

# COUNSELLING TOGETHER

England & Wales · Charity number 1108406

## Details

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Other names	CHURCHES COUNSELLING TOGETHER (NEW FOREST), CCT (NEW FOREST)
Status	Registered
Legal form	Other
Registered	2005-03-03
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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**Address**  
C/o Admin Offices  
Christchurch Baptist Church  
1A Beaconsfield Road  
Christchurch  
Dorset  
BH23 1QT

**Phone** 07983320450

**Email** [counsellingtogether@gmail.com](mailto:counsellingtogether@gmail.com)

**Website** [www.counsellingtogether.co.uk](http://www.counsellingtogether.co.uk)

## Activities

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**Objects:** TO PROVIDE RELIEF TO PERSONS IN NEED OF EMOTIONAL, PSYCHOLOGICAL AND SPIRITUAL SUPPORT BY THE PROVISION OF PROFESSIONAL COUNSELLING FROM A RANGE OF RECOGNIZED APPROACHES AND THE PROVISION OF TRAINING FOR THOSE INVOLVED IN PROFESSIONAL COUNSELLING, BOTH BEING IN ACCORDANCE WITH THE ASSOCIATION OF CHRISTIANS IN COUNSELLING AND LINKED PROFESSIONS' STATEMENT OF FAITH.

**Activities:** A Christian Counselling Service for adults and couples in the churches and communities of the New Forest, Christchurch and surrounding areas.

## Classification

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

## Geography

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- Dorset
- Hampshire
- Wiltshire

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-12-31	£50,342	£33,122	-	-
2024-12-31	£25,349	£28,913	-	-
2023-12-31	£29,311	£27,079	-	-
2022-12-31	£24,821	£27,322	-	-
2021-12-31	£31,643	£30,562	-	-

## Trustees

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Name	Role	Appointed
<b>Peter Michael Parslow</b>	Chair	2021-07-07
Frances Daniel		2018-06-18
Margaret Joyce Boyce		2022-07-27

**COUNSELLING TOGETHER**

England & Wales - Charity number 1108406

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# Accounts

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# Counselling Together

## Annual Report:

1<sup>st</sup> January 2025 – 31<sup>st</sup> December 2025

Charity number: 1108406

Registered address: c/o Admin Office, Christchurch Baptist Church,  
1A Beaconsfield Road, Christchurch BH23 1QT

# Reference & Administration Details

Charity Name: Counselling Together  
Registered Charity no.: 1108406  
Charity's address: c/o Admin Office, Christchurch Baptist Church,  
1A Beaconsfield Road, Christchurch, BH23 1QT

## Trustees

Names of the charity trustees who manage the charity:

Trustee name	Office	Dates acted if not for whole year
Mr Peter Parslow	Chair	Whole year
Mrs Frances Daniel	Trustee	Whole year
Mrs Margaret Boyce	Trustee	Whole year

## Management Team

Sue Ingram - Counselling Manager

Alan Boyce – Administration Manager

Phil Cole – Bookkeeper

# Structure, governance & management

## Type of governing document:

Trust Deed, declared 23/12/2004

Supplemental Deed to adjust objects – 5/2/2005

Supplemental Deed for a change of name - 25/6/2011

Supplemental Deed to adjust objects – 16/5/2023

Trust Deed, declared 23/03/2025

## How the charity is constituted: Charitable Trust

**Trustee selection methods:** Appointed by the Trustees in place, following a selection process including an application form, taking references and DBS check. Recommendations for new Trustees are requested from Church leaders that support the Charity.

## Counselling Together - Organisational structure:

The charity operates independently and does not work directly with other groups or networks. As a Christian charity it is affiliated with the Association of Christians in Counselling and Linked Professions.

Counselling Together works closely with churches in the New Forest, Christchurch and surrounding areas; some provide the free use of counselling rooms and some contribute to the bursary fund for clients with financial needs.

A review of the Policies and Procedures is regularly undertaken to keep them in line with changing standards e.g. GDPR, Safeguarding etc.

The trustees annually review CT's risk assessment in consultation with the management team. The last such review was in October 2025.

# Objectives and activities

## Summary of Counselling Together's objectives:

To provide relief to persons in need of emotional, psychological and spiritual support by the provision of professional counselling from a range of recognized approaches and the provision of training for those involved in professional counselling, both being in accordance with The Association of Christians in Counselling and Linked Professions' statement of faith.

## Summary of Counselling Together's activities:

We have been working in the New Forest since 2005 and now also in Christchurch and the surrounding areas. We offer a safe, secure and highly confidential counselling service from supportive and empathic counsellors, at a range of venues. Counselling Together is supported by a number of local churches both in providing counselling locations and financial assistance. All our counsellors work on a voluntary or reduced cost basis.

This means that we can negotiate fees with clients that are below the market rate, in line with their personal financial situation, to ensure that all have access to a professional and local counselling service. One of our key aims is to try and ensure that nobody is denied counselling on the grounds of affordability.

We have offered a range of interactive training seminars on topics which are open to everyone to attend e.g. assertiveness, depression, loss, and bereavement. We have also run courses for churches on Christian counselling and when a pastoral need may benefit from counselling input.

In planning our activities for the year, we kept in mind the Charity Commissions guidance on public benefit at our Trustees meetings.

Counselling Together is supported by an excellent team of volunteers and contractors paid at below market rates who give their time to provide counselling to clients, develop and deliver training courses and help run the service. Counselling Together is not a grant making body.

# Review of the financial year

## A note from our Chair of Trustees, Peter Parslow:

Counselling hours have remained at only about 75% of our target and capacity. We continue to find it hard to engage with the local health services so most of our referrals continue to come from local churches. We have five trained counsellors and for most of the year have had two trainees but have often found it hard to match them with clients that suit their hours and travelling restrictions. This seems to be an important part of a students' learning: how to balance their intended counselling career with other aspects of their life and with the needs of potential clients. Sue Ingram qualified to be a supervisor, which has added another strand to the service we can offer locally.

Our support team continues to work well together and has remained stable throughout the year. As trustees we are aware of our dependence on Counselling Manager, Sue Ingram, which is why we applied for funding to recruit an Assistant Counselling Manager – a counsellor who could take over when Sue is not available. We changed our long-standing policy of not taking lottery funding, having assessed that in practice we did not have clients whose problems had been exacerbated by gambling. We were pleased to receive this funding from the National Lottery Community Fund and at year end we are in the process of recruitment.

Alan Boyce's contribution as Administration Manager is also valuable. He has made most of the grant applications again this year. Phil Cole continues to provide good financial information, and Nigel Simmons has again examined the accounts.

We are extremely grateful to those churches and individuals who have supported us financially. We are also grateful to churches who have opened up their facilities once again for counselling sessions and meetings. This enables our ongoing objective of keeping counselling fees low so that nobody is denied local, professional counselling on financial grounds.

## We have received excellent feedback this year:

- " It provided a space for someone to listen to me and reflect back issues that needed to be addressed "
- "Having a person who listened, had empathy and allowed me to show my emotions without feeling embarrassed"
- "They were very understanding of my physical limitations and being able to use zoom "

## Key performance data for the year ending 31 December 2025:

- Clients counselled: 46 (30 in 2024)
- Clients completed counselling in the last 12 months: 32 (16)
- Annual (12 months) counselling sessions: 696 (465)
- Clients receiving the benefit of grants from our bursary fund during the year: 18 (15)

# Financial Review

## Reserves Policy:

Counselling Together has a Reserves Policy, adopted in November 2016, which requires three months of operating costs to be held as a Reserve. This was reviewed and reconfirmed by the Trustees at a meeting in October 2022 and subsequently again in January 2026.

## Financial structure overview:

Counselling Together charges fees for counselling services which are typically below commercial rates. We are supported by regular donations from local churches and individuals that help to subsidise fees for clients.

We received grants and donations as follows:

£13,000 from the National Lottery Community Fund to fund the cost of appointing an Assistant Counselling Manager for two years.

£3,000 from Dorset Community Foundation's Neighbourhood Fund towards our core funding costs.

£2,000 from the Christchurch Charitable Trust to fund our BH23 Bursary Fund.

£1,520 from the Strategic Solutions Community Foundation to our Bursary Fund.

£1,000 from J.P. Morgan for our Bursary Fund.

£1,000 from a Hampshire County Councillor's annual grant allowance towards the cost of supervision for our counsellors.

£500 from the Ellingham and Ringwood Agricultural Society Show for the Bursary Fund.

£500 from Smith Bradbeer Charitable Trust for core funding costs.

£150 from the Lions Club of New Milton & District to our Bursary Fund.

£100 from Hayward Fox towards the cost of CT's 20<sup>th</sup> anniversary event.

The donations made into the Bursary Funds are essential to ensure that the charity can continue to provide financial support for those of its clients who otherwise would be unable to obtain counselling due to their financial circumstances.

