

# **The Turning Point Counselling Service**

Charity number 1105857

## **Annual Report and Financial Statements for the year ended 31 March 2024**



# **The Turning Point Counselling Service**

## **Annual Report and Financial Statements for the year ended 31 March 2024**

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# **The Turning Point Counselling Service**

## **Trustees' report for the year ended 31 March 2024**

### **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:

<b>Name</b>	<b>Position</b>	<b>Dates</b>
Alan Hoggard	Chair	
Christine Hood		
Chris Hartley		
David Palethorpe	Vice Chair	
Ursula Blagg		

#### **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.  
West Malling  
Kent  
ME19 4JQ

#### **Bankers**

Virgin Money  
12 Bradford Road  
Cleckheaton  
BD19 3RJ

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#### **Independent examiner**

Roger Ellis

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#### **Structure, governance and management**

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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 2024

### 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 Brighouse 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 2023/24 eighteen volunteer counsellors provided 1170 (1011) sessions of counselling to 76 (87) clients.

<u>Year ending</u> <u>31/03/2024</u>	<u>Clients</u>	<u>clients</u> <u>attended</u>	<u>sessions</u>	<u>Av.</u> <u>Sessions</u>	<u>Waiting</u> <u>Time</u> <u>(weeks)</u>	<u>age</u>	<u>male</u>	<u>female</u>
finished	60	51	632	12.39	21	35.6	20	40
NLR	38					41.7	13	25
Current	25	25	538	21.52	15	36.6	10	15
Waiting List	27					44.1	8	19
	150	76	1170	15.39	20	39.6	51	99

We are receiving an increased number of referrals for young people between 14 and 18. we do seek to offer support as soon as possible however this is difficult as we only have a limited number of qualified counsellors who are able to work with young people.

## The Turning Point Counselling Service

### Trustees' report (continued) for the year ended 31 March 2024

<u>YP Year ending 31/03/2024</u>	<u>Clients</u>	<u>clients attended</u>	<u>sessions</u>	<u>Av. Sessions</u>	<u>Waiting Time (weeks)</u>	<u>age</u>	<u>male</u>	<u>female</u>
finished	11	11	102	9.27			1	10
NLR	9						4	4
Current	4	4	14	3.50			2	3
Waiting List	6						0	6
	30	15	116	7.73	10	15.5	7	23

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.

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 college work, client work and personal challenges to enable the students to achieve their potential and offer the best possible service to our community. We also offer our counsellors specialist training e.g., supporting those struggling with sexual trauma and working with people facing financial difficulties. In March 2024 we had 12 volunteer counsellors 7 of which are trainees.

Signed on behalf of the Trustees by Alan Hoggard .....



Date: 25th July 2024

# **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 2024, which are set out on pages 7 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: 12/09/2023

# The Turning Point Counselling Service

## Receipts and payments account

### for the year ended 31 March 2024

	Notes	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
<b>Receipts</b>					
Grants	(2)	11,000	23,582	34,582	40,765
Donations Received Clients	(3)	7,114	-	7,114	5,584
Donations Other Individuals		850		850	1,696
Donations from Organisations	(4)	1,057		1,057	810
Earned Income	(5)			-	5,820
HMRC Gift Aid				-	1,368
Fund Generation - Fund Raising		163	-	163	682
Bank Interest		543		543	50
Credit Charges		4		4	
Room Hire Income		435		435	83
		-			
<b>Total receipts</b>		<b>21,166</b>	<b>23,582</b>	<b>44,748</b>	<b>56,858</b>
<b>Payments</b>					
Staff Salaries		13,160	18,176	31,336	30,180
Employers NI		978	79	1,057	
Other Staff costs	3 to	#	5	72	450
Supervision Fees		79	2,632	2,711	2,823
Counsellor Travel Costs		6	1,173	1,251	1,409
Counsellor Training		342	27	369	
Other Counsellor Payments		7	42	569	985
DBS Checks		22	2	24	111
Rent		8	2,595	4,800	4,400
Brighthouse Bid Levy		118	9	127	
Service Charge	9 -		635	960	960
Photocopier & Printing		138	11	149	133
Postage and Carriage		12	2	14	
Office Stationery		68	6	74	30
Telephone and Fax		448	36	484	359
Website		114	9	123	100
Cleaning		25	2	27	155
Insurance		414	33	447	428
Refreshments		503	40	543	483
Sundry Expenses		31	2	33	305
Subscriptions		398	32	430	463
Other Training		1,018	82	1,100	
Bank Charges		56	4	60	72
		-			
<b>Total payments</b>		<b>17,945</b>	<b>25,634</b>	<b>46,760</b>	<b>43,846</b>
<b>Net receipts / (payments)</b>		<b>3,221</b>	<b>(2,052)</b>	<b>(2,012)</b>	<b>13,012</b>
Transfers between funds		-	-	-	-
<b>Net movement in funds after transfers</b>		<b>3,221</b>	<b>(2,052)</b>	<b>(2,012)</b>	<b>13,012</b>
<b>Fund balances brought forward</b>		<b>25,992</b>	<b>26,209</b>	<b>52,201</b>	<b>39,189</b>
<b>Fund balances carried forward</b>	(8)	<b>29,213</b>	<b>24,157</b>	<b>50,189</b>	<b>52,201</b>

