

MID-SUSSEX COUNSELLING CENTRE

England & Wales · Charity number 1107003

Details

Status Registered

Legal form Charitable company

Company number [05250711](#)

Registered 2004-11-25

Register [View on the Charity Commission register](#)

Contact

Address Powell House
21 Keymer Road
Hassocks
BN6 8AB

Phone 01273846835

Email mssc@midsussexcounsellingcentre.org.uk

Website www.midsussexcounsellingcentre.org.uk

Activities

Objects: THE PROMOTION OF HEALTH AMONGST PERSONS PERMANENTLY OR TEMPORARILY RESIDENT, PRIMARILY (BUT NOT EXCLUSIVELY SO) IN THE MID-SUSSEX AREA. IT IS ESTABLISHED TO HELP PEOPLE WITH PERSONAL PROBLEMS, SUCH AS THOSE WHO ARE UNHAPPY, LONELY OR DEPRESSED, THOSE WHO MAY BE DISSATISFIED WITH THEIR WORK OR QUALITY OF LIFE, AND THOSE WHO HAVE PROBLEMS WITH FAMILY RELATIONS, MARRIAGE OR CHILDREN, BY ESTABLISHING, MAINTAINING AND DEVELOPING A COUNSELLING SERVICE FOR INDIVIDUALS.

Activities: Provides counselling for members of the public and training opportunities for counsellors.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** PERSONS PERMANENTLY OR TEMPORARILY RESIDENT, PRIMARILY (BUT NOT EXCLUSIVELY SO) IN THE MID-SUSSEX AREA
- East Sussex
- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£43,545	£48,177	-	-
2023-12-31	£48,436	£42,970	-	-
2022-12-31	£35,519	£41,449	-	-
2021-12-31	£40,568	£37,524	-	-
2020-12-31	£30,616	£31,065	-	-

Trustees

Name	Role	Appointed
Peter Ellender	Chair	2020-10-02
Debbie Moore		2023-01-01
Janet Eileen Prue		2016-04-08
Joelle Packham		2024-12-20

MID-SUSSEX COUNSELLING CENTRE

England & Wales - Charity number 1107003

Accounts

Charity number: 1107003
Company number: 05250711
(England and Wales)

Mid-Sussex Counselling Centre
Report of the Trustees and Unaudited Financial Statements
For the year ended 31 December 2024

Mid-Sussex Counselling Centre
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For the year ended 31 December 2024

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Mid-Sussex Counselling Centre
Report of the Trustees
For the year ended 31 December 2024

The Trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the financial statements for the charitable company for the year ended 31 December 2024. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES, ORGANISATION AND ACTIVITIES

Objectives and aims

The Centre is established to offer affordable and professionally supported counselling to the people of Mid-Sussex. It is a registered charity and accredited by the British Association for Counselling and Psychotherapy (BACP)

The Centre offers open-ended, psychodynamic counselling to individual adult clients at its base in Hassocks, West Sussex.

The Centre is managed and administered by a board of Directors, the Centre Manager and the Clinical Lead.

A group of qualified supervisors support and oversee the work of a team of up to twenty volunteer counsellors. The team comprises both qualified and experienced counsellors who have been working with the Centre for some time and a number of counsellors who have undergone a minimum of one year of training and are on clinical placement from training courses approved by the Centre. All counsellors attend weekly supervision.

Clients generally refer themselves but many come on the recommendation of former clients, GPs and mental health services. Our website provides an internet presence. All prospective clients are asked to attend an initial interview where their aims and expectations are explored and the suitability of counselling is discussed before they are placed on the waiting-list for allocation to a counsellor. Should it ever be decided that psychodynamic counselling is not appropriate for a particular person, every effort is made to suggest an alternative source of help. Clients are asked to contribute towards the cost of counselling on a sliding scale related to income and circumstances. The service is offered on a one-to-one basis and the highest priority is given to confidentiality.

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

During the year, in preparation for the departure of our Head of Service, we internally recruited a new Clinical Director, who shortly after appointment unexpectedly resigned.

The Board are grateful to all those who stepped in at this difficult time, particularly Debbie Moore, to support and maintain the service. Since then through the work of the Clinical Lead and others we have recruited new supervisors to strengthen and broaden the clinical base to our work. This will enable us to increase the number of supervision groups, counsellors and the number of clients we support.

Currently we have been unable to recruit to fill a Head of Service and are exploring how best to configure the leadership and management of the Centre in the light of this. The Board are grateful to Jenny Key for returning to head the service while these issues are resolved.

We have appointed an administrative assistant to manage and support the initial contact by clients, assessment and allocation. We have appointed an assistant to provide feedback of counsellors' concerns.

Given the change and uncertainty we have not been able to complete work previously prioritised on introducing new IT systems to support our work.

Through the work of Daisy Moore our finance administrator MSCC was awarded £9,446 lottery funding. However, with costs increasing the Board has taken the decision to increase client fees for the first time in some 10 years. Together with increased client numbers this will ensure the service remains viable for the future.

Against the background of an increased incidence in mental ill health the Board remain committed to the value and provision of low cost open ended counselling within the community.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name of Charity

Mid-Sussex Counselling Centre

**Mid-Sussex Counselling Centre
Report of the Trustees Continued
For the year ended 31 December 2024**

Charity registration number	1107003
Company registration number	05250711
Principal address	Powell House, 21 Keymer Road Hassocks West Sussex BN6 8AB

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Richard Coker
(Resigned: 25 September 2024)
Janet Prue
Alison Mohammed
(Resigned: 25 September 2024)
Peter Ellender
Debbie Moore

Secretary

Ms Daisy Moore
Mrs Jennifer Rachel Keay

Independent examiner

Caroline Clarke ACA
66 High Street
Lewes
East Sussex
BN7 1XG

Approved by the Board of Trustees and signed on its behalf by

..... 12 September 2025
Peter Ellender

**Mid-Sussex Counselling Centre
Independent Examiners Report to the Trustees
For the year ended 31 December 2024**

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

Responsibilities and basis of report

As the charity Trustees, who are also directors for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts 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 examiners statement

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 that in any material respect:

1. accounting records were not kept in respect of the Company 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 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.