Counselling Together also held some fundraising events during 2025 which contributed £187 to general funds and £175 to Bursary Funds.

Of the total outgoings 34% (22% in 2024) is spent on counselling and supervision costs with 55% (65% in 2023) paid to contractors to carry out the Counselling Manager, Bookkeeper and Administration Manager roles at below normal market rates.

Counselling Together does not hold funds for investment.

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature(s): 

Full name(s): Peter Parslow

Position: Trustee (Chair of Trustees)

Date: 20 April 2026

## COUNSELLING TOGETHER

### BALANCE SHEET AS AT 31ST DECEMBER 2025

Charity number 1108406

		<b>Funds 2025</b>	<b>Funds 2024</b>
		£	£
	Note		
<b>Current Assets:</b>			
Cash at Bank and in Hand		24,911	7,445
Debtors and Prepayments	3	0	246
<b>Net Assets</b>		<u>24,911</u>	<u>7,691</u>
<b>The Funds of the Charity:</b>			
Unrestricted Income Funds:			
Reserves	5	6,664	6,664
General	5	4,180	1,017
		<u>10,844</u>	<u>7,681</u>
Restricted Income Funds	5	14,067	10
<b>Total Charity Funds</b>		<u>24,911</u>	<u>7,691</u>

The financial statements were approved by the Trustees and signed on their behalf

Chair of Trustees  
Date

P Parslow

# COUNSELLING TOGETHER

## NOTES TO THE ACCOUNTS FOR THE YEAR 31ST DECEMBER 2025

### 1 Accounting Policies

#### 1.1 Basis of preparation of financial statements

Counselling Together is a charity (no. 1108406) registered in the United Kingdom. The address of the registered office is given in the Trustees Report. The nature of the charity's operations and principal activities are described in the Trustees Report.

The financial statements of the charity, 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011.'

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

The charity adopted SORP (FRS 102) in 2015 and no transition adjustments were identified.

#### 1.2 Accounting Period

These financial statements cover a 12 month period, from 1st January 2025 to 31st December 2025.

#### 1.3 Income

Voluntary income and donations are recognised on a receivable basis. No permanent endowments have been received in the period. All incoming resources are accounted for the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donated goods and services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item.

No amount is included in the Financial Statements for volunteer time in line with the SORP (FRS 102).

#### 1.4 Expenditure and Irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is allocated to the appropriate headings in the accounts.

Irrecoverable VAT is charged as a cost against the heading for which the expenditure was incurred.

#### 1.5 Funds

The funds held constitute: General funds held for any purpose of the charity which are unrestricted. Designated funds are unrestricted funds set aside at the discretion of the Trustees for specific purposes. Details of designated funds are disclosed in note 5 of these accounts. Restricted funds which are held for a narrower purpose and Endowment Funds which represent gifts, the capital normally being unavailable for spending, and the income from which is either restricted or unrestricted.

Details of each material restricted fund are disclosed in note 5 of these accounts.

#### 1.6 Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

#### 1.7 Cash at Bank and in hand

Cash at Bank and cash in hand included cash on deposit.

#### 1.8 Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

## COUNSELLING TOGETHER

### STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST DECEMBER 2025

	Notes	Unrestricted Funds 2025	Restricted Funds 2025	Total Funds 2025	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024
<b>Income</b>							
Donations		2,195	3,566	5,761	1,363	6,620	7,983
Grants		3,500	17,500	21,000	2,000	0	2,000
<b>Other Income</b>							
Activities - Client Fees		22,553	0	22,553	14,315	0	14,315
Activities - Supervision		590	0	590			
Investment Income		76	0	76	107	0	107
Fundraising		187	175	362	944	0	944
<b>Total Income</b>		<u>29,101</u>	<u>21,241</u>	<u>50,342</u>	<u>18,729</u>	<u>6,620</u>	<u>25,349</u>
<b>Expenditure</b>							
Cost of Activities	2	32,402	720	33,122	27,163	1,750	28,913
<b>Total Expenditure</b>		<u>32,402</u>	<u>720</u>	<u>33,122</u>	<u>27,163</u>	<u>1,750</u>	<u>28,913</u>
<b>Net Income/(Expenditure)</b>		-3,301	20,521	17,220	-8,434	4,870	-3,564
Net transfers between Funds		6,400	-6,400	0	5,092	-5,092	0
<b>Net Movement in Funds in Period</b>		<u>3,099</u>	<u>14,121</u>	<u>17,220</u>	<u>-3,342</u>	<u>-222</u>	<u>-3,564</u>
<b>Reconciliation of Funds</b>							
Total Funds Brought Forward		7,681	10	7,691	11,023	232	11,255
Net Movement of Funds (above)		3,099	14,121	17,220	-3,342	-222	-3,564
<b>Total Funds Carried Forward</b>		<u>10,780</u>	<u>14,131</u>	<u>24,911</u>	<u>7,681</u>	<u>10</u>	<u>7,691</u>

The Statement of Financial Activities includes all gains and losses recognised in the period.  
All income and expenditure derive from continuing activities.

## COUNSELLING TOGETHER

### NOTES TO THE ACCOUNTS FOR THE YEAR 31ST DECEMBER 2025

	Funds 2025 £	Funds 2024 £
<b>2. Cost of Activities</b>		
<b>Counselling Costs</b>		
Councillor Fees	8,771	4,144
Counsellor Welfare	96	123
Supervision Costs	2,530	2,100
Counsellor Training Costs	135	0
Counselling Venue Hire	0	115
	11,532	6,482
<b>Support Costs</b>		
Management of Counsellors	15,433	14,490
Contractor - Administration	1,675	1,600
Administration Costs	1,576	1,497
Sundries	132	18
Membership and Subscriptions	372	383
Insurance	718	412
Bookkeeping	952	1,864
Bank Fees	12	0
	20,870	20,264
	32,402	26,746
<b>Restricted Expenditure</b>		
Promotional Video and Leaflets	0	1,750
Supervision Costs	620	0
20th Anniversary costs	100	0
	720	1,750
<b>Designated Expenditure</b>		
Advertising Banners and Boards	0	417
<b>Governance Costs</b>		
Independent Examiner's Fees	0	0
Total Cost of Activities	33,122	27,163
<b>3. Debtors and Prepayments</b>		
Outstanding Receipts	0	0
Prepayments	0	246
Total Debtors and Prepayments	0	246

## 5. Analysis of Fund Movements

	01.01.25	Resources	Expended	Transferred between Funds	31.12.25
<b>Unrestricted Funds</b>					
General Funds	1,017	29,101	32,402	6,464	4,180
Designated Fund - General Reserves	6,600	0	0	0	6,600
Designated Funds - Advertising	64	0	0	-64	0
<b>Total Unrestricted Funds</b>	<b>7,681</b>	<b>29,101</b>	<b>32,402</b>	<b>6,400</b>	<b>10,780</b>
<b>Restricted Funds</b>					
Bursary Funds	10	5,051	0	-4,908	153
BH23 Bursary Funds	0	2,090	0	-1,556	534
20th Anniversary Fund		100	100	0	0
Assistant Counselling Manager Fund	0	13,000	0	0	13,000
Counsellor Support and Training Fund	0	1,000	620	64	444
<b>Total Restricted Funds</b>	<b>10</b>	<b>21,241</b>	<b>720</b>	<b>-6,400</b>	<b>14,131</b>
<b>Total Funds</b>	<b>7,691</b>	<b>50,342</b>	<b>33,122</b>	<b>0</b>	<b>24,911</b>

Name of Fund	Description, Nature and Purpose of Fund
<b>Bursary Funds</b>	To provide a bursary for clients that are unable to meet the costs for counselling services.
<b>BH23 Bursary Funds</b>	To provide a bursary for clients living in the BH23 postcode area that are unable to meet the costs for counselling services
<b>20th Anniversary Fund</b>	To provide funds to cover the cost of our 20th anniversary celebration
<b>Assistant Counselling Manager Fund</b>	To provide for an Assistant Counselling Manager to assist our current manager
<b>Counsellor Support and Training Fund</b>	To provide support and training for our Counsellors
Restricted Funds are entirely represented by current assets.	
<b>Designated Fund Reserves</b>	To hold 3 months' operational costs in the event of closure, in respect of a reserve.
<b>Designated Fund Other</b>	To hold funds designated for specific expenditure.

## 6. Related Party Transactions

There were no related party transactions during the period.

## 7. Trustees Remuneration

A connected person was paid £1,675 to provide services as Administration Manager

The Charities Commission advised that this is allowable under s185-188 of the Charities Act 2011

**8. Trustees Expenses**

No trustees, or connected persons thereof, received reimbursement for expenses during the period.

**9. Trustees Donations**

Donations were received from parties connected to one trustee, with no conditions attached

**10. Control Relationships**

The Charity is ultimately controlled by the Trustees.

# Independent Examiners Report to the Trustees of Counselling Together

I report to the Trustees on my examination of the accounts of Counselling Together (CT) for the period ending 31<sup>st</sup> December 2025.

