sessions	463	518	650	624	529	603
Sex Addiction	31	9	0	28	21	38
YP Counselling	18	22	1	3	2	11
Family Counselling	90	6	5	14	5	0
Initial Assessments	344	65	218	198	176	171
TOTAL	**6450**	**5619**	**5332**	**5401**	**5579**	**5507**

- Although the total number of counselling sessions reduced in 24/25, the number of clients attending increased from 6844 in 23/24 to 6994 clients in 24/25. This indicates that more couples attended in 24/25
- 291 appointments were wasted because the client did not attend. 319 last year.
- There were 796 appointments cancelled in 24/25, of which 160 (20%) were subsequently refilled.
- We continue to review the current services that we offer in line with demand.

A sample of feedback received at our end of treatment is shown on pages 7 to 9

Hull and East Yorkshire Counselling Limited
Formerly
RELATE Hull and East Yorkshire

"My counsellor was amazing and helped me in ways I didn't think I needed it."

"Our counsellor was fantastic, really approachable, professional and really understood."

"Good communication, timely appointments, excellent counsellor who has helped me so much, I wouldn't be in such a better place now without this service."

"My Therapist was brilliant, she put me at ease straight away and after just a couple of sessions she had made a significant breakthrough, and my scores just got better and better each week from then on in. I know I couldn't have made so much progress without those sessions. Communication was also excellent throughout. Thank you so much."

"The counsellor that I was allocated was excellent. She was different from several other NHS counsellors that I have had over the years. I really felt that she was listening and understanding what I was saying. She made me feel very comfortable, which enabled me to speak with her about things that I hadn't spoke of with other counsellors. She always called on time too. I didn't feel that I needed my last two sessions as I felt so much better. This has never happened in the past. I am really grateful to the counsellor."

"My experience was very good. Your service explained clearly, appointments were made and kept. My therapist was punctual each week and her manner was always polite, understanding and professional. Over the six weeks I feel that your service helped me to work through a very difficult situation in my life. You provided a competent therapist who was able to guide me through various aspects of my life and be more able to face my challenges ahead with more confidence."

"Very discreet, comfortable rooms, therapist helped put me at ease."

"Therapist was fantastic. Very knowledgeable, compassionate and easy to talk to. She changed my life!"

"Appointments were organised with ease, messages easy to understand and the appointments themselves were conducted by a very kind, professional counsellor."

"I was given the best counsellor for me that I needed at the time. She was amazing and so lovely."

"I got the help I needed and felt I was given the chance to reflect on things rather than be criticised for them. You listened and guided me to a goal I wanted to achieve."

"I could talk to you and tell you things I would not tell family and friends."

"I felt very supported and validated during my time using the service. The sessions were helpful and deepened my understanding of how I can learn to cope with struggles as they come."

"Helped me to identify things I had never thought of previously. Didn't give stock answer that were useless to me but may work for the masses then repeat but in a different way thinking I wouldn't notice. Listened and made valid suggestions based upon my situation not the standard check box. Let the conversation drift naturally to reveal things I didn't know were bothering me yet kept the conversation centrally structured. Person was professional yet warm personality and smiled."

"I felt comfortable and listened to without any judgement. I was treated courteously and In a professional manner. I did not at any time consider I was subject to unnecessary intrusion into my personal life. I feel that all the conversations were with an intention of getting better life choices and attitudes to improve my life and relationships. I am grateful for the sessions."

"My counsellor was absolutely amazing , she helped me through the darkest days of my life From Week 1 to Week 6, my counsellor was so lovely and kind and I felt so at ease with her, she truly is one of the best and one of the kindest people I have been fortunate to meet and the techniques she gave me were so good too!"

"Very sensitive to my concerns, good listening to my thoughts and calmly offered ideas and allowed me to expand on areas I wouldn't have discussed. Relaxed environment, the counsellor open to my raised worries and helped me to calm down and think about feedback with little emotional responses."

"My therapist was kind, reassuring and non-judgemental. The rooms were comfortable, and reception staff were very friendly."

"Easy to refer into, good location, good text reminders, excellent counsellor, made me feel safe which was important because I was apprehensive."

"It was wonderful to have a counsellor that understood neuro diversity. They were easy to talk to, and I felt confident and comfortable

"My counsellor has been an amazing support. I can't rate her highly enough. Her knowledge and experience coupled with her warmth and openness has been life changing for me."

"Really helped us to focus, I was so nervous, but I didn't feel embarrassed in talking about my problems."

"My counsellor was lovely and really understanding. She was amazing and really helped me through one of the toughest times I've had to go through. Cannot fault the service at all."

"Staff were wonderful, very supportive and friendly. There was no judgement, and we were really supported."

"The counsellor was incredible, I felt I could trust her. She put me at my ease and I felt able to speak freely."

"From communication about appointments, through to the actual face to face sessions, the whole team were fantastic. The friendliness and respect of the staff. The actual counselling was an amazing experience."

"My counsellor was very patient and listened to me when I was talking. She made me realize that what I was going through was normal."

"Everything was perfect. My counsellor was really respectful, and I could sense that I was not being judged but she really was wonderful. I cannot praise her enough. She has made a real difference to my life and thank you again."

"My counsellor was very thoughtful, understanding, listened to me carefully and treat me with the utmost kindness and respect. I felt able to express how I felt without being judged and came away from sessions feeling more at ease."

"I felt so at ease and not uncomfortable talking about such intimate things."

"I felt embarrassed but was made to feel 'it was ok', really appreciated the help I was given."

Trustees' Report

Going concern

The Charity depends on contracts from various bodies, who are affected by the current economic climate and funding decisions by Local and National Bodies, but the trustees are confident that the accounts can be prepared on a going concern basis.

Structure, governance and management

Nature of governing document

The Charity is a company limited by guarantee and constitutes a limited company as defined by the Companies Act 2006 and is controlled by its governing document, a deed of trust.

Charity status was given on 28th May 2004 and was incorporated on 8th April 2004.

RELATE Hull & East Yorkshire was part of the RELATE Federation but nevertheless is a separate Charity in its own right and as such has to raise its own funds. HEY Counselling limited continues under this Charity and Company number

Recruitment and appointment of trustees

We recognise that an effective board of trustees is essential if the Charity is to be effective in achieving its objectives. The board must seek to be representative of the people with whom the charity works and must have available to it all of the knowledge and skills required to run the Charity.

Individual trustees must have sufficient knowledge, both of trusteeship in general and of the Charity's activities, to enable them to carry out their role and to represent the Charity at meetings and other events.

We seek to ensure diversity in its board of trustees as well as in its staff base and consideration will be given to ways in which groups that are under-represented on the board might be reached and encouraged to apply. However, at the point of selection the board will not discriminate unfairly on any of the grounds listed in the Equal Opportunities Policy.

Induction and training of trustees

People enquiring to become trustees will be sent appropriate documentation about the Charity, introductory material about trusteeship and will be asked to complete an application form. Arrangements will be made to assist any potential applicant with specific needs in relation to completion of the form or access to the supporting materials.

Arrangements for setting key management personnel remuneration

The remuneration of all staff including senior management is reviewed annually by the finance committee (consisting of Trustees of the Charity).

Trustees' Report

Organisational structure	
Managing Director	Debbie Andrew
Supervisors	Paul Baker
	Siobhan Lane
	Ann Thompson
	Alison Tinsley
Business Intelligence Manager	Dawn Blake
Operations Manager	Jayde Hall
Office Manager	Maria Bell

We have 9 staff members providing support for the organisation and 6 volunteers.

We currently have 24 counsellors providing a mixture of Relationship Counselling, Psychosexual Therapy, Family and Young People's Counselling. They also provide generic counselling for stress and anxiety.

Our Charity Shop is run by 3 paid colleagues with the help of 6 volunteers.

We also have 2 Training Facilitators who are currently providing our Planning Together for Children programme.

Trustees' Report

Major risks and management of those risks

Risk Management

The trustees have assessed the major risks to which the Charity is exposed, these include loss of contract work and the loss of the Hull Building, which is leased.

The trustees are satisfied that systems are in place to mitigate exposure to the major risks.
We have expanded the number and range of contracts to ensure that the loss of some contracts would not greatly affect our provision of services and employment of our current staff.

Guiding Principles

The Directors of Relate acknowledge that future needs of beneficiaries must not be compromised in providing current services and so future risks and liabilities need to be assessed periodically in order to maintain a proportionate and adequate level of reserves. It is also recognised that free reserves are to be the value of unrestricted funds, less the current value of any fixed assets held as unrestricted funds.

Reasons for maintaining reserves:

Cash Flow- Some funds are claimed and received retrospectively. This may be on a monthly or quarterly basis. It would also be necessary to allow for actual payment from claim date, and this alone could be a further month. Uncertainty - Some funding arrangements are made retrospectively. Some service levels agreements are not fully agreed until June/July each year, although they are to start in April. We may be expending funds in good faith that we may not be able to recover. Also, negative outcomes may mean redundancies that would need funding:

- Some funded projects incur unexpected expenditure beyond budget levels.

- Certainty some funding will end at a pre-determined date, and projects may continue for an intervening period until new funding is identified.

- Some funded projects expenditure trends may indicate that the project will be set to overspend beyond agreed funding and may need top-up funds.

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

Cashflow risk

The charity's activities expose it primarily to the financial risks of changes in foreign currency exchange rates and interest rates. The charity uses foreign exchange forward contracts and interest rate swap contracts to hedge these exposures.

Interest bearing assets and liabilities are held at fixed rate to ensure certainty of cash flows.

Credit risk

The charity's principal financial assets are bank balances and cash, trade and other receivables, and investments.
The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows.
The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.
The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term debt finance.
Further details regarding liquidity risk can be found in the Statement of accounting policies in the financial statements.

Statement of Trustees' Responsibilities

The trustees (who are also the directors of Hull and East Yorkshire Counselling Limited for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

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

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

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

The annual report was approved by the trustees of the charity on 12th November 2025 and signed on its behalf by:

.....
Mr P. G. Stark
Trustee

Independent Examiner's Report to the trustees of

Hull and East Yorkshire Counselling Limited ("the Company") , formerly

RELATE Hull and East Yorkshire

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

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 Hull and East Yorkshire Counselling 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 2011Act.

Independent examiner's statement
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants, which is one of the listed bodies.

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

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

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

.....

Jonathan Morley FCA (J W Smith & Co Ltd)
Independent Examiner
Institute of Chartered Accountants in England and Wales

Oberon House
Ferries Street
Hull
HU91RL

Date: 16th November 2025

Hull and East Yorkshire Counselling Limited

Formerly

RELATE Hull and East Yorkshire

Statement of Financial Activities for the Year Ended 31 March 2025
(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Total 2025 £
Income and Endowments from:			
Charitable activities	3	462,091	462,091
Other trading activities	4	39,677	39,677
Investment income	5	4,411	4,411
Total income		506,179	506,179
Expenditure on:			
Raising funds	6	(21,633)	(21,633)
Charitable activities	7	(486,314)	(486,314)
Total expenditure		(507,947)	(507,947)
Net expenditure		(1,768)	(1,768)
Net movement in funds		(1,768)	(1,768)
Reconciliation of funds			
Total funds brought forward		285,141	285,141
Total funds carried forward	18	283,373	283,373

	Note	Unrestricted funds £	Total 2024 £
Income and Endowments from:			
Charitable activities	3	446,275	446,275
Other trading activities	4	38,811	38,811
Investment income	5	4,660	4,660
Total income		489,746	489,746
Expenditure on:			
Raising funds	6	(22,667)	(22,667)
Charitable activities	7	(448,865)	(448,865)
Total expenditure		(471,532)	(471,532)
Net income		18,214	18,214
Net movement in funds		18,214	18,214
Reconciliation of funds			
Total funds brought forward		266,927	266,927
Total funds carried forward	18	285,141	285,141

All of the charity's activities derive from continuing operations during the above two periods.

Statement of Financial Activities for the Year Ended 31 March 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

The funds breakdown for 2025 is shown in note 18

Hull and East Yorkshire Counselling Limited

(Registration number: 05098895)
Balance Sheet as at 31 March 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	12	63,543	18,649
Current assets			
Stocks	13	20,367	585
Debtors	14	10,076	21,078
Cash at bank and in hand	15	203,404	252,430
		233,847	274,093
Creditors: Amounts falling due within one year	16	(14,017)	(7,601)
Net current assets		219,830	266,492
Net assets		283,373	285,141
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		283,373	285,141
Total funds	18	283,373	285,141

For the financial year ending 31 March 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements on pages 8 to 23 were approved by the trustees, and authorised for issue on

12th November 2025.and signed on their behalf by:

..

.....
Mr P. G. Stark
Trustee

1 Charity status

The charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £ towards the assets of the charity in the event of liquidation.

The address of its registered office is:
1 Charlotte Street Mews
Hull
East Riding of Yorkshire
HU1 3BP

The principal place of business is:
1 Charlotte Mews
Hull
East Riding of Yorkshire
HU1 3BP

These financial statements were authorised for issue by the trustees on 12 November 2025

2 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

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

Basis of preparation
Hull and East Yorkshire Counselling Limited meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement
The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

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

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustee's meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £200.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Freehold Land	Not Depreciated
Freehold Buildings	1% to 10% on cost
Furniture and Shop Refit	15% on reducing Balance. 10% and 15% on Cost

Office Equipment	33.4% on Cost

Stock

Stock is valued at the lower of cost and estimated selling price less costs to complete and sell, after due regard for obsolete and slow moving stocks. Cost is determined using the first-in, first-out (FIFO).

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Notes to the Financial Statements for the Year Ended 31 March 2025

Foreign exchange

Transactions in foreign currencies are recorded at the rate of exchange at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies at the balance sheet date are reported at the rates of exchange prevailing at that date.

The results of overseas operations are translated at the average rates of exchange during the period and their balance sheets at the rates ruling at the balance sheet date. Exchange differences arising on translation of the opening net assets and results of overseas operations are reported in other comprehensive income and accumulated in equity (attributed to non-controlling interests as appropriate).

Other exchange differences are recognised in the Statement of Financial Activities in the period in which they arise except for:

1) exchange differences on transactions entered into to hedge certain foreign currency risks (see above);

2) exchange differences arising on gains or losses on non-monetary items which are recognised in other comprehensive income; and

3) in the case of the consolidated financial statements, exchange differences on monetary items receivable from or payable to a foreign operation for which settlement is neither planned nor likely to occur (therefore forming part of the net investment in the foreign operation), which are recognised in other comprehensive income and reported under equity.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Notes to the Financial Statements for the Year Ended 31 March 2025

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

Debt instruments

Debt instruments which meet the following conditions are subsequently measured at amortised cost using the effective interest method:

(a) The contractual return to the holder is (i) a fixed amount; (ii) a positive fixed rate or a positive variable rate; or (iii) a combination of a positive or a negative fixed rate and a positive variable rate.

(b) The contract may provide for repayments of the principal or the return to the holder (but not both) to be linked to a single relevant observable index of general price inflation of the currency in which the debt instrument is denominated, provided such links are not leveraged.

(c) The contract may provide for a determinable variation of the return to the holder during the life of the instrument, provided that (i) the new rate satisfies condition (a) and the variation is not contingent on future events other than (1) a change of a contractual variable rate; (2) to protect the holder against credit deterioration of the issuer; (3) changes in levies applied by a central bank or arising from changes in relevant taxation or law; or (ii) the new rate is a market rate of interest and satisfies condition (a).

(d) There is no contractual provision that could, by its terms, result in the holder losing the principal amount or any interest attributable to the current period or prior periods.

(e) Contractual provisions that permit the issuer to prepay a debt instrument or permit the holder to put it back to the issuer before maturity are not contingent on future events, other than to protect the holder against the credit deterioration of the issuer or a change in control of the issuer, or to protect the holder or issuer against changes in levies applied by a central bank or arising from changes in relevant taxation or law.

(f) Contractual provisions may permit the extension of the term of the debt instrument, provided that the return to the holder and any other contractual provisions applicable during the extended term satisfy the conditions of paragraphs (a) to (c).

Debt instruments that are classified as payable or receivable within one year on initial recognition and which meet the above conditions are measured at the undiscounted amount of the cash or other consideration expected to be paid or received, net of impairment.

With the exception of some hedging instruments, other debt instruments not meeting these conditions are measured at fair value through profit or loss.

Commitments to make and receive loans which meet the conditions mentioned above are measured at cost (which may be nil) less impairment.

Investments

Investments in non-convertible preference shares and non-puttable ordinary or preference shares (where shares are publicly traded or their fair value is reliably measurable) are measured at fair value through profit or loss. Where fair value cannot be measured reliably, investments are measured at cost less impairment.

