

The Turning Point Counselling Service

Charity number 1105857

Annual Report and Financial Statements for the year ended 31 March 2023



The Turning Point Counselling Service

Annual Report and Financial Statements for the year ended 31 March 2023

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The Turning Point Counselling Service

Trustees' report for the year ended 31 March 2023

Reference and administrative details of the charity, its trustees and advisors

The trustees during the financial year and up to and including the date the report was approved were:

Name	Position	Dates
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Ursula Blagg		
Alan Hoggard	Chair	
Christine Hood		
Chris Hartley		
David Palethorpe	Vice Chair	

Treasurer

Janet Cheema

Chaplin

Judith Grandage

Staff

Ellen Martin - Counselling Co-Ordinator

Claire Summerscales - Administrator

Charity number

The charity registered as a charity number 1105857 on 14th September 2004

Principal address

16 Church Lane
Brighthouse
HD6 1AT

Bankers

CAF Bank Ltd
25 Kings Hill Ave.
Kings Hill
West Malling
Kent
ME19 4JQ

Independent examiner

Roger Ellis

Structure, governance and management

The charity is governed by a constitution adopted 06/06/2002 as amended on 23/08/2004 as amended on 08/07/2013 as amended on 20/1/2022

Method of recruitment and appointment of trustees

The trustees of the charity are appointed by the members at the AGM.

The Turning Point Counselling Service

Trustees' report (continued) for the year ended 31 March 2023

Objectives and activities

The charity's objects

The preservation and promotion of good health and well-being for the benefit of the public by offering a counselling service based on the christian ethos to anyone over the age of 14 years, in an effort to relieve emotional and mental suffering. The provision of ongoing development training to qualified counsellors and those working towards their professional qualification to help further this object and the establishment of other services linked to the prime objectives when a relevant need and adequate resources are identified.

The charity's main activities

We are a charity committed to supporting individuals suffering mental health and emotional difficulties within the local Brighthouse community and throughout Calderdale. We endeavour to be accessible to all who approach us offering a compassionate service, tailored to an individual's need in an environment where mutual respect and courtesy are demonstrated by both counsellor and client.

Public benefit statement

In setting our objectives and planning our activities our Trustees have given serious consideration to the Charity Commission's general guidance on public benefit and in particular the advancement of health and education).

Achievements and performance

Our in-house counselling service provides clients with a safe, confidential, and non-judgemental space in which to explore stressful and/or distressing experiences. The clients we work with are often struggling with high anxiety and the coping tools and strategies they learn during counselling sessions can be life changing. In 2022/23 twenty volunteer counsellors provided 1011 (1104) sessions of counselling to 87 (69) clients. In the past year we have worked with Calderdale Cares partnership to provide counselling to key workers.

We continue to offer a free telephone support service offered to any one who contacts us though the help line and includes those on the waiting list for counselling. It enables people to offload their worries whilst they wait for more consistent support from a counsellor. This service is invaluable especially for those who are suicidal, and the clients we talk with have expressed how grateful they are to have someone who will listen in a compassionate and non-judgemental way.

During the year we worked in two schools (Rastrick High School & Hipperholme & Lightcliffe) where we were able to support young people aged 14+. We offered students a safe place for them to be heard as themselves, away from their peers and the pressures of adolescence and social media. For many young people, this environment is their only reprieve in difficult circumstances both at home and at school. This work was funded by the schools and a grant from Rastrick Big Local

Our placement counsellors include students from Leeds Beckett, Huddersfield University and Leeds City College. They must gain 100 hours one-to-one counselling experience to fully qualify as a counsellor. At The Turning Point, we support the students in both a professional and personal capacity. The Turning Point supports the trainees with college work, client work and personal challenges to enable which enables the students to achieve their potential and offer the best possible service to our community. We offer our counsellors specialist training e.g., supporting those struggling with sexual trauma and working with people facing financial difficulties. In March 2023 we had 12 volunteer counsellors 8 of which are trainees.

Signed on behalf of the Trustees by Alan Hoggard



Date: 13/10/2023

The Turning Point Counselling Service

Independent examiner's report to the trustees of The Turning Point Counselling Service

I report to the charity trustees on my examination of the accounts of the Charity for the year ended 31 March 2023, which are set out on pages 6 to 11.

Responsibilities and basis of report

As the charity trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts as carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2 the accounts do not accord with those records.

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.

Signed: ..