## Responsibilities

The Trustees of CT are responsible for the preparation of the accounts in accordance with the requirement of the Charities Registration and Regulation Act 2019 ('the act') and the Charities Regulations 2020 ('the regulations')

## Basis of Independent Examiners Report

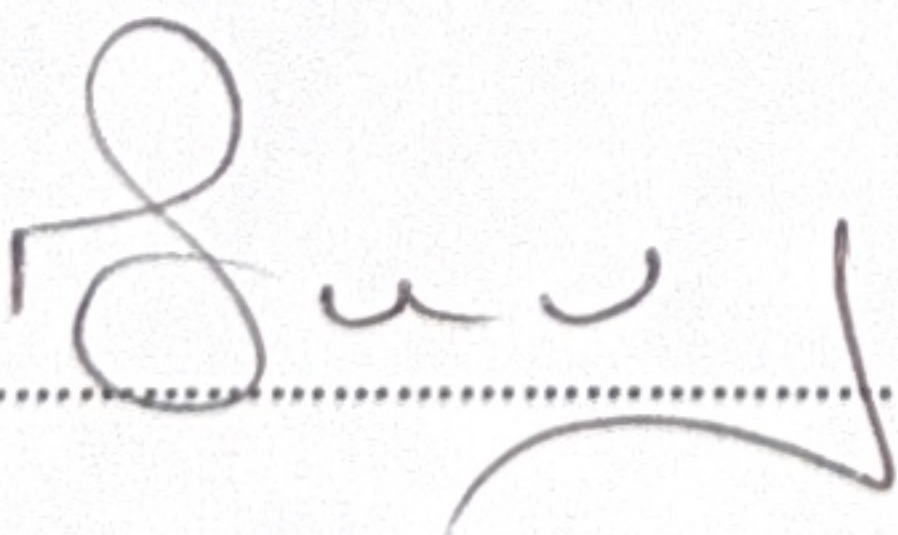
My examination was carried out in accordance with the directions given by the Charity Commission. This includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'trust and fair' view and the report is limited to those matters set out in the statement below

## Independent Examiners' Statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect;

1. The accounting records were not kept in respect of CT as required by Section 46 of the Act, and Part 6 of the Act and the Regulations; or
2. The accounts did not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn.



Name: Dr Nigel Simmons  
Address : Cob Cottage, Wootton Road, Tiptoe, Lymington SO41 6FU  
Date: 19/02/2026

**COUNSELLING TOGETHER**

England & Wales - Charity number 1108406

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# Accounts

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# Counselling Together

## Annual Report:

1<sup>st</sup> January 2024 – 31<sup>st</sup> December 2024

Charity number: 1108406

Registered address: c/o Admin Office, Christchurch Baptist Church,  
1A Beaconsfield Road, Christchurch BH23 1QT



# Reference & Administration Details

Charity Name: Counselling Together  
Registered Charity no.: 1108406  
Charity's address: c/o Admin Office, Christchurch Baptist Church,  
1A Beaconsfield Road, Christchurch, BH23 1QT

## Trustees

Names of the charity trustees who manage the charity:

Trustee name	Office	Dates acted if not for whole year
Mr Peter Parslow	Chair	Whole year
Mrs Frances Daniel	Trustee	Whole year
Mrs Margaret Boyce	Trustee	Whole year

## Management Team

Sue Ingram - Counselling Manager

Alan Boyce – Administration Manager

Loraine Chirgwin – Bookkeeper until 15 October 2024

Phil Cole – Bookkeeper from 15 October 2024

# Structure, governance & management

## Type of governing document:

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Supplemental Deed for a change of name - 25/6/2011

Supplemental Deed to adjust objects – 16/5/2023

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A review of the Policies and Procedures is regularly undertaken to keep them in line with changing standards e.g. GDPR, Safeguarding etc.

The trustees annually review CT’s risk assessment in consultation with the management team. The last such review was in May 2024.

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## Summary of Counselling Together activities:

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This means that we can negotiate fees with clients that are below the market rate, in line with their personal financial situation, to ensure that all have access to a professional and local counselling service. One of our key aims is to try and ensure that nobody is denied counselling on the grounds of affordability.

We offer a range of interactive training seminars on topics which are open to everyone to attend e.g. assertiveness, depression, loss, and bereavement. We also run courses for churches on Christian counselling and when a pastoral need may benefit from counselling input.

In planning our activities for the year, we kept in mind the Charity Commissions guidance on public benefit at our Trustees meetings.

Counselling Together is supported by an excellent team of volunteers who give their time to provide counselling to clients, develop and deliver training courses and help run the service. Counselling Together is not a grant making body.

# Review of the financial year

## A note from our Chair of Trustees, Peter Parslow:

A low demand for counselling continued through much of the year, only picking up right near the end, so we have continued our “road show” visits to local churches. Building on a local MPs 'mental health consultation' meeting, we had a few conversations with other local charities offering related mental health services in the area and may sign post clients to them or have clients sign posted to us.

We continue to have a stable team of trustees, freelance staff and volunteers. The trustees are able to rely on Sue Ingram, our Counselling Manager, and Alan Boyce as Administration Manager to run the charity. Early in the year, most of that team met with most of the counsellors which was a good opportunity to get to know one another. In October, Loraine Chirgwin handed over as bookkeeper to Phil Cole. Nigel Gooding has again examined our accounts.

During the year, we revisited part of our trust deed concerning payments to trustees and related persons, for services. In correspondence with the Charity Commission we established that this was acceptable for us in controlled circumstances, but to make things clearer we set about revising our trust deed based on the current Charity Commission template. This will only take effect in 2025.

Sue Ingram, as Counselling Manager, has continued to coordinate our counsellors. Two of our volunteer trainee counsellors qualified and have left to begin work. We recruited two new trainees and one qualified and remains with CT as a qualified counsellor. One counsellor took six months sabbatical mid-year and returned.

We are extremely grateful to those churches and individuals who have supported us financially, with donations making up about 1/3rd of our income. For the first time we set ourselves a fund raising budget and focused a few activities on that, raising both money and awareness in Milford, New Milton, and Brockenhurst. I am grateful to Alan for getting several donations. But with client fees down, we made a loss bringing our balance down to about three months budget.

We are also grateful to churches who have opened up their facilities once again for counselling sessions and meetings. This enables our ongoing objective of keeping counselling fees low so that nobody is denied first class counselling on financial grounds.

We have received excellent feedback this year:

- "I felt supported and listened to, which has reassured me I can be more open and ask for help"
- "A safe place where you can unpack all the elements of problems which are affecting your life"
- "I now know it's OK to love my past self and inner-child and not allow her to control my current thoughts and actions "

Key performance data for the year ending 31 December 2024:

- Clients counselled: 30
- Clients completed counselling in the last 12 months: 16
- Annual (12 months) counselling sessions: 465
- Clients receiving the benefit of grants from our bursary fund during the year: 15

## Financial Review

### Reserves Policy:

Counselling Together has a Reserves Policy, adopted in November 2016, which requires three months of operating costs to be held as a Reserve. This was reviewed and reconfirmed by the Trustees at a meeting in October 2022.

### Financial structure overview:

Counselling Together charges fees for counselling services which are typically below commercial rates. We are supported by regular donations from local churches and individuals that help to subsidise fees for clients.

We received a grant of £2,000 from Dorset Community Foundation's Neighbourhood Fund for our core funding costs. We received support from Ichthus People Association which paid £250 for the printing of new leaflets, and from the Strategic Solutions Community Foundation which provided £1,750 to produce a new video, both of which are used to promote the services that Counselling Together can provide.

With an increased demand for the use of Counselling Together's Bursary Fund, we were very grateful to receive donations to this fund of £1,345 from a Hampshire County Councillor's annual grant allowance, £1,000 from the Churchill Foundation, and £500

from J.P. Morgan. These were vital in topping up the Bursary Fund to ensure that the charity can continue to provide financial support for those of its clients who otherwise would be unable to obtain counselling due to their financial circumstances.

Counselling Together also organised a number of fundraising events during the course of 2024 which contributed £944 to the total income.


Of the total outgoings 22% (27% in 2023) is spent on counselling and supervision costs with 62% (65% in 2023) paid to sub-contractors to carry out the Counselling Manager, Bookkeeper and Administration Manager roles at below normal market rates.

Counselling Together does not hold funds for investment.

## Declaration

The trustees declare that they have approved the trustees' report above.

