



# Hull & East Yorkshire Counselling



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

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



**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

**Registered Office**

The charity is incorporated in England and Wales.  
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



**Hull and East Yorkshire Counselling Limited**  
**Formerly**  
**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 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 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.

**Hull and East Yorkshire Counselling Limited**  
**Formerly**  
**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

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

**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.



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

**Trustees' Report**

**Snapshot of work**

	<b>2019/20</b>	<b>2020/21</b>	<b>2021/22</b>	<b>2022/23</b>	<b>2023/24</b>	<b>2024/25</b>
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
<b>TOTAL</b>	<b>6450</b>	<b>5619</b>	<b>5332</b>	<b>5401</b>	<b>5579</b>	<b>5507</b>

- 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."

**Hull and East Yorkshire Counselling Limited**  
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"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"



**Hull and East Yorkshire Counselling Limited**  
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"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."

**Hull and East Yorkshire Counselling Limited**  
**Formerly**  
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**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).



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

**Trustees' Report**

**Organisational structure**

<b>Managing Director</b>	Debbie Andrew
<b>Supervisors</b>	Paul Baker
	Siobhan Lane
	Ann Thompson
	Alison Tinsley
<b>Business Intelligence Manager</b>	Dawn Blake
<b>Operations Manager</b>	Jayde Hall
<b>Office Manager</b>	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.

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

**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 level 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.

# **Hull and East Yorkshire Counselling Limited**

**Formerly**

**RELATE Hull and East Yorkshire**

## **Trustees' Report**

### ***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 12<sup>th</sup> November 2025 and signed on its behalf by:

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



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

**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 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 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: 16 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 £
<b>Income and Endowments from:</b>			
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
<b>Expenditure on:</b>			
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)
<b>Reconciliation of funds</b>			
Total funds brought forward		285,141	285,141
Total funds carried forward	18	283,373	283,373
	Note	Unrestricted funds £	Total 2024 £
<b>Income and Endowments from:</b>			
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
<b>Expenditure on:</b>			
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
<b>Reconciliation of funds</b>			
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.

The notes on pages 18 to 30 form an integral part of these financial statements.

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)**

The funds breakdown for 2025 is shown in note 18

The notes on pages 18 to 30 form an integral part of these financial statements.

# Hull and East Yorkshire Counselling Limited

(Registration number: 05098895)

## Balance Sheet as at 31 March 2025

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

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

12<sup>th</sup> November 2025.and signed on their behalf by:

..

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

The notes on pages 18 to 30 form an integral part of these financial statements.

# **Hull and East Yorkshire Counselling Limited**

Formerly

RELATE Hull and East Yorkshire

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

### **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.



# **Hull and East Yorkshire Counselling Limited**

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

### **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:

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

# **Hull and East Yorkshire Counselling Limited**

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

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.



# **Hull and East Yorkshire Counselling Limited**

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## **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.



**Hull and East Yorkshire Counselling Limited**

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**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.

# Hull and East Yorkshire Counselling Limited

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

### *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.

# Hull and East Yorkshire Counselling Limited

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## 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



# Hull and East Yorkshire Counselling Limited

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## 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
	<u>4,411</u>	<u>4,411</u>
	Unrestricted funds General £	Total 2024 £
Interest receivable and similar income;		
Interest receivable on bank deposits	4,660	4,660
	<u>4,660</u>	<u>4,660</u>

### 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
<b>Total for 2025</b>		<u>21,633</u>	<u>21,633</u>
<b>Total for 2024</b>		<u>22,667</u>	<u>22,667</u>
			<b>Total costs £</b>

### 7 Expenditure on charitable activities

## Hull and East Yorkshire Counselling Limited

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

	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
<b>Total for 2025</b>	<b>492,266</b>	<b>492,266</b>
<b>Total for 2024</b>	<b>448,865</b>	<b>448,865</b>

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
<b>Total for 2025</b>	<b>3,836</b>	<b>3,836</b>
<b>Total for 2024</b>	<b>4,034</b>	<b>4,034</b>

# Hull and East Yorkshire Counselling Limited

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## 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 £
<b>Cost</b>			
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
<b>Depreciation</b>			
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
<b>Net book value</b>			
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



# Hull and East Yorkshire Counselling Limited

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## 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
	<u>10,076</u>	<u>21,078</u>

### 15 Cash and cash equivalents

	2025 £	2024 £
Cash at bank	<u>203,404</u>	<u>252,430</u>

### 16 Creditors: amounts falling due within one year

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

### 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	<u>285,141</u>	<u>506,179</u>	<u>(507,947)</u>	<u>283,373</u>

# Hull and East Yorkshire Counselling Limited

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## 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 £
<b>Unrestricted funds</b>				
<i>General</i>				
Unrestricted Funds	285,141	506,179	(513,899)	277,421
	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Balance at 31 March 2024 £
<b>Unrestricted funds</b>				
<i>General</i>				
General	266,927	489,746	(471,532)	285,141
	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Balance at 31 March 2024 £
<b>Unrestricted funds</b>				
<i>General</i>				
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

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## 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

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

### Unrestricted Funds

	<b>Total Unrestricted Funds 2025 £</b>	<b>Total Unrestricted Funds 2024 £</b>
<b>Income and Endowments from:</b>		
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
<b>Expenditure on:</b>		
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
<b>Reconciliation of funds</b>		
Total funds brought forward	285,141	266,927
Total funds carried forward	283,373	285,141

# Hull and East Yorkshire Counselling Limited

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

	Total 2025 £	Total 2024 £
<b>Income and Endowments from:</b>		
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
<b>Expenditure on:</b>		
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
<b>Reconciliation of funds</b>		
Total funds brought forward	285,141	266,927
Total funds carried forward	283,373	285,141

# Hull and East Yorkshire Counselling Limited

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

	Total 2025 £	Total 2024 £
<b>Charitable activities</b>		
Contracted Charitable Services	369,504	363,762
Client Income	55,929	47,582
Training	29,137	30,300
Grants & Donations	7,521	4,631
	<u>462,091</u>	<u>446,275</u>
<b>Other trading activities</b>		
Fundraising	39,542	38,811
Miscellaneous	135	-
	<u>39,677</u>	<u>38,811</u>
<b>Investment income</b>		
Interest Receivable	4,411	4,660
	<u>4,411</u>	<u>4,660</u>
<b>Raising funds</b>		
Charity Shop Expenses	(21,633)	(22,667)
	<u>(21,633)</u>	<u>(22,667)</u>
<b>Charitable activities</b>		
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)
	<u>(486,314)</u>	<u>(448,865)</u>

This page does not form part of the statutory financial statements.