.....
Caroline Clarke ACA
66 High Street
Lewes
East Sussex
BN7 1XG

12 September 2025

Mid-Sussex Counselling Centre
Statement of Financial Activities (including Income and Expenditure Account)
For the year ended 31 December 2024

	Notes	Unrestricted funds £	2023 £
Income and endowments from:			
Donations and legacies	2	17	9,696
Charitable activities	3	41,700	36,243
Investments	4	1,828	1,079
Total		43,545	47,018
Expenditure on:			
Charitable activities	5/6	(48,177)	(42,113)
Total		(48,177)	(42,113)
Net income/expenditure		(4,632)	4,905
Reconciliation of funds			
Total funds brought forward		77,823	72,918
Total funds carried forward		73,191	77,823

**Mid-Sussex Counselling Centre
Statement of Financial Position
As at 31 December 2024**

	Notes	2024 £	2023 £
Current assets			
Debtors	12	1,961	1,600
Cash at bank and in hand		72,929	77,396
		74,890	78,996
Creditors: amounts falling due within one year	13	(1,699)	(1,173)
Net current assets		73,191	77,823
Total assets less current liabilities		73,191	77,823
Net assets		73,191	77,823
The funds of the charity			
Unrestricted income funds	14	73,191	77,823
Total funds		73,191	77,823

For the year ended 31 December 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The trustees 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 were approved and authorised for issue by the Board and signed on its behalf by:

Peter Ellender
Trustee

12 September 2025

Mid-Sussex Counselling Centre
Notes to the Financial Statements
For the year ended 31 December 2024

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Mid-Sussex Counselling Centre 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 note(s).

Going concern

The financial statements are prepared, on a going concern basis, under the historical cost convention.

Incoming resources

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to the expenditure.

Taxation

As a registered charity, the company is exempt from income and corporation tax to the extent that its income and gains are applicable to charitable purposes only. Value Added Tax is not recoverable by the company, and is therefore included in the relevant costs in the Statement of Financial Activities.

2. Income from donations and legacies

	2024	2023
	£	£
Unrestricted funds		
Donations received	17	9,696
	<u>17</u>	<u>9,696</u>

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2024

3. Income from charitable activities

	2024	2023
	£	£
Unrestricted funds		
<i>Counselling services</i>		
Client contributions	33,378	28,531
Placement fees	6,801	5,702
Intake contributions	1,250	1,090
Supervisors reports	271	920
	41,700	36,243
	41,700	36,243

4. Investment income

	2024	2023
	£	£
Unrestricted funds		
Bank interest receivable	1,828	1,079
	1,828	1,079
	1,828	1,079

5. Costs of charitable activities by fund type

	2024	2023
	£	£
Unrestricted funds		
Counselling services	15,948	13,541
Support costs	32,229	28,572
	48,177	42,113
	48,177	42,113

6. Costs of charitable activities by activity type

	Activities undertaken directly	Support costs	2024	2023
	£	£	£	£
Support costs				
Counselling services	15,948	32,229	48,177	42,113

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2024

7. Analysis of support costs

	2024	2023
	£	£
Counselling services		
Training	1,846	1,782
Intake supervision and Clinical Lead	3,660	3,000
Administrative expenses	15,935	14,196
Rents	7,536	6,133
Insurances	448	565
Telephone	974	984
Office supplies	715	621
Bank charges	60	60
Sundry expenses	80	398
Governance costs	975	833
	32,229	28,572
	32,229	28,572

8. Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2024	2023
	£	£
Accountancy fees	582	504
	582	504
	582	504

9. Staff costs and emoluments

	2024	2023
Trustees	3	5
	3	5
	3	5

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2024

10. Trustee remuneration and related party transactions

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2023:£nil).

No charity trustee received payment for professional or other services supplied to the charity (2023:£nil). The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind (2023:£nil).

Trustees' expenses represents the payment or reimbursement of travel and subsistence costs totalling £nil (2023:£nil). There are no related party transactions to disclose for 2024 (2023:none).

11. Comparative for the Statement of Financial Activities

The comparative year values on the Statement of Financial Activities are for unrestricted funds.

12. Debtors

	2024	2023
	£	£
Amounts due within one year:		
Trade debtors	816	555
Prepayments and accrued income	411	311
Other debtors	734	734
	1,961	1,600
	1,961	1,600

13. Creditors: amounts falling due within one year

	2024	2023
	£	£
Other creditors	1,182	722
Accruals and deferred income	517	451
	1,699	1,173
	1,699	1,173

14. Movement in funds

Unrestricted Funds

	Balance at 01/01/2024	Incoming resources	Outgoing resources	Balance at 31/12/2024
	£	£	£	£
<i>General</i>				
General	77,823	43,545	(48,177)	73,191
	77,823	43,545	(48,177)	73,191
	77,823	43,545	(48,177)	73,191

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2024

Unrestricted Funds - Previous year

	Balance at 01/01/2023	Incoming resources	Outgoing resources	Balance at 31/12/2023
	£	£	£	£
<i>General</i>				
General	72,918	47,018	(42,113)	77,823
	72,918	47,018	(42,113)	77,823

Purpose of unrestricted Funds

General

These funds are held for the meeting of the objectives of the charity and to provide reserves for future activities and subject to charity legislation are free from all restrictions on their use.

15. Analysis of net assets between funds

	Net current assets / (liabilities)	Net Assets
	£	£
Unrestricted funds		
<i>General</i>		
General	73,191	73,191
	73,191	73,191
Previous year		
	Net current assets / (liabilities)	Net Assets
	£	£
Unrestricted funds		
<i>General</i>		
General	77,823	77,823
	77,823	77,823

16. Company limited by guarantee

Mid-Sussex Counselling Centre is a company limited by guarantee and accordingly does not have a share capital.

MID-SUSSEX COUNSELLING CENTRE

England & Wales - Charity number 1107003

Accounts

Charity number: 1107003
Company number: 05250711
(England and Wales)

Mid-Sussex Counselling Centre
Report of the Trustees and Unaudited Financial Statements

For the year ended 31 December 2023

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**Mid-Sussex Counselling Centre
Report of the Trustees
For the year ended 31 December 2023**

The Trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the financial statements for the charitable company for the year ended 31 December 2023. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES, ORGANISATION AND ACTIVITIES

Objectives and aims

The Centre is established to offer affordable and professionally supported counselling to the people of Mid-Sussex. It is a registered charity and accredited by the British Association for Counselling and Psychotherapy (BACP)

The Centre offers open-ended, psychodynamic counselling to individual adult clients at its base in Hassocks, West Sussex.

