



Counselling Together

Annual Report:

1st January 2025 – 31st 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 "
- "They were very understanding of my physical limitations and being able to use zoom "
- "Having a person who listened, had empathy and allowed me to show my emotions without feeling embarrassed"

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 20th 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.

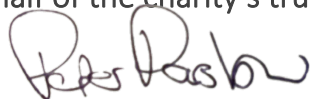
Counselling Together does not hold funds for investment.

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

		Funds 2025 £	Funds 2024 £
	Note		
Current Assets:			
Cash at Bank and in Hand		24,911	7,445
Debtors and Prepayments	3	0	246
Net Assets		<u>24,911</u>	<u>7,691</u>
The Funds of the Charity:			
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
Total Charity Funds		<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
Income							
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
Other Income							
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
Total Income		29,101	21,241	50,342	18,729	6,620	25,349
Expenditure							
Cost of Activities	2	32,402	720	33,122	27,163	1,750	28,913
Total Expenditure		32,402	720	33,122	27,163	1,750	28,913
Net Income/(Expenditure)		-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
Net Movement in Funds in Period		3,099	14,121	17,220	-3,342	-222	-3,564
Reconciliation of Funds							
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
Total Funds Carried Forward		10,780	14,131	24,911	7,681	10	7,691

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 £
2. Cost of Activities			
Counselling Costs			
Counsellor Fees	8,771		4,144
Counsellor Welfare	96		123
Supervision Costs	2,530		2,100
Counsellor Training Costs	135		0
Counselling Venue Hire	<u>0</u>		<u>115</u>
	11,532		6,482
Support Costs			
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	<u>12</u>		<u>0</u>
	20,870		20,264
	32,402		26,746
Restricted Expenditure			
Promotional Video and Leaflets	0		1,750
Supervision Costs	620		0
20th Anniversary costs	<u>100</u>		<u>0</u>
	720		1,750
Designated Expenditure			
Advertising Banners and Boards	0		417
Governance Costs			
Independent Examiner's Fees	0		0
Total Cost of Activities	<u><u>33,122</u></u>		<u><u>27,163</u></u>
3. Debtors and Prepayments			
Outstanding Receipts	0		0
Prepayments	<u>0</u>		<u>246</u>
Total Debtors and Prepayments	<u><u>0</u></u>		<u><u>246</u></u>

5. Analysis of Fund Movements

	01.01.25	Resources	Expended	Transferred between Funds	31.12.25
Unrestricted Funds					
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
Total Unrestricted Funds	7,681	29,101	32,402	6,400	10,780
Restricted Funds					
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
Total Restricted Funds	10	21,241	720	-6,400	14,131
Total Funds	7,691	50,342	33,122	0	24,911

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
20th Anniversary Fund	To provide funds to cover the cost of our 20th anniversary celebration
Assistant Counselling Manager Fund	To provide for an Assistant Counselling Manager to assist our current manager
Counsellor Support and Training Fund	To provide support and training for our Counsellors

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 £1,675 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 31st 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

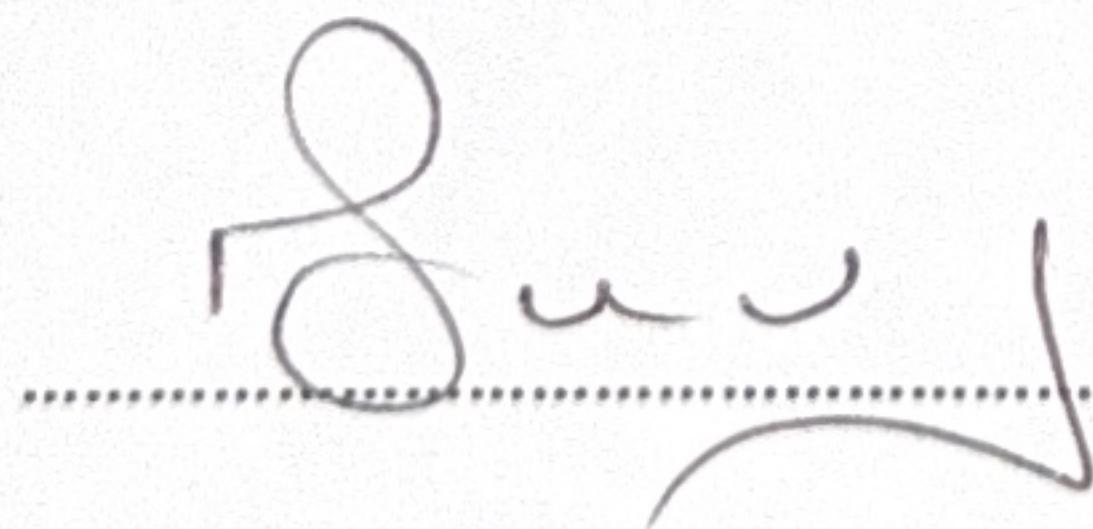
My examination was carried out in accordance with the directions given by the Charity Commission. This includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. The procedures undertaken do not provide all the evidence that would be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