

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 2025
for
FOCUS COUNSELLING (UK) LTD

Richardson Swift Audit Limited
11 Laura Place
Bath
BA2 4BL

FOCUS COUNSELLING (UK) LTD

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for the year ended 31 March 2025**

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FOCUS COUNSELLING (UK) LTD

Report of the Trustees for the year ended 31 March 2025

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 2025. 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 aims

Focus Counselling 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, more recently 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.

During the year Helen Marton stepped down as CEO after 8 years of service to the charity. We were sad to see her go but were delighted to appoint Lucia Chadwick to replace her. Lucia had set up and successfully developed our Frome Office and was the perfect candidate to take on this responsibility. The results for the year are testament to the efforts and success of Lucia and the whole team.

Focus Counselling has offices for several years in Bath and Frome. An office in Wells was opened recently to meet local demand and has already become successful and financially viable. The charity 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 and Spiritual Direction.

Focus Counselling has built a strong reputation in the areas where it operates and has established 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 38 professional counsellors and 19 trainees who between them handle on average nearly 600 counselling sessions a month plus providing services to many local schools and other mental health support groups and drop ins.

The charity raised £63,688 during the past financial year in the form of donations which allowed it to provide discounted fees to approximately 71% of clients, excluding schools. Over the last twelve months, it has provided nearly 10,000 hours of counselling in total across the community and the schools.

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.

Focus Counselling will continue to support the communities it serves and will seek to build on its existing strong and efficient base.

FOCUS COUNSELLING (UK) LTD

Report of the Trustees for the year ended 31 March 2025

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.

FINANCIAL REVIEW

Reserves policy

Purpose of the policy

The purpose of this policy is to set out how Focus Counselling manages its reserves to ensure financial stability, sustainability, and continuity of service delivery.

As a charity providing affordable, professional counselling and mental-health support across Bath, Frome and Wells, we depend on a blend of earned income, grants, and donations. Holding appropriate reserves enables us to respond to fluctuations in funding, meet unexpected costs, and safeguard our ability to provide consistent support to our clients and community.

Definition of Reserves

Reserves are the part of the charity's unrestricted funds that are freely available to spend on any of our charitable purposes. They exclude:

- Restricted funds that can only be used for a specific purpose.
- Designated funds that trustees have set aside for particular projects.
- Fixed assets such as property and equipment.
- Funds tied up in working capital (e.g. pre-paid costs or debtors).

Target Level of Reserves

The Trustees aim to maintain free reserves equivalent to between three and six months of core operating expenditure.

This level has been chosen to:

- Ensure the charity can continue essential counselling and mental-health services in the event of a significant drop in income or a delay in grant payments.
- Provide flexibility to manage unforeseen costs such as emergency repairs, staffing changes, or service interruptions.
- Allow time for trustees to implement contingency plans or secure alternative funding if necessary.

Based on current expenditure levels, this equates to a basic target of £60,000.

Current Position

At the end of the financial year ended 31st March 2025, Focus Counselling held free reserves of approximately £111,000, which is above the target range. The Trustees recognise the importance of rebuilding reserves to the desired level and will monitor progress towards this goal as part of regular financial reporting.

Monitoring and Review

- Any decision to draw on or build up reserves will be documented in the Board minutes, and any decisions will be linked to the charity's strategy and risk management.
- The target range will be reviewed annually to ensure it remains appropriate in light of changes to the charity's size, structure, and funding environment.

Responsibility

The Board of Trustees holds overall responsibility for maintaining an appropriate level of reserves. The Chief Executive Officer and Trustee with Finance responsibility are responsible for monitoring financial performance, forecasting, and advising the Board on reserve levels and cash-flow risks.

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.

FOCUS COUNSELLING (UK) LTD

**Report of the Trustees
for the year ended 31 March 2025**

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

Flats 2 and 3
36 Gay Street
Bath
Somerset
BA1 2NT

Trustees

E W G Bayntun-Coward (resigned 18.9.24)
M J Fairbeard (resigned 1.5.24)
S Whitcroft
S J N Heale
A J Stafford (Chair)
P Critchley (resigned 10.7.25)
S Dewey (appointed 8.8.24)
C Everitt (appointed 1.9.25)

Company Secretary

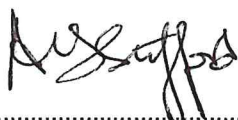
J E Burgess

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 17/12/2025 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 2025.

Responsibilities and basis of report

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

Having satisfied myself that the accounts of 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:17/12/25.....

FOCUS COUNSELLING (UK) LTD

**Statement of Financial Activities
for the year ended 31 March 2025**

		Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds as restated
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	56,161	7,527	63,688	68,534
Charitable activities					
Fees for counselling		282,776	-	282,776	260,587
Investment income	3	<u>7,937</u>	<u>-</u>	<u>7,937</u>	<u>209</u>
Total		<u>346,874</u>	<u>7,527</u>	<u>354,401</u>	<u>329,330</u>
 EXPENDITURE ON					
Raising funds		970	-	970	1,504
Charitable activities					
Charitable activities		385,033	17,692	402,725	328,581
Other		<u>897</u>	<u>-</u>	<u>897</u>	<u>1,765</u>
Total		<u>386,900</u>	<u>17,692</u>	<u>404,592</u>	<u>331,850</u>
 NET INCOME/(EXPENDITURE)					
Transfers between funds	11	(40,026) <u>5,852</u>	(10,165) <u>(5,852)</u>	(50,191) <u>-</u>	(2,520) <u>-</u>
Net movement in funds		(34,174)	(16,017)	(50,191)	(2,520)
 RECONCILIATION OF FUNDS					
Total funds brought forward		<u>145,609</u>	<u>24,392</u>	<u>170,001</u>	<u>172,521</u>
 TOTAL FUNDS CARRIED FORWARD		<u><u>111,435</u></u>	<u><u>8,375</u></u>	<u><u>119,810</u></u>	<u><u>170,001</u></u>