The Centre is managed and administered by a board of Directors, the Centre Manager and the Clinical Lead.

A group of qualified supervisors support and oversee the work of a team of up to twenty volunteer counsellors. The team comprises both qualified and experienced counsellors who have been working with the Centre for some time and a number of counsellors who have undergone a minimum of one year of training and are on clinical placement from training courses approved by the Centre. All counsellors attend weekly supervision.

Clients generally refer themselves but many come on the recommendation of former clients, GPs and mental health services. Our website provides an internet presence. All prospective clients are asked to attend an initial interview where their aims and expectations are explored and the suitability of counselling is discussed before they are placed on the waiting-list for allocation to a counsellor. Should it ever be decided that psychodynamic counselling is not appropriate for a particular person, every effort is made to suggest an alternative source of help. Clients are asked to contribute towards the cost of counselling on a sliding scale related to income and circumstances. The service is offered on a one-to-one basis and the highest priority is given to confidentiality.

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

A significant number of trainees who had qualified as counsellors during the time of pandemic left the service during the year many taking their clients with them. This had an adverse impact on the services finance and considerable effort was required to recruit new trainee counsellors and rebuild the client base to recover the position and ensure the service would break even for the future. However, this did lead to a significant deficit in the last quarter given the time lapse in recruitment, the reorganisation of supervision groups and recruited trainees being in a position to take on clients.

During the year the Board were sorry to lose the services of Debbie Moore, the clinical lead, who had made a significant contribution to the service, its quality and integrity as well as maintaining the service during the difficult period of the pandemic. However, the Board are pleased that Debbie has agreed to become a Director so as to retain the benefit of her experience and knowledge.

The Board were pleased to appoint Alexander Haines just after the year end to be the new clinical lead and have confidence in the clinical leadership he will bring to the service for the future. The Board were also pleased to recruit Anthony Beddell to the clinical team. The Board decided to support key personnel's training and development utilising reserves.

The Board has not succeeded in its plan to streamline and computerise the administration of the service after a number of false starts. This is a key priority for the coming year.

With the cost of living crisis and the increase in the incidence of mental ill health following the pandemic the Board feel the provision of low cost counselling in the community to be as important if not more important than ever.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name of Charity	Mid-Sussex Counselling Centre
Charity registration number	1107003
Company registration number	05250711
Principal address	Powell House, 21 Keymer Road

**Mid-Sussex Counselling Centre
Report of the Trustees Continued
For the year ended 31 December 2023**

Hassocks
West Sussex
BN6 8AB

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Richard Coker
Janet Prue
Alison Mohammed
Peter Ellender
Debbie Moore

Secretary

Jenny Keay
Ms Daisy Moore

Independent examiner

Caroline Clarke ACA
66 High Street
Lewes
East Sussex
BN7 1XG

Approved by the Board of Trustees and signed on its behalf by

.....
Peter Ellender

09 September 2024

**Mid-Sussex Counselling Centre
Independent Examiners Report to the Trustees
For the year ended 31 December 2023**

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

Responsibilities and basis of report

As the charity Trustees, who are also directors for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts 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 examiners statement

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 that in any material respect:

1. accounting records were not kept in respect of the Company 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 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.

.....
Caroline Clarke ACA
66 High Street
Lewes
East Sussex
BN7 1XG

09 September 2024

Mid-Sussex Counselling Centre
Statement of Financial Activities (including Income and Expenditure Account)
For the year ended 31 December 2023

	Notes	Unrestricted funds £	2022 £
Income and endowments from:			
Donations and legacies	2	9,696	306
Charitable activities	3	36,243	33,112
Investments	4	1,079	288
Total		47,018	33,706
Expenditure on:			
Charitable activities	5/6	(42,113)	(39,686)
Total		(42,113)	(39,686)
Net income/expenditure		4,905	(5,980)
Reconciliation of funds			
Total funds brought forward		72,918	78,898
Total funds carried forward		77,823	72,918

**Mid-Sussex Counselling Centre
Statement of Financial Position
As at 31 December 2023**

	Notes	2023 £	2022 £
Current assets			
Debtors	12	1,600	2,834
Cash at bank and in hand		77,396	71,931
		78,996	74,765
Creditors: amounts falling due within one year			
	13	(1,173)	(1,847)
Net current assets			
		77,823	72,918
Total assets less current liabilities			
		77,823	72,918
Net assets			
		77,823	72,918
The funds of the charity			
Unrestricted income funds	14	77,823	72,918
Total funds			
		77,823	72,918

For the year ended 31 December 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The trustees 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 were approved and authorised for issue by the Board and signed on its behalf by:

Richard Coker
Trustee

09 September 2024

Mid-Sussex Counselling Centre
Notes to the Financial Statements
For the year ended 31 December 2023

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Mid-Sussex Counselling Centre 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 note(s).

Going concern

The financial statements are prepared, on a going concern basis, under the historical cost convention.

Incoming resources

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to the expenditure.

Taxation

As a registered charity, the company is exempt from income and corporation tax to the extent that its income and gains are applicable to charitable purposes only. Value Added Tax is not recoverable by the company, and is therefore included in the relevant costs in the Statement of Financial Activities.

