

**REGISTERED COMPANY NUMBER: 05422550 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1111486**

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 APRIL 2025  
FOR  
WESTMERIA COUNSELLING SERVICES**

Sargeant Partnership Limited  
Chartered Accountants  
5 White Oak Square  
London Road  
Swanley  
Kent  
BR8 7AG

## **WESTMERIA COUNSELLING SERVICES**

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# **WESTMERIA COUNSELLING SERVICES (REGISTERED NUMBER: 05422550)**

## **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2025**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 April 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

### **OBJECTIVES AND ACTIVITIES**

#### **Objectives and aims**

Westmeria Counselling aim to preserve and protect the physical and mental health of persons within the UK by the provision of a low cost counselling service for those in crisis and/or in need of support and who could not otherwise access such services.

## **WESTMERIA COUNSELLING SERVICES (REGISTERED NUMBER: 05422550)**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2025**

#### **ACHIEVEMENTS AND PERFORMANCE**

Our biggest achievement in this year is the acquisition of our premises in Bromley. This is in addition to the Bromley Park location and will offer the space for our counselling college plus 6 further purpose built counselling rooms and offices too. In time this will see a huge increase in the number of counsellors working both voluntarily and privately and therefore many more clients being seen by Westmeria. This will be up and running for counselling from June and the college started after Easter.

We have noticed a continued increase in the amount of referrals in this period. There is a constant stream of referrals in both the voluntary and private side of the charity. Demand for counselling is continuing to grow. We had a total of 658 referrals, 482 from donation and Corporate - an increase of 22% and an additional 176 private referrals, which is up by 27% on last year. Our private route is very popular for people who can afford it and don't want to wait any longer than they have to have another option. This is still very much low cost in comparison with the rest of the market. The total amount of donations from Westmeria non-private clients in this period was higher due to the increased capacity offered.

The donations from clients totalled an amazing £67,000 which is a huge increase of over £23,000 from last year. More people were accessing counselling services during this financial year. The increase is largely due to the blended approach we offer now and that we have doubled the offering of sessions. This will steadily increase once the new offices are filled too. The cost of living is still having a huge impact on clients and their donations reflect this.

The private side is still doing tremendously well as we used our private offering to fill the rooms with newly qualified counsellors alongside the other qualified counsellors still working there. This has contributed £52,200 which is much higher than last year by £12,525.

So, overall our donations and private work donations amount to £124,200. This is set to increase with full capacity going forward.

All counselling rooms continue to be used from 8:45am to 9:00pm Monday to Friday and 9:00am to 2pm on a Saturday. The counselling staff over this period included an average of 52 counsellors - and this is set to increase. All these counsellors are working and donating for Westmeria (note that not all see clients, some counsellors are tutors or supervisors) This is helped because we have been able to occupy more space and increase our offering and the blended approach gives us more capacity.

As in previous years we have been fortunate to keep on students when they become qualified and therefore our average of qualified staff and trainees is still really high. This continues to compare favourably with other counselling organisations which can have significantly more trainee counsellors working for them which highlights the belief in the Westmeria vision and the health of the organisation.

These staff provide on average:

150 sessions per week at Westmeria and remotely (including the PCT funded work)

100 sessions per week at Westmeria and remotely for Private funded work.

#### **THE COUNSELLING COLLEGE**

We are proud to say that our pass rate for the year remains at 100% with all people completing the course passing, this compares very favourably with other colleges. This year saw us having a waiting list of people for our courses and all the courses full to capacity. We now offer 6 days a week. This year the college turned over £183,500 - an increase of £13,500 from last year and, after costs has contributed an enormous £91,180 to the charity - up once more from last year by nearly 15%. Having the new property has been a real asset to the college and the space can be used more freely than before. We can run all of our CPD from here at no extra cost to us.

## **WESTMERIA COUNSELLING SERVICES (REGISTERED NUMBER: 05422550)**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 APRIL 2025**

#### **FINANCIAL REVIEW**

##### **Financial position**

The financial stability of the charity of the past year has again been possible due to the generosity of donations and the fundraising efforts of the committee. Whilst still offering our fundraising events we are now moving towards the bulk of our finances to come from the college. Our fundraising efforts have slowed down this year and I believe this is down to the cost of living. We are set to concentrate more on the college to make up this shortfall.

We still have a have a contract for the Bromley Healthcare staff counselling which has increased to offer to whoever needs it. We also have smaller contracts with drama colleges and other individuals for supervision.

The private counselling scheme is still working really well and brought in an additional £57,200 this year. Our set fee donations continue to do well and we have increased our rooms and amount of counselling sessions we offer and brought an amazing total of £67,000.

The Westmeria Counselling College is still proving to be a profitable growth area. This year the college has contributed about £91,180 as all courses are full once more and we have added another Level 4 which will boost our income still further.