**Signed on behalf of the charity's trustees:**

Signature(s): 

Full name(s): Peter Parslow

Position: Trustee (Chair of Trustees)

Date: 28<sup>th</sup> April 2025

## COUNSELLING TOGETHER

### BALANCE SHEET AS AT 31ST DECEMBER 2024

Charity number 1108406

		Funds 2024 £	Funds 2023 £
	Note		
<b>Current Assets:</b>			
Cash at Bank and in Hand		7,445	11,139
Debtors and Prepayments	3	246	384
		<hr/>	<hr/>
		7,691	11,523
<b>Liabilities:</b>			
Creditors falling due within one year	4	0	268
		<hr/>	<hr/>
<b>Net Current Assets</b>		7,691	11,255
<b>Net Assets</b>		<u>7,691</u>	<u>11,255</u>
 <b>The Funds of the Charity:</b>			
Unrestricted Income Funds:			
Reserves	5	6,664	7,081
General	5	1,017	3,942
		<hr/>	<hr/>
		7,681	11,023
Restricted Income Funds	5	10	232
		<hr/>	<hr/>
<b>Total Charity Funds</b>		<u>7,691</u>	<u>11,255</u>

The financial statements were approved by the Trustees and signed on their behalf



Chair of Trustees

P Parslow

Date 28 April 2025

## COUNSELLING TOGETHER

### STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST DECEMBER 2024

	Notes	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024	Unrestricted Funds 2023	Restricted Funds 2023	Total Funds 2023
<b>Income</b>							
Donations		1,363	6,620	7,983	4,406	1,576	5,982
Grants		2,000	0	2,000	4,461	0	4,461
<b>Other Income</b>							
Activities - Client Fees		14,315	0	14,315	18,785	0	18,785
Investment Income		107	0	107	83	0	83
Fundraising		944	0	944	0	0	0
<b>Total Income</b>		<u>18,729</u>	<u>6,620</u>	<u>25,349</u>	<u>27,735</u>	<u>1,576</u>	<u>29,311</u>
<b>Expenditure</b>							
Cost of Activities	2	27,163	1,750	28,913	27,079	0	27,079
<b>Total Expenditure</b>		<u>27,163</u>	<u>1,750</u>	<u>28,913</u>	<u>27,079</u>	<u>0</u>	<u>27,079</u>
<b>Net Income/(Expenditure)</b>		-8,434	4,870	-3,564	656	1,576	2,232
Transfers between Funds		5,092	-5,092	0	4,540	-4,540	
<b>Net Movement in Funds in Period</b>		<u>-3,342</u>	<u>-222</u>	<u>-3,564</u>	<u>5,196</u>	<u>-2,964</u>	<u>2,232</u>
<b>Reconciliation of Funds</b>							
Total Funds Brought Forward		11,023	232	11,255	5,827	3,196	9,023
Net Movement of Funds (above)		-3,342	-222	-3,564	5,196	-2,964	2,232
Adjustment							
<b>Total Funds Carried Forward</b>		<u>7,681</u>	<u>10</u>	<u>7,691</u>	<u>11,023</u>	<u>232</u>	<u>11,255</u>

The Statement of Financial Activities includes all gains and losses recognised in the period.  
All income and expenditure derive from continuing activities.

# COUNSELLING TOGETHER

## NOTES TO THE ACCOUNTS FOR THE YEAR 31ST DECEMBER 2024

### 1 Accounting Policies

#### 1.1 Basis of preparation of financial statements

Counselling Together is a charity (no. 1108406) registered in the United Kingdom. The address of the registered office is given in the Trustees Report. The nature of the charity's operations and principal activities are described in the Trustees Report.

The financial statements of the charity, 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011.'

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

The charity adopted SORP (FRS 102) in 2015 and no transition adjustments were identified.

#### 1.2 Accounting Period

These financial statements cover a 12 month period, from 1st January 2024 to 31st December 2024.

#### 1.3 Income

Voluntary income and donations are recognised on a receivable basis. No permanent endowments have been received in the period. All incoming resources are accounted for the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donated goods and services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item.

No amount is included in the Financial Statements for volunteer time in line with the SORP (FRS 102).

#### 1.4 Expenditure and Irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is allocated to the appropriate headings in the accounts.

Irrecoverable VAT is charged as a cost against the heading for which the expenditure was incurred.

#### 1.5 Funds

The funds held constitute: General funds held for any purpose of the charity which are unrestricted. Designated funds are unrestricted funds set aside at the discretion of the Trustees for specific purposes. Details of designated funds are disclosed in note 5 of these accounts. Restricted funds which are held for a narrower purpose and Endowment Funds which represent gifts, the capital normally being unavailable for spending, and the income from which is either restricted or unrestricted. Details of each material restricted fund are disclosed in note 5 of these accounts.

#### 1.6 Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

#### 1.7 Cash at Bank and in hand

Cash at Bank and cash in hand included cash on deposit.

#### 1.8 Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

## COUNSELLING TOGETHER

### NOTES TO THE ACCOUNTS FOR THE YEAR 31ST DECEMBER 2024

	Funds 2024 £	Funds 2023 £
<b>2. Cost of Activities</b>		
<b>Counselling Costs</b>		
Councillor Fees	4,144	4,463
Counsellor Welfare	123	190
Supervision Costs	2,100	2,670
Counselling Venue Hire	<u>115</u>	<u>0</u>
	6,482	7,323
<b>Support Costs</b>		
Contractor Costs	16,090	15,554
Administration Costs	1,497	1,398
Training	0	320
Sundries	18	29
Membership and Subscriptions	383	215
Insurance	412	172
Bookkeeping	1,864	1,784
Office Equipment	<u>0</u>	<u>284</u>
	20,264	19,756
	<u>26,746</u>	<u>27,079</u>
<b>Restricted Expenditure</b>		
Promotional Video and Leaflets	1,750	
<b>Designated Expenditure</b>		
Advertising Banners and Boards	417	0
<b>Governance Costs</b>		
Independent Examiner's Fees	0	0
<b>Total Cost of Activities</b>	<u><u>28,913</u></u>	<u><u>27,079</u></u>
<b>3. Debtors and Prepayments</b>		
Outstanding Receipts	0	170
Prepayments	<u>246</u>	<u>214</u>
<b>Total Debtors and Prepayments</b>	<u><u>246</u></u>	<u><u>384</u></u>
<b>4. Creditors falling due within one year</b>		
Accruals	0	268
Independent Examiner	<u>0</u>	<u>0</u>
	<u><u>0</u></u>	<u><u>268</u></u>
Included in this balance is the Independent Examiner's fees of	Nil	Nil

## 5. Analysis of Fund Movements

	01.01.24	Resources	Expended	To General	31.12.24
<b>Unrestricted Funds</b>					
General Funds	3,942	18,729	-26,746	5,092	1,017
Designated Funds	7,081		-417		6,664
<b>Total Unrestricted Funds</b>	<b>11,023</b>	<b>18,729</b>	<b>-27,163</b>	<b>5,092</b>	<b>7,681</b>
<b>Restricted Funds</b>					
Bursary Funds	4	4,870	0	-4,864	10
BH23 Bursary Funds	228	0	0	-228	0
Promotional Video and Leaflets	0	1750	-1,750	0	0
<b>Total Restricted Funds</b>	<b>232</b>	<b>6,620</b>	<b>-1,750</b>	<b>-5,092</b>	<b>10</b>
<b>Total Funds</b>	<b>11,255</b>	<b>25,349</b>	<b>-28,913</b>	<b>0</b>	<b>7,691</b>

### Name of Fund

### Description, Nature and Purpose of Fund

#### Bursary Funds

To provide a bursary for clients that are unable to meet the costs for counselling services.

#### BH23 Bursary Funds

To provide a bursary for clients living in the BH23 postcode area that are unable to meet the costs for counselling services

Restricted Funds are entirely represented by current assets.

#### Designated Fund Reserves

To hold 3 months' operational costs in the event of closure, in respect of a reserve.

#### Designated Fund Other

To hold funds designated for specific expenditure.

## 6. Related Party Transactions

There were no related party transactions during the period.

## 7. Trustees Remuneration

A connected person was paid £1,600 to provide services as Administration Manager.

The Charities Commission advised that this is allowable under s185-188 of the Charities Act 2011

## 8. Trustees Expenses

No trustees, or connected persons thereof, received reimbursement for expenses during the period.

## 9. Trustees Donations

Donations were received from parties connected to one trustee, with no conditions attached

## 10. Control Relationships

The Charity is ultimately controlled by the Trustees.

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF COUNSELLING  
TOGETHER**

I report to the Trustees on my examination of the accounts of Counselling Together (CT) for the period ended 31<sup>st</sup> December 2024.

**Responsibilities**

The Trustees of CT are responsible for the preparation of the accounts in accordance with the requirement of the Charities Registration and Regulation Act 2019 ("the Act") and the Charities Regulations 2020 ("the Regulations").

**Basis of Independent Examiner's Report**

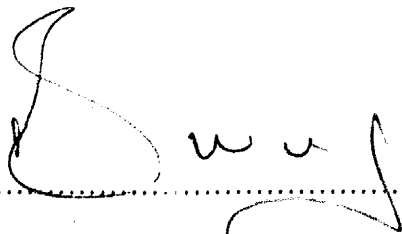
My examination was carried out in accordance with the Directions given by the Charity Commission. This includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "trust and fair" view and the report is limited to those matters set out in the statement below.