2. Income from donations and legacies

	2023	2022
	£	£
Unrestricted funds		
Donations received	9,696	306
	<u>9,696</u>	<u>306</u>

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2023

3. Income from charitable activities

	2023	2022
	£	£
Unrestricted funds		
<i>Counselling services</i>		
Client contributions	28,531	27,936
Placement fees	5,702	3,767
Intake contributions	1,090	910
Supervisors reports	920	499
	36,243	33,112
	36,243	33,112

4. Investment income

	2023	2022
	£	£
Unrestricted funds		
Bank interest receivable	1,079	288
	1,079	288
	1,079	288

5. Costs of charitable activities by fund type

	2023	2022
	£	£
Unrestricted funds		
Counselling services	13,541	14,030
Support costs	28,572	25,656
	42,113	39,686
	42,113	39,686

6. Costs of charitable activities by activity type

	Activities undertaken directly	Support costs	2023	2022
	£	£	£	£
Support costs				
Counselling services	13,541	28,572	42,113	39,686

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2023

7. Analysis of support costs

	2023	2022
	£	£
Counselling services		
Training	1,782	1,776
Intake supervision and Clinical Lead	3,000	5,165
Administrative expenses	14,196	10,192
Rents	6,133	5,053
Insurances	565	377
Telephone	984	883
Subscriptions	-	319
Office supplies	621	1,179
Bank charges	60	81
Sundry expenses	398	181
Governance costs	833	450
	28,572	25,656
	28,572	25,656

8. Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2023	2022
	£	£
Accountancy fees	504	450
	504	450
	504	450

9. Staff costs and emoluments

	2023	2022
Trustees	5	6
	5	6
	5	6

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2023

10. Trustee remuneration and related party transactions

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2022:£nil).

No charity trustee received payment for professional or other services supplied to the charity (2022:£nil). The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind (2022:£nil).

Trustees' expenses represents the payment or reimbursement of travel and subsistence costs totalling £nil (2022:£nil). There are no related party transactions to disclose for 2023 (2022:none).

11. Comparative for the Statement of Financial Activities

The comparative year values on the Statement of Financial Activities are for unrestricted funds.

12. Debtors

	2023	2022
	£	£
Amounts due within one year:		
Trade debtors	555	1,772
Prepayments and accrued income	311	328
Other debtors	734	734
	1,600	2,834
	1,600	2,834

13. Creditors: amounts falling due within one year

	2023	2022
	£	£
Other creditors	722	1,396
Accruals and deferred income	451	451
	1,173	1,847
	1,173	1,847

14. Movement in funds

Unrestricted Funds

	Balance at 01/01/2023	Incoming resources	Outgoing resources	Balance at 31/12/2023
	£	£	£	£
<i>General</i>				
General	72,918	47,018	(42,113)	77,823
	72,918	47,018	(42,113)	77,823
	72,918	47,018	(42,113)	77,823

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2023

Unrestricted Funds - Previous year

	Balance at 01/01/2022	Incoming resources	Outgoing resources	Balance at 31/12/2022
	£	£	£	£
<i>General</i>				
General	78,898	33,706	(39,686)	72,918
	78,898	33,706	(39,686)	72,918
	78,898	33,706	(39,686)	72,918

Purpose of unrestricted Funds

General

These funds are held for the meeting of the objectives of the charity and to provide reserves for future activities and subject to charity legislation are free from all restrictions on their use.

15. Analysis of net assets between funds

	Net current assets / (liabilities)	Net Assets
	£	£
Unrestricted funds		
<i>General</i>		
General	77,823	77,823
	77,823	77,823
	77,823	77,823
Previous year		
	Net current assets / (liabilities)	Net Assets
	£	£
Unrestricted funds		
<i>General</i>		
General	72,918	72,918
	72,918	72,918
	72,918	72,918

16. Company limited by guarantee

Mid-Sussex Counselling Centre is a company limited by guarantee and accordingly does not have a share capital.

MID-SUSSEX COUNSELLING CENTRE

England & Wales - Charity number 1107003

Accounts

Charity number: 1107003

Company number: 05250711

(England and Wales)

Mid-Sussex Counselling Centre

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 December 2022

Mid-Sussex Counselling Centre
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**Mid-Sussex Counselling Centre
Report of the Trustees
For the year ended 31 December 2022**

The Trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the financial statements for the charitable company for the year ended 31 December 2022. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES, ORGANISATION AND ACTIVITIES

Objectives and aims

The Centre is established to offer affordable and professionally supported counselling to the people of Mid-Sussex. It is a registered charity and accredited by the British Association for Counselling and Psychotherapy (BACP)

The Centre offers open-ended, psychodynamic counselling to individual adult clients at its base in Hassocks, West Sussex.

The Centre is managed and administered by a board of Directors, the Centre Manager and the Clinical Lead.

A group of qualified supervisors support and oversee the work of a team of up to twenty volunteer counsellors. The team comprises both qualified and experienced counsellors who have been working with the Centre for some time and a number of counsellors who have undergone a minimum of one year of training and are on clinical placement from training courses approved by the Centre. All counsellors attend weekly supervision.

Clients generally refer themselves but many come on the recommendation of former clients, GPs and mental health services. Our website provides an internet presence. All prospective clients are asked to attend an initial interview where their aims and expectations are explored and the suitability of counselling is discussed before they are placed on the waiting-list for allocation to a counsellor. Should it ever be decided that psychodynamic counselling is not appropriate for a particular person, every effort is made to suggest an alternative source of help. Clients are asked to contribute towards the cost of counselling on a sliding scale related to income and circumstances. The service is offered on a one-to-one basis and the highest priority is given to confidentiality.

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

2021 saw the Covid-19 pandemic continue to present the challenges it brought in the previous year although with somewhat lessening intensity. Once again the Centre was able to respond with notable agility as conditions ebbed and flowed and was able not only to maintain its service but also to increase the number of counselling sessions delivered. The resulting trading surplus was £3,044 a significant recovery from the deficit of £533 recorded in 2020. The commitment, diligence and fortitude of our Centre Manager, Clinical Lead, supervisors and counsellors was outstanding.

During the year the Centre's ambition to streamline its administrative procedures and embrace fully the possibilities of IT were brought into focus with the appointment in August of Stephanie West to gradually take over as Centre Manager and Daisy Moore to establish a more efficient financial system. By the end of the year much progress had been made with financial processes but plans with regard to management needed some modification with Jenny Keay, previously Centre Manager, becoming Head of Counselling Services to oversee and coordinate the management and administration of the Centre.