Investments in subsidiaries and associates are measured at cost less impairment. For investments in subsidiaries acquired for consideration including the issue of shares qualifying for merger relief, cost is measured by reference to the nominal value of the shares issued plus fair value of other consideration. Any premium is ignored.

Notes to the Financial Statements for the Year Ended 31 March 2025

Derivative financial instruments

The charity uses derivative financial instruments to reduce exposure to foreign exchange risk and interest rate movements. The charity does not hold or issue derivative financial instruments for speculative purposes.

Derivatives are initially recognised at fair value at the date a derivative contract is entered into and are subsequently remeasured to their fair value at each reporting date. The resulting gain or loss is recognised in statement of financial activities immediately unless the derivative is designated and effective as a hedging instrument, in which event the timing of the recognition in statement of financial activities depends on the nature of the hedge relationship.

Fair value measurement

The best evidence of fair value is a quoted price for an identical asset in an active market. When quoted prices are unavailable, the price of a recent transaction for an identical asset provides evidence of fair value as long as there has not been a significant change in economic circumstances or a significant lapse of time since the transaction took place. If the market is not active and recent transactions of an identical asset on their own are not a good estimate of fair value, the fair value is estimated by using a valuation technique.

3 Income from charitable activities

	Unrestricted funds General £	Total 2025 £	Total 2024 £
	462,091	462,091	446,275

	Unrestricted funds Designated £	Total 2025 £
Incoming Resources for Charitable Activity	462,091	462,091

	Unrestricted funds Designated £	Total 2024 £
Incoming Resources for Charitable Activity	446,275	446,275

4 Income from other trading activities

	Unrestricted funds General £	Total 2025 £
Local fundraising and street collection income	39,542	39,542
Other income from other trading activities	135	135
	39,677	39,677

Notes to the Financial Statements for the Year Ended 31 March 2025

5 Investment income

Interest Receivable on Bank Deposits

	Unrestricted funds General £	Total 2025 £
Interest receivable and similar income;		
Interest receivable on bank deposits	4,411	4,411
	4,411	4,411

	Unrestricted funds General £	Total 2024 £
Interest receivable and similar income;		
Interest receivable on bank deposits	4,660	4,660
	4,660	4,660

6 Expenditure on raising funds

a) Costs of trading activities

	Note	Unrestricted funds General £	Total funds £
Local fundraising and street collection		21,633	21,633
Total for 2025		21,633	21,633
Total for 2024		22,667	22,667

	Total costs £

7 Expenditure on charitable activities

	Activity undertaken directly £	Total expenditure £
Governance Costs	3,836	3,836
Cost of Generating Charitable Income	209,406	209,406
General	264,195	264,195
Property and Administration	14,829	14,829
Total for 2025	492,266	492,266
Total for 2024	448,865	448,865

In addition to the expenditure analysed above, there are also governance costs of £3,836 (2024 - £4,034) which relate directly to charitable activities. See note 8 for further details.

8 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total funds £
Audit fees		
Audit of the financial statements	3,309	3,309
Marketing and publicity	527	527
Total for 2025	3,836	3,836
Total for 2024	4,034	4,034

Notes to the Financial Statements for the Year Ended 31 March 2025

9 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses from the charity during the year.

10 Auditors' remuneration

	2025 £	2024 £
Audit of the financial statements	3,309	3,289

11 Taxation

The charity is a registered charity and is therefore exempt from taxation.

12 Tangible fixed assets

	Land and buildings £	Furniture and equipment £	Total £
Cost			
At 1 April 2024	32,512	83,206	115,718
Additions	47,719	2,051	49,770
Disposals	-	(3,973)	(3,973)
At 31 March 2025	80,231	81,284	161,515
Depreciation			
At 1 April 2024	20,913	76,156	97,069
Charge for the year	1,755	3,121	4,876
Eliminated on disposals	-	(3,973)	(3,973)
At 31 March 2025	22,668	75,304	97,972
Net book value			
At 31 March 2025	57,563	5,980	63,543
At 31 March 2024	11,599	7,050	18,649

13 Stock

	2025 £	2024 £
Stocks	20,367	585

Notes to the Financial Statements for the Year Ended 31 March 2025

14 Debtors

	2025 £	2024 £
Trade debtors	4,164	181
Other debtors	5,912	20,897
	10,076	21,078

15 Cash and cash equivalents

	2025 £	2024 £
Cash at bank	203,404	252,430

16 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	8,500	8
Other creditors	5,517	7,593
	14,017	7,601

17 Commitments

Capital commitments

At 31 March 2020 the company had no annual commitments under non-cancellable operating leases (ceased in the year) as follows:

The total amount contracted for but not provided in the financial statements was £Nil (2024 - £Nil).

Other financial commitments

Lease of Photocopier

The total amount of other financial commitments not provided in the financial statements was £477 (2024 - £1,145).

18 Funds

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Balance at 31 March 2025 £
Unrestricted funds				
General	285,141	506,179	(507,947)	283,373

Notes to the Financial Statements for the Year Ended 31 March 2025

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Balance at 31 March 2025 £
Unrestricted funds				
General				
Unrestricted Funds	285,141	506,179	(513,899)	277,421

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Balance at 31 March 2024 £
Unrestricted funds				
General	266,927	489,746	(471,532)	285,141

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Balance at 31 March 2024 £
Unrestricted funds				
General				
Unrestricted Funds	266,927	489,746	(471,532)	285,141

19 Analysis of net assets between funds

	Unrestricted funds General £	Total funds at 31 March 2025 £
Tangible fixed assets	63,543	63,543
Current assets	233,847	233,847
Current liabilities	(14,017)	(14,017)
Total net assets	283,373	283,373

	Unrestricted funds General £	Total funds at 31 March 2025 £
Tangible fixed assets	59,816	59,816
Current assets	233,847	233,847
Current liabilities	(16,242)	(16,242)
Total net assets	277,421	277,421

Notes to the Financial Statements for the Year Ended 31 March 2025

	Unrestricted funds General £	Total funds at 31 March 2024 £
Tangible fixed assets	18,649	18,649
Current assets	274,093	274,093
Current liabilities	(7,601)	(7,601)
Total net assets	285,141	285,141

	Unrestricted funds General £	Total funds at 31 March 2024 £
Tangible fixed assets	18,649	18,649
Current assets	274,093	274,093
Current liabilities	(7,601)	(7,601)
Total net assets	285,141	285,141

20 Analysis of net funds

	At 1 April 2024 £	Financing cash flows £	At 31 March 2025 £
Cash at bank and in hand	252,430	(49,026)	203,404
Net debt	252,430	(49,026)	203,404

	At 1 April 2023 £	Financing cash flows £	At 31 March 2024 £
Cash at bank and in hand	205,267	47,163	252,430
Net debt	205,267	47,163	252,430

Hull and East Yorkshire Counselling Limited

Formerly

RELATE Hull and East Yorkshire

Statement of Financial Activities by fund for the Year Ended 31 March 2025

Unrestricted Funds

	Total Unrestricted Funds 2025 £	Total Unrestricted Funds 2024 £
Income and Endowments from:		
Charitable activities	462,091	446,275
Other trading activities	39,677	38,811
Investment income	4,411	4,660
Total income	506,179	489,746
Expenditure on:		
Raising funds	(21,633)	(22,667)
Charitable activities	(486,314)	(448,865)
Total expenditure	(507,947)	(471,532)
Net (expenditure)/income	(1,768)	18,214
Net movement in funds	(1,768)	18,214
Reconciliation of funds		
Total funds brought forward	285,141	266,927
Total funds carried forward	283,373	285,141

Detailed Statement of Financial Activities for the Year Ended 31 March 2025

	Total 2025 £	Total 2024 £
Income and Endowments from:		
Charitable activities (analysed below)	462,091	446,275
Other trading activities (analysed below)	39,677	38,811
Investment income (analysed below)	4,411	4,660
Total income	506,179	489,746
Expenditure on:		
Raising funds (analysed below)	(21,633)	(22,667)
Charitable activities (analysed below)	(486,314)	(448,865)
Total expenditure	(507,947)	(471,532)
Net (expenditure)/income	(1,768)	18,214
Net movement in funds	(1,768)	18,214
Reconciliation of funds		
Total funds brought forward	285,141	266,927
Total funds carried forward	283,373	285,141

Hull and East Yorkshire Counselling Limited

Formerly

RELATE Hull an East Yorkshire

Detailed Statement of Financial Activities for the Year Ended 31 March 2025

	Total 2025 £	Total 2024 £
Charitable activities		
Contracted Charitable Services	369,504	363,762
Client Income	55,929	47,582
Training	29,137	30,300
Grants & Donations	7,521	4,631
	462,091	446,275
Other trading activities		
Fundraising	39,542	38,811
Miscellaneous	135	-
	39,677	38,811
Investment income		
Interest Receivable	4,411	4,660
	4,411	4,660
Raising funds		
Charity Shop Expenses	(21,633)	(22,667)
	(21,633)	(22,667)
Charitable activities		
Staff Costs	(213,472)	(195,105)
Counsellors Training	(49,789)	(43,118)
Counsellors Remuneration	(151,864)	(143,309)
Counsellors Expenses	(7,753)	(2,879)
National Federation	(20,885)	(17,825)
Staff Training	(1,352)	(105)
Property Costs	(14,529)	(17,286)
Administration Costs	(22,834)	(25,204)
Professional Costs	(527)	(745)
Independent Examination	(3,309)	(3,289)
	(486,314)	(448,865)

Hull and East Yorkshire Counselling Limited

England & Wales - Charity number 1104045

Accounts

Charity Commission

Company registration number: 05098895

Charity registration number: 1104045

RELATE Hull and East Yorkshire

(A company limited by share capital)

Annual Report and Financial Statements

for the Year Ended 31 March 2024

bacp | Accredited Service

RELATE Hull and East Yorkshire

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RELATE Hull and East Yorkshire

Reference and Administrative Details

Trustees	Mrs T. Ives, Chairperson Mr P. G. Stark Mr D. M. Piercy Ms P. J. Litten Mrs R. A. Harman Mr P.J. Choules Mrs P. M. Calvert (Deceased)
Secretary	Mrs D. Andrew
Charity Registration Number	1104045
Company Registration Number	05098895
	The charity is incorporated in England and Wales.
Registered Office	1 Charlotte Street Mews Hull East Yorkshire HU1 3BP
Independent Examiner	J W Smith & Co Ltd Independent Examiner Oberon House Ferries Street Hull HU9 1RL

RELATE Hull and East Yorkshire

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2024.

Trustees

Mrs T. Ives, Chairperson

Mr P. G. Stark

Mr D. M. Piercy

Ms P. J. Litten

Mrs R. A. Harman

Mr P.J. Choules

Mrs P. M. Calvert (Deceased)

Objectives and activities

Objects and aims

The Charity operates in Hull and other nearby areas, providing counselling for individuals and couples.

The objectives and aims of the Charity is to educate the public concerning the benefits of secure couple relationships, marriage and family life in order to improve the emotional, sexual and spirited well-being of individuals, which is derived from committed relationships.
To promote research into all aspects of couple relationships and marriage and to make the results available to the public.
To seek to enhance the good health, both mental and physical, of adults and children by increasing public awareness of the benefit of committed couple relationships, marriage and family life and working to prevent poverty and hardship and distress caused by the breakdown of such relationships.

Statement of Common Purpose

Relate's role is to help people build better couple relationships:
To enhance the quality of couple and parental family relationships.
To help relationships and marriage withstand the pressures leading to breakdown.
To limit the damage which commonly accompanies failing relationships, separation and divorce, and increase the prospect of subsequent relationships succeeding.
Relate aims to deliver its services with cultural sensitivity and without discrimination.

Relate believes that:
- An individual's physical well-being and emotional and mental health benefit from a committed relationship.
- Children thrive in families where relationships are free from destructive conflict.
- People gain from an understanding of their sexuality.
- Expressing clear commitment is a helpful contribution to a healthy and secure couple relationship.

The trustees have paid due regard to guidance issued by the Charities Commission in deciding what activities the charity should undertake.
The Charity has provided counselling services in a variety of contexts, some of which are discussed in detail below. The majority of our income comes from contracted services, which has been the case for some time now.

RELATE Hull and East Yorkshire

Trustees' Report

Objectives, strategies and activities

Education & Training

We are continuing to work with Action for Children to run Planning Together for Children workshops and e-learning. This is provided when Family Law Courts request either one or both parties should attend these workshops. They are for family members who are in conflict over child contact. This is usually parents but can also be grandparents or other family members.

We also continue to direct any profit from this area into providing counselling for members of the public who are unable to make a donation towards our services.

We are also continuing to review our current Life Skills courses.

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

RELATE Hull and East Yorkshire

Trustees' Report

Chairperson's Report 2023/2024

This year has been marked by loss, not financial or due to market forces but of a much more significant kind, we have lost a dear and valued friend and colleague, Pat Calvert. Pat, who has been with us as a member of the Relate family for 20 years died in July 2023 after so many years of dedicated service. She is sorely missed.

By comparison the commercial events of the year seem unimportant, but our continued success is driven by the effort of those who remain, and their dedication ensures that we remain viable and able to continue our important work. Relate Hull and East Yorkshire continues to perform well, the contract work has remained stable allowing us to plan ahead and to secure continuous employment for our much-valued colleagues.

We welcomed Jayde Hall to our Management team which has strengthened the skills base and is part of our succession planning route making us fit for the future. We are still providing a hybrid approach which continues to provide the flexibility needed in both our clients and our counsellors' lifestyles. We have been able to make some further improvements to the working environment both for clients and colleagues and this has helped with general wellbeing for all. Our supporters have continued to provide grants that have allowed us to make these changes, and we are grateful for their support.

On the commercial front, at a time when disposable income has decreased for many, our charity shop provides a dual purpose, serving as a benefit to the community and also an income for the benefit of the charity. The volunteers who give their time freely to allow us to continue with the charity shop cannot be commended more highly, we thank them for their continued commitment. We would also like to offer our thanks to Vicky Mandam who stepped in to cover the co-ordination of the Charity Shop team.

We continue to review our processes to ensure that we provide a robust and cost-effective service to our customers, clients and staff members. A new messaging system has been introduced that has increased our ability to make better use of appointments that have previously been wasted.

We continued to provide Counselling for NHS employees under an extended contract with Humber Coast and Vale and we are already planning for the changes within the areas that CAFCASS require covering in the next contract due in April 2024. A new 3-year Business Plan is being produced and is being shared with the Trustees, this is an ongoing activity which will be signed off in the coming financial year.

Once again, we thank our Team who have continued to provide the excellent service, we have come to expect in driving Relate Hull and East Yorkshire forward. On behalf of the Trustees, we would like to thank Debbie Andrew who provides excellent leadership and direction for the whole team, we know Relate Hull and East Yorkshire is in safe hands.

RELATE Hull and East Yorkshire

Trustees' Report

Snapshot of work

	2019/20	2020/21	2021/22	2022/23	2023/24
Counselling Sessions	5504	4999	4458	4534	4846
PST Sessions	463	518	650	624	529
Sex Addiction	31	9	0	28	21
YP Counselling	18	22	1	3	2
Family Counselling	90	6	5	14	5
Initial Assessments	344	65	218	198	176
TOTAL	**6450**	**5619**	**5332**	**5401**	**5579**

- We have again seen a slight increase in sessions and will be building on this in the next financial year.
- 319 appointments were wasted because the client did not attend.
- There were 784 appointments cancelled in 23/24, of which 179 (23%) were subsequently refilled.
- We continue to review the current services that we offer in line with demand.

A Sample of feedback received at our end of treatment were:

"A very friendly and professional service, taking the time to ask questions and understand exactly what I am there for."

"Very professional and friendly service in a comfortable environment."

"I was worried video conference would be impersonal the counsellor was warm and friendly, and I was excited for each session despite knowing I was going to be tired."

"Very helpful, my counsellor was lovely and helped me a lot with their advice. I struggle to open up to people especially strangers, but my counsellor was very helpful, and I felt comfortable being honest with them."

"The time it took to set up appointments with a professional was not long at all, especially in the current climate. The help and support we received was spectacular!"

"Brilliant triage service and counsellor who listened to me and understood me, including my challenges due to being neurodivergent."

"The service was excellent from the start of the process to my signing off. My counsellor was amazing, and I looked forward to our sessions, she made me feel so comfortable over the phone from our first and I will miss talking to her."

"Everything from booking the appointment to the counselling amazing service."

"Gave me space to talk through my grief without feeling the pressure to move on and be okay."

