

CYGNUS SUPPORT LIMITED

ACCOUNTS

2024

Cygnus Support Limited
(A company limited by guarantee and not having a share capital)

Company No: 5987640

Charity No: 1119121

REPORT AND ACCOUNTS

for the year ended 31 March 2024

PEEK PRACTICE LTD
Amble
Northumberland

CYGNUS SUPPORT LIMITED

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CYGNUS SUPPORT LIMITED

COMPANY INFORMATION

INCORPORATION: The company was incorporated under the Companies Act 1985, in England and Wales, on 3 November 2006, and the registered number is 5987640.

OFFICERS:

S Abernethy	(resigned 21 st November 2023)
HJ Tucknott	(resigned 21 st November 2023)
Dr GB Fraser	(resigned 18 th October 2023)
C Telford	
D Quinn	
K Hussain	
B Gray	(appointed 21 st November 2023)

REGISTERED OFFICE:

1 Council Road
Ashington
Northumberland
NE63 8RZ

BUSINESS ADDRESS:

1 Council Road
Ashington
Northumberland
NE63 8RZ

ACCOUNTANTS

Peek Practice Ltd
4 Bridge Street
Amble
Northumberland
NE65 0DR

BANKERS:

Lloyds Bank plc
Blandford Place
6 Market Place
Blandford Forum
Dorset
DT11 7EE

CYGNUS SUPPORT LIMITED
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2024

The trustees submit their annual report and unaudited financial statements for the year ended 31 March 2024. The trustees have adopted the provisions of the Companies Act 2006 and the Statement of Recommended Practice (SORP) "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.

STATUS

The company is limited by members guarantee and does not have share capital.

GOVERNING INSTRUMENT AND CONSTITUTION

The company is governed by its Memorandum and Articles of Association.

PRINCIPAL OBJECTS

The principal objects of the company are as follows:-

- To preserve and protect the good physical and mental health of children, women and men; and
- To advance the education of such children, women and men about all matters concerning their health.

REVIEW OF PROGRESS

Chair's introduction

It was another busy and successful year at Cygnus Support, accompanied by some changes.

The team delivered a further year of incredible impact:

Counselling

- 1,141 clients referred for counselling
- 1,127 clients received individual assessment and counselling sessions
- 4,790 individual assessment and counselling sessions offered

Social prescribing

- 1,350 patients supported, addressing non-medical issues that may impact on their health & wellbeing (84% higher than target.).

This was all possible despite the challenging backdrop of the ongoing Cost of Living Crisis, which many of our clients told us adds to their stress, thereby negatively impacting their mental health. The most vulnerable people are disproportionately affected, and in Northumberland there are often extreme inequalities with pockets of deprivation where communities are at high risk compared to other parts of the Northeast and UK. This also negatively impacts our Organisation and our staff.

BACP report (British Association for Counselling and Psychotherapy, March 2024) indicates this is a common theme across the sector, and at such times it is great to be a BACP member to leverage best practice sharing and advocacy for the sector.

Unsurprisingly, demand for our counselling services remains very high and, whilst waiting times can vary from one service to another, overall, despite our successes this year, we have seen significant increases in the number of people waiting, and on waiting-time duration.

CYGNUS SUPPORT LIMITED
TRUSTEES ANNUAL REPORT (contd)
FOR THE YEAR ENDED 31 MARCH 2024

It is within this context that we seek to make our counselling and mental health and wellbeing services as accessible as possible, and work with partners to identify and close gaps to ensure that community needs are met.

Provision of free accessible counselling Northumberland-wide remains a cornerstone of our work, and our counselling and wider services are tailored to meet individual needs. This means we continue to deliver via a blended approach that incorporates face-to-face and remote options via telephone and digital platform. Whilst we have seen an increase in uptake of face-to-face sessions this year, the remote options that we initially developed in response to the Covid pandemic, remain very popular with clients who appreciate the additional flexibility and accessibility.