**Independent Examiner's Statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect;

1. The accounting records were not kept in respect of CT as required by Section 46 of the Act, and Part 6 of the Act and the Regulations; or
2. The accounts did not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn.



Name: Dr Nigel Simmons

Address: Cob Cottage, Wootton Road, Tiptoe, Lymington

Date: 06/03/2025

## **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF COUNSELLING TOGETHER**

I report to the Trustees on my examination of the accounts of Counselling Together (CT) for the period ended 31st December 2024.

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### **Basis of Independent Examiner's Report**

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.....

Name: Dr Nigel Simmons

Address: Cob Cottage, Wootton Road, Tiptoe, Lymington

Date: 06/03/2025

**COUNSELLING TOGETHER**

England & Wales - Charity number 1108406

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# Accounts

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# Counselling Together

## Annual Report:

1<sup>st</sup> January 2023 – 31<sup>st</sup> December 2023

Charity number: 1108406

Registered address: c/o Admin Office, Christchurch Baptist Church,  
1A Beaconsfield Road, Christchurch BH23 1QT

# Reference & Administration Details

Charity Name: Counselling Together  
Registered Charity no.: 1108406  
Charity's address: c/o Admin Office, Christchurch Baptist Church,  
1A Beaconsfield Road, Christchurch, BH23 1QT

## Trustees

Names of the charity trustees who manage the charity:

Trustee name	Office	Dates acted if not for whole year
Mr Peter Parslow	Chair	Whole year
Mrs Frances Daniel	Trustee	Whole year
Mrs Margaret Boyce	Trustee	Whole year

## Management Team

Sue Ingram - Counselling Manager

Alan Boyce – Administration Manager

Loraine Chirgwin – Bookkeeper

# Structure, governance & management

Type of governing document:

Trust Deed, declared 8/12/2004

Supplemental Deed to adjust objects – 5/2/2005

Supplemental Deed for a change of name - 25/6/2011

Supplemental Deed to adjust objects – 16/5/2023

How the charity is constituted: Charitable Trust

Trustee selection methods: Appointed by the Trustees in place, following a selection process including an application form, taking references and DBS check. Recommendations for new Trustees are requested from Church leaders that support the Charity.

Counselling Together - Organisational structure:

The charity operates independently and does not work directly with other groups or networks. As a Christian charity it is affiliated with the Association of Christians in Counselling and Linked Professions’.

Counselling Together works closely with Churches in the New Forest, Christchurch and surrounding areas; some provide the free use of counselling rooms and some contribute to the bursary fund for clients with financial needs.

A review of the Policies and Procedures is regularly undertaken to keep them in line with changing standards e.g. GDPR, Safeguarding etc.

The trustees annually review CT’s risk assessment in consultation with the management team. The last such review was in May 2024.

# Objectives and activities

## Summary of the Counselling Together objectives:

To provide relief to persons in need of emotional, psychological and spiritual support by the provision of professional counselling from a range of recognized approaches and the provision of training for those involved in professional counselling, both being in accordance with The Association of Christians In Counselling and Linked Professions' statement of faith.

## Summary of Counselling Together activities:

We have been working in the New Forest since 2005 and now also in Christchurch and the surrounding areas. We offer a safe, secure and highly confidential counselling service from supportive and empathic counsellors, at a range of venues. Counselling Together is supported by a number of local churches both in providing counselling locations and financial assistance. All our counsellors work on a voluntary or reduced cost basis.

This means that we can negotiate fees with clients that are below the market rate, in line with their personal financial situation, to ensure that all have access to a professional and local counselling service. One of our key aims is to try and ensure that nobody is denied counselling on the grounds of affordability.

We offer a range of interactive training seminars on topics which are open to everyone to attend e.g. assertiveness, depression, loss, and bereavement. We also run courses for churches on Christian counselling and when a pastoral need may benefit from counselling input.

In planning our activities for the year, we kept in mind the Charity Commissions guidance on public benefit at our Trustees meetings.

Counselling Together is supported by an excellent team of volunteers who give their time to provide counselling to clients, develop and deliver training courses and help run the service. Counselling Together is not a grant making body.

# Review of the financial year

## A note from our Chair of Trustees, Peter Parslow:

Demand for counselling has still not picked up as fast as we expected, so we have made more “road show” visits to local churches and other groups to widen knowledge of our services. In addition, we have started to meet with other organisations in the area who offer mental health support, jointly recognising that people have a variety of needs, the statutory and voluntary organisations can offer a variety of support, and all benefit from understanding what the others can offer.

This year we have had a stable team of trustees, freelance staff and volunteers. The trustees are able to rely on Sue Ingram, our Counselling Manager, and Alan Boyce as Administration Manager to run the charity. Loraine Chirgwin as bookkeeper has demonstrated that last years change of accounts software was a good idea, by being able to generate useful management accounts quickly during the year. Nigel Gooding has again examined our accounts.

During the year, we formalised the slight rewording of our objects mentioned in last years reports, emphasising that our counsellors are Christians who provide professional counselling, not specifically Christian counselling.

Sue Ingram, as Counselling Manager, has continued to coordinate our counsellors, The number of counselling hours was up on 2022, with clients engaging for longer. One of our volunteer trainee counsellors left and another started her placement with us, to enable her to become a qualified counsellor.

Income from donations still represents about 1/3 of our total income. I am grateful to Alan for getting several donations that have balanced the books so that we can end the year with a healthier balance equivalent to about four months budget.

We are extremely grateful to those churches and individuals who have supported us financially, with donations making up about 1/3rd of our income. We are also grateful to churches who have opened up their facilities once again for counselling sessions and meetings. This enables our ongoing objective of keeping counselling fees low so that nobody is denied first class counselling on financial grounds.

We have received excellent feedback this year:

- "I feel much more confident"
- "Learnt to talk about my worries etc. It was free-ing"
- "We cannot cope with life's shocks/frustrations by ourselves. We need to off-load without being judged"

Key performance data for the year ending 31 December 2023:

- Clients counselled: 31 (down from 43).
- Clients completed counselling in the last 12 months: 23 (down from 30).
- Annual (12 months) counselling sessions: 606 (up from 561) although less client numbers, these clients are staying in therapy longer to provide a higher number of sessions over the entire year.
- Clients receiving the benefit of grants from our bursary fund during the year: 16, with 7 of these remaining at the end of the year.

## Financial Review

Reserves Policy:

Counselling Together has a Reserves Policy, adopted in November 2016, which requires three months of operating costs to be held as a Reserve. This was reviewed and reconfirmed by the Trustees at a meeting in October 2022.

Financial structure overview:

Counselling Together charges fees for counselling services which are typically below commercial rates. We are supported by regular donations from local churches and individuals that help to subsidise fees for clients.

We received a grant of £3,900 from Dorset Community Foundation's Neighbourhood Fund; £481 from J.P. Morgan and £80 from New Forest District Council. In addition, we were fortunate to be given several donations including £500 from the Ellingham Show and £150 from Bransgore Parish Council. These were vital in ensuring the charity can continue its operations.

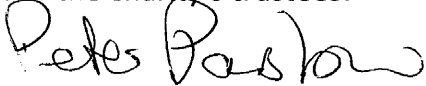
Of the total outgoings 27% is spent on counselling and supervision costs with 65% paid to sub-contractors to carry out the Counselling Manager, Bookkeeper and Administration Manger roles at below normal market rates.

Counselling Together does not hold funds for investment.

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature(s): 

Full name(s): Peter Parslow

Position: Trustee (Chair of Trustees)

Date: 22nd July 2024

Peter Parslow  
17 April 2024

**COUNSELLING TOGETHER**

**BALANCE SHEET AS AT 31<sup>ST</sup> DECEMBER 2023**

Charity Number 1108406

		Funds 2023 £	Funds 2022 £
	Note		
<b>Current Assets:</b>			
Debtors and Prepayments	3	384	273
Cash at Bank and in Hand		<u>11,139</u>	<u>10,093</u>
		11,523	10,366
<b>Liabilities:</b>			
Creditors falling due with one year	4	268	1,343
End of Year Adjustment			
<b>Net Current Assets</b>		<u>11,255</u>	<u>9,023</u>
<b>Net Assets</b>		<u>11,255</u>	<u>9,023</u>
<b>The Funds of the Charity:</b>			
Unrestricted Income Funds:			
Reserves	5	7,081	6,600
Unrestricted Income Funds	5	<u>3,942</u>	<u>(773)</u>
		11,023	5,827
Restricted Income Funds	5	<u>232</u>	<u>3,196</u>
<b>Total Charity Funds</b>		<u>11,255</u>	<u>9,023</u>

The financial statements were approved by the Trustees and signed on their behalf.