The work to develop the Centre will continue into 2022 when it is hoped that the constraints of the pandemic will diminish. With cash reserves at the end of the year standing at 78,898, there is clearly scope for further investment. The Centre moves into 2022 confident that it will continue to provide its much needed service to the people of Mid-Sussex.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name of Charity	Mid-Sussex Counselling Centre
Charity registration number	1107003
Company registration number	05250711
Principal address	Powell House, 21 Keymer Road Hassocks West Sussex BN6 8AB

**Mid-Sussex Counselling Centre
Report of the Trustees Continued
For the year ended 31 December 2022**

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Richard Coker
Janet Prue
Alison Mohammed
Peter Ellender
Daisy Moore
Debbie Moore

Jenny Keay

Independent examiner

Caroline Clarke ACA
99 Western Road
Lewes
East Sussex
BN7 1RS

Approved by the Board of Trustees and signed on its behalf by

.....
Richard Coker

**Mid-Sussex Counselling Centre
Independent Examiners Report to the Trustees
For the year ended 31 December 2022**

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

Responsibilities and basis of report

As the charity Trustees, who are also directors for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts 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 examiners statement

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 that in any material respect:

1. accounting records were not kept in respect of the Company 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 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.

.....
Caroline Clarke ACA
99 Western Road
Lewes
East Sussex
BN7 1RS

Mid-Sussex Counselling Centre
Statement of Financial Activities (including Income and Expenditure Account)
For the year ended 31 December 2022

	Notes	Unrestricted funds £	2021 £
Income and endowments from:			
Donations and legacies		306	-
Charitable activities	2	33,112	40,561
Investments	3	288	7
Total		33,706	40,568
Expenditure on:			
Charitable activities	4/5	(39,686)	(37,524)
Total		(39,686)	(37,524)
Net income/expenditure		(5,980)	3,044
Reconciliation of funds			
Total funds brought forward		78,898	75,854
Total funds carried forward		72,918	78,898

Mid-Sussex Counselling Centre
Statement of Financial Position
As at 31 December 2022

	Notes	2022 £	2021 £
Current assets			
Debtors	11	2,834	4,286
Cash at bank and in hand		71,931	77,862
		74,765	82,148
Creditors: amounts falling due within one year			
	12	(1,847)	(3,250)
Net current assets			
		72,918	78,898
Total assets less current liabilities			
		72,918	78,898
Net assets			
		72,918	78,898
The funds of the charity			
Unrestricted income funds	13	72,918	78,898
Total funds			
		72,918	78,898

For the year ended 31 December 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The trustees 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 were approved and authorised for issue by the Board and signed on its behalf by:

Richard Coker
Trustee

Mid-Sussex Counselling Centre
Notes to the Financial Statements
For the year ended 31 December 2022

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Mid-Sussex Counselling Centre 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 note(s).

Going concern

The financial statements are prepared, on a going concern basis, under the historical cost convention.

Incoming resources

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Resources expended

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to the expenditure:

2. Income from charitable activities

	2022	2021
	£	£
Unrestricted funds		
<i>Counselling services</i>		
Client contributions	27,936	36,129
Placement fees	3,767	3,072
Intake contributions	910	1,230
Supervisors reports	499	130
	33,112	40,561
	33,112	40,561

3. Investment income

	2022	2021
	£	£
Unrestricted funds		
Bank interest receivable	288	7
	288	7
	288	7

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2022

4. Costs of charitable activities by fund type

	2022	2021
	£	£
Unrestricted funds		
Counselling services	14,030	20,030
Support costs	25,656	17,494
	39,686	37,524
	39,686	37,524

5. Costs of charitable activities by activity type

	Activities undertaken directly	Support costs	2022	2021
	£	£	£	£
Support costs				
Counselling services	14,030	25,656	39,686	37,524

6. Analysis of support costs

	2022	2021
	£	£
Counselling services		
Training	1,776	-
Intake supervision and Clinical Lead	5,165	3,140
Administrative expenses	10,192	7,836
Rents	5,053	2,780
Insurances	377	668
Telephone	883	742
Subscriptions	319	319
Office supplies	1,179	1,253
Bank charges	81	93
Sundry expenses	181	213
Governance costs	450	450
	25,656	17,494
	25,656	17,494

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2022

7. Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2022	2021
	£	£
Accountancy fees	450	450
	450	450

8. Staff costs and emoluments

	2022	2021
Trustees	6	4
	6	4

9. Trustee remuneration and related party transactions

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2021:£nil).

No charity trustee received payment for professional or other services supplied to the charity (2021:£nil). The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind (2021:£nil).

Trustees' expenses represents the payment or reimbursement of travel and subsistence costs totalling £nil (2021:£nil).

There are no related party transactions to disclose for 2022 (2021:none).

10. Comparative for the Statement of Financial Activities

The comparative year values on the Statement of Financial Activities are for unrestricted funds.

11. Debtors

	2022	2021
	£	£
Amounts due within one year:		
Trade debtors	1,772	3,376
Prepayments and accrued income	328	176
Other debtors	734	734
	2,834	4,286

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2022

12. Creditors: amounts falling due within one year

	2022	2021
	£	£
Other creditors	1,396	2,239
Accruals and deferred income	451	1,011
	1,847	3,250
	1,847	3,250

13. Movement in funds

Unrestricted Funds

	Balance at 01/01/2022	Incoming resources	Outgoing resources	Balance at 31/12/2022
	£	£	£	£
<i>General</i>				
General	78,898	33,706	(39,686)	72,918
	78,898	33,706	(39,686)	72,918
	78,898	33,706	(39,686)	72,918

Unrestricted Funds - Previous year

	Balance at 01/01/2021	Incoming resources	Outgoing resources	Balance at 31/12/2021
	£	£	£	£
<i>General</i>				
General	75,854	40,568	(37,524)	78,898
	75,854	40,568	(37,524)	78,898
	75,854	40,568	(37,524)	78,898

Purpose of unrestricted Funds

General

These funds are held for the meeting of the objectives of the charity and to provide reserves for future activities and subject to charity legislation are free from all restrictions on their use.

14. Analysis of net assets between funds

	Net current assets / (liabilities)	Net Assets
	£	£
Unrestricted funds		
<i>General</i>		
General	72,918	72,918
	72,918	72,918
	72,918	72,918

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2022

Previous year

	Net current assets / (liabilities) £	Net Assets £
Unrestricted funds		
<i>General</i>		
General	78,898	78,898
	78,898	78,898
	78,898	78,898

15. Company limited by guarantee

Mid-Sussex Counselling Centre is a company limited by guarantee and accordingly does not have a share capital.