We developed a range of new cross-sector community partnerships and initiatives to improve choice and access to health and wellbeing support.

We were grateful for the continued support of our funders including:

- The North East & North Cumbria Integrated Care Board for whom we delivered the Trailblazers Young Peoples Mental Health Awareness Raising Project, a General Counselling Service, and a Bereavement Support Service offering Counselling and Group Work.
- The Office of Police & Crime Commissioner, Ministry of Justice and Northumberland County Council who have funded our Domestic Abuse Counselling Services and our contribution to the Northumberland Integrated Domestic Abuse Partnership.
- Dukes School for whom we provided a dedicated school counsellor, and with whom we explored ways to expand into wider community support and wellbeing work.
- Wansbeck Primary Care Network with whom we worked in a collaboration that continues to grow, and which funded our Wansbeck Community Wellbeing Manager and Team of 5 Social Prescribing Community Link Workers.
- North of Tyne Combined Authority who provided short-term funding for our Young Peoples Mentoring Pilot, offering counselling and coaching for vulnerable young people that bridged the gap at transition into sustainable post compulsory education and work.
- Bridge Northumberland Partnership Project that was funded via European Social Fund (ESF) and BIG Lottery that have now concluded enabled us to develop and launch some new projects and consolidate our existing delivery.

In addition, we were successful in securing new grants and commissions from a range of funders including:

- The National Lottery Reaching Communities Fund which increased our capacity to support volunteers and grow our volunteer team and their subsequent impact.
- UK Shared Prosperity Funded (UKSPF), via The North of Tyne Combined Authority; as a partner in the Solid Foundations Project, we delivered counselling and coaching as part of a suite of activities aimed at overcoming inequalities and improving access to sustainable training and employment.
- Donations received from several other sources including Community Foundation, Willan Charitable Trust, Sir James Knott Trust, Reeds Grass Roots and Tynedale Lions, all helped to join up our service offering and close gaps and enhanced our support efforts for young people.

Delivery of our service is entirely dependent on our talented and committed team of staff and volunteers. We currently employ twenty-one paid staff across leadership and counselling roles, including full and part time roles. We also regularly worked with three Associate Counsellors and were supported by twenty Volunteer Counsellors; one of our volunteers secured paid employment this year as part of our Counselling Team. Functions including HR, IT, and Finance remain outsourced to specialist partners with whom we have established relationships.

CYGNUS SUPPORT LIMITED
TRUSTEES ANNUAL REPORT (contd)
FOR THE YEAR ENDED 31 MARCH 2024

The Board of Trustees continued to ensure that the charity applied for funding from grant-making bodies that meet with our strategic objectives and charitable aims. Our Board of Trustees remained steadfast volunteers, and this year we bid fond farewells to long-service achievers Dr Gill Fraser (previous Chair and Trustee), Hillary Tucknott (Secretary and Trustee), and Sarah Abernethy (previous Vice Chair and Trustee) and welcomed Beverley Gray as a new Trustee and Vice-Chair. We continue to seek to recruit additional Trustees to broaden the base of knowledge and experience.

Finally, I would like to sincerely thank all our staff, volunteers, trustees and partners who worked with Cygnus Support to enable another successful year of impact for communities across Northumberland.

REVIEW OF RESULTS AND RESERVES

The surplus/(deficit) for the period has been debited to reserves as follows:

	2024 £	2023 £
Unrestricted funds	27,632	31,501
Restricted funds	1,962	(40,454)
	<u>29,594</u>	<u>(8,953)</u>
Total reserves carried forward at 31 March 2024 are:		
Unrestricted funds		
Designated funds	20,537	20,537
Undesignated funds	127,122	99,490
	<u>147,659</u>	<u>120,027</u>
Restricted funds	33,727	31,765
	<u>181,386</u>	<u>151,792</u>

CYGNUS SUPPORT LIMITED
TRUSTEES ANNUAL REPORT (contd)
FOR THE YEAR ENDED 31 MARCH 2024

RESERVE POLICY

The trustees policy is to establish unrestricted reserves sufficient to cover running costs for several months ahead, and the emphasis is on a continual process of careful financial management, and to invest reserves to optimise income wherever possible.