Chair of Trustees  
Date

P Parslow  
17.04.24

Peter Parslow

## Counselling Together

### Statement of Financial Activities for the 12 months ended 31<sup>st</sup> December 2023

	Note	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
<b>Income</b>							
Donations		4,406	1,576	5,982	2,850	5,265	8,115
Grants		4,461		4,461	-	-	-
<b>Other Income</b>							
Activities – Client Fees		18,785	-	18,785	16,703	-	16,703
Investment Income		<u>83</u>	<u>-</u>	<u>83</u>	<u>3</u>	<u>-</u>	<u>3</u>
<b>Total Income</b>		<b><u>27,735</u></b>	<b><u>1,576</u></b>	<b><u>29,311</u></b>	<b><u>19,556</u></b>	<b><u>5,265</u></b>	<b><u>24,821</u></b>
<b>Expenditure</b>							
<i>Expenditure on Raising Funds:</i>							
Website Development & Print		389		389	226	300	526
<i>Expenditure on Charitable Activities:</i>							
Cost of Activities	2	<u>26,690</u>	<u>-</u>	<u>26,690</u>	<u>26,796</u>	<u>-</u>	<u>26,796</u>
<b>Total Expenditure</b>		<b><u>27,079</u></b>	<b><u>-</u></b>	<b><u>27,079</u></b>	<b><u>27,022</u></b>	<b><u>300</u></b>	<b><u>27,322</u></b>
<b>Net Income/(Expenditure)</b>		<b>656</b>	<b>1,576</b>	<b>2,232</b>	<b>(7,466)</b>	<b>4,965</b>	<b>(2,501)</b>
Transfers Between Funds		<u>4,540</u>	<u>(4,540)</u>	<u>-</u>	4,617	<u>(4,617)</u>	<u>-</u>
Net Movement in Funds in Period		<u>5,196</u>	<u>(2,964)</u>	<u>2,232</u>	<u>(2,849)</u>	<u>348</u>	<u>(2,501)</u>
<b>Reconciliation of Funds</b>							
Total Funds Brought Forward		5,827	3,196	9,023	8,676	2,848	11,524
Net Movement of Funds (above)		5,196	(2,964)	2,232	(2,849)	348	(2,501)
Adjustment		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>Total Funds Carried Forward</b>		<b><u>11,023</u></b>	<b><u>232</u></b>	<b><u>11,255</u></b>	<b><u>5,827</u></b>	<b><u>3,196</u></b>	<b><u>9,023</u></b>

The Statement of Financial Activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

# COUNSELLING TOGETHER

## NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31<sup>ST</sup> DECEMBER 2023

### 1 Accounting Policies

#### 1.1 Basis of preparation of financial statements

Counselling Together is a charity (no. 1108406) registered in the United Kingdom. The address of the registered office is given in the Trustees Report. The nature of the charity's operations and principal activities are described in the Trustees Report.

The financial statements of the charity, 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011.'

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

The charity adopted SORP (FRS 102) in 2015 and no transition adjustments were identified.

#### 1.2 Accounting Period

These financial statements cover a 12 month period, from 1<sup>st</sup> January 2023 to 31<sup>st</sup> December 2023.

#### 1.3 Income

Voluntary income and donations are recognised on a receivable basis. No permanent endowments have been received in the period. All incoming resources are accounted for the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donated goods and services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item.

No amount is included in the Financial Statements for volunteer time in line with the SORP (FRS 102).

#### 1.4 Expenditure and Irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is allocated to the appropriate headings in the accounts.

Irrecoverable VAT is charged as a cost against the heading for which the expenditure was incurred.

#### 1.5 Funds

The funds held constitute: General funds held for any purpose of the charity which are unrestricted. Designated funds are unrestricted funds set aside at the discretion of the Trustees for specific purposes. Details of designated funds are disclosed in note 5 of these accounts. Restricted funds which are held for a narrower purpose and Endowment Funds which represent gifts, the capital normally being unavailable for spending, and the income from which is either restricted or unrestricted. Details of each material restricted fund are disclosed in note 5 of these accounts.

#### 1.6 Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

#### 1.7 Cash at Bank and in hand

Cash at Bank and cash in hand included cash on deposit.

#### 1.8 Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

## COUNSELLING TOGETHER

### NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31<sup>ST</sup> DECEMBER 2023

#### 2 Cost of Activities

	Funds		Funds	
	2023	2023	2022	2022
	£	£	£	£
<b>Counselling Costs</b>				
Counsellor Fees	4,463		4,005	
Counsellor Welfare	190		138	
Supervision Costs	<u>2,670</u>		<u>3,175</u>	
	<u>7,323</u>	<b>7,323</b>	<u>7,318</u>	<b>7,318</b>
 <b>Support Costs</b>				
Contractor Costs	15,554		16,166	
Administration Costs	1,009		943	
Training	320		60	
Sundries	29		11	
Membership	215		35	
Insurance	172		143	
Bookkeeping	1,784		2,120	
Office Equipment	<u>284</u>		-	
	<u>19,367</u>	<u>19,367</u>	<u>19,478</u>	<u>19,478</u>
		<u>26,690</u>	<u>26,796</u>	<u>26,796</u>
 <b>Governance Costs</b>				
Independent Examiners Fees	-		-	
 <b>Total Cost of Activities</b>		<u>26,690</u>		<u>26,796</u>

#### 3 Debtors and Prepayments

Outstanding Receipts	170			
Prepayments	<u>214</u>	<u>384</u>		
Debtors and Prepayments		<u>384</u>		<u>273</u>
				<u>273</u>

#### 4 Creditors Falling Due within One Year

Accruals	268			1,343
Independent Examiner		-		-
		<u>268</u>		<u>1,343</u>

Included in this balance is the  
Independent Examiners Fees of

Nil

Nil

## COUNSELLING TOGETHER

### NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31<sup>ST</sup> DECEMBER 2023

#### 5 Analysis of Fund Movements

	31.12.22	Resources	Expended	To General	31.12.23
<b>Unrestricted Funds</b>					
General Funds	(773)	27,174	(26,999)	4,540	3,942
Designated Funds	<u>6,600</u>	<u>561</u>	<u>(80)</u>	<u>-</u>	<u>7,081</u>
<b>Total Unrestricted Funds</b>	<u><b>5,827</b></u>	<u><b>27,735</b></u>	<u><b>(27,079)</b></u>	<u><b>4,540</b></u>	<u><b>11,023</b></u>
<b>Restricted Funds</b>					
Bursary Funds	2,600	1,576	-	(4,172)	4
BH23 Bursary Funds	<u>596</u>	<u>-</u>	<u>-</u>	<u>(368)</u>	<u>228</u>
<b>Total Restricted Funds</b>	<u><b>3,196</b></u>	<u><b>1,576</b></u>	<u><b>-</b></u>	<u><b>(4,540)</b></u>	<u><b>232</b></u>
<b>Total Funds</b>	<u><b>9,023</b></u>	<u><b>29,311</b></u>	<u><b>(27,079)</b></u>	<u><b>-</b></u>	<u><b>11,255</b></u>

<b>Name of Fund</b>	<b>Description, Nature and Purpose of Fund</b>
---------------------	--

<b>Bursary Funds</b>	To provide a bursary for clients that are unable to meet the costs for counselling services.
----------------------	--

<b>BH23 Bursary Funds</b>	To provide a bursary for clients living in the BH23 postcode area that are unable to meet the costs for counselling services.
---------------------------	---

Restricted Funds are entirely represented by current assets.

<b>Designated Fund Reserves</b>	To hold 3 months' operational costs in the event of closure, in respect of a reserve.
<b>Designated Fund Other</b>	To hold funds designated for specific expenditure.

#### 6 Related Party Transactions

There were no related party transactions during the period.

#### 7 Trustees Remuneration

No Trustees were remunerated during the period.

#### 8 Trustees Expenses

No trustees received reimbursement for expenses during the period.

#### 9 Trustees Donations

There were no Trustee donations to the funds during the period.

#### 10 Control Relationships

The Charity is ultimately controlled by the Trustees.

## **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF COUNSELLING TOGETHER**

I report to the Trustees on my examination of the accounts of Counselling Together (CT) for the period ended 31<sup>st</sup> December 2023.

### **Responsibilities**

The Trustees of CT are responsible for the preparation of the accounts in accordance with the requirement of the Charities Registration and Regulation Act 2019 ("the Act") and the Charities Regulations 2020 ("the Regulations").

### **Basis of Independent Examiner's Report**

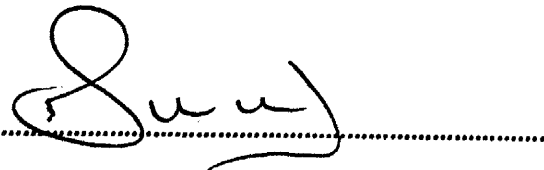
My examination was carried out in accordance with the Directions given by the Charity Commission. This includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

### **Independent Examiner's Statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect;

1. The accounting records were not kept in respect of CT as required by Section 46 of the Act, and Part 6 of the Act and the Regulations; or
2. The accounts did not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn.



