

REGISTERED COMPANY NUMBER: 04870759 (England and Wales)
REGISTERED CHARITY NUMBER: 1108331

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2023
for
FOCUS COUNSELLING (UK) LTD

Richardson Swift Audit Limited
11 Laura Place
Bath
BA2 4BL

FOCUS COUNSELLING (UK) LTD

Contents of the Financial Statements for the year ended 31 March 2023

	Page
Report of the Trustees	1 to 2
Independent Examiner's Report	3
Statement of Financial Activities	4
Balance Sheet	5 to 6
Notes to the Financial Statements	7 to 13

FOCUS COUNSELLING (UK) LTD

Report of the Trustees for the year ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 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 Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Focus Counselling, led by CEO Helen Marton, was founded in Bath in 1999 in response to an identified need for affordable, professional counselling services for local people. At the time, people in distress were unable to access counselling services unless they could afford to pay. This meant that those on the lowest incomes, or who were unemployed, were unable to receive the support they desperately needed.

Over the years Focus Counselling have built a strong track record of raising donations to fund counselling for people who cannot afford the fees. It has also been successful in building up reserves to enable the charity to continue providing services to its clients on a consistent basis even when dealing with unexpected external shocks such as the Covid pandemic.

Focus Counselling provides professional subsidised one to one counselling for children and young people, adults, families and couples in Bath and Frome and Wells. Its aim is to improve the emotional and mental well-being of residents in need by putting counselling within the financial reach of all those who would not otherwise be able to afford it. Its services are delivered within the context of a Person-Centred, Christian ethos, which takes people's spirituality seriously and respects the views of those with other faiths or none. Clients can talk freely and confidentially without fear of being judged. Its counsellors listen, empathise, and empower people to explore ways of making real change in their lives.

Following an initial assessment session lasting approximately 30 minutes, clients are referred to a professional, experienced counsellor to help clients with their mental health problems. Drawing from a large pool of qualified and experienced sessional counsellors enables the charity to respond to referrals immediately and match clients to counsellors.

Focus Counselling has offices in Bath, Frome and more recently Wells. It has a counselling presence in several schools in Bath and Wells. It offers a free Adult Eating Disorders Support Group, a free Young Person's Eating Disorder's Group, Spiritual Direction, and a free Survivor's Group for women who have suffered sexual violence.

Focus Counselling has a strong reputation in Bath, Frome and the surrounding areas and excellent working relationships with local agencies, schools, and other service providers; it is widely known and trusted. It receives referrals from GPs, schools, social care teams, churches, Talking Therapies, CAMHS, NHS, local charities including YMCA/Foodbanks/homeless charities (Genesis Trust and Julian House) and Bath MIND. Adults and young people also self-refer. The charity is supervised by an experienced Board of Trustees. Focus Counselling now contracts with more than 33 professional counsellors and 9 trainees who between them handle more than 550 counselling sessions a month and provide services to many local schools.

The charity raised £79,077 during the past financial year in the form of donations which allowed it to provide discounted fees to approximately 70% of clients. (Not including schools) Over the last twelve months, it has provided approximately 6800 hours of counselling in total across the community and the schools it serves despite the challenges of Covid and remote working.

The charity remains in a financially strong position with healthy cash balances and a robust balance sheet and is therefore well positioned for the future.

Public benefit

The trustees believe that they and the charity have met their charitable objective and that the charity continues to provide an appropriate public benefit.

FOCUS COUNSELLING (UK) LTD

**Report of the Trustees
for the year ended 31 March 2023**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Members liability

The Members of the company guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04870759 (England and Wales)

Registered Charity number

1108331

Registered office

Oasis Church Bath
Fountain Buildings
The Paragon
Bath
BA1 5DU

Trustees

E W G Bayntun - Coward
C A Chichester (resigned 29.11.22)
M J Fairbeard
S Whitcroft
P J Smart
S J N Heale
A J Stafford (Chair)
R H Garrod (appointed 19.1.23)
P Critchley (appointed 15.12.22)

Company Secretary

J E Burgess

Independent Examiner

Richardson Swift Audit Limited
11 Laura Place
Bath
BA2 4BL

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 27th October 2023 and signed on its behalf by:



.....
A J Stafford (Chair) - Trustee

**Independent Examiner's Report to the Trustees of
Focus Counselling (Uk) Ltd**

Independent examiner's report to the trustees of Focus Counselling (Uk) Ltd ('the Company')

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

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of 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 as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