Research into future means of generating unrestricted reserves will also continue.

POLICY FOR MONITORING AND REVIEW

The level of reserves will be monitored along with the on-going financial affairs of the organisation on a monthly basis, supplemented by annual reviews to ensure the overall level of reserves continues to meet the needs of the organisation.

The above report has been approved by the Trustees and signed on it's behalf.

.....
K Hussain

19 November 2024

CYGNUS SUPPORT LIMITED

**STATEMENT OF MANAGEMENT COMMITTEE'S RESPONSIBILITIES FOR THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024**

The Board of Trustees, who are also the directors of Cygnus Support Limited for the purpose of company law, are responsible for preparing the Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the company as at the end of that year and of the surplus or deficit of the company for that period. In preparing those accounts the trustees are required to:

- i) select suitable accounting policies and then apply them consistently;
- ii) make judgements and estimates that are reasonable and prudent;
- iii) state whether applicable accounting standards have been followed;
- iv) state whether applicable statements of recommended practice have been followed;
and
- v) prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue its activities.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and which enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the organisation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees on 19 November 2024 and signed on its behalf by:

.....
K Hussain

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE UNAUDITED FINANCIAL
STATEMENTS OF CYGNUS SUPPORT LIMITED
FOR THE YEAR ENDED 31 MARCH 2024**

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2024, which are set out on pages 7 to 13.

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

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, 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:

- accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those accounting records; or
- 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
- 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.



DGS Nickalls FCA
Peek Practice Ltd
4 Bridge Street
Amble
NE65 0DR

Date: 19 November 2024

CYGNUS SUPPORT LIMITED

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES

(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
INCOMING RESOURCES				
<i>Incoming resources from generated funds</i>				
Donations and small grants	8,785	-	8,785	728
<i>Activities for generating funds</i>				
Trading operations	227,368	-	227,368	30,838
Rental income	8,520	-	8,520	-
Interest received	954	-	954	201
<i>Incoming resources from charitable activities</i>	-	308,390	308,390	509,534
TOTAL INCOMING RESOURCES	<u>245,627</u>	<u>308,390</u>	<u>554,017</u>	<u>541,301</u>
RESOURCES EXPENDED				
Costs of generating funds	213,702	306,428	520,130	545,440
Governance costs	4,293	-	4,293	4,814
TOTAL RESOURCES EXPENDED	<u>217,995</u>	<u>306,428</u>	<u>524,423</u>	<u>550,254</u>
NET INCOMING/OUTGOING) RESOURCES BEFORE TRANSFERS	27,632	1,962	29,594	(8,953)
TRANSFER BETWEEN FUNDS	-	-	-	-
NET MOVEMENT IN FUNDS	<u>27,632</u>	<u>1,962</u>	<u>29,594</u>	<u>(8,953)</u>
<i>Reconciliation of funds</i>				
TOTAL FUNDS BROUGHT FORWARD	120,027	31,765	151,792	160,745
TOTAL FUNDS CARRIED FORWARD	<u>147,659</u>	<u>33,727</u>	<u>181,386</u>	<u>151,792</u>

The statement of financial activities includes all gains and losses in the year.

All incoming resources and resources expended derive from continuing activities.