Our reserves have reduced as, as stated in our Reserves Policy, we have used £160,000 for a deposit on our new building. However, we are still in line to maintain the service for a realistic 4 months. Our reserve account will now be used for the maintenance of the service and with a view to reducing the mortgage on the new building.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

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

The organisation is a charitable company limited by guarantee, number 5422550 and registered as a charity, number 1111486. The company established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

##### **Recruitment and appointment of the management committee**

There are three directors of the company. For the purposes of the charity law the Directors and Trustees are known as the Management Committee. It is to be noted that the Trustees will remain in post unless they decide to retire from their duties. In this case, as statute dictates, the existing Trustees can appoint new Trustees. However, at least 75% of the Management Committee should be in agreement. CEO will check out commitment with Trustees yearly before the AGM.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

05422550 (England and Wales)

##### **Registered Charity number**

1111486

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 APRIL 2025**

**Registered office**

Bromley Park Medical Centre  
6 Daly Drive  
Bromley Park  
Bickley  
Kent  
BR1 2JQ

**Trustees**

Trustees and Directors

Ms S J Doughty - Director, CEO  
Ms A J Baker - Director  
Mr T Peppiatt - Trustee  
Mrs J B Britton - Trustee (Company Secretary and Director)  
Mrs J Brown - Trustee  
Mrs G Micallef - Trustee  
Mrs N Price - Trustee

**Company Secretary**

Mrs J B Britton

**Independent Examiner**

Gary Sargeant FCA  
Sargeant Partnership Limited  
Chartered Accountants  
5 White Oak Square  
London Road  
Swanley  
Kent  
BR8 7AG

**Bankers**

Nat West Bank PLC  
Beckenham Branch  
41 High Street  
Beckenham, Kent BR3 4YN

Approved by order of the board of trustees on 5 November 2025 and signed on its behalf by:

Mrs J B Britton - Trustee

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

## **Independent examiner's report to the trustees of Westmeria Counselling Services ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 April 2025.

### **Responsibilities and basis of report**

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

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

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

## **Independent examiner's statement**

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

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Gary Sargeant FCA

Sargeant Partnership Limited  
Chartered Accountants  
5 White Oak Square  
London Road  
Swanley  
Kent  
BR8 7AG

11 November 2025



# WESTMERIA COUNSELLING SERVICES

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 APRIL 2025

		2025 Unrestricted funds £	2024 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>	Notes		
Donations and legacies		145,309	127,513
<b>Charitable activities</b>			
General		320,397	233,193
Investment income	2	<u>3,009</u>	<u>3,952</u>
<b>Total</b>		<u>468,715</u>	<u>364,658</u>
<b>EXPENDITURE ON</b>			
Raising funds	3	5,432	-
<b>Charitable activities</b>			
General		431,255	357,343
Other		<u>1,105</u>	<u>1,247</u>
<b>Total</b>		<u>437,792</u>	<u>358,590</u>
<b>NET INCOME</b>		30,923	6,068
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		343,182	337,114
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>374,105</u>	<u>343,182</u>

The notes form part of these financial statements

**WESTMERIA COUNSELLING SERVICES (REGISTERED NUMBER: 05422550)****BALANCE SHEET**  
**30 APRIL 2025**

		2025 Unrestricted funds £	2024 Total funds £
<b>FIXED ASSETS</b>	Notes		
Tangible assets	8	544,334	3,953
<b>CURRENT ASSETS</b>			
Debtors	9	4,149	7,330
Cash at bank		<u>194,255</u>	<u>340,456</u>
		198,404	347,786
<b>CREDITORS</b>			
Amounts falling due within one year	10	(16,639)	(8,557)
<b>NET CURRENT ASSETS</b>		<u>181,765</u>	<u>339,229</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		726,099	343,182
<b>CREDITORS</b>			
Amounts falling due after more than one year	11	(351,994)	-
<b>NET ASSETS</b>		<u>374,105</u>	<u>343,182</u>
<b>FUNDS</b>	13		
Unrestricted funds		<u>374,105</u>	<u>343,182</u>
<b>TOTAL FUNDS</b>		<u>374,105</u>	<u>343,182</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 April 2025 in accordance with Section 476 of the Companies Act 2006.

The notes form part of these financial statements

**BALANCE SHEET - continued**  
**30 APRIL 2025**

The trustees acknowledge their responsibilities for

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

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

The financial statements were approved by the Board of Trustees and authorised for issue on 5 November 2025 and were signed on its behalf by:

J B Britton - Trustee

## **WESTMERIA COUNSELLING SERVICES**

### **NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2025**

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### **Income**

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

##### **Expenditure**

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

##### **Tangible fixed assets**

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

##### **Taxation**

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

##### **Fund accounting**

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

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

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

##### **Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

## WESTMERIA COUNSELLING SERVICES

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 30 APRIL 2025

#### 2. INVESTMENT INCOME

	2025	2024
	£	£
Interest Income	<u>3,009</u>	<u>3,952</u>

#### 3. RAISING FUNDS

##### Raising donations and legacies

	2025	2024
	£	£
Support costs	<u>5,432</u>	<u>-</u>

#### 4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation - owned assets	<u>1,105</u>	<u>1,246</u>

#### 5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 April 2025 nor for the year ended 30 April 2024.

##### Trustees' expenses

There were no trustees' expenses paid for the year ended 30 April 2025 nor for the year ended 30 April 2024.