The notes form part of these financial statements

FOCUS COUNSELLING (UK) LTD

Balance Sheet 31 March 2025

		Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds as restated
	Notes	£	£	£	£
FIXED ASSETS					
Tangible assets	8	1,145	-	1,145	2,042
CURRENT ASSETS					
Debtors	9	14,173	-	14,173	12,131
Cash at bank		<u>108,170</u>	<u>8,375</u>	<u>116,545</u>	<u>168,329</u>
		122,343	8,375	130,718	180,460
CREDITORS					
Amounts falling due within one year	10	(12,053)	-	(12,053)	(12,501)
NET CURRENT ASSETS		<u>110,290</u>	<u>8,375</u>	<u>118,665</u>	<u>167,959</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>111,435</u>	<u>8,375</u>	<u>119,810</u>	<u>170,001</u>
NET ASSETS		<u>111,435</u>	<u>8,375</u>	<u>119,810</u>	<u>170,001</u>
FUNDS	11				
Unrestricted funds				111,435	145,609
Restricted funds				<u>8,375</u>	<u>24,392</u>
TOTAL FUNDS				<u>119,810</u>	<u>170,001</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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.

The notes form part of these financial statements

FOCUS COUNSELLING (UK) LTD

Balance Sheet - continued
31 March 2025

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 17/12/2025 and were signed on its behalf by:



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

The notes form part of these financial statements

FOCUS COUNSELLING (UK) LTD

Notes to the Financial Statements for the year ended 31 March 2025

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.

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.

FOCUS COUNSELLING (UK) LTD

Notes to the Financial Statements - continued for the year ended 31 March 2025

1. ACCOUNTING POLICIES - continued

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

	2025	2024 as restated
	£	£
Donations	<u>63,688</u>	<u>68,534</u>

3. INVESTMENT INCOME

	2025	2024 as restated
	£	£
Interest received	<u>7,937</u>	<u>209</u>

4. NET INCOME/(EXPENDITURE)

Net income is stated after depreciation of £897 (2024 - £1,765)

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

6. STAFF COSTS

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

	Year End 31.03.25 Nos	Year End 31.03.24 Nos
Number of employees	7	5

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

FOCUS COUNSELLING (UK) LTD

Notes to the Financial Statements - continued for the year ended 31 March 2025

7. PRIOR YEAR ADJUSTMENT

The prior year comparative figures have been restated following a change in accounting presentation for fee income subsidies. These amounts were previously recognised on a gross basis within both 'Income from Charitable Activities' and 'Expenditure on Charitable Activities'.

To provide a more relevant representation, these subsidies are now presented net against the related fee income. This reclassification has resulted in an equal decrease to both total income and total expenditure, having no net impact on the surplus/deficit for the prior year or on the charity's closing fund balances.

8. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2024 and 31 March 2025	<u>10,632</u>
DEPRECIATION	
At 1 April 2024	8,590
Charge for year	<u>897</u>
At 31 March 2025	<u>9,487</u>
NET BOOK VALUE	
At 31 March 2025	<u><u>1,145</u></u>
At 31 March 2024	<u><u>2,042</u></u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024 as restated
	£	£
Trade debtors	<u>14,173</u>	<u>12,131</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024 as restated
	£	£
Trade creditors	9,625	9,111
Other creditors	-	909
Accruals and deferred income	<u>2,428</u>	<u>2,481</u>
	<u><u>12,053</u></u>	<u><u>12,501</u></u>

FOCUS COUNSELLING (UK) LTD

Notes to the Financial Statements - continued for the year ended 31 March 2025

11. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
General fund	145,609	(40,026)	5,852	111,435
Restricted funds				
Children	401	-	-	401
Keynsham Residents	1,154	556	-	1,710
Frome College	2	-	-	2
Frome Rotary	-	475	-	475
Frome Town Council	3,058	(2,045)	-	1,013
Hardington Vale PC	801	133	-	934
Fairfield	4,795	(24)	(4,771)	-
St Andrews	4,850	(4,650)	1,200	1,400
Ralph Allen	5,750	(1,900)	(3,200)	650
St Gregs	2,500	(4,300)	2,000	200
Quizzes	1,081	1,590	(1,081)	1,590
	<u>24,392</u>	<u>(10,165)</u>	<u>(5,852)</u>	<u>8,375</u>
TOTAL FUNDS	<u>170,001</u>	<u>(50,191)</u>	<u>-</u>	<u>119,810</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	346,874	(386,900)	(40,026)
Restricted funds			
Keynsham Residents	1,100	(544)	556
Frome Rotary	930	(455)	475
Quartet	3,000	(3,000)	-
Frome Town Council	-	(2,045)	(2,045)
Hardington Vale PC	337	(204)	133
Fairfield	-	(24)	(24)
St Andrews	-	(4,650)	(4,650)
Ralph Allen	-	(1,900)	(1,900)
St Gregs	-	(4,300)	(4,300)
Quizzes	2,160	(570)	1,590
	<u>7,527</u>	<u>(17,692)</u>	<u>(10,165)</u>
TOTAL FUNDS	<u>354,401</u>	<u>(404,592)</u>	<u>(50,191)</u>