Name: Roger Ellis

Date: 06/09/2023

The Turning Point Counselling Service

Receipts and payments account

for the year ended 31 March 2023

	Notes	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Receipts					
Grants	(1)	8,000	32,765	40,765	26,190
Donations Received Clients	(2)	5,584		5,584	4,455
Donations Other Individuals		1,696		1,696	1,018
HMRC Gift Aid		1,368		1,368	3,109
Donations from Organisations	(3)	810	-	810	2,935
Earned income	(4)	5,820	-	5,820	3,020
Fund Generation - Fund Raising		682		682	158
Bank Interest		50		50	6
Other Income		83		83	86
		-			
Total receipts		24,093	32,765	56,858	40,977
Payments					
Staff Salaries	(6)	21,821	8,359	30,180	26,066
Supervision Fees	(7)	2,823	-	2,823	2,106
Calderdale Counselling		450	-	450	2,295
Counsellor Travel Costs		1,409	-	1,409	534
Counsellor Training					451
Young People Counselling		-	985	985	400
DBS Checks		111	-	111	112
Rent		4,400	-	4,400	4,800
Service Charge		960	-	960	960
Brighthouse Bid Levy		-	-	-	118
Printing		133	-	133	188
Office Stationery		30	-	30	58
Telephone and Fax		359	-	359	377
Website		100	-	100	500
Equipment		65	-	65	599
Repairs and Renewals		240	-	240	-
Cleaning		155	-	155	57
Insurance		428	-	428	428
Refreshments		483	-	483	485
Subscriptions		463	-	463	366
Bank Charges		72	-	72	96
		-			
Total payments		34,502	9,344	43,846	40,996
Net receipts / (payments)		(10,409)	23,421	13,012	(19)
Transfers between funds		-	-	-	-
Net movement in funds after transfers		(10,409)	23,421	13,012	(19)
Fund balances brought forward		36,067	2,788	38,855	38,874
Fund balances carried forward	(2)	25,658	26,209	51,867	38,855

The Turning Point Counselling Service

Statement of assets and liabilities

as at 2023

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank	30,103	22,156	52,259	38,770
Cash in hand	(3,367)	4,053	686	309
Total cash funds	<u>26,736</u>	<u>26,209</u>	<u>52,945</u>	<u>39,079</u>
 Other monetary assets				
Debtors			-	320
 Less: Liabilities				
Creditors			743	544
			<u>52,202</u>	<u>38,855</u>

Approval of the accounts

The financial statements were approved by the board of trustees on 13/10/2023

Signed:  (Trustee)

Name: Alan Hoggard

The Turning Point Counselling Service

Notes to the accounts continued

for the year ended 31 March 2023

1 Accounting

Basis of

The trustees have taken advantage of section 133 of the Charities Act 2011 and have prepared the accounts on a receipts and payments basis.

There has been no change to the accounting policies since last year.

No changes have been made to the accounts for previous years.

Taxation

As a charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Fund accounting

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

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

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

2 Grants

	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Albert Hunt				£2,000
Beaders				£250
Benefactor Trust		15,250	£15,250	
Brighouse Jigsaw Festival		2,250	£2,250	
CFFC Grant		14,290	£14,290	£5,000
Lloyds Bank			£0	£1,000
Local Giving	500		£500	£500
Rastrick Big Local		975	£975	
The West Trust	7,500		£7,500	£10,000
VCI	-			£7,440
	<u>8,000</u>	<u>32,765</u>	<u>40,765</u>	<u>26,190</u>

3 Donations Received Clients

Clients are asked at their initial meeting to sign up to a weekly contribution of at least £10 towards the cost of their counselling. So that nobody is excluded on the grounds of hardship clients who are unable to afford £10 a week are assisted in accessing a hardship fund to make up the shortfall. All clients who are able are encouraged to sign a gift aid declaration.

The Turning Point Counselling Service

Notes to the accounts continued

for the year ended 31 March 2023

4 Donations from Organisations	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Bailiff Bridge School	-			£200
Brighouse Jigsaw Festival	-			£1,250
Hudds Pennine Rotary Club	-			£250
St Johns Church Rastrick	460		£460	£360
St Matthews Church Rastrick	250		£250	£250
St Pauls Birkenshaw	-			£500
Upper Edge Baptist Church	100		£100	£100
Other Donations	-			£25
				-
	<u>810</u>	<u>-</u>	<u>810</u>	<u>2,935</u>
5 Earned Income	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Calderdale Wellbeing	600		£600	£3,020
Hipperholme & Lightcliffe secondary School	4,320		£4,320	
Rastrick High	900		£900	
	<u>6,730</u>	<u>-</u>	<u>6,730</u>	<u>6,580</u>

From September 2021 to May 2022 Turning Point Carried out work for Healthy Minds and in particular Calderdale Wellbeing. This service was offering counselling to key workers following the pandemic.

Counsellors who undertook this work were paid an hourly fee

From April 2022 to December 2022 the counselling co-ordinator worked in schools and this was funded by the schools themselves rastrick high was topped up by a grant from Rastrick Big Local.

6 Related party transactions

Trustee expenses

No trustee received any expenses during this year or the previous year.

Trustee remuneration and benefits

No trustee received any remuneration or benefit during this or the previous year.

7 Supervision Fees

Counsellors volunteer their time free of charge, however the charity does reimburse part of the cost of

The Turning Point Counselling Service

Notes to the accounts continued

for the year ended 31 March 2023

8 Funds	Opening Balance £	Receipts £	Payments £	Account Transfers £	Closing Balance £
Unrestricted Funds	36,067	24,093	34,502	-	25,658
Restricted Funds					
Young Peoples Fund	2,788	3,225	1,960	-	4,053
Capacity Building		14,290	3,572		10,718
Benefactor trust		15,250	3,812		11,438
	38,855	56,858	43,846	0	51,867