



Counselling Together

Annual Report:

1st January 2023 – 31st 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 Togethers 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 Togethers 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

COUNSELLING TOGETHER

Peter Parslow
17 April 2024

BALANCE SHEET AS AT 31ST DECEMBER 2023

Charity Number 1108406

		Funds 2023 £	Funds 2022 £
	Note		
Current Assets:			
Debtors and Prepayments	3	384	273
Cash at Bank and in Hand		<u>11,139</u>	<u>10,093</u>
		11,523	10,366
Liabilities:			
Creditors falling due with one year	4	268	1,343
End of Year Adjustment			
Net Current Assets		<u>11,255</u>	<u>9,023</u>
Net Assets		<u>11,255</u>	<u>9,023</u>
The Funds of the Charity:			
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>
Total Charity Funds		<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 31st December 2023

	Note	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Income							
Donations		4,406	1,576	5,982	2,850	5,265	8,115
Grants		4,461		4,461	-	-	-
Other Income							
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>
Total Income		<u>27,735</u>	<u>1,576</u>	<u>29,311</u>	<u>19,556</u>	<u>5,265</u>	<u>24,821</u>
Expenditure							
<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>
Total Expenditure		<u>27,079</u>	<u></u>	<u>27,079</u>	<u>27,022</u>	<u>300</u>	<u>27,322</u>
Net Income/(Expenditure)		656	1,576	2,232	(7,466)	4,965	(2,501)
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>
Reconciliation of Funds							
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>
Total Funds Carried Forward		<u>11,023</u>	<u>232</u>	<u>11,255</u>	<u>5,827</u>	<u>3,196</u>	<u>9,023</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 PERIOD ENDED 31ST 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 1st January 2023 to 31st 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 31ST DECEMBER 2023

2 Cost of Activities

	Funds		Funds	
	2023	2023	2022	2022
	£	£	£	£
Counselling Costs				
Counsellor Fees	4,463		4,005	
Counsellor Welfare	190		138	
Supervision Costs	<u>2,670</u>		<u>3,175</u>	
	<u>7,323</u>	7,323	<u>7,318</u>	7,318
Support Costs				
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>
Governance Costs				
Independent Examiners Fees	-		-	
Total Cost of Activities		<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 31ST DECEMBER 2023

5 Analysis of Fund Movements

	31.12.22	Resources	Expended	To General	31.12.23
Unrestricted Funds					
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>
Total Unrestricted Funds	<u>5,827</u>	<u>27,735</u>	<u>(27,079)</u>	<u>4,540</u>	<u>11,023</u>
Restricted Funds					
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>
Total Restricted Funds	<u>3,196</u>	<u>1,576</u>	<u>-</u>	<u>(4,540)</u>	<u>232</u>
Total Funds	<u>9,023</u>	<u>29,311</u>	<u>(27,079)</u>	<u>-</u>	<u>11,255</u>

Name of Fund	Description, Nature and Purpose of Fund
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Bursary Funds	To provide a bursary for clients that are unable to meet the costs for counselling services.
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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.
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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

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 31st 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

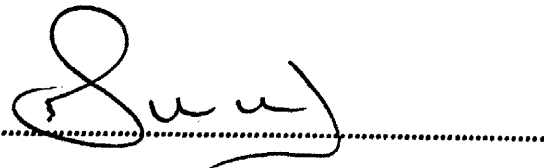
My examination was carried out in accordance with the Directions given by the Charity Commission. This includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. The procedures undertaken do not provide all the evidence that would be 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, WOOTTON ROAD, TIPTON

14.02.2024

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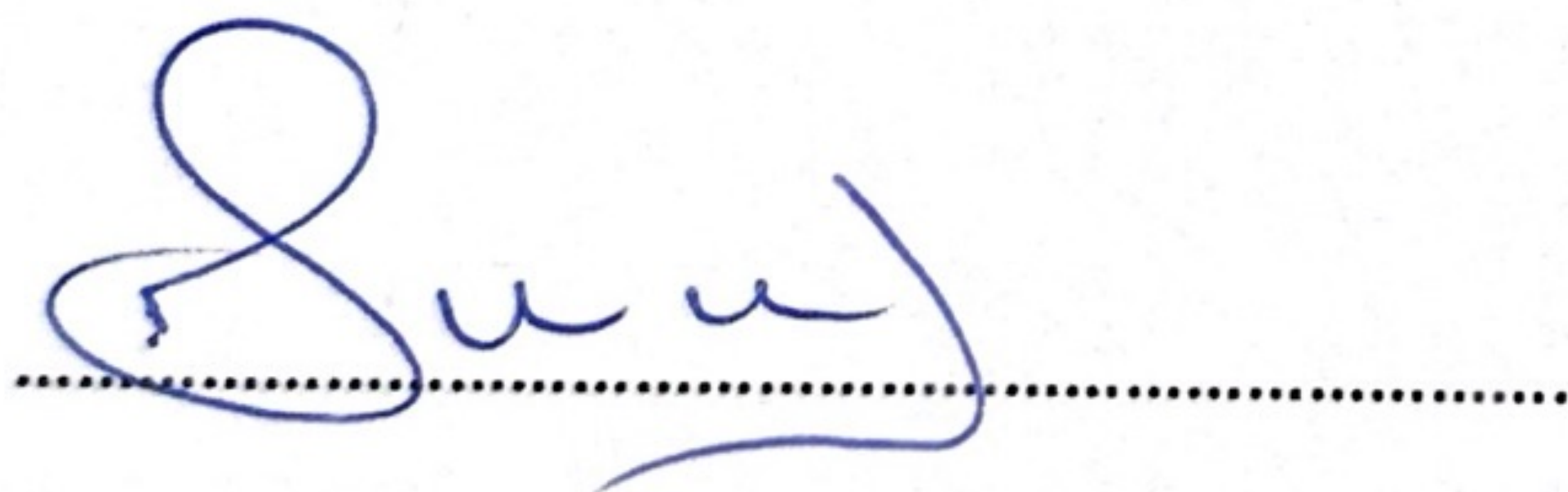
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Name: NIGEL SIMMONS

Address: COB COTTAGE, WOOLTON ROAD, TIPTON

Date: 14/02/2024.