MID-SUSSEX COUNSELLING CENTRE

England & Wales - Charity number 1107003

Accounts

Charity number: 1107003

Company number: 05250711

(England and Wales)

Mid-Sussex Counselling Centre

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 December 2021

Mid-Sussex Counselling Centre
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Mid-Sussex Counselling Centre
Report of the Trustees
For the year ended 31 December 2021

The Trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the financial statements for the charitable company for the year ended 31 December 2021. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES, ORGANISATION AND ACTIVITIES

Objectives and aims

The Centre is established to offer affordable and professionally supported counselling to the people of Mid-Sussex. It is a registered charity and accredited by the British Association for Counselling and Psychotherapy (BACP)

The Centre offers open-ended, psychodynamic counselling to individual adult clients at its base in Hassocks, West Sussex.

The Centre is managed and administered by a board of Directors, the Centre Manager and the Clinical Lead.

A group of qualified supervisors support and oversee the work of a team of up to twenty volunteer counsellors. The team comprises both qualified and experienced counsellors who have been working with the Centre for some time and a number of counsellors who have undergone a minimum of one year of training and are on clinical placement from training courses approved by the Centre. All counsellors attend weekly supervision.

Clients generally refer themselves but many come on the recommendation of former clients, GPs and mental health services. Our website provides an internet presence. All prospective clients are asked to attend an initial interview where their aims and expectations are explored and the suitability of counselling is discussed before they are placed on the waiting-list for allocation to a counsellor. Should it ever be decided that psychodynamic counselling is not appropriate for a particular person, every effort is made to suggest an alternative source of help. Clients are asked to contribute towards the cost of counselling on a sliding scale related to income and circumstances. The service is offered on a one-to-one basis and the highest priority is given to confidentiality.

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

2021 saw the Covid-19 pandemic continue to present the challenges it brought in the previous year although with somewhat lessening intensity. Once again the Centre was able to respond with notable agility as conditions ebbed and flowed and was able not only to maintain its service but also to increase the number of counselling sessions delivered. The resulting trading surplus was £3,044 a significant recovery from the deficit of £533 recorded in 2020. The commitment, diligence and fortitude of our Centre Manager, Clinical Lead, supervisors and counsellors was outstanding.

During the year the Centre's ambition to streamline its administrative procedures and embrace fully the possibilities of IT were brought into focus with the appointment in August of Stephanie West to gradually take over as Centre Manager and Daisy Moore to establish a more efficient financial system. By the end of the year much progress had been made with financial processes but plans with regard to management needed some modification with Jenny Keay, previously Centre Manager, becoming Head of Counselling Services to oversee and coordinate the management and administration of the Centre.

The work to develop the Centre will continue into 2022 when it is hoped that the constraints of the pandemic will diminish. With cash reserves at the end of the year standing at 78,898, there is clearly scope for further investment. The Centre moves into 2022 confident that it will continue to provide its much needed service to the people of Mid-Sussex.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name of Charity	Mid-Sussex Counselling Centre
Charity registration number	1107003
Company registration number	05250711
Principal address	Powell House, 21 Keymer Road Hassocks West Sussex BN6 8AB

**Mid-Sussex Counselling Centre
Report of the Trustees Continued
For the year ended 31 December 2021**

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Richard Coker
Janet Prue
Alison Mohammed
Lisa Martucci
(Resigned: 26 July 2021)
Peter Ellender

Secretary

Jenny Keay
(Resigned: 30 September 2021)

Independent examiner

Andrew M Wells FMAAT
99 Western Road
Lewes
East Sussex
BN7 1RS

Approved by the Board of Trustees and signed on its behalf by

..... 16 September 2022
Richard Coker

Mid-Sussex Counselling Centre
Independent Examiners Report to the Trustees
For the year ended 31 December 2021

I report to the trustees on my examination of the accounts of the charitable company for the year ended 31 December 2021.

Responsibilities and basis of report

As the charity Trustees, who are also directors for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts 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 examiners statement

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 that in any material respect:

1. accounting records were not kept in respect of the Company 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 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.

.....
Andrew M Wells FMAAT
99 Western Road
Lewes
East Sussex
BN7 1RS

16 September 2022

Mid-Sussex Counselling Centre
Statement of Financial Activities (including Income and Expenditure Account)
For the year ended 31 December 2021

	Notes	Unrestricted funds £	2020 £
Income and endowments from:			
Donations and legacies	2	-	40
Charitable activities	3	40,561	30,515
Investments	4	7	61
Total		40,568	30,616
Expenditure on:			
Charitable activities	5/6	(37,524)	(31,065)
Total		(37,524)	(31,065)
Net income/expenditure		3,044	(449)
Reconciliation of funds			
Total funds brought forward		75,854	76,303
Total funds carried forward		78,898	75,854

Mid-Sussex Counselling Centre
Statement of Financial Position
As at 31 December 2021

	Notes	2021 £	2020 £
Current assets			
Debtors	11	4,286	2,783
Cash at bank and in hand		77,862	75,299
		82,148	78,082
Creditors: amounts falling due within one year	12	(3,250)	(2,228)
Net current assets		78,898	75,854
Total assets less current liabilities		78,898	75,854
Net assets		78,898	75,854
The funds of the charity			
Unrestricted income funds	13	78,898	75,854
Total funds		78,898	75,854

For the year ended 31 December 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The trustees 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 were approved and authorised for issue by the Board and signed on its behalf by:

Richard Coker
Trustee

16 September 2022

Mid-Sussex Counselling Centre
Notes to the Financial Statements
For the year ended 31 December 2021

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Mid-Sussex Counselling Centre 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 note(s).

Going concern

The financial statements are prepared, on a going concern basis, under the historical cost convention.