# The Turning Point Counselling Service

## Statement of assets and liabilities

as at 2024

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
<b>Cash funds</b>				
Cash at bank	25,892	24,157	50,049	52,258
Cash in hand	140	-	140	686
<b>Total cash funds</b>	<u>26,032</u>	<u>24,157</u>	<u>50,189</u>	<u>52,944</u>
<b>Other monetary assets</b>				
Debtors			138	-
Accrued income	(9)		3,723	1,625
<b>Less: Liabilities</b>				
Creditors			253	743
			<u>53,797</u>	<u>53,826</u>

### Approval of the accounts

The financial statements were approved by the board of trustees on 25th July 2025

Signed: .....  (Trustee)

Name: Alan Hoggard



# The Turning Point Counselling Service

## Notes to the accounts continued

### for the year ended 31 March 2024

#### 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.

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 & Donations

		2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
Benefactor Trust				£0	£15,250
Brighthouse Jigsaw Festival			2,000	£2,000	£2,250
CFFC Grant			4,956	£4,956	£14,290
Local Giving				£0	£500
Rastrick Big Local	3 5			£0	£975
The West Trust		8,000		£8,000	£7,500
Calderdale Small Grants	6	3,000		£3,000	
Awards for All			16,626	£16,626	
	7	-			
		<u>11,000</u>	<u>23,582</u>	<u>34,582</u>	<u>40,765</u>
	8				

#### 3 Client donations non-taxpayers

Clients are asked at their initial meeting to sign up to a weekly contribution 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 also encouraged to sign a gift aid declaration.

# The Turning Point Counselling Service

## Notes to the accounts continued

### for the year ended 31 March 2024

4 Donations from Organisations	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
St Johns Church Rastrick	£460		£460	£460
St Matthews Church Rastrick	£150		£150	£250
Upper Edge Baptist Church	£150		£150	£100
Churchfields Hall	£205		£205	
Churches Together			£92	
Other Donations	£0			£25
	<u>£965</u>	<u>£0</u>	<u>£1,057</u>	<u>£835</u>

5 Earned Income	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
Calderdale Wellbeing	-			£600
Hipperholme & Lightcliffe secondary School	-			£4,320
Rastrick High	-			£900
	<u>-</u>	<u>-</u>	<u>-</u>	<u>6,780</u>

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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 7

### Trustee expenses 8

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

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### 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 personal supervision fees without which the counsellor would be unable to practise. Reasonable travel costs on a mileage basis can also be claimed.

# The Turning Point Counselling Service

## Notes to the accounts continued for the year ended 31 March 2024

8 Funds	Opening Balance £	Receipts £	Payments £	Account Transfers £	Closing Balance £
<b>Unrestricted Funds</b>	25,992	21,166	17,945	-	<b>29,213</b>
<b>Restricted Funds</b>					
Young Peoples Fund	4,053	2,000	3,478	-	<b>2,575</b>
Capacity Building	10,718	0	10,718	-	<b>0</b>
Benefactor trust	11,438	0	11,438	-	<b>0</b>
CFFC -Hardship Fund		4,956		-	<b>4,956</b>
Awards for All		16,626		-	<b>16,626</b>
	<b>52,201</b>	<b>44,748</b>	<b>43,579</b>	<b>0</b>	<b>53,370</b>

### 9 Accrued income

	2024 £	2023 £
HMRC Tax Refund Due	3,723	1,625
	<b>3,723</b>	<b>1,625</b>