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

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



Catherine Edwards

Richardson Swift Audit Limited
11 Laura Place
Bath
BA2 4BL

Date: 31/10/23

FOCUS COUNSELLING (UK) LTD

Statement of Financial Activities for the year ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	36,201	42,876	79,077	65,925
Charitable activities					
Fees for counselling		319,644	-	319,644	279,173
Investment income	3	287	-	287	7
Total		<u>356,132</u>	<u>42,876</u>	<u>399,008</u>	<u>345,105</u>
EXPENDITURE ON					
Raising funds		1,776	-	1,776	612
Charitable activities					
Charitable activities		349,217	39,613	388,830	323,565
Other		1,483	-	1,483	1,483
Total		<u>352,476</u>	<u>39,613</u>	<u>392,089</u>	<u>325,660</u>
NET INCOME		3,656	3,263	6,919	19,445
RECONCILIATION OF FUNDS					
Total funds brought forward		118,571	47,031	165,602	146,157
TOTAL FUNDS CARRIED FORWARD		<u><u>122,227</u></u>	<u><u>50,294</u></u>	<u><u>172,521</u></u>	<u><u>165,602</u></u>

The notes form part of these financial statements

FOCUS COUNSELLING (UK) LTD

Balance Sheet 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	7	2,400	-	2,400	3,883
CURRENT ASSETS					
Debtors	8	17,393	-	17,393	17,244
Cash at bank		110,850	50,293	161,143	162,916
		<u>128,243</u>	<u>50,293</u>	<u>178,536</u>	<u>180,160</u>
CREDITORS					
Amounts falling due within one year	9	(8,415)	-	(8,415)	(18,441)
NET CURRENT ASSETS		<u>119,828</u>	<u>50,293</u>	<u>170,121</u>	<u>161,719</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>122,228</u>	<u>50,293</u>	<u>172,521</u>	<u>165,602</u>
NET ASSETS		<u>122,228</u>	<u>50,293</u>	<u>172,521</u>	<u>165,602</u>
FUNDS	10				
Unrestricted funds				122,228	118,571
Restricted funds				50,293	47,031
TOTAL FUNDS				<u>172,521</u>	<u>165,602</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

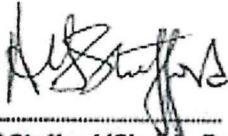
- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

FOCUS COUNSELLING (UK) LTD

**Balance Sheet - continued
31 March 2023**

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

The financial statements were approved by the Board of Trustees and authorised for issue on 27th October 2023 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'A J Stafford', written over a horizontal line.

A J Stafford (Chair) - Trustee

FOCUS COUNSELLING (UK) LTD

Notes to the Financial Statements for the year ended 31 March 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared 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' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Raising funds

Costs of raising funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities

Charitable activities are costs incurred on the company's operations, including support costs and costs relating to the governance of the company apportioned to charitable activities.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - Straight line over 5 years

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

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

FOCUS COUNSELLING (UK) LTD

Notes to the Financial Statements – continued for the year ended 31 March 2023

1. ACCOUNTING POLICIES – continued

Company status

The company is a company limited by guarantee. The members of the company are the Trustees named on page 3. In the event of the company being wound up, the liability in respect of the guarantee is limited to £10 per member of the company.

Operating leases

Rentals under operating leases are charged to the Statement of financial activities incorporating income and expenditure account on a straight line basis over the lease term.

Pensions

The company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the company to the fund in respect of the year.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	79,077	56,683
Government grants	-	9,242
	<u>79,077</u>	<u>65,925</u>

3. INVESTMENT INCOME

	2023	2022
	£	£
Interest received	<u>287</u>	<u>7</u>

4. NET INCOME/(EXPENDITURE)

Net income is stated after depreciation of £1,483

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

FOCUS COUNSELLING (UK) LTD

**Notes to the Financial Statements – continued
for the year ended 31 March 2023**

6. STAFF COSTS

The average number of persons employed by the company during the year was as follows:

	Year End 31.03.23 Nos	Year End 31.03.22 Nos
Number of employees	5	5

No employee received remuneration amounting to more than £60,000 in either year.

7. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2022 and 31 March 2023	9,225
DEPRECIATION	
At 1 April 2022	5,342
Charge for year	1,483
At 31 March 2023	6,825
NET BOOK VALUE	
At 31 March 2023	2,400
At 31 March 2022	3,883

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	17,393	17,244

FOCUS COUNSELLING (UK) LTD

**Notes to the Financial Statements - continued
for the year ended 31 March 2023**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	6,255	13,366
Social security and other taxes	-	2,560
Other creditors	-	355
Accruals and deferred income	2,160	2,160
	<u>8,415</u>	<u>18,441</u>

10. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
Unrestricted funds			
General fund	118,571	3,657	122,228
Restricted funds			
Eating Disorders	9,551	(2,924)	6,627
Children	10,473	(3,647)	6,826
Keynsham Residents	54	-	54
Frome College	2,960	(1,710)	1,250
Frome Eating Disorders	1,060	(1,060)	-
Frome Rotary	29	945	974
Quartet	4,372	(2,699)	1,673
Garfield Weston	9,543	(9,543)	-
Phil Marten	5,153	(4,808)	345
R Harris (Bath only)	2,000	(2,000)	-
RW Thomas (Frome only)	708	(703)	5
Frome Town Council	1,128	(1,070)	58
Hardington Vale PC	-	560	560
Fairfield	-	5,000	5,000
St Andrews	-	9,250	9,250
Ralph Allen	-	8,800	8,800
St Greggs	-	8,300	8,300
Quiz night 2022 - Refugees	-	571	571
	<u>47,031</u>	<u>3,262</u>	<u>50,293</u>
TOTAL FUNDS	<u>165,602</u>	<u>6,919</u>	<u>172,521</u>

FOCUS COUNSELLING (UK) LTD

Notes to the Financial Statements - continued for the year ended 31 March 2023

10. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	340,132	(336,475)	3,657
Open To All	16,000	(16,000)	-
	<u>356,132</u>	<u>(352,475)</u>	<u>3,657</u>
Restricted funds			
Eating Disorders	-	(2,924)	(2,924)
Children	1,733	(5,380)	(3,647)
Frome College	-	(1,710)	(1,710)
Frome Eating Disorders	-	(1,060)	(1,060)
Frome Rotary	1,270	(325)	945
Quartet	-	(2,699)	(2,699)
Garfield Weston	-	(9,543)	(9,543)
Phil Marten	-	(4,808)	(4,808)
R Harris (Bath only)	-	(2,000)	(2,000)
RW Thomas (Frome only)	1,200	(1,903)	(703)
Frome Town Council	-	(1,070)	(1,070)
Hardington Vale PC	560	-	560
Fairfield	5,000	-	5,000
St Andrews	10,000	(750)	9,250
Ralph Allen	10,000	(1,200)	8,800
St Greggs	10,000	(1,700)	8,300
Quiz night 2022 - Refugees	1,850	(1,279)	571
Quiz 2023	1,263	(1,263)	-
	<u>42,876</u>	<u>(39,614)</u>	<u>3,262</u>
TOTAL FUNDS	<u>399,008</u>	<u>(392,089)</u>	<u>6,919</u>

FOCUS COUNSELLING (UK) LTD

**Notes to the Financial Statements - continued
for the year ended 31 March 2023**

10. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	99,482	19,089	118,571
Restricted funds			
Eating Disorders	10,448	(897)	9,551
Children	12,080	(1,607)	10,473
Keynsham Residents	1,163	(1,109)	54
Frome College	3,400	(440)	2,960
Frome Eating Disorders	1,935	(875)	1,060
Frome Rotary	450	(421)	29
Quartet	-	4,372	4,372
Garfield Weston	2,900	6,643	9,543
Phil Marten	9,588	(4,435)	5,153
Relocation Grant	2,431	(2,431)	-
Somerset Community Foundation	2,280	(2,280)	-
R Harris (Bath only)	-	2,000	2,000
RW Thomas (Frome only)	-	708	708
Frome Town Council	-	1,128	1,128
	<u>46,675</u>	<u>356</u>	<u>47,031</u>
TOTAL FUNDS	<u>146,157</u>	<u>19,445</u>	<u>165,602</u>

FOCUS COUNSELLING (UK) LTD

Notes to the Financial Statements - continued for the year ended 31 March 2023

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	320,586	(301,497)	19,089
Restricted funds			
Eating Disorders	1	(898)	(897)
Children	2,856	(4,463)	(1,607)
Keynsham Residents	1,000	(2,109)	(1,109)
Frome College	-	(440)	(440)
Frome Eating Disorders	-	(875)	(875)
Frome Rotary	-	(421)	(421)
Quartet	4,445	(73)	4,372
Garfield Weston	10,000	(3,357)	6,643
Phil Marten	-	(4,435)	(4,435)
Relocation Grant	-	(2,431)	(2,431)
Somerset Community Foundation	-	(2,280)	(2,280)
R Harris (Bath only)	2,000	-	2,000
RW Thomas (Frome only)	1,851	(1,143)	708
Frome Town Council	2,366	(1,238)	1,128
	<u>24,519</u>	<u>(24,163)</u>	<u>356</u>
TOTAL FUNDS	<u><u>345,105</u></u>	<u><u>(325,660)</u></u>	<u><u>19,445</u></u>

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

12. TAXATION

The company is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.