Incoming resources

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Resources expended

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to the expenditure:

2. Income from donations and legacies

	2021	2020
	£	£
Donations received	-	40
	-	40
	-	40

3. Income from charitable activities

	2021	2020
	£	£
Unrestricted funds		
<i>Counselling services</i>		
Client contributions	36,129	27,923
Placement fees	3,072	2,397
Intake contributions	1,230	195
Supervisors reports	130	-
	40,561	30,515
	40,561	30,515

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2021

4. Investment income

	2021	2020
	£	£
Unrestricted funds		
Bank interest receivable	7	61
	7	61
	7	61

5. Costs of charitable activities by fund type

	2021	2020
	£	£
Unrestricted funds		
Counselling services	20,030	16,084
Support costs	17,494	14,981
	37,524	31,065
	37,524	31,065

6. Costs of charitable activities by activity type

	Activities undertaken directly	Support costs	2021	2020
	£	£	£	£
Support costs				
Counselling services	20,030	17,494	37,524	31,065

7. Analysis of support costs

	2021	2020
	£	£
Counselling services		
Intake supervision	3,140	750
Administrative expenses	7,836	7,314
Rents	2,780	2,002
Insurances	668	915
Telephone	742	773
Subscriptions	319	1,051
Office supplies	1,253	1,006
Bank charges	93	60
Sundry expenses	213	160
Governance costs	450	950
	17,494	14,981
	17,494	14,981

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2021

8. Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2021	2020
	£	£
Accountancy fees	450	450
	450	450

9. Staff costs and emoluments

	2021	2020
	£	£
Trustees	4	5
	4	5

10. Comparative for the Statement of Financial Activities

The comparative year values on the Statement of Financial Activities are for unrestricted funds.

11. Debtors

	2021	2020
	£	£
Amounts due within one year:		
Trade debtors	3,376	1,796
Prepayments and accrued income	176	316
Other debtors	734	671
	4,286	2,783

12. Creditors: amounts falling due within one year

	2021	2020
	£	£
Other creditors	2,239	1,740
Accruals and deferred income	1,011	488
	3,250	2,228

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2021

13. Movement in funds

Unrestricted Funds

	Balance at 01/01/2021 £	Incoming resources £	Outgoing resources £	Balance at 31/12/2021 £
<i>General</i>				
General	75,854	40,568	(37,524)	78,898
	75,854	40,568	(37,524)	78,898

Unrestricted Funds - Previous year

	Balance at 01/01/2020 £	Incoming resources £	Outgoing resources £	Balance at 31/12/2020 £
<i>General</i>				
General	76,303	30,616	(31,065)	75,854
	76,303	30,616	(31,065)	75,854

Purpose of unrestricted Funds

General

These funds are held for the meeting of the objectives of the charity and to provide reserves for future activities and subject to charity legislation are free from all restrictions on their use.

14. Analysis of net assets between funds

	Net current assets / (liabilities) £	Net Assets £
Unrestricted funds		
<i>General</i>		
General	78,898	78,898
	78,898	78,898

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2021

Previous year

	Net current assets / (liabilities) £	Net Assets £
Unrestricted funds		
<i>General</i>		
General	75,854	75,854
	75,854	75,854
	75,854	75,854

15. Company limited by guarantee

Mid-Sussex Counselling Centre is a company limited by guarantee and accordingly does not have a share capital.

MID-SUSSEX COUNSELLING CENTRE

England & Wales - Charity number 1107003

Accounts

Charity number: 1107003
Company number: 05250711
(England and Wales)

Mid-Sussex Counselling Centre
Report of the Trustees and Unaudited Financial Statements
For the year ended 31 December 2020

Mid-Sussex Counselling Centre
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For the year ended 31 December 2020

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Mid-Sussex Counselling Centre
Report of the Trustees
For the year ended 31 December 2020

The Trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the financial statements for the charitable company for the year ended 31 December 2020. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES, ORGANISATION AND ACTIVITIES

Objectives and aims

The Centre is established to offer affordable and professionally supported counselling to the people of Mid-Sussex. It is a registered charity and accredited by the British Association for Counselling and Psychotherapy (BACP)

The Centre offers open-ended, psychodynamic counselling to individual adult clients at its base in Hassocks, West Sussex.

The Centre is managed and administered by a board of Directors, the Centre Manager and the Clinical Lead.

A group of qualified supervisors support and oversee the work of a team of up to twenty volunteer counsellors. The team comprises both qualified and experienced counsellors who have been working with the Centre for some time and a number of counsellors who have undergone a minimum of one year of training and are on clinical placement from training courses approved by the Centre. All counsellors attend weekly supervision.

Clients generally refer themselves but many come on the recommendation of former clients, GPs and mental health services. Our website provides an internet presence. All prospective clients are asked to attend an initial interview where their aims and expectations are explored and the suitability of counselling is discussed before they are placed on the waiting-list for allocation to a counsellor. Should it ever be decided that psychodynamic counselling is not appropriate for a particular person, every effort is made to suggest an alternative source of help. Clients are asked to contribute towards the cost of counselling on a sliding scale related to income and circumstances. The service is offered on a one-to-one basis and the highest priority is given to confidentiality.

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

ACHIEVEMENTS AND PERFORMANCE

Significant activities

2020 became a year that brought unprecedented challenges as the COVID-19 pandemic took hold. The directors of Mid-Sussex Counselling Centre are happy to report that the Centre was able to maintain the delivery of its service, albeit in an altered form, throughout the year. Although revenues were diminished, the deficit for the year was just £449.

The Centre's relative success during 2020 was a consequence of the resilience and resourcefulness of our Centre Manager, Clinical Lead, the supervisors and our counsellors who adapted to working with their clients via the internet with remarkable facility.

The fact that the Centre's activity is underpinned by substantial financial reserves allowed us to respond to radically changing circumstances with confidence. At the end of 2020 the directors were certain that the Centre would continue to operate successfully in the coming year which held no promise of imminent release from the ongoing pandemic.

At the beginning of 2020 the Centre was poised to embark on a significant investment in building additional accommodation. However, as the terms of the necessary land lease proved to be disappointingly unfavourable, the directors decided to shelve the project. This decision proved to be fortuitous as the pandemic restrictions would have disallowed the use of the new facilities.