"I received lots of help in order to understand why I am experiencing some of the thoughts and feelings that I am experiencing at the moment. I also received lots of information around self-help strategies that will help me to overcome the depression and anxiety that I feel as a consequence of the trauma that I experienced. I am well informed about how to seek more help in the future in order to try and live a normal and happy life again."

"I felt supported to speak openly in a safe space about things that I'd otherwise keep to myself. After talking through things, I felt like I had a different perspective and validation towards my thoughts and feelings. I got a lot from it."

"My counsellor made a difference, just a friendly unbiased ear...It helped."

"My therapist was easy to talk to and soon had an understanding of me and my personality. She listened and interjected at all the appropriate times. Lovely lady. Also, the next appointments were always made after each session and kept. The support staff (Hull) were always friendly and helpful too."

"The counsellor was excellent really listened to me. It was very non-judgmental and helped me find my own solutions whilst recognising that I may need some positive direction. She showed empathy and was supportive on sessions that were very emotive for me."

"My therapist provided challenging conversation that allowed growth between sessions."

Going concern

The Charity depends on contracts from various bodies, who are affected by the current economic climate and funding decisions by Local and National Bodies, but the trustees are confident that the accounts can be prepared on a going concern basis.

Structure, governance and management

Nature of governing document

The Charity is a company limited by guarantee and constitutes a limited company as defined by the Companies Act 2006 and is controlled by its governing document, a deed of trust.

Charity status was given on 28th May 2004 and was incorporated on 8th April 2004.

RELATE Hull & East Yorkshire is part of the RELATE Federation but nevertheless is a separate Charity in its own right and as such has to raise its own funds.

Recruitment and appointment of trustees

RELATE Hull & East Yorkshire recognises that an effective board of trustees is essential if the Charity is to be effective in achieving its objectives. The board must seek to be representative of the people with whom the charity works and must have available to it all of the knowledge and skills required to run the Charity.
Individual trustees must have sufficient knowledge, both of trusteeship in general and of the Charity's activities, to enable them to carry out their role and to represent the Charity at meetings and other events.

RELATE Hull & East Yorkshire seeks to ensure diversity in its board of trustees as well as in its staff base and consideration will be given to ways in which groups that are under-represented on the board might be reached and encouraged to apply. However, at the point of selection the board will not discriminate unfairly on any of the grounds listed in the Equal Opportunities Policy.

Induction and training of trustees

People enquiring to become trustees will be sent appropriate documentation about the Charity, introductory material about trusteeship and will be asked to complete an application form. Arrangements will be made to assist any potential applicant with specific needs in relation to completion of the form or access to the supporting materials.

Arrangements for setting key management personnel remuneration

The remuneration of all staff including senior management is reviewed annually by the finance committee (consisting of Trustees of the Charity).

RELATE Hull and East Yorkshire

Trustees' Report

Organisational structure

Managing Director - Debbie Andrew

Supervisors - Paul Baker, Siobhan Lane, Ann Thompson and Alison Tinsley

Business Intelligence Manager - Dawn Blake
Operations Manager- Jayde Hall
Office Manager - Maria Bell

We have 8 staff members providing support for the organisation and 6 volunteers.
We currently have 18 counsellors providing a mixture of Relationship Counselling, Psychosexual Therapy, Family and Young People's Counselling. They also provide generic counselling for stress and anxiety.
Our Charity Shop is run by 3 paid colleagues with the help of 6 volunteers.

Major risks and management of those risks

Risk Management
The trustees have assessed the major risks to which the Charity is exposed, these include loss of contract work and the loss of the Hull Building; which is leased.

The trustees are satisfied that systems are in place to mitigate exposure to the major risks.
We have expanded the number and range of contracts to ensure that the loss of some contracts would not greatly affect our provision of services and employment of our current staff.

Guiding Principles

The Directors of Relate acknowledge that future needs of beneficiaries must not be compromised in providing current services and so future risks and liabilities need to be assessed periodically in order to maintain a proportionate and adequate level of reserves. It is also recognised that free reserves are to be the value of unrestricted funds, less the current value of any fixed assets held as unrestricted funds.

Reasons for maintaining reserves:

Cash Flow - Some funds are claimed and received retrospectively. This may be on a monthly or quarterly basis. It would also be necessary to allow for actual payment from claim date, and this alone could be a further month. Uncertainty - Some funding arrangements are made retrospectively. Some service levels agreements are not fully agreed until June/July each year, although they are to start in April. We may be expending funds in good faith that we may not be able to recover. Also, negative outcomes may mean redundancies that would need funding:

- Some funded projects incur unexpected expenditure beyond budget levels.
- Certainty some funding will end at a pre-determined date, and projects may continue for an intervening period until new funding is identified.
- Some funded projects expenditure trends may indicate that the project will be set to overspend beyond agreed funding and may need top-up funds.

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

Cash flow risk

The charity's activities expose it primarily to the financial risks of changes in foreign currency exchange rates and interest rates. The charity uses foreign exchange forward contracts and interest rate swap contracts to hedge these exposures.
Interest bearing assets and liabilities are held at fixed rate to ensure certainty of cash flows.

Credit risk

The charity's principal financial assets are bank balances and cash, trade and other receivables, and investments. The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows.
The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.
The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term debt finance.
Further details regarding liquidity risk can be found in the Statement of Accounting policies in the financial statements.

Statement of Trustees' Responsibilities

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

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

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

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

The annual report was approved by the trustees of the charity on31/10/2024 and signed on its behalf by:

.....
Mr P. G. Stark
Trustee

RELATE Hull and East Yorkshire

Independent Examiner's Report to the trustees of RELATE Hull and East Yorkshire ("the Company")

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

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 RELATE Hull and East Yorkshire 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.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants, which is one of the listed bodies.

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

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

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

.....

Jonathan Morley FCA (J W Smith & Co Ltd)
Independent Examiner
Institute of Chartered Accountants in England and Wales

Oberon House
Ferries Street
Hull
HU9 1RL

Date:5th November.2024

RELATE Hull and East Yorkshire

Statement of Financial Activities for the Year Ended 31 March 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Total 2024 £
Income and Endowments from:			
Charitable activities	3	446,275	446,275
Other trading activities	4	38,811	38,811
Investment income	5	4660	4660
Total income		489,746	489,746
Expenditure on:			
Raising funds	6	(22,667)	(22,667)
Charitable activities	7	(448,865)	(448,865)
Total expenditure		(471,532)	(471,532)
Net income		18,214	18,214
Net movement in funds		18,214	18,214
Reconciliation of funds			
Total funds brought forward		266,927	266,927
Total funds carried forward	19	285,141	285,141

	Note	Unrestricted funds £	Total 2023 £
Income and Endowments from:			
Charitable activities	3	428,683	428,683
Other trading activities	4	38,335	38,335
Investment income	5	1,341	1,341
Total income		468,359	468,359
Expenditure on:			
Raising funds	6	(19,932)	(19,932)
Charitable activities	7	(423,584)	(423,584)
Total expenditure		(443,516)	(443,516)
Net income		24,843	24,843
Net movement in funds		24,843	24,843
Reconciliation of funds			
Total funds brought forward		242,084	242,084
Total funds carried forward	19	266,927	266,927

All of the charity's activities derive from continuing operations during the above two periods.
The notes on pages 15 to 25 form an integral part of these financial statements.

RELATE Hull and East Yorkshire

Statement of Financial Activities for the Year Ended 31 March 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

The funds breakdown for 2024 is shown in note 19.

RELATE Hull and East Yorkshire

(Registration number: 05098895)
Balance Sheet as at 31 March 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	12	18,649	21,934
Current assets			
Stocks	13	585	585
Debtors	14	21,078	50,268
Cash at bank and in hand	15	252,430	205,267
		274,093	256,120
Creditors: Amounts falling due within one year	16	(7,601)	(11,127)
Net current assets		266,492	244,993
Net assets		285,141	266,927
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		285,141	266,927
Total funds	19	285,141	266,927

For the financial year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements on pages 11 to 27 were approved by the trustees, and authorised for issue on 31/10/2024 and signed on their behalf by:

.....

Mr P. G. Stark
Trustee

1 Charity status

The charity is limited by share capital, incorporated in England and Wales.

The address of its registered office is:
1 Charlotte Street
Mews Hull
East Yorkshire
HU1 3BP

These Financial Statements were authorised for issue by the trustees on 31st October 2024

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

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

Basis of preparation

RELATE Hull and East Yorkshire meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

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

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £0.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Freehold Land	Not Depreciated
Freehold Buildings	1% & 10% on Cost
Furniture & Shop Refit	15% on Reducing Balance,10% and 20% on Cost
Office Equipment	33.4% on Cost

Stock

Stock is valued at the lower of cost and estimated selling price less costs to complete and sell, after due regard for obsolete and slow moving stocks. Cost is determined using the first-in, first-out (FIFO).

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Foreign exchange

Transactions in foreign currencies are recorded at the rate of exchange at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies at the balance sheet date are reported at the rates of exchange prevailing at that date.

The results of overseas operations are translated at the average rates of exchange during the period and their balance sheets at the rates ruling at the balance sheet date. Exchange differences arising on translation of the opening net assets and results of overseas operations are reported in other comprehensive income and accumulated in equity (attributed to non-controlling interests as appropriate).

Other exchange differences are recognised in the Statement of Financial Activities in the period in which they arise except for:

1) exchange differences on transactions entered into to hedge certain foreign currency risks (see above);

2) exchange differences arising on gains or losses on non-monetary items which are recognised in other comprehensive income; and

3) in the case of the consolidated financial statements, exchange differences on monetary items receivable from or payable to a foreign operation for which settlement is neither planned nor likely to occur (therefore forming part of the net investment in the foreign operation), which are recognised in other comprehensive income and reported under equity.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.
Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

Debt instruments

Debt instruments which meet the following conditions are subsequently measured at amortised cost using the effective interest method:

(a) The contractual return to the holder is (i) a fixed amount; (ii) a positive fixed rate or a positive variable rate; or (iii) a combination of a positive or a negative fixed rate and a positive variable rate.

(b) The contract may provide for repayments of the principal or the return to the holder (but not both) to be linked to a single relevant observable index of general price inflation of the currency in which the debt instrument is denominated, provided such links are not leveraged.

(c) The contract may provide for a determinable variation of the return to the holder during the life of the instrument, provided that (i) the new rate satisfies condition (a) and the variation is not contingent on future events other than (1) a change of a contractual variable rate; (2) to protect the holder against credit deterioration of the issuer; (3) changes in levies applied by a central bank or arising from changes in relevant taxation or law; or (ii) the new rate is a market rate of interest and satisfies condition (a).

(d) There is no contractual provision that could, by its terms, result in the holder losing the principal amount or any interest attributable to the current period or prior periods.

(e) Contractual provisions that permit the issuer to prepay a debt instrument or permit the holder to put it back to the issuer before maturity are not contingent on future events, other than to protect the holder against the credit deterioration of the issuer or a change in control of the issuer, or to protect the holder or issuer against changes in levies applied by a central bank or arising from changes in relevant taxation or law.

(f) Contractual provisions may permit the extension of the term of the debt instrument, provided that the return to the holder and any other contractual provisions applicable during the extended term satisfy the conditions of paragraphs (a) to (c).

Debt instruments that are classified as payable or receivable within one year on initial recognition and which meet the above conditions are measured at the undiscounted amount of the cash or other consideration expected to be paid or received, net of impairment.

With the exception of some hedging instruments, other debt instruments not meeting these conditions are measured at fair value through profit or loss.

Commitments to make and receive loans which meet the conditions mentioned above are measured at cost (which may be nil) less impairment.

Investments

Investments in non-convertible preference shares and non-puttable ordinary or preference shares (where shares are publicly traded or their fair value is reliably measurable) are measured at fair value through profit or loss. Where fair value cannot be measured reliably, investments are measured at cost less impairment.

Investments in subsidiaries and associates are measured at cost less impairment. For investments in subsidiaries acquired for consideration including the issue of shares qualifying for merger relief, cost is measured by reference to the nominal value of the shares issued plus fair value of other consideration. Any premium is ignored.

Derivative financial instruments

The charity uses derivative financial instruments to reduce exposure to foreign exchange risk and interest rate movements. The charity does not hold or issue derivative financial instruments for speculative purposes.

Derivatives are initially recognised at fair value at the date a derivative contract is entered into and are subsequently remeasured to their fair value at each reporting date. The resulting gain or loss is recognised in statement of financial activities immediately unless the derivative is designated and effective as a hedging instrument, in which event the timing of the recognition in statement of financial activities depends on the nature of the hedge relationship.

Fair value measurement

The best evidence of fair value is a quoted price for an identical asset in an active market. When quoted prices are unavailable, the price of a recent transaction for an identical asset provides evidence of fair value as long as there has not been a significant change in economic circumstances or a significant lapse of time since the transaction took place. If the market is not active and recent transactions of an identical asset on their own are not a good estimate of fair value, the fair value is estimated by using a valuation technique.

3 Income from charitable activities

	Unrestricted funds General £	Total funds £
Incoming Resources for Charitable Activities	446,275	446,275
Total for 2024	446,275	446,275
Total for 2023	428,683	428,683

4 Income from other trading activities

	Unrestricted funds General £	Total funds £
Trading income;		
Shop income from sale of donated goods and services	38,811	38,811
Total for 2024	38,811	38,811
Total for 2023	38,335	38,335

5 Investment income

	Unrestricted funds General £	Total funds £
Interest receivable and similar income;		
Interest receivable on bank deposits	4,660	4,660
Total for 2024	4,660	4,660
Total for 2023	1,341	1,341

6 Expenditure on raising funds

a) Costs of trading activities

	Note	Unrestricted funds General £	Total funds £
Trading subsidiary costs		22,667	22,667
Total for 2024		22,667	22,667
Total for 2023		19,932	19,932

7 Expenditure on charitable activities

	Unrestricted funds General £	Total funds £
Governance costs	4,034	4,034
Cost of Generating Charitable income	189,306	189,306
General	238,239	238,239
Property and Administration	17,286	17,286
Total for 2024	448,865	448,865
Total for 2023	423,584	423,584

In addition to the expenditure analysed above, there are also governance costs of £4,034 (2023 - £3,487) which relate directly to charitable activities. See note 8 for further details

8 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total funds £
Independent examiner fees		
Examination of the financial statements	3,289	3,289
Legal fees	745	745
Total for 2024	4,034	4,034
Total for 2023	3,487	3,487

9 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses from the charity during the year.

10 Independent examiner's remuneration

	2024 £	2023 £
Examination of the financial statements	3,289	3,133

11 Taxation

The charity is a registered charity and is therefore exempt from taxation.

12 Tangible fixed assets

	Land and buildings £	Furniture and equipment £	Total £
Cost			
At 1 April 2023	32,512	79,135	111,647
Additions	-	5,220	5,220
Disposals	-	(1,149)	(1,149)
At 31 March 2024	32,512	83,206	115,718
Depreciation			
At 1 April 2023	20,350	69,363	89,713
Charge for the year	563	7,751	8,314
Eliminated on disposals	-	(958)	(958)
At 31 March 2024	20,913	76,156	97,069
Net book value			
At 31 March 2024	11,599	7,050	18,649
At 31 March 2023	12,162	9,772	21,934

Included within the net book value of land and buildings above is £Nil (2023 - £Nil) in respect of freehold land and buildings and £11,599 (2023 - £12,162) in respect of leaseholds.

13 Stock

	2024 £	2023 £
Stocks	585	585

14 Debtors

	2024 £	2023 £
Trade debtors	181	33,416
Other debtors	20,897	16,852
	21,078	50,268

15 Cash and cash equivalents

	2024 £	2023 £
Cash at bank	252,430	205,267

16 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	8	5,097
Other creditors	7,593	6,030
	7,601	11,127

17 Commitments

Capital commitments

The total amount contracted for but not provided in the financial statements was £Nil (2023 - £Nil).