#### 6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2025	2024
Administrative	<u>4</u>	<u>3</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025	2024
£60,001 - £70,000	<u>1</u>	<u>1</u>

## WESTMERIA COUNSELLING SERVICES

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 30 APRIL 2025

#### 7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £
<b>INCOME AND ENDOWMENTS FROM</b>	
Donations and legacies	127,513
<b>Charitable activities</b>	
General	233,193
Investment income	3,952
<b>Total</b>	<u>364,658</u>
<b>EXPENDITURE ON</b>	
<b>Charitable activities</b>	
General	357,343
Other	1,247
<b>Total</b>	<u>358,590</u>
<b>NET INCOME</b>	6,068
<b>RECONCILIATION OF FUNDS</b>	
Total funds brought forward	337,114
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>343,182</u>

# WESTMERIA COUNSELLING SERVICES

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 30 APRIL 2025

### 8. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Computer equipment £	Totals £
<b>COST</b>					
At 1 May 2024	-	12,576	-	10,291	22,867
Additions	538,678	-	2,808	-	541,486
At 30 April 2025	538,678	12,576	2,808	10,291	564,353
<b>DEPRECIATION</b>					
At 1 May 2024	-	11,722	-	7,192	18,914
Charge for year	-	213	117	775	1,105
At 30 April 2025	-	11,935	117	7,967	20,019
<b>NET BOOK VALUE</b>					
At 30 April 2025	538,678	641	2,691	2,324	544,334
At 30 April 2024	-	854	-	3,099	3,953

### 9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade debtors	2,103	3,410
Prepayments and accrued income	2,046	3,920
	<u>4,149</u>	<u>7,330</u>

# WESTMERIA COUNSELLING SERVICES

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 30 APRIL 2025

### 10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Other loans (see note 12)	5,745	-
Trade creditors	4,056	4,272
Social security and other taxes	5,067	2,560
Other creditors	421	405
Accruals and deferred income	1,350	1,320
	<u>16,639</u>	<u>8,557</u>

### 11. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2025	2024
	£	£
Bank loans (see note 12)	<u>351,994</u>	<u>-</u>

### 12. LOANS

An analysis of the maturity of loans is given below:

	2025	2024
	£	£
Amounts falling due within one year on demand:		
Other loans	<u>5,745</u>	<u>-</u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	<u>22,980</u>	<u>-</u>
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans more 5 yr by instal	329,014	-

### 13. MOVEMENT IN FUNDS

	At 1/5/24	Net movement in funds	At 30/4/25
	£	£	£
<b>Unrestricted funds</b>			
General fund	327,935	31,205	359,140
Big Lottery Funding	9,812	(282)	9,530
Santander Foundation	2,915	-	2,915
London Community Foundation	2,520	-	2,520
	<u>343,182</u>	<u>30,923</u>	<u>374,105</u>
<b>TOTAL FUNDS</b>	<u>343,182</u>	<u>30,923</u>	<u>374,105</u>



# WESTMERIA COUNSELLING SERVICES

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 30 APRIL 2025

### 13. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	468,715	(437,510)	31,205
Big Lottery Funding	-	(282)	(282)
	<u>468,715</u>	<u>(437,792)</u>	<u>30,923</u>
<b>TOTAL FUNDS</b>	<u>468,715</u>	<u>(437,792)</u>	<u>30,923</u>

### Comparatives for movement in funds

	At 1/5/23 £	Net movement in funds £	At 30/4/24 £
<b>Unrestricted funds</b>			
General fund	321,833	6,373	328,206
Big Lottery Funding	10,116	(305)	9,811
Santander Foundation	2,915	-	2,915
London Community Foundation	2,250	-	2,250
	<u>337,114</u>	<u>6,068</u>	<u>343,182</u>
<b>TOTAL FUNDS</b>	<u>337,114</u>	<u>6,068</u>	<u>343,182</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	364,658	(358,285)	6,373
Big Lottery Funding	-	(305)	(305)
	<u>364,658</u>	<u>(358,590)</u>	<u>6,068</u>
<b>TOTAL FUNDS</b>	<u>364,658</u>	<u>(358,590)</u>	<u>6,068</u>

## WESTMERIA COUNSELLING SERVICES

### NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 30 APRIL 2025

#### 13. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/5/23 £	Net movement in funds £	At 30/4/25 £
<b>Unrestricted funds</b>			
General fund	321,833	37,578	359,411
Big Lottery Funding	10,116	(587)	9,529
Santander Foundation	2,915	-	2,915
London Community Foundation	2,250	-	2,250
	<u>337,114</u>	<u>36,991</u>	<u>374,105</u>
<b>TOTAL FUNDS</b>	<u>337,114</u>	<u>36,991</u>	<u>374,105</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	833,373	(795,795)	37,578
Big Lottery Funding	-	(587)	(587)
	<u>833,373</u>	<u>(796,382)</u>	<u>36,991</u>
<b>TOTAL FUNDS</b>	<u>833,373</u>	<u>(796,382)</u>	<u>36,991</u>

#### 14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 April 2025.