At the end of 2020, planning for the future development of the Centre was on hold save for the realisation that there is potential in offering an internet based counselling service in parallel with our traditional face to face service. Dealing with the challenges of 2021 and continuing to provide affordable counselling services to the people of Mid-Sussex was the prevailing priority.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name of Charity	Mid-Sussex Counselling Centre
Charity registration number	1107003
Company registration number	05250711
Principal address	Powell House, 21 Keymer Road Hassocks

**Mid-Sussex Counselling Centre
Report of the Trustees Continued
For the year ended 31 December 2020**

West Sussex
BN6 8AB

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Richard Coker
Janet Prue
Alison Mohammed
Lisa Martucci
(Resigned: 26 July 2021)
Peter Ellender
(Appointed: 02 October 2020)
Sarah McShane
(Appointed: 19 October 2019)
(Resigned: 02 October 2020)

Secretary

Jenny Keay

Independent examiner

Andrew M Wells FMAAT
99 Western Road
Lewes
East Sussex
BN7 1RS

Approved by the Board of Trustees and signed on its behalf by



Richard Coker

18 September 2021

Mid-Sussex Counselling Centre
Independent Examiners Report to the Trustees
For the year ended 31 December 2020

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

Responsibilities and basis of report

As the charity Trustees, who are also directors for the purposes of company law, are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts 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 examiners statement

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 that in any material respect:

1. accounting records were not kept in respect of the Company 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 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.

.....
Andrew M Wells FMAAT
99 Western Road
Lewes
East Sussex
BN7 1RS

18 September 2021

Mid-Sussex Counselling Centre
Statement of Financial Activities (including Income and Expenditure Account)
For the year ended 31 December 2020

	Notes	Unrestricted funds £	2019 £
Income and endowments from:			
Donations and legacies	2	42	21
Charitable activities	3	30,513	45,590
Investments	4	61	103
Total		30,616	45,714
Expenditure on:			
Charitable activities	5/6	(31,065)	(32,166)
Total		(31,065)	(32,166)
Net income/expenditure		(449)	13,548
Reconciliation of funds			
Total funds brought forward		76,303	62,755
Total funds carried forward		75,854	76,303

Mid-Sussex Counselling Centre
Statement of Financial Position
As at 31 December 2020

	Notes	2020 £	2019 £
Current assets			
Debtors	11	2,783	4,176
Cash at bank and in hand		75,299	74,474
		<u>78,082</u>	<u>78,650</u>
Creditors: amounts falling due within one year	12	(2,228)	(2,347)
Net current assets		<u>75,854</u>	<u>76,303</u>
Total assets less current liabilities		<u>75,854</u>	<u>76,303</u>
Net assets		<u>75,854</u>	<u>76,303</u>
The funds of the charity			
Unrestricted income funds	13	75,854	76,303
Total funds		<u>75,854</u>	<u>76,303</u>

For the year ended 31 December 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The trustees 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 were approved and authorised for issue by the Board and signed on its behalf by:



Richard Coker
Trustee

18 September 2021

Mid-Sussex Counselling Centre
Notes to the Financial Statements
For the year ended 31 December 2020

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Mid-Sussex Counselling Centre 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 note(s).

Going concern

The financial statements are prepared, on a going concern basis, under the historical cost convention.

Incoming resources

All incoming resources are included in the statement of financial activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Resources expended

Liabilities are recognised as resources expended when there is a legal or constructive obligation committing the Charity to the expenditure:

2. Income from donations and legacies

	2020	2019
	£	£
Unrestricted funds		
Donations received	42	21
	42	21
	42	21

3. Income from charitable activities

	2020	2019
	£	£
Unrestricted funds		
<i>Counselling services</i>		
Client contributions	27,921	39,753
Placement fees	2,397	4,297
Intake contributions	195	1,540
	30,513	45,590
	30,513	45,590

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2020

4. Investment income

	2020	2019
	£	£
Unrestricted funds		
Bank interest receivable	61	103
	61	103
	61	103

5. Costs of charitable activities by fund type

	2020	2019
	£	£
Unrestricted funds		
Counselling services	16,084	12,125
Support costs	14,981	20,041
	31,065	32,166
	31,065	32,166

6. Costs of charitable activities by activity type

	Activities undertaken directly	Support costs	2020	2019
	£	£	£	£
Support costs				
Counselling services	16,084	14,981	31,065	32,166

7. Analysis of support costs

	2020	2019
	£	£
Counselling services		
Intake supervision	750	6,614
Administrative expenses	7,314	4,015
Rents	2,002	5,078
Insurances	915	741
Telephone	773	755
Subscriptions	1,051	859
Office supplies	1,006	880
Bank charges	60	60
Sundry expenses	160	589
Governance costs	950	450
	14,981	20,041
	14,981	20,041

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2020

8. Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2020	2019
	£	£
Accountancy fees	450	450
	<u>450</u>	<u>450</u>

9. Staff costs and emoluments

	2020	2019
Trustees	5	6
	<u>5</u>	<u>6</u>

10. Comparative for the Statement of Financial Activities

The comparative year values on the Statement of Financial Activities are for unrestricted funds.

11. Debtors

	2020	2019
	£	£
Amounts due within one year:		
Trade debtors	1,796	2,576
Prepayments and accrued income	316	283
Other debtors	671	1,317
	<u>2,783</u>	<u>4,176</u>

12. Creditors: amounts falling due within one year

	2020	2019
	£	£
Other creditors	1,740	1,636
Accruals and deferred income	488	711
	<u>2,228</u>	<u>2,347</u>

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2020

13. Movement in funds

Unrestricted Funds

	Balance at 01/01/2020 £	Incoming resources £	Outgoing resources £	Balance at 31/12/2020 £
<i>General</i>				
General	76,303	30,616	(31,065)	75,854
	76,303	30,616	(31,065)	75,854

Unrestricted Funds - Previous year

	Balance at 01/01/2019 £	Incoming resources £	Outgoing resources £	Balance at 31/12/2019 £
<i>General</i>				
General	62,755	45,714	(32,166)	76,303
	62,755	45,714	(32,166)	76,303

Purpose of unrestricted Funds

General

These funds are held for the meeting of the objectives of the charity and to provide reserves for future activities and subject to charity legislation are free from all restrictions on their use.

14. Analysis of net assets between funds

	Net current assets / (liabilities) £	Net Assets £
Unrestricted funds		
<i>General</i>		
General	75,854	75,854
	75,854	75,854

Mid-Sussex Counselling Centre
Notes to the Financial Statements Continued
For the year ended 31 December 2020

Previous year

	Net current assets / (liabilities) £	Net Assets £
Unrestricted funds		
<i>General</i>		
General	76,303	76,303
	76,303	76,303
	76,303	76,303

15. Company limited by guarantee

Mid-Sussex Counselling Centre is a company limited by guarantee and accordingly does not have a share capital.