18 Funds

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Balance at 31 March 2024 £
Unrestricted funds				
General	266,927	489,746	(471,532)	285,141

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Unrestricted funds				
General	242,084	468,359	(443,516)	266,927

19 Analysis of net funds

	At 1 April 2023 £	Financing cash flows £	At 31 March 2024 £
Cash at bank and in hand	205,267	47,163	252,430
Net debt	205,267	47,163	252,430

	At 1 April 2022 £	Financing cash flows £	At 31 March 2023 £
Cash at bank and in hand	171,394	33,873	205,267
Net debt	171,394	33,873	205,267

RELATE Hull and East Yorkshire

Detailed Statement of Financial Statements for the Year Ended 31st March 2024

	Total 2024 £	Total 2023 £
Income and Endowments from:		
Charitable activities (analysed below)	446,275	428,683
Other trading activities (analysed below)	38,811	38,335
Investment income (analysed below)	4,660	1,341
Total income	489,746	468,359
Expenditure on:		
Raising funds (analysed below)	(22,667)	(19,932)
Charitable activities (analysed below)	(448,865)	(423,584)
Total expenditure	(471,532)	(443,516)
Net income	18,214	24,843
Net movement in funds	18,214	24,843
Reconciliation of funds		
Total funds brought forward	266,927	242,084
Total funds carried forward	285,141	266,927

RELATE Hull and East Yorkshire

Detailed Statement of Financial Statements for the Year Ended 31st March 2024

	Total 2024 £	Total 2023 £
Charitable activities		
Contracted Charitable Services	363,762	347,509
Client Income	47,582	38,192
Training	30,300	25,370
Grants & Donations	4,631	17,612
	446,275	428,683
Other trading activities		
Fundraising	38,811	38,335
	38,811	38,335
Investment income		
Interest Receivable	4,660	1,341
	4,660	1,341
Raising funds		
Charity Shop Expenses	(22,667)	(19,932)
	(22,667)	(19,932)
Charitable activities		
Staff Costs	(195,105)	(187,652)
Counsellors Training	(43,118)	(44,922)
Counsellors Remuneration	(143,309)	(124,223)
Counsellors Expenses	-	(6,758)
Counsellors Expenses	(2,879)	-
National Federation	(17,825)	(18,518)
Staff training	(105)	-
Property Costs	(17,286)	(7,757)
Administration Costs	(25,204)	(30,267)
Professional Costs	(745)	(354)
Independent Examination	(3,289)	(3,133)
	(448,865)	(423,584)

Hull and East Yorkshire Counselling Limited

England & Wales - Charity number 1104045

Accounts

Company registration number: 5098895
Charity registration number: 1104045

RELATE Hull and East Yorkshire

(A company limited by guarantee)

Annual Report and Financial Statements

For the Year Ended 31 March 2023

bacp | Accredited Service

Company registration number: 05098895

Charity registration number: 1104045

RELATE Hull and East Yorkshire

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2023

RELATE Hull and East Yorkshire

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RELATE Hull and East Yorkshire

Reference and Administrative Details

Trustees	Mrs T. Ives, Chairperson Mr P. G. Stark Mr D. M. Piercy Mrs P. M. Calvert Ms P. J. Litten Mrs R. A. Harman Mr P.J. Choules
Secretary	Mrs D. Andrew
Charity Registration Number	1104045
Company Registration Number	05098895
	The charity is incorporated in England and Wales.
Registered Office	1 Charlotte Street Mews Hull East Yorkshire HU1 3BP
Independent Examiner	J W Smith & Co Ltd Independent Examiner Oberon House Ferries Street Hull HU9 1RL

RELATE Hull and East Yorkshire

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31st March 2023.

Trustees

Mrs T. Ives, Chairperson

Mr P. G. Stark

Mr D. M. Piercy

Mrs P. M. Calvert

Ms P. J. Litten

Mrs R. A. Harman

Mr P.J. Choules

Objectives and activities

Objectives and aims

The Charity operates in Hull and other nearby areas, providing counselling for individuals and couples.

The objectives and aims of the Charity is to educate the public concerning the benefits of secure couple relationships, marriage and family life in order to improve the emotional, sexual and spiritual well-being of individuals, which is derived from committed relationships.
To promote research into all aspects of couple relationships and marriage and to make the results available to the public.
To seek to enhance the mental and physical well-being of adults and children by increasing public awareness of the benefit of committed couple relationships, marriage and family life and working to prevent poverty, hardship and distress caused by the breakdown of such relationships.

Statement of common purpose

Relate's role is to help people build better couple relationships:
To enhance the quality of couple and parental family relationships.
To help relationships and marriage withstand the pressures leading to breakdown.
To limit the damage which commonly accompanies failing relationships, separation, and divorce, and increase the prospect of subsequent relationships succeeding.
Relate aims to deliver its services with cultural sensitivity and without discrimination.

Relate believes that:
- An individuals physical and emotional well-being and mental health benefit from a committed relationship.
- Children thrive in families where relationships are free from destructive conflict.
- People gain from an understanding of their sexuality.
- Expressing clear commitment is a helpful contribution to a healthy and secure couple relationship.

The trustees have paid due regard to guidance issued by the Charities Commission in deciding what activities the charity should undertake.
The Charity has provided counselling services in a variety of contexts, some of which are discussed in detail below. The majority of our income comes from contracted services, which has been the case for some time now.

RELATE Hull and East Yorkshire

Trustees' Report

Objectives, strategies and activities

Education & Training

We have continued working with CAFCASS providing Parenting Information Courses, this has now been extended to March 2023. This is provided when Family Law Courts request either one or both parties should attend these workshops. They are for family members who are in conflict over child contact. This is usually parents but can also be grandparents or other family members.

We also continue to direct any profit in this area to providing counselling for members of the public who are unable to make a donation towards our services.

We also continue to review our current Life Skills courses.

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

RELATE Hull and East Yorkshire

Trustees' Report

Chairperson's Report 2021/2022

We started 2021 in a strong position despite the previous years many challenges due to the Covid 19 pandemic. We have obviously suffered as an organisation alongside all the other registered charities. As a result, we have had to think through and approach things differently and plan carefully how we could continue to provide the first-class service that our clients and indeed our Relate family are accustomed to. I am delighted to be able to say that we survived and flourished, continuing to provide a hybrid type approach to working which would work well for both counselling our clients and allowing the Relate staff to be able to operate in a safe environment. It seems that some of the adaptations and processes will perhaps continue long after the pandemic and as we have all in our lives got used to doing things differently which was previously not "the norm".

We found ourselves in a comfortable position financially due to the cost savings on the running costs and this has been put to good use to both secure the platform of the charity but also fund some much needed repairs and alterations at Charlotte Street Mews. The environment that we can now invite our clients in to, and our staff to work in has provided us with an office and counselling rooms fit for the future and a real pleasure to be in. The Board of Trustees was also strengthened when we welcomed Peter Choules on to the team. Peter brings with him a wealth of knowledge from his career working for the East Riding Clinical Commissioning group which is invaluable. It is appropriate to thank all the Trustees for their time and dedication in supporting and guiding the Relate team, especially through the toughest of times we have experienced.

Some of the contract work that we undertake comes under the Relate central organisation, however we continue to maintain and fulfil the contracts that we independently and successfully bid for. An example of this was the successful review meeting we had with CAFCASS when the contract was extended by 12 months to 2023. Additionally, we are proud to be able to offer counselling services to front line services such as NHS Staff including students, Care Home staff, domiciliary care staff and social care staff in all sectors as well as emergency service workers which includes ambulance crews and the police force. We are a charity at heart and still continue to provide a service to the wider areas of Hull and the East Yorkshire for those that cannot afford to pay for private counselling on a voluntary contribution scheme or indeed free for those unable to contribute.

Our funds raised from our charity shop in Anlaby continues to support the service to provide counselling and we are grateful to the volunteers who give their time to enable to keep this little shop running which is much valued in the community where it is based.

Our management team under the guidance of Debbie Andrew continues to provide an exceptional and very professional service, and I would like to thank them for their sterling efforts. The Board of Trustees have continued to provide support and guidance and I would also like to extend my gratitude to them.

The ongoing success of Relate Hull & East Yorkshire is certainly an example of dedication and good business acumen and as we reflect on this last year, I believe the foundations have been firmly built to sustain us onwards and upwards for the future.

RELATE Hull and East Yorkshire

Trustees' Report

SNAPSHOT OF WORK

	2019/20	2020/21	2021/22	2022/23
Counselling Sessions	5504	4999	4458	4534
PST Sessions	463	518	650	624
Sex Addiction	31	9	0	28
YP Counselling	18	22	1	3
Family Counselling	90	6	5	14
Individual Assessments	344	65	218	198
TOTAL	**6450**	**5619**	**5332**	**5401**

We are starting to see a slight increase in sessions and will be building on this in the next financial year.

We continue to review the current services that we offer in line with demand.

RELATE Hull and East Yorkshire

Trustees' Report

A sample of feedback received at the end of treatment included:

"We were so worried that we couldn't be helped and although it was difficult at times our therapist really did help us, thank you so much."

"The openness and inclusivity were perfect, I felt there was nothing I would say that would shock. If there was anything I didn't understand, it was explained, thank you."

"We had fertility issues and miscarriages and the effect this had on our sex life was horrendous, but just to let you know with your help, I am now a Mummy to a healthy little girl, who is now 3 months old. Thank you so much."

"The service is invaluable and has changed our lives and we couldn't recommend it highly enough."

"This has been such a good service; our questions were answered, and it has helped us get a different perspective on our issues."

"From the very first phone call, I knew she'd be able to help me. She's an astounding therapist and an absolute credit to you. She guided me through everything very clearly and was genuinely there for me. She's made what I thought impossible possible, and I couldn't thank her enough."

"I had eight sessions through Relate and I honestly could not recommend more. I was hesitant to attend any form of counselling at first but five minutes into my first session I knew I had made the right decision to attend. My counsellor made all my appointments feel at ease and she is just an amazing person. I felt like I could speak to her about anything and witter away about any problems I may have. She supported me in whatever I said and never judged. She saw me laugh and cry but most of all made me very comfortable. When things got tough in my life at home, I knew I had my sessions coming
up and my counsellor to talk to. She is a very inspirational person, and I cannot thank her enough for helping me over some of the darkness parts of my life. Thank you."

"I was made to feel comfortable to talk in a safe, non- judgmental environment. I feel that I have benefited greatly by engaging with the service and it has helped increase my confidence and resilience."

"I saw my counsellor as part of couples therapy sessions for around 7 to 8 months and found it extremely helpful in a time that I was in real crisis in my life. My counsellor was empathetic, understanding and also firm when she needed to be. I trusted her judgement and advice and sometimes needed someone to tell me how to get out of the rut I was in by helping myself. I feel in a much greater head space both personally and in my relationship and since ending our sessions towards the end of 2022, we have started a new chapter in our lives together and have put situations behind us and we are moving forward in a healthier way. I would also like to thank the Relate staff that I spoke to on the phone, or staff that greeted me when I arrived at the offices were always welcoming and friendly. Thank you for everything."

"You listened and I didn't feel you judged me."

"It really helped me be more aware of why I feel like I do."

"Felt like my counsellor listened to me so much and gave me so many ways to cope."

"My counsellor explained things from different views and how it can affect people differently. Also made me think of the impact on others."

"My therapist was very professional, friendly and understanding. The service saw me very promptly."

RELATE Hull and East Yorkshire

Trustees' Report

"My Counsellor has been very suportive; she's gone the extra mile to help me."

"My counsellor was so reassurring and helped me find my way through such a bad time. It was wonderful to know there was someone to talk to about it and who understood how I was feeling and able to suggest ways of dealing with it."

"Initial waiting time for sessions was a lot less than expected. Flexible in arranging sessions around my work."

Going concern

The Charity depends on contracts from various bodies, who are affected by the current economic climate and funding decisions by Local and National Bodies, but the trustees are confident that the accounts can be prepared on a going concern basis

Structure, governance and management

Nature of governing document

The Charity is a company limited by guarantee and constitutes a limited company as defined by the Companies Act 2006 and is controlled by its governing document, a deed of trust.

Charity status was given on 28th May 2004 and was incorporated on 8th April 2004.

RELATE Hull & East Yorkshire is part of the RELATE Federation but nevertheless is a separate Charity in its own right and as such has to raise it's own funds.

Recruitment and appointment of trustees

RELATE Hull & East Yorkshire recognises that an effective board of trustees is essential if the Charity is to be effective in achieving its objectives. The board must seek to be representative of the people with whom the charity works and must have available to it all of the knowledge and skills required to run the Charity.
Individual trustees must have sufficient knowledge, both of trusteeship in general and of the Charity's activities, to enable them to carry out their role and to represent the Charity at meetings and other events.

RELATE Hull & East Yorkshire seeks to ensure diversity in its board of trustees as well as in its staff base and consideration will be given to ways in which groups that are under-represented on the board might be reached and encouraged to apply. However, at the point of selection the board will not discriminate unfairly on any of the grounds listed in the Equal Opportunities Policy.

Induction and training of trustees

People enquiring to become trustees will be sent appropriate documentation about the Charity, introductory material about trusteeship and will be asked to complete an application form. Arrangements will be made to assist any potential applicant with specific needs in relation to completion of the form or access to the supporting materials.

Arrangements for setting key management personnel remuneration

The remuneration of all staff including senior management is reviewed annually by the finance committee (consisting of Trustees of the Charity).

RELATE Hull and East Yorkshire

Trustees' Report

Organisational structure

Managing Director - Debbie Andrew

Supervisors - Paul Baker, Noreen Thomson, Siobhan Lane and and Alison Tinsley

Business Intelligence Manager - Dawn Blake
Operations Manager- June Walker
Charity Shop Manager - Joanne Marshall (Resigned December 2022)
Charity Shop Coordinator - Vicky Mandam (Appointed December 2022)
Office Manager - Maria Bell

We have 13 staff members providing support for the organisation and 7 volunteers.
We currently have 18 counsellors providing a mixture of Relationship Counselling, Psychosexual Therapy, Family and Young People's Counselling. They also provide generic counselling for stress and anxiety.
Our Charity Shop is run by a Charity shop coordinator with the help of 10 volunteers.

Major risks and management of those risks

Risk Management
The trustees have assessed the major risks to which the Charity is exposed, these include loss of contract work and the loss of the Hull Building; which is leased.

The trustees are satisfied that systems are in place to mitigate exposure to the major risks.
We have expanded the number and range of contracts to ensure that the loss of some contracts would not greatly affect our provision of services and employment of our current staff.

Guiding Principles

The Directors of Relate acknowledge that future needs of beneficiaries must not be compromised in providing current services and so future risks and liabilities need to be assessed periodically in order to maintain a proportionate and adequate level of reserves. It is also recognised that free reserves are to be the value of unrestricted funds, less the current value of any fixed assets held as unrestricted funds.

Reasons for maintaining reserves:

Cash Flow - Some funds are claimed and received retrospectively. This may be on a monthly or quarterly basis. It would also be necessary to allow for actual payment from claim date, and this alone could be a further month.
Uncertainty - Some funding arrangements are made retrospectively. Some service levels agreements are not fully agreed until June/July each year, although they are to start in April. We may be expending funds in good faith that we may not be able to recover. Also, negative outcomes may mean redundancies that would need funding:

- Some funded projects incur unexpected expenditure beyond budget levels.
- Certainty some funding will end at a pre-determined date, and projects may continue for an intervening period until new funding is identified
- Some funded projects expenditure trends may indicate that the project will be set to overspend beyond agreed funding and may need top-up funds

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

Cash flow risk

The charity's activities expose it primarily to the financial risks of changes in foreign currency exchange rates and interest rates. The charity uses foreign exchange forward contracts and interest rate swap contracts to hedge these exposures.
Interest bearing assets and liabilities are held at fixed rate to ensure certainty of cash flows.

Credit risk

The charity's principal financial assets are bank balances and cash, trade and other receivables, and investments. The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows.
The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.
The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term debt finance.
Further details regarding liquidity risk can be found in the Statement of Accounting policies in the financial statements.

Statement of Trustees' Responsibilities

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

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

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

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

The annual report was approved by the trustees of the charity on 14 November 2023 and signed on its behalf by:

.....
Mr P. G. Stark
Trustee

RELATE Hull and East Yorkshire

Independent Examiner's Report to the trustees of RELATE Hull and East Yorkshire ("the Company")

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

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 RELATE Hull and East Yorkshire 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.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants, which is one of the listed bodies.

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

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

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

.....

Jonathan Mowatt FCA (J W Smith & Co Ltd)
Independent Examiner
Institute of Chartered Accountants

Oberon House
Ferries Street
Hull
HU9 1RL

15 November 2023

RELATE Hull and East Yorkshire

Statement of Financial Activities for the Year Ended 31 March 2023 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Total 2023 £
Income and Endowments from:			
Charitable activities	3	428,683	428,683
Other trading activities	4	38,335	38,335
Investment income	5	1,341	1,341
Total income		468,359	468,359
Expenditure on:			
Raising funds	6	(19,932)	(19,932)
Charitable activities	7	(423,584)	(423,584)
Total expenditure		(443,516)	(443,516)
Net income		24,843	24,843
Net movement in funds		24,843	24,843
Reconciliation of funds			
Total funds brought forward		242,084	242,084
Total funds carried forward	18	266,927	266,927

	Note	Unrestricted funds £	Total 2022 £
Income and Endowments from:			
Charitable activities	3	411,264	411,264
Other trading activities	4	43,233	43,233
Investment income	5	27	27
Total income		454,524	454,524
Expenditure on:			
Raising funds	6	(21,939)	(21,939)
Charitable activities	7	(416,552)	(416,552)
Total expenditure		(438,491)	(438,491)
Net income		16,033	16,033
Net movement in funds		16,033	16,033
Reconciliation of funds			
Total funds brought forward		226,051	226,051
Total funds carried forward	18	242,084	242,084

All of the charity's activities derive from continuing operations during the above two periods.