CYGNUS SUPPORT LIMITED

BALANCE SHEET AS AT 31 MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
FIXED ASSETS	6	-	-	-	245
<hr/>					
CURRENT ASSETS					
Debtors		123,937	-	123,937	66,127
Cash at bank and in hand		70,744	33,727	104,471	141,169
		<hr/>	<hr/>	<hr/>	<hr/>
		194,681	33,727	228,408	207,746
		<hr/>	<hr/>	<hr/>	<hr/>
CREDITORS: Amounts falling due within one year		47,022	-	47,022	56,199
		<hr/>	<hr/>	<hr/>	<hr/>
TOTAL ASSETS LESS CURRENT LIABILITIES		147,659	33,727	181,386	151,792
CREDITORS: Amounts falling due after more than one year		-	-	-	-
		<hr/>	<hr/>	<hr/>	<hr/>
NET ASSETS		147,659	33,727	181,386	151,792
		<hr/>	<hr/>	<hr/>	<hr/>
TOTAL FUNDS		147,659	33,727	181,386	151,792
		<hr/>	<hr/>	<hr/>	<hr/>

For the financial year ended 31 March 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. No member has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

Directors' responsibilities:

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the 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 accounts, so far as applicable to the company

These financial statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006

.....
K Hussain

19 November 2024

Company Registration Number 5987640

CYGNUS SUPPORT LIMITED
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024

1. MEMBERS' LIABILITY

The organisation is a company limited by guarantee and not having a share capital.

The company is limited in that every member undertakes to contribute such amount, not exceeding £1, as may be required in the event of the company being wound up while he or she is a member, or within 12 months afterwards, towards the cost of dissolution and the liabilities incurred by the company while the contributor was a member.

2. ACCOUNTING POLICIES

The principal accounting policies are summarized below. The accounting policies have been applied consistently throughout the year and in the preceding year.

Basis of Accounting

The accounts are prepared in accordance with applicable accounting standards in accordance with the Statement of Recommended Practice – Accounting and Reporting by Charities issued in July 2014, applicable UK Accounting Standards, Financial Reporting Standard for Smaller Entities (effective January 2019) and the Companies Act 2006.

Incoming resources

All incoming resources are included in the Statement of Financial Activities when the Charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable

Investment income is included when receivable

Resources expended

Expenditure is recognised when a liability is incurred. Funding provided through contractual agreements and performance related grants are recognized as goods or services are supplied. Other grant payments are recognized when a constructive obligation arises that results in the payment being unavoidable.

Costs of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Governance costs include those incurred in the governance of its assets and are primarily associated with constitutional and statutory requirements.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating office property costs by floor areas, management and human resources costs by the number of staff, and finance and IT costs by work done.

CYGNUS SUPPORT LIMITED

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

2. ACCOUNTING POLICIES

Fixed assets

Depreciation is provided on each asset over its effective working life so as to write off that asset to its estimated realizable value. The rates of depreciation charged are:

Equipment and fixtures	3 year straight line
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Cashflow Statement

The company has taken advantage of the exemption contained in Financial Reporting Standard 1 from producing a cashflow statement on the grounds that it is a small company.

3 INCOMING RESOURCES

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Voluntary income				
Donations and small grants	8,785	-	8,785	728
	<u>8,785</u>	<u>-</u>	<u>8,785</u>	<u>728</u>
Trading operations				
Course fees	-	-	-	-
SLA fees	227,368	-	227,368	30,838
Training income	-	-	-	-
Miscellaneous income	-	-	-	-
	<u>227,368</u>	<u>-</u>	<u>227,368</u>	<u>30,838</u>
Interest receivable				
Bank interest receivable	954	-	954	201
	<u>954</u>	<u>-</u>	<u>954</u>	<u>201</u>
Incoming resources from charitable activities	<u>-</u>	<u>308,390</u>	<u>308,390</u>	<u>509,534</u>

CYGNUS SUPPORT LIMITED

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

4. RESOURCES EXPENDED

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Costs of generating funds				
Project costs	-	49,928	49,928	51,900
Staffing costs	235,073	239,391	474,464	449,413
Travelling expenses	999	5,572	6,571	3,908
Staff training	1,915	6,366	8,282	1,353
Office running costs	-	-	-	31,176
Volunteers costs	-	5,171	5,171	4,881
Equipment costs	-	-	-	1,537
General expenses	-	-	-	1,006
Depreciation	245	-	245	266
	<u>213,702</u>	<u>306,428</u>	<u>520,130</u>	<u>545,440</u>
Governance costs				
Professional fees	4,029	-	4,029	4,504
Bank charges	264	-	264	310
	<u>4,293</u>	<u>-</u>	<u>4,293</u>	<u>4,814</u>