Name: NIGEL SIMMONS

Address: COB COTTAGE, WOOLTON ROAD, TIPTON

14.02.2024

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF COUNSELLING TOGETHER

I report to the Trustees on my examination of the accounts of Counselling Together (CT) for the period ended 31<sup>st</sup> December 2023.

### Responsibilities

The Trustees of CT are responsible for the preparation of the accounts in accordance with the requirement of the Charities Registration and Regulation Act 2019 ("the Act") and the Charities Regulations 2020 ("the Regulations").

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My examination was carried out in accordance with the Directions given by the Charity Commission. This includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

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I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn.



.....

Name: NIGEL SIMMONS

Address: COB COTTAGE, WOOLTON ROAD, TIPTOE

Date: 14/02/2024.

**COUNSELLING TOGETHER**

England & Wales - Charity number 1108406

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# Accounts

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# Counselling Together

## Annual Report:

1<sup>st</sup> November 2020 – 31<sup>st</sup> December 2021

Charity number: 1108406

Registered address: c/o CBC, 51 Bargates BH23 1QE

## Reference & Administration Details

Charity Name: Counselling Together  
Registered Charity no.: 1108406  
Charity's address: c/o CBC Administrative Office, 51 Bargates, Christchurch,  
BH23 1QE

## Trustees

Names of the charity trustees who manage the charity:

Trustee name	Office	Dates acted if not for whole year
Mr Graham Jones	Acting Chair	Whole Year
Mrs Netty Shea		Until July 2021
Mr Chris Balchin		Whole year
Mrs Francis Daniel		Whole year
Mr Peter Parslow		From July 2021

## Management Team

Sue Ingram - Counselling Manager

Katherine Stickland - Service Manager until October 2021

Alison Watson - Service Manager from October 2021

Samantha Stoakes – Bookkeeper until September 2021

Lorraine Chirgwin – Bookkeeper from December 2021

# Structure, governance & management

Type of governing document:

Trust Deed, declared 8/12/2004

Supplemental Deed to adjust objects – 5/2/2005

Supplemental Deed for a change of name 25/6/2011

How the charity is constituted: Charitable Trust

Trustee selection methods: Appointed by the Trustees in place, following a selection process including an application form, taking references and DBS check. Recommendations for new Trustees are requested from Church leaders that support the Charity.

Counselling Together - Organisational structure:

The charity operates independently and does not work directly with other groups or networks. As a Christian charity it is affiliated to the Association of Christian Counsellors.

Counselling Together works closely with Churches in the New Forest area, some provide the free use of counselling rooms and some contribute to the bursary fund for clients with financial needs.

A review the Policies and Procedures regularly undertaken to bring them in line with changing standards e.g. GDPR, Safeguarding standards etc.

The trustees annually review CT's risk assessment in consultation with the management team. The last such review was in March 2021.

# Objectives and activities

## Summary of the Counselling Together objectives:

To provide relief to persons in need of emotional, psychological and spiritual support by the provision of professional counselling from a range of recognized approaches and the provision of training for those involved in professional counselling, both being in accordance with the Association of Christian Counsellors code of ethics and practice.

## Summary of Counselling Together activities:

We have been working in the New Forest since 2005 and offer a safe, secure and highly confidential counselling service from supportive and empathic counsellors, at a range of venues. Counselling Together is supported by a number of local churches both in providing counselling locations and financial assistance. All of our counsellors work on a voluntary or reduced cost basis.

This means that we are in a position, to negotiate fees with clients that are below the market rate, in line with their personal financial situation to ensure that all have access to professional and local counselling service. One of our key aims is to try and ensure that nobody is denied counselling on the grounds of affordability.

We offer a range of interactive training seminars on topics which are open to everyone to attend e.g. assertiveness, depression, loss and bereavement. We also run courses for churches on Christian counselling and when a pastoral need may benefit from counselling input.

In planning our activities for the year, we kept in mind the Charity Commissions guidance on public benefit at our Trustees meetings.

Counselling Together is supported by an excellent team of volunteers who give their time to provide counselling to clients, develop and deliver training courses and help run the service. Counselling Together is not a grant making body.

# Review of the financial year

A note from our Acting Chair of Trustees, Peter Parslow:

Once again, this year has been dominated by the Covid-19 pandemic, for our clients, our counsellors, our supporting churches, our staff, and therefore ourselves as an organisation. But at least through the latter part of the year, it has been about transitioning out of one of the most serious phases.

We have also transitioned from a November – October financial year to a January - December financial year. The accounts for this transitional year cover the period from 1<sup>st</sup> November 2020 to 31<sup>st</sup> December 2021, a total of fourteen months.

Katherine Stickland, our Service Manager, moved on; we recruited and welcomed Alison Watson into this role. Graham Jones, who wrote this note last year, finished as acting chair. We are seeking additional trustees.

Sue Ingram, as Counselling Manager, has continued to co-ordinate our counsellors, counselling over twenty clients in any one month. The number of counselling hours is still down on pre-Covid levels for various reasons, including Covid and other illness among clients and counsellors alike. Also, fewer clients have been referred from churches as they have had less contact with their communities while not meeting face to face.

With most supporting churches and organisations unable to run their normal activities, we have had less income from donations month by month. We are grateful for non-restricted grants of £4,000 during this period, including a Covid related grant from New Forest District Council. Income from client fees has not yet returned to 2019 levels, but with careful control of costs, we have been able to support the Bursary Fund from general funds and still return assets to just above five months running costs.

We are extremely grateful to those churches who have opened up their facilities for us to once again work from, free of charge. This enables our ongoing objective of keeping counselling fees low so that nobody is denied first class counselling on financial grounds.

We have received excellent feedback this year:

- " Made 100% difference to my life"
- " Counselling has been of benefit to me as it helped me feel more relaxed about my problems and therefore better to think clearly and move forward"
- "I have found counselling beneficial to me .... this freedom to talk through everything in a way that I can't with friends or family, knowing that it is totally confidential and non-judgemental"

Key performance data for the last 14 months to end of December 2021:

- Clients counselled: 33 (up from 30)
- Clients completed counselling in the last 14 months: 18 (up from 14)
- Annual (14 months) counselling sessions (approx.): 701 (up from 607)
- Average client fee, including bursary top-up, (including couple fees which are higher): £34
- Clients receiving full Bursary grants during the year: 8, ending with 5 remaining bursary clients
- Clients receiving part bursary, either £4, £9 or £14 or £24 during the year are 11, ending with 8 remaining.

# Financial Review

## Reserves Policy:

Counselling Together has a Reserves Policy, adopted in November 2016, which requires three months of operating costs to be held as a Reserve.

## Financial structure overview:

Counselling Together charges fees for counselling services which are typically below commercial rates. We are supported by regular donations from local churches and individuals that help subsidise fees for clients.

We have received several grants during the year which will prove vital in ensuring the charity can continue to operate next year. This year we received five grants totalling £7,690 which we can put towards bursary and operating costs to support the leadership transition.

Of the total outgoings 90% is spent on counsellor remuneration, counsellor supervision and counsellor management.

Counselling Together does not hold funds for investment.

# Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature(s): 

Full name(s): Peter Parslow

Position: Trustee (Acting Chair of Trustees)

Date: 27 July 2022

## COUNSELLING TOGETHER

### BALANCE SHEET AS AT 31<sup>ST</sup> DECEMBER 2021

Charity Number 1108406

		Funds 2021 £	Funds 2020 £
	Note		
<b>Current Assets:</b>			
Debtors and Prepayments	3	267	235
Cash at Bank and in Hand		<u>11,763</u>	<u>12,829</u>
		12,030	13,064
<b>Liabilities:</b>			
Creditors falling due with one year	4	<u>510</u>	<u>2,625</u>
<b>Net Current Assets</b>		<u>11,520</u>	<u>10,439</u>
<b>Net Assets</b>		<u>11,520</u>	<u>10,439</u>
<b>The Funds of the Charity:</b>			
<b>Unrestricted Income Funds:</b>			
Reserves	5	6,600	6,600
Unrestricted Income Funds	5	<u>2,092</u>	<u>1,676</u>
		8,692	8,276
Restricted Income Funds	5	<u>2,828</u>	<u>2,163</u>
<b>Total Charity Funds</b>		<u>11,520</u>	<u>10,439</u>

The financial statements were approved by the Trustees and signed on their behalf.