The notes on pages 15 to 25 form an integral part of these financial statements.

RELATE Hull and East Yorkshire

Statement of Financial Activities for the Year Ended 31 March 2023 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

The funds breakdown for 2022 is shown in note 18.

RELATE Hull and East Yorkshire

(Registration number: 05098895)
Balance Sheet as at 31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	12	21,934	30,075
Current assets			
Stocks	13	585	585
Debtors	14	50,268	68,891
Cash at bank and in hand	15	205,267	171,394
		256,120	240,870
Creditors: Amounts falling due within one year	16	(11,127)	(28,861)
Net current assets		244,993	212,009
Net assets		266,927	242,084
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		266,927	242,084
Total funds	18	266,927	242,084

For the financial year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements on pages 12 to 25 were approved by the trustees, and authorised for issue on 14 November 2023 and signed on their behalf by:

.....
Mr P. G. Stark
Trustee

1 Charity status

The charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £0.01 towards the assets of the charity in the event of liquidation.

The address of its registered office is:
1 Charlotte Street Mews
Hull
East Yorkshire
HU1 3BP

These financial statements were authorised for issue by the trustees on 14 November 2023.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

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

Basis of preparation
RELATE Hull and East Yorkshire meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement
The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

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

Governance costs
These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £0.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Freehold Land	Not Depreciated
Freehold Buildings	1% & 10% on Cost
Furniture & Shop Refit	15% on Reducing Balance,10% and 20% on Cost
Office Equipment	33.4% on Cost

Stock
Stock is valued at the lower of cost and estimated selling price less costs to complete and sell, after due regard for obsolete and slow moving stocks. Cost is determined using the first-in, first-out (FIFO).

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Borrowings
Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Foreign exchange

Transactions in foreign currencies are recorded at the rate of exchange at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies at the balance sheet date are reported at the rates of exchange prevailing at that date.

The results of overseas operations are translated at the average rates of exchange during the period and their balance sheets at the rates ruling at the balance sheet date. Exchange differences arising on translation of the opening net assets and results of overseas operations are reported in other comprehensive income and accumulated in equity (attributed to non-controlling interests as appropriate).

Other exchange differences are recognised in the Statement of Financial Activities in the period in which they arise except for:

1) exchange differences on transactions entered into to hedge certain foreign currency risks (see above);

2) exchange differences arising on gains or losses on non-monetary items which are recognised in other comprehensive income; and

3) in the case of the consolidated financial statements, exchange differences on monetary items receivable from or payable to a foreign operation for which settlement is neither planned nor likely to occur (therefore forming part of the net investment in the foreign operation), which are recognised in other comprehensive income and reported under equity.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

Debt instruments

Debt instruments which meet the following conditions are subsequently measured at amortised cost using the effective interest method:

(a) The contractual return to the holder is (i) a fixed amount; (ii) a positive fixed rate or a positive variable rate; or (iii) a combination of a positive or a negative fixed rate and a positive variable rate.

(b) The contract may provide for repayments of the principal or the return to the holder (but not both) to be linked to a single relevant observable index of general price inflation of the currency in which the debt instrument is denominated, provided such links are not leveraged.

(c) The contract may provide for a determinable variation of the return to the holder during the life of the instrument, provided that (i) the new rate satisfies condition (a) and the variation is not contingent on future events other than (1) a change of a contractual variable rate; (2) to protect the holder against credit deterioration of the issuer; (3) changes in levies applied by a central bank or arising from changes in relevant taxation or law; or (ii) the new rate is a market rate of interest and satisfies condition (a).

(d) There is no contractual provision that could, by its terms, result in the holder losing the principal amount or any interest attributable to the current period or prior periods.

(e) Contractual provisions that permit the issuer to prepay a debt instrument or permit the holder to put it back to the issuer before maturity are not contingent on future events, other than to protect the holder against the credit deterioration of the issuer or a change in control of the issuer, or to protect the holder or issuer against changes in levies applied by a central bank or arising from changes in relevant taxation or law.

(f) Contractual provisions may permit the extension of the term of the debt instrument, provided that the return to the holder and any other contractual provisions applicable during the extended term satisfy the conditions of paragraphs (a) to (c).

Debt instruments that are classified as payable or receivable within one year on initial recognition and which meet the above conditions are measured at the undiscounted amount of the cash or other consideration expected to be paid or received, net of impairment.

With the exception of some hedging instruments, other debt instruments not meeting these conditions are measured at fair value through profit or loss.

Commitments to make and receive loans which meet the conditions mentioned above are measured at cost (which may be nil) less impairment.

Investments

Investments in non-convertible preference shares and non-puttable ordinary or preference shares (where shares are publicly traded or their fair value is reliably measurable) are measured at fair value through profit or loss. Where fair value cannot be measured reliably, investments are measured at cost less impairment.

Investments in subsidiaries and associates are measured at cost less impairment. For investments in subsidiaries acquired for consideration including the issue of shares qualifying for merger relief, cost is measured by reference to the nominal value of the shares issued plus fair value of other consideration. Any premium is ignored.

Derivative financial instruments

The charity uses derivative financial instruments to reduce exposure to foreign exchange risk and interest rate movements. The charity does not hold or issue derivative financial instruments for speculative purposes.

Derivatives are initially recognised at fair value at the date a derivative contract is entered into and are subsequently remeasured to their fair value at each reporting date. The resulting gain or loss is recognised in statement of financial activities immediately unless the derivative is designated and effective as a hedging instrument, in which event the timing of the recognition in statement of financial activities depends on the nature of the hedge relationship.

Fair value measurement

The best evidence of fair value is a quoted price for an identical asset in an active market. When quoted prices are unavailable, the price of a recent transaction for an identical asset provides evidence of fair value as long as there has not been a significant change in economic circumstances or a significant lapse of time since the transaction took place. If the market is not active and recent transactions of an identical asset on their own are not a good estimate of fair value, the fair value is estimated by using a valuation technique.

3 Income from charitable activities

	Unrestricted funds General £	Total funds £
Incoming Resources for Charitable Activities	428,683	428,683
Total for 2023	428,683	428,683
Total for 2022	411,264	411,264

4 Income from other trading activities

	Unrestricted funds General £	Total funds £
Trading income;		
Shop income from sale of donated goods and services	38,335	38,335
Total for 2023	38,335	38,335
Total for 2022	43,233	43,233

5 Investment income

	Unrestricted funds General £	Total funds £
Interest receivable and similar income;		
Interest receivable on bank deposits	1,341	1,341
Total for 2023	1,341	1,341
Total for 2022	27	27

6 Expenditure on raising funds

a) Costs of trading activities

	Note	Unrestricted funds General £	Total funds £
Trading subsidiary costs		19,932	19,932
Total for 2023		19,932	19,932
Total for 2022		21,939	21,939

7 Expenditure on charitable activities

	Unrestricted funds General £	Total funds £
Governance Costs	3,487	3,487
Cost of Generating Charitable Income	175,903	175,903
General	236,437	236,437
Property and Administration	7,757	7,757
Total for 2023	423,584	423,584
Total for 2022	412,476	412,476

	Total costs £

	Activity undertaken directly £	Total expenditure £
Governance Costs	3,487	3,487
Cost of Generating Charitable Income	175,903	175,903
General	236,437	236,437
Property and Administration	7,757	7,757
Total for 2023	423,584	423,584
Total for 2022	412,476	412,476

In addition to the expenditure analysed above, there are also governance costs of £3,487 (2022 - £4,076) which relate directly to charitable activities. See note 8 for further details.

8 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total funds £
Independent examiner fees		
Examination of the financial statements	3,133	3,133
Legal fees	354	354
Total for 2023	3,487	3,487
Total for 2022	4,076	4,076

9 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses from the charity during the year.

10 Independent examiner's remuneration

	2023 £	2022 £
Examination of the financial statements	3,133	2,983

11 Taxation

The charity is a registered charity and is therefore exempt from taxation.

12 Tangible fixed assets

	Land and buildings £	Furniture and equipment £	Total £
Cost			
At 1 April 2022	32,512	77,442	109,954
Additions	-	1,693	1,693
At 31 March 2023	32,512	79,135	111,647
Depreciation			
At 1 April 2022	19,247	60,632	79,879
Charge for the year	1,103	8,731	9,834
At 31 March 2023	20,350	69,363	89,713
Net book value			
At 31 March 2023	12,162	9,772	21,934
At 31 March 2022	13,265	16,810	30,075

Included within the net book value of land and buildings above is £Nil (2022 - £Nil) in respect of freehold land and buildings and £12,162 (2022 - £13,265) in respect of leaseholds.

13 Stock

	2023 £	2022 £
Stocks	585	585

14 Debtors

	2023 £	2022 £
Trade debtors	33,416	63,600
Other debtors	16,852	5,291
	50,268	68,891

15 Cash and cash equivalents

	2023 £	2022 £
Cash at bank	205,267	171,394

16 Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	5,097	5,431
Other creditors	6,030	23,430
	11,127	28,861

17 Commitments

Capital commitments

The total amount contracted for but not provided in the financial statements was £Nil (2022 - £Nil).

18 Funds

	Balance at 1 April 2022	Incoming resources	Resources expended	Balance at 31 March 2023
	£	£	£	£
Unrestricted funds				
General	242,084	468,359	(443,516)	266,927

	Balance at 1 April 2021	Incoming resources	Resources expended	Balance at 31 March 2022
	£	£	£	£
Unrestricted funds				
General	226,051	454,524	(438,491)	242,084

19 Analysis of net funds

	At 1 April 2022	Financing cash flows	At 31 March 2023
	£	£	£
Cash at bank and in hand	171,394	(171,394)	-
Net debt	171,394	(171,394)	-

	At 1 April 2021	Financing cash flows	At 31 March 2022
	£	£	£
Cash at bank and in hand	171,195	199	171,394
Net debt	171,195	199	171,394

RELATE Hull and East Yorkshire

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	Total 2023 £	Total 2022 £
Income and Endowments from:		
Charitable activities (analysed below)	428,683	411,264
Other trading activities (analysed below)	38,335	43,233
Investment income (analysed below)	1,341	27
Total income	468,359	454,524
Expenditure on:		
Raising funds (analysed below)	(19,932)	(21,939)
Charitable activities (analysed below)	(423,584)	(416,552)
Total expenditure	(443,516)	(438,491)
Net income	24,843	16,033
Net movement in funds	24,843	16,033
Reconciliation of funds		
Total funds brought forward	242,084	226,051
Total funds carried forward	266,927	242,084

RELATE Hull and East Yorkshire

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	Total 2023 £	Total 2022 £
Charitable activities		
Contracted Charitable Services	347,509	345,885
Client Income	38,192	31,543
Training	25,370	29,065
Grants & Donations	17,612	4,771
	428,683	411,264
Other trading activities		
Fundraising	38,335	36,718
Miscellaneous	-	6,515
	38,335	43,233
Investment income		
Interest Receivable	1,341	27
	1,341	27
Raising funds		
Charity Shop Expenses	(19,932)	(21,939)
	(19,932)	(21,939)
Charitable activities		
Staff Costs	(187,652)	(182,863)
Counsellors Training	(44,922)	(36,638)
Counsellors Remuneration	(124,223)	(116,334)
Counsellors Expenses	(6,758)	(8,098)
National Federation	(18,518)	(17,577)
Property Costs	(7,757)	(21,672)
Administration Costs	(30,267)	(29,294)
Professional Costs	(354)	(1,093)
Independent Examination	(3,133)	(2,983)
	(423,584)	(416,552)

Hull and East Yorkshire Counselling Limited

England & Wales - Charity number 1104045

Accounts

Company registration number: 05098895
Charity registration number: 1104045

RELATE Hull and East Yorkshire

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2022

RELATE Hull and East Yorkshire

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RELATE Hull and East Yorkshire

Reference and Administrative Details

Trustees	Mrs T. Ives, Chairperson Mr P. G. Stark Mr D. M. Piercy Mrs P. M. Calvert Ms P. J. Litten Mrs R. A. Harman Mr P.J. Choules
Secretary	Mrs D. Andrew
Charity Registration Number	1104045
Company Registration Number	05098895
	The charity is incorporated in England and Wales.
Registered Office	1 Charlotte Street Mews Hull East Yorkshire HU1 3BP
Independent Examiner	J W Smith & Co Ltd Independent Examiner Oberon House Ferries Street Hull HU9 1RL

RELATE Hull and East Yorkshire

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2022.

Trustees

Mrs T. Ives, Chairperson

Mr P. G. Stark

Mr D. M. Piercy

Mrs P. M. Calvert

Ms P. J. Litten

Mrs R. A. Harman

Mr P.J. Choules (appointed 16 November 2021)

Objectives and activities

Objects and aims

The Charity operates in Hull and other nearby areas, providing counselling for individuals and couples.

The objectives and aims of the Charity is to educate the public concerning the benefits of secure couple relationships, marriage and family life in order to improve the emotional, sexual and spirited well-being of individuals, which is derived from committed relationships.
To promote research into all aspects of couple relationships and marriage and to make the results available to the public.
To seek to enhance the good health, both mental and physical, of adults and children by increasing public awareness of the benefit of committed couple relationships, marriage and family life and working to prevent poverty and hardship and distress caused by the breakdown of such relationships.

Statement of Common Purpose

Relate's role is to help people build better couple relationships
to enhance the quality of couple and parental family relationships
to help relationships and marriage withstand the pressures leading to breakdown
to limit the damage which commonly accompanies failing relationships, separation and divorce, and increase the prospect of subsequent relationships succeeding.
Relate aims to deliver its services with cultural sensitivity and without discrimination.

Relate believes that:
- An individual's physical well-being and emotional and mental health benefit from a committed relationship
- Children thrive in families where relationships are free from destructive conflict
- People gain from an understanding of their sexuality
- Expressing clear commitment is a helpful contribution to a healthy and secure couple relationship

The trustees have paid due regard to guidance issued by the Charities Commission in deciding what activities the charity should undertake.
The Charity has provided counselling services in a variety of contexts, some of which discussed in detail below.
The majority of our income comes from contracted services, which has been the case for some time now.

Trustees' Report

Objectives, strategies and activities

Education & Training

We have continued working with CAFCASS providing Parenting Information Courses, this has now been extended to March 2023. This is provided when Family Law Courts request either one or both parties should attend these workshops. They are for family members who are in conflict over child contact. This is usually parents but can also be grandparents or other family members.

We also continue to direct any profit in this area to providing counselling for members of the public who are unable to make a donation towards our services.

We also continue to review our current Life Skills courses.

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

RELATE Hull and East Yorkshire

Trustees' Report

Chairperson's Report 2021/2022

We started 2021 in a strong position despite the previous years many challenges due to the Covid 19 pandemic. We have obviously suffered as an organisation alongside all the other registered charities. As a result, we have had to think through and approach things differently and plan carefully how we could continue to provide the first-class service that our clients and indeed our Relate family are accustomed to. I am delighted to be able to say that we survived and flourished, continuing to provide a hybrid type approach to working which would work well for both counselling our clients and allowing the Relate staff to be able to operate in a safe environment. It seems that some of the adaptations and processes will perhaps continue long after the pandemic and as we have all in our lives got used to doing things differently which was previously not "the norm".

We found ourselves in a comfortable position financially due to the cost savings on the running costs and this has been put to good use to both secure the platform of the charity but also fund some much needed repairs and alterations at Charlotte Street Mews. The environment that we can now invite our clients in to, and our staff to work in has provided us with an office and counselling rooms fit for the future and a real pleasure to be in. The Board of Trustees was also strengthened when we welcomed Peter Choules on to the team. Peter brings with him a wealth of knowledge from his career working for the East Riding Clinical Commissioning group which is invaluable. It is appropriate to thank all the Trustees for their time and dedication in supporting and guiding the Relate team, especially through the toughest of times we have experienced.

Some of the contract work that we undertake comes under the Relate central organisation, however we continue to maintain and fulfil the contracts that we independently and successfully bid for. An example of this was the successful review meeting we had with CAFCASS when the contract was extended by 12 months to 2023. Additionally, we are proud to be able to offer counselling services to front line services such as NHS Staff including students, Care Home staff, domiciliary care staff and social care staff in all sectors as well as emergency service workers which includes ambulance crews and the police force. We are a charity at heart and still continue to provide a service to the wider areas of Hull and the East Yorkshire for those that cannot afford to pay for private counselling on a voluntary contribution scheme or indeed free for those unable to contribute.