5. STAFF COSTS AND NUMBERS

During the financial year the company had a maximum of 16 employees and their remuneration was made up as follows:-

	2024 £	2023 £
Salary, pension and national insurance	<u>474,464</u>	<u>449,413</u>

No employee received emoluments of more than £60,000

CYGNUS SUPPORT LIMITED

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

6. FIXED ASSETS

	Equipment and Fixtures	Total
	£	£
Cost		
As at 1 April 2023	1,243	1,243
Additions in the year	-	-
As at 31 March 2024	<u>1,243</u>	<u>1,243</u>
Depreciation		
As at 1 April 2023	998	998
Charge for the year	245	245
As at 31 March 2024	<u>1,243</u>	<u>1,243</u>
Net book value		
As at 31 March 2024	<u>-</u>	<u>-</u>
Net book value		
As at 31 March 2023	<u>245</u>	<u>245</u>
	2024	2023
	£	£

7. DEBTORS

Trade debtors	122,703	66,127
Prepayments	1,234	-
	<u>123,937</u>	<u>66,127</u>

8. CREDITORS: amounts falling due within
one year

Trade creditors	11,884	12,594
Accrued charges	35,138	43,605
	<u>47,022</u>	<u>56,199</u>

CYGNUS SUPPORT LIMITED

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

9. STATEMENT OF FUNDS

	At 1 April 2023	Income	Expenditure	Transfer	At 31 Mar 2024
Designated reserves	20,537	-	-	-	20,537
Undesignated reserves	99,490	245,627	217,995	-	127,122
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL UNRESTRICTED FUNDS	120,027	245,627	217,995	-	147,659
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

	At 1 April 2023	Income	Expenditure	At 31 Mar 2024
Restricted funds				
Community Chest – North of Tyne COVID 19 Capacity Project	793	-	-	793
Morrison Foundation	297	-	-	297
Be You Northumberland Trailblazer Project	-	50,100	37,014	13,086
Ministry of Justice DA/SV Community Fund	-	36,410	36,410	-
North of Tyne Combined Authority – Young Peoples Employability Project	-	5,956	5,956	-
National Lottery Community Fund & European Social Fund – Building Better Opportunities Fund (Bridge)	-	4,935	4,935	-
The National Lottery Community Fund	-	22,420	13,925	8,495
Sir James Knott Trust	5,520	-	5,520	-
The Willan Trust	5,541	-	5,541	-
The Office of the Northumbria Police & Crime Commissioner – Supporting Victims Fund	-	30,000	30,000	-
North East and North Cumbria Integrated Care Board – Bereavement Counselling	15,614	51,566	57,719	9,461
North East and North Cumbria Integrated Care Board – Counselling	-	51,566	49,971	1,595
NTCA UKSPF Solid Foundations	-	55,437	55,437	-
The Reeds Grassroots Fund at the Community Foundation Tyne & Wear and Northumberland	4,000	-	4,000	-
	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL RESTRICTED FUNDS	31,765	308,390	306,428	33,727
	<hr/>	<hr/>	<hr/>	<hr/>

10. REMUNERATION OF MANAGEMENT COMMITTEE

There was no remuneration, or other benefit, paid to the board of directors, or people connected with them, in the financial year ended 31 March 2024.

CYGNUS SUPPORT LIMITED
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024

11. RELATED PARTY TRANSACTIONS

There were no transactions undertaken by, or on behalf of the company, in which a member of the board of directors or connected person had a material interest, during the financial year ended 31 March 2024.