Acting Chair  
Date

P Parslow  
27.07.22

## Counselling Together

### Statement of Financial Activities for the 14 months ended 31<sup>st</sup> December 2021

	Note	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £
<b>Income</b>							
Donations		7,090	4,530	11,620	6,383	2,169	8,552
Grants		1,000	-	1,000	500	1,800	2,300
<b>Other Income</b>							
Activities – Client Fees		19,022	-	19,022	15,115	-	15,115
Investment Income		<u>1</u>	<u>-</u>	<u>1</u>	<u>4</u>	<u>-</u>	<u>4</u>
<b>Total Income</b>		<b><u>27,113</u></b>	<b><u>4,530</u></b>	<b><u>31,643</u></b>	<b><u>22,002</u></b>	<b><u>3,969</u></b>	<b><u>25,971</u></b>
<b>Expenditure</b>							
<i>Expenditure on Raising Funds:</i>							
Website Development		480	-	480	310	-	310
<i>Expenditure on Charitable Activities:</i>							
Cost of Activities	2	<u>30,082</u>	<u>-</u>	<u>30,082</u>	<u>29,014</u>	<u>-</u>	<u>29,014</u>
<b>Total Expenditure</b>		<b><u>30,562</u></b>	<b><u>-</u></b>	<b><u>30,562</u></b>	<b><u>29,324</u></b>	<b><u>-</u></b>	<b><u>29,324</u></b>
<b>Net Income/(Expenditure)</b>		<b>(3,449)</b>	<b>4,530</b>	<b>1,081</b>	<b>(7,322)</b>	<b>3,969</b>	<b>(3,353)</b>
Transfers Between Funds		<u>3,865</u>	<u>(3,865)</u>	<u>-</u>	<u>3,171</u>	<u>(3,171)</u>	<u>-</u>
Net Movement in Funds in Period		416	665	1,081	(4,151)	798	(3,353)
<b>Reconciliation of Funds</b>							
Total Funds Brought Forward		<u>8,276</u>	<u>2,163</u>	<u>10,439</u>	<u>12,427</u>	<u>1,365</u>	<u>13,792</u>
<b>Total Funds Carried Forward</b>		<b><u>8,692</u></b>	<b><u>2,828</u></b>	<b><u>11,520</u></b>	<b><u>8,276</u></b>	<b><u>2,163</u></b>	<b><u>10,439</u></b>

The Statement of Financial Activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

# COUNSELLING TOGETHER

## NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31<sup>ST</sup> DECEMBER 2021

### 1 Accounting Policies

#### 1.1 Basis of preparation of financial statements

Counselling Together is a charity (no. 1108406) registered in the United Kingdom. The address of the registered office is given in the Trustees Report. The nature of the charity's operations and principal activities are described in the Trustees Report.

The financial statements of the charity, 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011.'

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are prepared in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

The charity adopted SORP (FRS 102) in 2015 and no transition adjustments were identified.

#### 1.2 Accounting Period

These financial statements cover a 14 month period as the charity changed its financial year end from 31<sup>st</sup> October to 31<sup>st</sup> December in 2021.

#### 1.3 Income

Voluntary income and donations are recognised on a receivable basis. No permanent endowments have been received in the period. All incoming resources are accounted for the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donated goods and services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item.

No amount is included in the Financial Statements for volunteer time in line with the SORP (FRS 102).

#### 1.4 Expenditure and Irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is allocated to the appropriate headings in the accounts.

Irrecoverable VAT is charged as a cost against the heading for which the expenditure was incurred.

#### 1.5 Funds

The funds held constitute: *General funds held for any purpose of the charity which are unrestricted. Designated funds are unrestricted funds set aside at the discretion of the Trustees for specific purposes. Details of designated funds are disclosed in note 5 of these accounts. Restricted funds which are held for a narrower purpose and Endowment Funds which represent gifts, the capital normally being unavailable for spending, and the income from which is either restricted or unrestricted. Details of each material restricted fund are disclosed in note 5 of these accounts.*

#### 1.6 Debtors

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

#### 1.7 Cash at Bank and in hand

Cash at Bank and cash in hand included cash on deposit.

#### 1.8 Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

## COUNSELLING TOGETHER

### NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31<sup>ST</sup> DECEMBER 2021

#### 2 Cost of Activities

	Funds		Funds	
	2021	2021	2020	2020
	£	£	£	£
<b>Counselling Costs</b>				
Counsellor Fees	5,243		6,444	
Supervision Costs	<u>3,730</u>		<u>3,433</u>	
	<u>8,973</u>	8,973	<u>9,877</u>	9,877
<b>Support Costs</b>				
Contractor Costs	17,612		15,686	
Administration Costs	1,156		1,077	
Training	127		415	
Sundries	41		589	
Membership	325		168	
Insurance	892		355	
Bookkeeping	<u>956</u>		<u>847</u>	
	<u>21,109</u>	<u>21,109</u>	<u>19,137</u>	<u>19,137</u>
		<u>30,082</u>		<u>29,014</u>
<b>Governance Costs</b>				
Independent Examiners Fees	-		-	
<b>Total Cost of Activities</b>		<u>30,082</u>		<u>29,014</u>

#### 3 Debtors and Prepayments

Debtors and Prepayments	<u>267</u>	<u>235</u>
	<u>267</u>	<u>235</u>

#### 4 Creditors Falling Due within One Year

Accruals	510	2,625
Independent Examiners	<u>---</u>	<u>-</u>
	<u>510</u>	<u>2,625</u>

Included in this balance is the  
Independent Examiners Fees of

	-	-
--	---	---

## COUNSELLING TOGETHER

### NOTES TO THE ACCOUNTS FOR THE PERIOD ENDED 31<sup>ST</sup> DECEMBER 2021

#### 5 Analysis of Fund Movements

	31.10.20	Resources	Expended	To General	31.12.21
<b>Unrestricted Funds</b>					
General Funds	1,676	27,113	(30,562)	3,865	2,092
Designated Funds	<u>6,600</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>6,600</u>
<b>Total Unrestricted Funds</b>	<b><u>8,276</u></b>	<b><u>27,113</u></b>	<b><u>(30,562)</u></b>	<b><u>3,865</u></b>	<b><u>8,692</u></b>
<b>Restricted Funds</b>					
Bursary Funds	2,163	1,540	-	(3,673)	30
BH23 Bursary Funds	<u>—</u>	<u>2,990</u>	<u>-</u>	<u>(192)</u>	<u>2,798</u>
<b>Total Restricted Funds</b>	<b><u>2,163</u></b>	<b><u>4,530</u></b>	<b><u>-</u></b>	<b><u>(3,865)</u></b>	<b><u>2,828</u></b>
<b>Total Funds</b>	<b><u>10,439</u></b>	<b><u>31,643</u></b>	<b><u>(30,562)</u></b>	<b><u>-</u></b>	<b><u>11,520</u></b>

#### Name of Fund

#### Description, Nature and Purpose of Fund

#### Bursary Funds

To provide a bursary for clients that are unable to meet the costs for counselling services.

#### BH23 Bursary Funds

To provide a bursary for clients living in the BH23 postcode area that are unable to meet the costs for counselling services.

Restricted Funds are entirely represented by current assets.

#### Designated Fund

To hold 3 months of the proceeding years budget in respect of a reserve.

#### 6 Related Party Transactions

There were no related party transactions during the period.

#### 7 Trustees Remuneration

No Trustees were remunerated during the period.

#### 8 Trustees Expenses

No trustees received reimbursement for expenses during the period.

#### 9 Trustees Donations

There were no Trustee donations to the funds during the period.

#### 10 Control Relationships

The Charity is ultimately controlled by the Trustees.

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF COUNSELLING TOGETHER

I report to the Trustees on my examination of the accounts of Counselling Together (CT) for the period ended 31<sup>st</sup> December 2021.

### Responsibilities

The Trustees of CT are responsible for the preparation of the accounts in accordance with the requirement of the Charities Registration and Regulation Act 2019 ("the Act") and the Charities Regulations 2020 ("the Regulations").

### Basis of Independent Examiner's Report

My examination was carried out in accordance with the Directions given by the Charity Commission. This includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "trust and fair" view and the report is limited to those matters set out in the statement below.

### Independent Examiner's Statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect;

1. The accounting records were not kept in respect of CT as required by Section 46 of the Act, and Part 6 of the Act and the Regulations; or
2. The accounts did not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn.

*McPage*  
.....

Name: MICHAEL CHARLES PAGE

Address: 26 ANTLER DRIVE  
NEW MILTON  
HAMPSHIRE  
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Date: 11/4/22

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF COUNSELLING TOGETHER

I report to the Trustees on my examination of the accounts of Counselling Together (CT) for the period ended 31<sup>st</sup> December 2021.

### Responsibilities

The Trustees of CT are responsible for the preparation of the accounts in accordance with the requirement of the Charities Registration and Regulation Act 2019 ("the Act") and the Charities Regulations 2020 ("the Regulations").

### Basis of Independent Examiner's Report

My examination was carried out in accordance with the Directions given by the Charity Commission. This includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "trust and fair" view and the report is limited to those matters set out in the statement below.

### Independent Examiner's Statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect;

1. The accounting records were not kept in respect of CT as required by Section 46 of the Act, and Part 6 of the Act and the Regulations; or
2. The accounts did not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn.

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