Our funds raised from our charity shop in Anlaby continues to support the service to provide counselling and we are grateful to the volunteers who give their time to enable to keep this little shop running which is much valued in the community where it is based.

Our management team under the guidance of Debbie Andrew continues to provide an exceptional and very professional service, and I would like to thank them for their sterling efforts. The Board of Trustees have continued to provide support and guidance and I would also like to extend my gratitude to them.

The ongoing success of Relate Hull & East Yorkshire is certainly an example of dedication and good business acumen and as we reflect on this last year, I believe the foundations have been firmly built to sustain us onwards and upwards for the future.

SNAPSHOT OF WORK

	2019/20	2020/21	2021/22
Counselling Sessions	5504	4999	4458
PST Sessions	463	518	650
Sex Addiction	31	9	0
YP Counselling	18	22	1
Family Counselling	90	6	5
Individual Assessments	344	65	218
TOTAL	**6450**	**5619**	**5332**

The reduction in the total number of sessions is in line with the reduction of the hours available from the counsellors and the number of sessions required by our clients.

PST sessions are now increasing in line with offering additional face to face sessions and the addition of a trainee sex therapist.

We are currently reviewing our Family Counselling Service as we only have one therapist who has returned to face to face counselling.

A Sample of feedback received at our end of treatment were:

"It wasn't a one size fits all, it was tailored to my need and my knockbacks, it felt very personal"

"When it was appropiate, the process was halted so that difficulties could be worked through."

"The flexibility in approach, especially towards the end."

"Really enjoyed the sessions and have taken so much more away from this process than I expected!"

"Having meetings on Zoom has been good, been able to allocate time without the additional travel time, has made it much more accessible."

"Keep Zoom as an option as this could help reach more people"

"My therapist helped me through some tough memories and helped me move forward. I would like you to know that I am now a mummy to a healthy little girl"

"The openness and inclusivity, I felt there was nothing I would say that would shock."

"If I didn't understand anything, it was explained."

"We have had a good journey, no negativity, all our questions/queries and upsets have been understood. The service is invaluable and has changed our lives and I couldn't recommend it highly enough."

"Such a supportive, non-judgemental service from all areas "

"Although I wasn't sure at the first, webcam appointments were really helpful, especially as they were in an evening."

"A great service, understanding of my initial trepidation"

"Everyone is so friendly, and we were able to do this from home"

"Friendly admin staff. The therapist genuinely cared for me and my problems and I feel much more confident going forward"

"Our therapist was wonderful, and it really helped to do Webcam from home."

"Thank you very much for your help and services. I didn't think I could get help for my specific problem, but I did and I am confident about facing my addiction to help my sex life"

"I was able to talk to an understanding, supportive listener"

"I was able to vent frustration , to then listen to calm reasoning."

"I felt I shouldn't be wasting someone else's valuable place, but I'm so glad I did. I was helped so much, I can't explain how different I feel now.
I was greiving for an abusive close family member and was struggling, and I didn't really know why Just talking all my feelings through has given me perspective. Thank you to all involved so much."

"My therapist enabled me to find ways to think more positively and really listened to my thoughts and feelings. She was very professional, kind and understanding."

Going concern

The Charity depends on contracts from various bodies, who are affected by the current economic climate and funding decisions by Local and National Bodies, but the trustees are confident that the accounts can be prepared on a going concern basis

Trustees' Report

Structure, governance and management

Nature of governing document

The Charity is a company limited by guarantee and constitutes a limited company as defined by the Companies Act 2006 and is controlled by it's governing document, a deed of trust.

Charity status was given on 28th May 2004 and was incorporated on 8th April 2004.

RELATE Hull & East Yorkshire is part of the RELATE Federation but nevertheless is a separate Charity in it's own right and as such has to raise it's own funds.

Recruitment and appointment of trustees

RELATE Hull & East Yorkshire recognises that an effective board of trustees is essential if the Charity is to be effective in achieving its objectives. The board must seek to be representative of the people with whom the charity works and must have available to it all of the knowledge and skills required to run the Charity.
Individual trustees must have sufficient knowledge, both of trusteeship in general and of the Charity's activities, to enable them to carry out their role and to represent the Charity at meetings and other events.

RELATE Hull & East Yorkshire seeks to ensure diversity in its board of trustees as well as in its staff base and consideration will be given to ways in which groups that are under-represented on the board might be reached and encouraged to apply. However, at the point of selection the board will not discriminate unfairly on any of the grounds listed in the Equal Opportunities Policy.

Induction and training of trustees

People enquiring to become trustees will be sent appropriate documentation about the Charity, introductory material about trusteeship and will be asked to complete an application form. Arrangements will be made to assist any potential applicant with specific needs in relation to completion of the form or access to the supporting materials.

Arrangements for setting key management personnel remuneration

The remuneration of all staff including senior management is reviewed annually by the finance committee (consisting of Trustees of the Charity).

Organisational structure

Managing Director - Debbie Andrew

Supervisors - Paul Baker, Noreen Thomson, Siobhan Lane and Rosie Strafford (resigned April 2020)

Business Intelligence Manager - Dawn Blake
Operations Manager- June Walker
Charity Shop Manager - Joanne Marshall
Office Manager - Maria Bell

We have 13 staff members providing support for the organisation and 7 volunteers.
We currently have 18 counsellors providing a mixture of Relationship Counselling, Psychosexual Therapy, Family and Young People's Counselling. They also provide generic counselling for stress and anxiety.
Our Charity Shop is run by the manager with the help of 10 volunteers.

Major risks and management of those risks

Risk Management
The trustees have assessed the major risks to which the Charity is exposed, these include loss of contract work and the loss of the Hull Building; which is leased.

The trustees are satisfied that systems are in place to mitigate exposure to the major risks.
We have expanded the number and range of contracts to ensure that the loss of some contracts would not greatly affect our provision of services and employment of our current staff.

Guiding Principles

The Directors of Relate acknowledge that future needs of beneficiaries must not be compromised in providing current services and so future risks and liabilities need to be assessed periodically in order to maintain a proportionate and adequate level of reserves. It is also recognised that free reserves are to be the value of unrestricted funds, less the current value of any fixed assets held as unrestricted funds.

Reasons for maintaining reserves:

Cash Flow - Some funds are claimed and received retrospectively. This may be on a monthly or quarterly basis. It would also be necessary to allow for actual payment from claim date, and this alone could be a further month.
Uncertainty - Some funding arrangements are made retrospectively. Some service levels agreements are not fully agreed until June/July each year, although they are to start in April. We may be expending funds in good faith that we may not be able to recover. Also, negative outcomes may mean redundancies that would need funding:

- Some funded projects incur unexpected expenditure beyond budget levels.
- Certainty some funding will end at a pre-determined date, and projects may continue for an intervening period until new funding is identified
- Some funded projects expenditure trends may indicate that the project will be set to overspend beyond agreed funding and may need top-up funds

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

Cash flow risk

The charity's activities expose it primarily to the financial risks of changes in foreign currency exchange rates and interest rates. The charity uses foreign exchange forward contracts and interest rate swap contracts to hedge these exposures.
Interest bearing assets and liabilities are held at fixed rate to ensure certainty of cash flows.

Credit risk

The charity's principal financial assets are bank balances and cash, trade and other receivables, and investments. The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows.
The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.
The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term debt finance.
Further details regarding liquidity risk can be found in the Statement of Accounting policies in the financial statements.

Statement of Trustees' Responsibilities

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

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

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

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

The annual report was approved by the trustees of the charity on 3 November 2022 and signed on its behalf by:

.....
Mr P. G. Stark
Trustee

RELATE Hull and East Yorkshire

Independent Examiner's Report to the trustees of RELATE Hull and East Yorkshire ("the Company")

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

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 RELATE Hull and East Yorkshire 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.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants, which is one of the listed bodies.

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

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

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

.....

Jonathan Morley FCA (J W Smith & Co Ltd)
Chartered Accountants

Oberon House
Ferries Street
Hull
HU9 1RL

7 November 2022

RELATE Hull and East Yorkshire

Statement of Financial Activities for the Year Ended 31 March 2022 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Total 2022 £
Income and Endowments from:			
Charitable activities	3	411,264	411,264
Other trading activities	4	43,233	43,233
Investment income	5	27	27
Total income		454,524	454,524
Expenditure on:			
Raising funds	6	(21,939)	(21,939)
Charitable activities	7	(416,552)	(416,552)
Total expenditure		(438,491)	(438,491)
Net income		16,033	16,033
Net movement in funds		16,033	16,033
Reconciliation of funds			
Total funds brought forward		226,051	226,051
Total funds carried forward	18	242,084	242,084

	Note	Unrestricted funds £	Total 2021 £
Income and Endowments from:			
Charitable activities	3	426,362	426,362
Other trading activities	4	53,086	53,086
Investment income	5	132	132
Total income		479,580	479,580
Expenditure on:			
Raising funds	6	(22,704)	(22,704)
Charitable activities	7	(434,789)	(434,789)
Total expenditure		(457,493)	(457,493)
Net income		22,087	22,087
Net movement in funds		22,087	22,087
Reconciliation of funds			
Total funds brought forward		203,964	203,964
Total funds carried forward	18	226,051	226,051

All of the charity's activities derive from continuing operations during the above two periods.

The notes on pages 14 to 24 form an integral part of these financial statements.

RELATE Hull and East Yorkshire

Statement of Financial Activities for the Year Ended 31 March 2022 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

The funds breakdown for 2021 is shown in note 18.

RELATE Hull and East Yorkshire

(Registration number: 05098895)
Balance Sheet as at 31 March 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	12	30,075	33,937
Current assets			
Stocks	13	585	585
Debtors	14	68,891	47,709
Cash at bank and in hand	15	171,394	171,195
		240,870	219,489
Creditors: Amounts falling due within one year	16	(28,861)	(27,375)
Net current assets		212,009	192,114
Net assets		242,084	226,051
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		242,084	226,051
Total funds	18	242,084	226,051

For the financial year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements on pages 11 to 24 were approved by the trustees, and authorised for issue on 3 November 2022 and signed on their behalf by:

.....
Mr P. G. Stark
Trustee

1 Charity status

The charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £0.01 towards the assets of the charity in the event of liquidation.

The address of its registered office is:
1 Charlotte Street Mews
Hull
East Yorkshire
HU1 3BP

These financial statements were authorised for issue by the trustees on 3 November 2022.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

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

Basis of preparation
RELATE Hull and East Yorkshire meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement
The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

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

Governance costs
These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £0.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Freehold Land	Not Depreciated
Freehold Buildings	1% & 10% on Cost
Furniture & Shop Refit	15% on Reducing Balance,10% and 20% on Cost
Office Equipment	33.4% on Cost

Stock
Stock is valued at the lower of cost and estimated selling price less costs to complete and sell, after due regard for obsolete and slow moving stocks. Cost is determined using the first-in, first-out (FIFO).

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Borrowings
Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Foreign exchange
Transactions in foreign currencies are recorded at the rate of exchange at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies at the balance sheet date are reported at the rates of exchange prevailing at that date.

The results of overseas operations are translated at the average rates of exchange during the period and their balance sheets at the rates ruling at the balance sheet date. Exchange differences arising on translation of the opening net assets and results of overseas operations are reported in other comprehensive income and accumulated in equity (attributed to non-controlling interests as appropriate).

Other exchange differences are recognised in the Statement of Financial Activities in the period in which they arise except for:

1) exchange differences on transactions entered into to hedge certain foreign currency risks (see above);

2) exchange differences arising on gains or losses on non-monetary items which are recognised in other comprehensive income; and

3) in the case of the consolidated financial statements, exchange differences on monetary items receivable from or payable to a foreign operation for which settlement is neither planned nor likely to occur (therefore forming part of the net investment in the foreign operation), which are recognised in other comprehensive income and reported under equity.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.
Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

Debt instruments

Debt instruments which meet the following conditions are subsequently measured at amortised cost using the effective interest method:

(a) The contractual return to the holder is (i) a fixed amount; (ii) a positive fixed rate or a positive variable rate; or (iii) a combination of a positive or a negative fixed rate and a positive variable rate.

(b) The contract may provide for repayments of the principal or the return to the holder (but not both) to be linked to a single relevant observable index of general price inflation of the currency in which the debt instrument is denominated, provided such links are not leveraged.

(c) The contract may provide for a determinable variation of the return to the holder during the life of the instrument, provided that (i) the new rate satisfies condition (a) and the variation is not contingent on future events other than (1) a change of a contractual variable rate; (2) to protect the holder against credit deterioration of the issuer; (3) changes in levies applied by a central bank or arising from changes in relevant taxation or law; or (ii) the new rate is a market rate of interest and satisfies condition (a).

(d) There is no contractual provision that could, by its terms, result in the holder losing the principal amount or any interest attributable to the current period or prior periods.

(e) Contractual provisions that permit the issuer to prepay a debt instrument or permit the holder to put it back to the issuer before maturity are not contingent on future events, other than to protect the holder against the credit deterioration of the issuer or a change in control of the issuer, or to protect the holder or issuer against changes in levies applied by a central bank or arising from changes in relevant taxation or law.

(f) Contractual provisions may permit the extension of the term of the debt instrument, provided that the return to the holder and any other contractual provisions applicable during the extended term satisfy the conditions of paragraphs (a) to (c).

Debt instruments that are classified as payable or receivable within one year on initial recognition and which meet the above conditions are measured at the undiscounted amount of the cash or other consideration expected to be paid or received, net of impairment.

With the exception of some hedging instruments, other debt instruments not meeting these conditions are measured at fair value through profit or loss.

Commitments to make and receive loans which meet the conditions mentioned above are measured at cost (which may be nil) less impairment.

Investments

Investments in non-convertible preference shares and non-puttable ordinary or preference shares (where shares are publicly traded or their fair value is reliably measurable) are measured at fair value through profit or loss. Where fair value cannot be measured reliably, investments are measured at cost less impairment.

Investments in subsidiaries and associates are measured at cost less impairment. For investments in subsidiaries acquired for consideration including the issue of shares qualifying for merger relief, cost is measured by reference to the nominal value of the shares issued plus fair value of other consideration. Any premium is ignored.

Derivative financial instruments

The charity uses derivative financial instruments to reduce exposure to foreign exchange risk and interest rate movements. The charity does not hold or issue derivative financial instruments for speculative purposes.

Derivatives are initially recognised at fair value at the date a derivative contract is entered into and are subsequently remeasured to their fair value at each reporting date. The resulting gain or loss is recognised in statement of financial activities immediately unless the derivative is designated and effective as a hedging instrument, in which event the timing of the recognition in statement of financial activities depends on the nature of the hedge relationship.

Fair value measurement

The best evidence of fair value is a quoted price for an identical asset in an active market. When quoted prices are unavailable, the price of a recent transaction for an identical asset provides evidence of fair value as long as there has not been a significant change in economic circumstances or a significant lapse of time since the transaction took place. If the market is not active and recent transactions of an identical asset on their own are not a good estimate of fair value, the fair value is estimated by using a valuation technique.

3 Income from charitable activities

	Unrestricted funds General £	Total funds £
Incoming Resources for Charitable Activities	411,264	411,264
Total for 2022	411,264	411,264
Total for 2021	426,362	426,362

4 Income from other trading activities

	Unrestricted funds General £	Total funds £
Trading income;		
Shop income from sale of donated goods and services	36,718	36,718
Other trading income	6,515	6,515
Total for 2022	43,233	43,233
Total for 2021	53,086	53,086

5 Investment income

	Unrestricted funds General £	Total funds £
Interest receivable and similar income;		
Interest receivable on bank deposits	27	27
Total for 2022	27	27
Total for 2021	132	132

6 Expenditure on raising funds

a) Costs of trading activities

	Note	Unrestricted funds General £	Total funds £
Trading subsidiary costs		21,939	21,939
Total for 2022		21,939	21,939
Total for 2021		22,704	22,704

7 Expenditure on charitable activities

	Unrestricted funds General £	Total funds £
Cost of Generating Charitable Income	161,070	161,070
General	229,734	229,734
Property and Administration	21,672	21,672
Total for 2022	412,476	412,476
Total for 2021	431,315	431,315

	Total costs £

	Activity undertaken directly £	Total expenditure £
Cost of Generating Charitable Income	161,070	161,070
General	229,734	229,734
Property and Administration	21,672	21,672
Total for 2022	412,476	412,476
Total for 2021	431,315	431,315

In addition to the expenditure analysed above, there are also governance costs of £4,076 (2021 - £3,474) which relate directly to charitable activities. See note 8 for further details.

8 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total funds £
Independent examiner fees		
Examination of the financial statements	2,983	2,983
Legal fees	1,093	1,093
Total for 2022	4,076	4,076
Total for 2021	3,474	3,474

9 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses from the charity during the year.

10 Independent examiner's remuneration

	2022 £	2021 £
Examination of the financial statements	2,983	2,880

11 Taxation

The charity is a registered charity and is therefore exempt from taxation.

12 Tangible fixed assets

	Land and buildings £	Furniture and equipment £	Total £
Cost			
At 1 April 2021	32,512	70,946	103,458
Additions	-	6,496	6,496
At 31 March 2022	32,512	77,442	109,954
Depreciation			
At 1 April 2021	17,724	51,797	69,521
Charge for the year	1,523	8,835	10,358
At 31 March 2022	19,247	60,632	79,879
Net book value			
At 31 March 2022	13,265	16,810	30,075
At 31 March 2021	14,788	19,149	33,937

Included within the net book value of land and buildings above is £Nil (2021 - £Nil) in respect of freehold land and buildings and £13,265 (2021 - £14,788) in respect of leaseholds.

13 Stock

	2022 £	2021 £
Stocks	585	585

14 Debtors

	2022 £	2021 £
Trade debtors	63,600	40,403
Other debtors	5,291	7,306
	68,891	47,709

15 Cash and cash equivalents

	2022 £	2021 £
Cash at bank	171,394	171,195

16 Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	5,431	9,743
Other creditors	23,430	17,632
	28,861	27,375

17 Commitments

Capital commitments

The total amount contracted for but not provided in the financial statements was £Nil (2021 - £Nil).

18 Funds

	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 31 March 2022 £
Unrestricted funds				
General	226,051	454,524	(438,491)	242,084

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Balance at 31 March 2021 £
Unrestricted funds				
General	203,964	479,580	(457,493)	226,051

19 Analysis of net funds

	At 1 April 2021 £	Financing cash flows £	At 31 March 2022 £
Cash at bank and in hand	171,195	199	171,394
Net debt	171,195	199	171,394

	At 1 April 2020 £	Financing cash flows £	At 31 March 2021 £
Cash at bank and in hand	115,731	55,464	171,195
Net debt	115,731	55,464	171,195

RELATE Hull and East Yorkshire

Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	Total 2022 £	Total 2021 £
Income and Endowments from:		
Charitable activities (analysed below)	411,264	426,362
Other trading activities (analysed below)	43,233	53,086
Investment income (analysed below)	27	132
Total income	454,524	479,580
Expenditure on:		
Raising funds (analysed below)	(21,939)	(22,704)
Charitable activities (analysed below)	(416,552)	(434,789)
Total expenditure	(438,491)	(457,493)
Net income	16,033	22,087
Net movement in funds	16,033	22,087
Reconciliation of funds		
Total funds brought forward	226,051	203,964
Total funds carried forward	242,084	226,051

RELATE Hull and East Yorkshire

Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	Total 2022 £	Total 2021 £
Charitable activities		
Contracted Charitable Services	345,885	364,218
Client Income	31,543	15,019
Training	29,065	28,445
Grants & Donations	4,771	18,680
	411,264	426,362
Other trading activities		
Fundraising	36,718	24,300
Miscellaneous	6,515	28,786
	43,233	53,086
Investment income		
Interest Receivable	27	132
	27	132
Raising funds		
Charity Shop Expenses	(21,939)	(22,704)
	(21,939)	(22,704)
Charitable activities		
Staff Costs	(182,863)	(180,251)
Counsellors Training	(36,638)	(48,268)
Counsellors Remuneration	(116,334)	(106,279)
Counsellors Expenses	(8,098)	(7,981)
National Federation	(17,577)	(16,632)
Property Costs	(21,672)	(37,054)
Supervision	-	(8,672)
Administration Costs	(29,294)	(26,178)
Professional Costs	(1,093)	(594)
Independent Examination	(2,983)	(2,880)
	(416,552)	(434,789)

Hull and East Yorkshire Counselling Limited

England & Wales - Charity number 1104045

Accounts

Company registration number: 5098895
Charity registration number: 1104045

RELATE Hull and East Yorkshire

(A company limited by guarantee)

Annual Report and Financial Statements

For the Year Ended 31 March 2021

bacp | Accredited Service

RELATE Hull and East Yorkshire

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RELATE Hull and East Yorkshire

Reference and Administrative Details

Trustees	Mrs T. Ives Mr P. G. Stark Mr D. M. Piercy Mrs P. M. Calvert Ms P. J. Litten Mrs R A Harman
Secretary	Mrs D Andrew
Principal Office	1 Charlotte Street Mews Hull East Yorkshire HU1 3BP
	The charity is incorporated in England and Wales.
Company Registration Number	05098895
Charity Registration Number	1104045
Independent Examiner	J W Smith & Co Ltd Chartered Accountants Oberon House Ferries Street Hull HU9 1RL

RELATE Hull and East Yorkshire

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2021.

Trustees

Mrs T. Ives, Chairperson

Mr P. G. Stark

Mr D. M. Piercy

Mrs P. M. Calvert

Ms P. J. Litten

Mrs R A Harman (appointed 20 November 2020)

Objectives and activities

Objects and aims

The Charity operates in Hull and other nearby areas, providing counselling for individuals and couples.

The objectives and aims of the Charity is to educate the public concerning the benefits of secure couple relationships, marriage and family life in order to improve the emotional, sexual and spirited well-being of individuals, which is derived from committed relationships.
To promote research into all aspects of couple relationships and marriage and to make the results available to the public.
To seek to enhance the good health, both mental and physical, of adults and children by increasing public awareness of the benefit of committed couple relationships, marriage and family life and working to prevent poverty and hardship and distress caused by the breakdown of such relationships.

Statement of Common Purpose

Relate's role is to help people build better couple relationships
to enhance the quality of couple and parental family relationships
to help relationships and marriage withstand the pressures leading to breakdown
to limit the damage which commonly accompanies failing relationships, separation and divorce, and increase the prospect of subsequent relationships succeeding.
Relate aims to deliver its services with cultural sensitivity and without discrimination.

Relate believes that:
- An individual's physical well-being and emotional and mental health benefit from a committed relationship
- Children thrive in families where relationships are free from destructive conflict
- People gain from an understanding of their sexuality
- Expressing clear commitment is a helpful contribution to a healthy and secure couple relationship

The trustees have paid due regard to guidance issued by the Charities Commission in deciding what activities the charity should undertake.
The Charity has provided counselling services in a variety of contexts, some of which discussed in detail below.
The majority of our income comes from contracted services, which has been the case for some time now.

RELATE Hull and East Yorkshire

Trustees' Report

Objectives, strategies and activities

Education & Training

We have continued working with CAFCASS providing Parenting Information Courses, this has now been extended to March 2023. This is provided when Family Law Courts request either one or both parties should attend these workshops. They are for family members who are in conflict over child contact. This is usually parents but can also be grandparents or other family members.

We also continue to direct any profit in this area to providing counselling for members of the public who are unable to make a donation towards our services.

We also continue to review our current Life Skills courses.

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

RELATE Hull and East Yorkshire

Trustees' Report

Chairperson's Report 2020/2021

As our 20/21 financial year started, the whole country had been in an unprecedented and complete lockdown for 9 days as a result of the worldwide pandemic due to Covid 19. What a challenging year followed for the Relate family at Hull and East Yorkshire. We were able to change our platforms to telephone and web cams to continue the provision of counselling for our clients. As most of our counsellors had already received additional training on providing counselling by these methods so we were able to mobilise our services to ensure minimal disruption. The administration staff who were split between working in the office and from home were able to provide the support for the counsellors and the clients. The charity shop manager and 4 members of staff were furloughed as their roles were not required to keep the service running.

The local authority provided rate relief for the charity shop and those funds together with the grants that we were successful in applying for were used to pay for the rent and the associated running costs of the shop.

Additional and welcome support was provided from Relate Federation with fortnightly briefings.

The charity shop reopened on 15 June 2020 but not before a Perspex screen was installed along with protocols for restricted numbers of customers allowed in the shop and the provision of hand gel at the entrance. Staff who fell in to the "vulnerable" category were encouraged to stay at home and the precautions in place at the shop were to help protect the staff. An additional screen was installed in the reception area of the office.

We owe a vote of thanks to Paul Walker, who drew up plans to alter the layout of the offices to ensure that the counselling suite is no longer accessed by walking past the administration offices. We also installed a new telephone system.

We are currently in discussion with the SDA church who own the head lease and Hull City council who own the Freehold about blocking off a staircase that is no longer used but gives the Church access to our door. The church is currently looking to sell their 2 floors and in blocking this off it will ensure total confidentiality. There have been several stumbling blocks and we have had to employ the help of our Solicitors to help in overcoming these.

It came to light that the insurance costs for the building should have been re-charged to us by a percentage of one third by the SDA church and they had neglected to pass on this cost for twelve years and then requested that we pay these within 14 days. We employed the services of the solicitors again to help us review the claim. We came to an agreement over the value and settled the charge promptly.

In October, our centre manager Ros Harman decided to retire. We are grateful for her service and would like to thank her for her loyalty and hard work. The decision was made to restructure rather than replace her and additional roles and responsibilities were given to Dawn, June, and Maria.

The offices were in need of Refurbishment Work, and we made use of the fact we only had a skeleton staff in during those lockdown months to commence work on making improvements. A new central heating system was installed replacing the 30 plus year old convection heaters which were inefficient and costly to run. We completed work on new offices incorporating a new counselling suite with slightly larger counselling rooms and new and updated furnishings. The plans to block off the staircase to increase the reception size so that all reception staff work together has been put on hold until the next financial year due to our inability to come to a compromise with the Church.

Work had just been completed on the redecoration when the roof leaked in to the rooms which had just been refurbished. The Church have requested that they arrange quotes etc. We have also installed updated CCTV to provide additional security.

Trustees' Report

We currently have an additional contract commissioned by Humberside police to provide couple counselling paid at a sessional fee. We also have the following Current contracts commissioned via Relate Federation:

Royal Navy and Royal Marines charity
RAF benevolent Fund
Bank Workers Charity
Charity supporting chartered accountants
Charity for civil servants
Grocery aid

We hope to resume face to face counselling in the first quarter of the next financial year.

This past year has been yet another huge challenge with so many obstacles and pitfalls to manoeuvre around. Relate Hull & East Yorkshire continues to thrive under the invaluable leadership of our Managing Director Debbie Andrew who leads a committed and loyal management team and staff and provide a counselling service much needed in these unprecedented times. Despite the difficulties, the Relate family have triumphed with our capable and dedicated management team and Counsellors. The staff and the counsellors have managed to provide an excellent service, no mean feat during such a worrying and genuinely scary time.

The trustees have continued to give excellent guidance and support over Webcam meetings alongside managing their own challenges in their businesses and the volunteers have been ready to step back in as soon as they were allowed to. I would like to take this opportunity to congratulate and thank each and every person who has continued to give Relate their loyalty and dedication.

RELATE Hull and East Yorkshire

Trustees' Report

SNAPSHOT OF WORK

	2019/20	2020/21
Counselling Sessions	5504	4999
PST Sessions	463	518
Sex Addiction	31	9
YP Counselling	18	22
Family Counselling	90	6
Individual Assessments	344	65
TOTAL	**6450**	**5619**

Cancellations have reduced by over 40% to 9.16% this year although DNA's have increased by over 35% to 5.5%.
The registering of "Did not attend" (DNA's) was altered this year to incorporate clients who answered the phone but requested that the session wasn't continued.

A Sample of feedback received at our end of treatment were:

"Very good techniques. Excellent experience, overall, over the moon at every stage. Most understanding. Learnt so much"

"Has helped me to continue to be with my husband and has helped us to communicate our feelings to each other, as we could not before. Thank you."

" I feel a lot more confident. I have a much better relationship with my Mum."

"Very friendly, comfortable and reassuring. Thank you !"

Really appreciated it, very helpful, kind and caring."

"Helped me to view situations and interactions differently so that I can minimise my anxiety. I have put into practise techniques and have been able to lower my anxiety/worry considerably."

"Someone who listened !"

"Brilliant service."

"It was really helpful"

"Very friendly and helpful. Really pleased with the service."

" A treatment that really hears you and cares. Considers your situation and moves forward with that in mind."

"All staff - from reception to therapist were understanding, helpful and a pleasure to be around. Feel much better than I did when I came."

" The difference in how I feel after speaking with my therapist is amazing. I can't thank her enough. I know myself a lot better now and how to look after myself."

"My therapist has helped me understand so much more about myself and my situation. I feel so much better and stronger than the day I first walked through the door."

"I always felt like my concerns mattered while being guided to find solutions."

"My therapist was absolutely amazing. She was so attentive, very reassuring."

"Absolutely brilliant, thank you so much."

"Nice private place and relaxed environment - helped us a lot"

"Great confidentiality/knowledgeable/reassurance/non-judgemental, big thank you."

"How friendly and professional everyone has always been"

"We were so nervous to begin with but the therapist really put us at ease and made us realise it was fine to talk about sex!"

Going concern

The Charity depends on contracts from various bodies, who are affected by the current economic climate and funding decisions by Local and National Bodies, but the trustees are confident that the accounts can be prepared on a going concern basis

RELATE Hull and East Yorkshire

Trustees' Report

Structure, governance and management

Nature of governing document

The Charity is a company limited by guarantee and constitutes a limited company as defined by the Companies Act 2006 and is controlled by it's governing document, a deed of trust.

Charity status was given on 28th May 2004 and was incorporated on 8th April 2004.

RELATE Hull & East Yorkshire is part of the RELATE Federation but nevertheless is a separate Charity in it's own right and as such has to raise it's own funds.

Recruitment and appointment of trustees

RELATE Hull & East Yorkshire recognises that an effective board of trustees is essential if the Charity is to be effective in achieving its objectives. The board must seek to be representative of the people with whom the charity works and must have available to it all of the knowledge and skills required to run the Charity.
Individual trustees must have sufficient knowledge, both of trusteeship in general and of the Charity's activities, to enable them to carry out their role and to represent the Charity at meetings and other events.

RELATE Hull & East Yorkshire seeks to ensure diversity in its board of trustees as well as in its staff base and consideration will be given to ways in which groups that are under-represented on the board might be reached and encouraged to apply. However, at the point of selection the board will not discriminate unfairly on any of the grounds listed in the Equal Opportunities Policy.

Induction and training of trustees

People enquiring to become trustees will be sent appropriate documentation about the Charity, introductory material about trusteeship and will be asked to complete an application form. arrangements will be made to assist any potential applicant with specific needs in relation to completion of the form or access to the supporting materials.

Arrangements for setting key management personnel remuneration

The remuneration of all staff including senior management is reviewed annually by the finance committee (consisting of Trustees of the Charity).

Organisational structure

Managing Director - Debbie Andrew

Supervisors - Paul Barker, Noreen Thomson, Siobhan Lane and Rosie Strafford (resigned April 2020)

Business Intelligence Manager - Dawn Blake
Operations Manager- June Walker
Charity Shop Manager - Joanne Marshall
Office Manager - Maria Bell

We have 13 staff members providing support for the organisation and 7 volunteers.
We currently have 18 counsellors providing a mixture of Relationship Counselling, Psychosexual Therapy, Family and Young People's Counselling. They also provide generic counselling for stress and anxiety.
Our Charity Shop is run by the manager with the help of 10 volunteers.

Major risks and management of those risks

Risk Management
The trustees have assessed the major risks to which the Charity is exposed, these include loss of contract work and the loss of the Hull Building; which is leased.

The trustees are satisfied that systems are in place to mitigate exposure to the major risks.
We have expanded the number and range of contracts to ensure that the loss of some contracts would not greatly affect our provision of services and employment of our current staff.

Guiding Principles

The Directors of Relate acknowledge that future needs of beneficiaries must not be compromised in providing current services and so future risks and liabilities need to be assessed periodically in order to maintain a proportionate and adequate level of reserves. It is also recognised that free reserves are to be the value of unrestricted funds, less the current value of any fixed assets held as unrestricted funds.

Reasons for maintaining reserves:

Cash Flow - Some funds are claimed and received retrospectively. This may be on a monthly or quarterly basis. It would also be necessary to allow for actual payment from claim date, and this alone could be a further month.
Uncertainty - Some funding arrangements are made retrospectively. Some service levels agreements are not fully agreed until June/July each year, although they are to start in April. We may be expending funds in good faith that we may not be able to recover. Also, negative outcomes may mean redundancies that would need funding:

- Some funded projects incur unexpected expenditure beyond budget levels.
- Certainty some funding will end at a pre-determined date, and projects may continue for an intervening period until new funding is identified
- Some funded projects expenditure trends may indicate that the project will be set to overspend beyond agreed funding and may need top-up funds

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

Cash flow risk

The charity's activities expose it primarily to the financial risks of changes in foreign currency exchange rates and interest rates. The charity uses foreign exchange forward contracts and interest rate swap contracts to hedge these exposures.
Interest bearing assets and liabilities are held at fixed rate to ensure certainty of cash flows.

Credit risk

The charity's principal financial assets are bank balances and cash, trade and other receivables, and investments. The charity's credit risk is primarily attributable to its trade receivables. The amounts presented in the balance sheet are net of allowances for doubtful receivables. An allowance for impairment is made where there is an identified loss event which, based on previous experience, is evidence of a reduction in the recoverability of the cash flows.
The credit risk on liquid funds and derivative financial instruments is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.
The charity has no significant concentration of credit risk, with exposure spread over a large number of counterparties and customers.

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the charity uses a mixture of long-term and short-term debt finance.
Further details regarding liquidity risk can be found in the Statement of accounting policies in the financial statements.

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

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

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

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

The annual report was approved by the trustees of the charity on 9/11/2021 and signed on its behalf by:

.....
Mr P. G. Stark
Trustee

RELATE Hull and East Yorkshire

Independent Examiner's Report to the trustees of RELATE Hull and East Yorkshire

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2021 which are set out on pages 12 to 24.

Respective responsibilities of trustees and examiner

As the charity's trustees of RELATE Hull and East Yorkshire (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 RELATE Hull and East Yorkshire 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.

Independent examiner's statement

Since RELATE Hull and East Yorkshire's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of , which is one of the listed bodies.

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

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

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

.....
Jonathan Morley FCA (J W Smith & Co Ltd)
Chartered Accountants

Oberon House
Ferries Street
Hull
HU9 1RL

11 November 2021

RELATE Hull and East Yorkshire

Statement of Financial Activities for the Year Ended 31 March 2021 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Total 2021 £
Income and Endowments from:			
Charitable activities	3	426,362	426,362
Other trading activities	4	53,086	53,086
Investment income	5	132	132
Total income		479,580	479,580
Expenditure on:			
Raising funds		(22,704)	(22,704)
Charitable activities	6	(434,789)	(434,789)
Total expenditure		(457,493)	(457,493)
Net income		22,087	22,087
Net movement in funds		22,087	22,087
Reconciliation of funds			
Total funds brought forward		203,964	203,964
Total funds carried forward	16	226,051	226,051

	Note	Unrestricted funds £	Total 2020 £
Income and Endowments from:			
Charitable activities	3	427,887	427,887
Other trading activities	4	28,066	28,066
Investment income	5	164	164
Total income		456,117	456,117
Expenditure on:			
Raising funds		(23,405)	(23,405)
Charitable activities	6	(438,047)	(438,047)
Total expenditure		(461,452)	(461,452)
Net expenditure		(5,335)	(5,335)
Net movement in funds		(5,335)	(5,335)
Reconciliation of funds			
Total funds brought forward		209,299	209,299
Total funds carried forward	16	203,964	203,964

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2020 is shown in note 16.

RELATE Hull and East Yorkshire

(Registration number: 05098895)
Balance Sheet as at 31 March 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	11	33,937	23,129
Current assets			
Stocks	12	585	585
Debtors	13	47,709	72,326
Cash at bank and in hand		171,195	115,731
		219,489	188,642
Creditors: Amounts falling due within one year	14	(27,375)	(7,807)
Net current assets		192,114	180,835
Net assets		226,051	203,964
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		226,051	203,964
Total funds	16	226,051	203,964

For the financial year ending 31 March 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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

The financial statements on pages 12 to 24 were approved by the trustees, and authorised for issue on 9/11/21 and signed on their behalf by:

.....

Mr P. G. Stark
Trustee

9 November 2021

1 Charity status

The charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £0.01 towards the assets of the charity in the event of liquidation.

The address of its registered office is:
1 Charlotte Street Mews
Hull
East Yorkshire
HU1 3BP

These financial statements were authorised for issue by the trustees on 9 November 2021.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance
The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). They also comply with the Companies Act 2006 and Charities Act 2011.

Basis of preparation
RELATE Hull and East Yorkshire meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement
The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

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

Governance costs
These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £0.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Freehold Land	Not Depreciated
Freehold Buildings	1% & 10% on Cost
Furniture & Shop Refit	15% on Reducing Balance and 20% on Cost
Office Equipment	33.4% on Cost

Stock
Stock is valued at the lower of cost and estimated selling price less costs to complete and sell, after due regard for obsolete and slow moving stocks. Cost is determined using the first-in, first-out (FIFO).

Trade debtors
Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors
Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Borrowings
Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Foreign exchange
Transactions in foreign currencies are recorded at the rate of exchange at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies at the balance sheet date are reported at the rates of exchange prevailing at that date.

The results of overseas operations are translated at the average rates of exchange during the period and their balance sheets at the rates ruling at the balance sheet date. Exchange differences arising on translation of the opening net assets and results of overseas operations are reported in other comprehensive income and accumulated in equity (attributed to non-controlling interests as appropriate).

Other exchange differences are recognised in the Statement of Financial Activities in the period in which they arise except for:

1) exchange differences on transactions entered into to hedge certain foreign currency risks (see above);

2) exchange differences arising on gains or losses on non-monetary items which are recognised in other comprehensive income; and

3) in the case of the consolidated financial statements, exchange differences on monetary items receivable from or payable to a foreign operation for which settlement is neither planned nor likely to occur (therefore forming part of the net investment in the foreign operation), which are recognised in other comprehensive income and reported under equity.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.
Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

Debt instruments

Debt instruments which meet the following conditions are subsequently measured at amortised cost using the effective interest method:

(a) The contractual return to the holder is (i) a fixed amount; (ii) a positive fixed rate or a positive variable rate; or (iii) a combination of a positive or a negative fixed rate and a positive variable rate.

(b) The contract may provide for repayments of the principal or the return to the holder (but not both) to be linked to a single relevant observable index of general price inflation of the currency in which the debt instrument is denominated, provided such links are not leveraged.

(c) The contract may provide for a determinable variation of the return to the holder during the life of the instrument, provided that (i) the new rate satisfies condition (a) and the variation is not contingent on future events other than (1) a change of a contractual variable rate; (2) to protect the holder against credit deterioration of the issuer; (3) changes in levies applied by a central bank or arising from changes in relevant taxation or law; or (ii) the new rate is a market rate of interest and satisfies condition (a).

(d) There is no contractual provision that could, by its terms, result in the holder losing the principal amount or any interest attributable to the current period or prior periods.

(e) Contractual provisions that permit the issuer to prepay a debt instrument or permit the holder to put it back to the issuer before maturity are not contingent on future events, other than to protect the holder against the credit deterioration of the issuer or a change in control of the issuer, or to protect the holder or issuer against changes in levies applied by a central bank or arising from changes in relevant taxation or law.

(f) Contractual provisions may permit the extension of the term of the debt instrument, provided that the return to the holder and any other contractual provisions applicable during the extended term satisfy the conditions of paragraphs (a) to (c).

Debt instruments that are classified as payable or receivable within one year on initial recognition and which meet the above conditions are measured at the undiscounted amount of the cash or other consideration expected to be paid or received, net of impairment.

With the exception of some hedging instruments, other debt instruments not meeting these conditions are measured at fair value through profit or loss.

Commitments to make and receive loans which meet the conditions mentioned above are measured at cost (which may be nil) less impairment.

Investments

Investments in non-convertible preference shares and non-puttable ordinary or preference shares (where shares are publicly traded or their fair value is reliably measurable) are measured at fair value through profit or loss. Where fair value cannot be measured reliably, investments are measured at cost less impairment.

Investments in subsidiaries and associates are measured at cost less impairment. For investments in subsidiaries acquired for consideration including the issue of shares qualifying for merger relief, cost is measured by reference to the nominal value of the shares issued plus fair value of other consideration. Any premium is ignored.

Derivative financial instruments

The charity uses derivative financial instruments to reduce exposure to foreign exchange risk and interest rate movements. The charity does not hold or issue derivative financial instruments for speculative purposes.

Derivatives are initially recognised at fair value at the date a derivative contract is entered into and are subsequently remeasured to their fair value at each reporting date. The resulting gain or loss is recognised in statement of financial activities immediately unless the derivative is designated and effective as a hedging instrument, in which event the timing of the recognition in statement of financial activities depends on the nature of the hedge relationship.

Fair value measurement

The best evidence of fair value is a quoted price for an identical asset in an active market. When quoted prices are unavailable, the price of a recent transaction for an identical asset provides evidence of fair value as long as there has not been a significant change in economic circumstances or a significant lapse of time since the transaction took place. If the market is not active and recent transactions of an identical asset on their own are not a good estimate of fair value, the fair value is estimated by using a valuation technique.

3 Income from charitable activities

	Unrestricted funds		
	General	Total 2021	Total 2020
	£	£	£
Incoming Resources for Charitable Activities	426,362	426,362	427,887

4 Income from other trading activities

	Unrestricted funds		
	General	Total 2021	Total 2020
	£	£	£
Trading income;			
Shop income from sale of donated goods and services	24,300	24,300	28,066
Other trading income	28,786	28,786	-
	53,086	53,086	28,066

5 Investment income

	Unrestricted funds		
	General	Total 2021	Total 2020
	£	£	£
Interest receivable and similar income;			
Interest receivable on bank deposits	132	132	164

6 Expenditure on charitable activities

	Unrestricted funds		
	General	Total 2021	Total 2020
	£	£	£
Cost of Generating Charitable Income	162,528	162,528	195,904
General	231,733	231,733	220,304
Property and Administration	37,054	37,054	16,701
	431,315	431,315	432,909

	Activity undertaken directly	Total 2021	Total 2020
	£	£	£
Cost of Generating Charitable Income	162,528	162,528	195,904
General	231,733	231,733	220,304
Property and Administration	37,054	37,054	16,701
	431,315	431,315	432,909

£431,315 (2020 - £432,909 of the above expenditure was attributable to unrestricted funds and £Nil (2020 - £Nil) to restricted funds.

In addition to the expenditure analysed above, there are also governance costs of £3,474 (2020 - £5,138) which relate directly to charitable activities. See note 7 for further details.

7 Analysis of governance and support costs

Governance costs

	Unrestricted funds		
	General	Total 2021	Total 2020
	£	£	£
Independent examiner fees			
Examination of the financial statements	2,880	2,880	2,653
Legal fees	594	594	2,485
	3,474	3,474	5,138

8 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses from the charity during the year.

9 Independent examiner's remuneration

	2021 £	2020 £
Examination of the financial statements	2,880	2,653

10 Taxation

The charity is a registered charity and is therefore exempt from taxation.

11 Tangible fixed assets

	Land and buildings £	Furniture and equipment £	Total £
Cost			
At 1 April 2020	32,512	54,262	86,774
Additions	-	16,684	16,684
At 31 March 2021	32,512	70,946	103,458
Depreciation			
At 1 April 2020	15,830	47,815	63,645
Charge for the year	1,894	3,982	5,876
At 31 March 2021	17,724	51,797	69,521
Net book value			
At 31 March 2021	14,788	19,149	33,937
At 31 March 2020	16,682	6,447	23,129

Included within the net book value of land and buildings above is £Nil (2020 - £Nil) in respect of freehold land and buildings and £14,788 (2020 - £16,682) in respect of leaseholds.

12 Stock

	2021 £	2020 £
Stocks	585	585

13 Debtors

	2021 £	2020 £
Trade debtors	40,403	35,556
Other debtors	7,306	36,770
	47,709	72,326

14 Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	9,743	858
Other creditors	17,632	6,949
	27,375	7,807

15 Commitments

Capital commitments
The total amount contracted for but not provided in the financial statements was £Nil (2020 - £Nil).

16 Funds

	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Balance at 31 March 2021 £
Unrestricted funds				
General	(203,964)	(479,580)	457,493	(226,051)

	Balance at 1 April 2019 £	Incoming resources £	Resources expended £	Balance at 31 March 2020 £
Unrestricted funds				
General	(209,299)	(456,117)	461,452	(203,964)

17 Analysis of net funds

	At 1 April 2020 £	Cash flow £	At 31 March 2021 £
Cash at bank and in hand	115,731	55,464	171,195
Net debt	115,731	55,464	171,195

	At 1 April 2019 £	Cash flow £	At 31 March 2020 £
Cash at bank and in hand	124,992	(9,261)	115,731
Net debt	124,992	(9,261)	115,731

RELATE Hull and East Yorkshire

Detailed Statement of Financial Activities for the Year Ended 31 March 2021

	2021 Unrestricted funds	2021	
	General £	Total £	Total 2020 £
Income and Endowments from:			
Charitable activities (analysed below)	426,362	426,362	427,887
Other trading activities (analysed below)	53,086	53,086	28,066
Investment income (analysed below)	132	132	164
Total income	479,580	479,580	456,117
Expenditure on:			
Raising funds (analysed below)	(22,704)	(22,704)	(23,405)
Charitable activities (analysed below)	(434,789)	(434,789)	(438,047)
Total expenditure	(457,493)	(457,493)	(461,452)
Net income/(expenditure)	22,087	22,087	(5,335)
Net movement in funds	22,087	22,087	(5,335)
Reconciliation of funds			
Total funds brought forward	203,964	203,964	209,299
Total funds carried forward	226,051	226,051	203,964

RELATE Hull and East Yorkshire

Detailed Statement of Financial Activities for the Year Ended 31 March 2021

	Total 2021 £	Total 2020 £
Charitable activities		
Contracted Charitable Services	364,218	334,871
Client Income	15,019	39,902
Training	28,445	46,085
Grants & Donations	18,680	7,029
	426,362	427,887
Other trading activities		
Fundraising	24,300	28,066
Miscellaneous	28,786	-
	53,086	28,066
Investment income		
Interest Receivable	132	164
	132	164
Raising funds		
Charity Shop Expenses	(22,704)	(23,405)
	(22,704)	(23,405)
Charitable activities		
Staff Costs	(180,251)	(176,315)
Counsellors Training	(48,268)	(51,181)
Counsellors Remuneration	(106,279)	(114,947)
Counsellors Expenses	(7,981)	(29,776)
National Federation	(16,632)	(16,386)
Property Costs	(37,054)	(16,701)
Supervision	(8,672)	(8,444)
Administration Costs	(26,178)	(19,159)
Professional Costs	(594)	(2,485)
Independent Examination	(2,880)	(2,653)
	(434,789)	(438,047)

RELATE Hull and East Yorkshire

Detailed Statement of Financial Activities for the Year Ended 31 March 2021

	2021 Unrestricted funds	2021	
	General £	Total £	Total 2020 £
Charitable activities			
Contracted Charitable Services	364,218	364,218	334,871
Client Income	15,019	15,019	39,902
Training	28,445	28,445	46,085
Grants & Donations	18,680	18,680	7,029
	426,362	426,362	427,887

	2021 Unrestricted funds		
	General £	Total £	Total 2020 £
Other trading activities			
Fundraising	24,300	24,300	28,066
Miscellaneous	28,786	28,786	-
	53,086	53,086	28,066

	2021 Unrestricted funds	2021	
	General £	Total £	Total 2020 £
Investment income			
Interest Receivable	132	132	164
	132	132	164

RELATE Hull and East Yorkshire

Detailed Statement of Financial Activities for the Year Ended 31 March 2021

	2021 Unrestricted funds	2021	
	General £	Total £	Total 2020 £
Raising funds			
Charity Shop Expenses	(22,704)	(22,704)	(23,405)
	(22,704)	(22,704)	(23,405)

	2021 Unrestricted funds	2021	
	General £	Total £	Total 2020 £
Charitable activities			
Staff Costs	(180,251)	(180,251)	(176,315)
Counsellors Training	(48,268)	(48,268)	(51,181)
Counsellors Remuneration	(106,279)	(106,279)	(114,947)
Counsellors Expenses	(7,981)	(7,981)	(29,776)
National Federation	(16,632)	(16,632)	(16,386)
Property Costs	(37,054)	(37,054)	(16,701)
Supervision	(8,672)	(8,672)	(8,444)
Administration Costs	(26,178)	(26,178)	(19,159)
Professional Costs	(594)	(594)	(2,485)
Independent Examination	(2,880)	(2,880)	(2,653)
	(434,789)	(434,789)	(438,047)