

# INSIGHT - COUNSELLING COACHING AND SUPPORT SERVICES

England & Wales · Charity number 1125103

## Details

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**Other names** DOMESTIC ABUSE COUNSELLING SERVICE

**Status** Registered

**Legal form** Other

**Registered** 2008-07-22

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** The Loft  
60 George Street Ringway  
Bedworth  
CV12 8EA

**Phone** 08450044075

**Email** [kate.farmer@dacservice.org.uk](mailto:kate.farmer@dacservice.org.uk)

**Website** [www.dacservice.org.uk](http://www.dacservice.org.uk)

## Activities

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**Objects:** THE OBJECTS OF THE ORGANISATION SHALL BE:FOR THE BENEFIT OF THE PUBLIC IN WARWICKSHIRE AND THE SURROUNDING AREAS BY 1: TO RELIEVE THE DISTRESS AND SUFFERING,FINANCIAL HARDSHIP, SICKNESS AND THE PRESERVATION OF PHYSICAL AND MENTAL HEALTH OF SUFFERERS OF, AND THOSE AFFECTED BY, DOMESTIC ABUSE THROUGH THE PROVISION OF COUNSELLING, SUPPORT, EDUCATION AND PRACTICAL ADVICE,RESIDING PERMANENTLY OR TEMPORARILY IN WARWICKSHIRE AND SURROUNDING AREAS. 2: THE PROMOTION OF SOCIAL INCLUSION AMONG PEOPLE SUFFERING FROM MENTAL ILLNESS OR DIAGNOSED WITH LEARNING DIFFICULTIES AND WHO ARE SOCIALLY EXCLUDED FROM SOCIETY OR PARTS OF SOCIETY, AS A RESULT OF THOSE FACTORS BY PROVIDING SKILLS AND TRAINING AND REHABILITATION FACILITIES. 3: TO RELIEVE FINANCIAL HARDSHIP AND SICKNESS AMONG PERSONS WHO ARE CARING FOR OR NURSING A PERSON WITH PHYSICAL OR MENTAL ABILITY IN ANY PLACE OTHER THAN IN THE HOME AS DEFINED BY THE NATIONAL ASSISTANCE ACT 1948 AND CHRONICALLY SICK AND DISABLED PERSONS ACT 1970, AND THE RELIEF OF PEOPLE WHO ARE CHRONICALLY SICK OR DISABLED BY THE PROVISION OF TRAINING AND ADVICE FOR THOSE RESPONSIBLE FOR THEIR CARE.4: TO PROMOTE FOR THE BENEFIT OF THE PUBLIC, THE PROVISION OF SERVICES FOR INTERVENTION, MEDIATION AND CONCILIATION BETWEEN VICTIMS OF CRIME AND OFFENDERS, WITH A VIEW TO THE PRESERVATION OF AND PROTECTION OF THE WELL BEING OF SUCH VICTIMS AND THE REHABILITATION OF SUCH OFFENDERS.

**Activities:** We are dedicated to providing counselling & support to adults, young people, children & families disadvantaged by life circumstances and experiences that effect their personal safety and emotional wellbeing. We provide individual 'face to face' - Telephone & MS Teams counselling sessions & also group therapy from our main operational base and outreach rooms throughout Warwickshire.

## Classification

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- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

## Geography

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- **Area of benefit:** WARWICKSHIRE.
- Warwickshire

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£413,416	£370,118	-	-
2024-03-31	£302,415	£294,884	-	-
2023-03-31	£467,246	£361,730	-	-
2022-03-31	£348,633	£335,182	-	-
2021-03-31	£421,090	£355,822	-	-

## Trustees

Name	Role	Appointed
HEATHER LOUISE WOLFE	Chair	
ANGELA JANE READ		
JOY FROGLEY		2023-11-25
JUDE COBLEY		
Jane Holcroft		2014-01-28

**INSIGHT - COUNSELLING COACHING AND SUPPORT SERVICES**

England & Wales - Charity number 1125103

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# Accounts

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**INSIGHT COUNSELLING COACHING & SUPPORT SERVICES**

**Formerly Known as Domestic Abuse Counselling Service**

**Registered Charity Number : 1125103**

**THE LOFT  
60 GEORGE STREET RINGWAY  
BEDWORTH  
WARWICKSHIRE  
CV12 8EA**

**ACCOUNTS FOR THE YEAR ENDED  
31 MARCH 2025**

**INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**  
**TRUSTEES' ANNUAL REPORT**  
**YEAR ENDED 31 MARCH 2025**

**Summary of the main activities undertaken for the public benefit**

When planning our activities for the year we have considered the Commission's guidance on public benefit.

**Summary of the main achievements during the period 1st April 2024 to 31st March 2025**

We have continued to deliver holistic therapeutic services to families impacted by domestic violence abuse.

We have continued to deliver our therapeutic services for children and young people.

We have continued to deliver our therapeutic services to those disadvantaged by learning disability.

Under our lottery project 'STRONGER SPECIAL FAMILIES', we have significantly increased our services to parents of children/young people with SEND.

Our activities are delivered via individual face to face Counselling sessions – telephone and MS Teams ensuring we are fully accessible to all.

Our team consists of Qualified professional staff and sessional counsellors and volunteer counsellors on placement with us in their final Degree year.

We continue to deliver our "Perpetrator Intervention Programme."

We continue to deliver our "Partner Support Programme" offering support and therapy to victims of abuse who have partners attending the "Perpetrator Intervention Project."

We delivered one to one sessions and group work for 'parents of the children and young people engaging with our services' to support better understanding of the impact of DV/DA upon children/young people and improve communication between parent and child.

We delivered our very successful project for 'Parents of Children with Special Needs' who require a more diverse programme of support for the additional issues associated to parenting a child with special needs, while suffering from relationship problems/breakdown including DV/DA.

We delivered 'The Clarity Project' for victims of DV/DA disadvantaged by learning disability, Autism, Asperger's etc experiencing difficult and/or unsafe personal relationships.

We delivered our services to a TOTAL OF: - 544 beneficiaries in this financial year from April 1st 2024 –

Over the last five year's, partly due to the Covid years where on line searches for help increased, we have seen a considerable increase in self-referrals from those looking at our websites, along with referrals from our long working relationship with the Warwickshire multi agencies involved with domestic abuse and

**INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**  
**TRUSTEES' ANNUAL REPORT**  
**YEAR ENDED 31 MARCH 2025**

Our statistics for this financial period and feedback from our service users, demonstrate that INSIGHT CCSS together with our Domestic Abuse Counselling Service (DACs) is a vital and valued community service and a lifeline of support to those disadvantaged by domestic violence/abuse and other life circumstances that

Our work covers many areas, including sexual, financial, psychological, and physical abuse, discrimination, isolation, mental health, suicide, poor physical health, disability, poverty, and social exclusion.

This financial year, maintaining our usual practice of annually evaluating our services, we have continued to broaden our work with those disadvantaged in our community, exploring wider areas of need where our skills are comparative, in areas of mental health - developing a ground-breaking project funded by the National Lottery Communities Fund for families caring for a child/young person with SEND.

We listen to our service users and their voice ensures we remain current and relevant to the needs of our community, placing our charity in a position to target complex issues and disadvantages, such as but not limited to, learning disability, Autism, Asperger's, life limiting illness, disability and parents experiencing

To further this aim, the DACs/INSIGHT CCSS team continue to ensure professional development is current and relevant, applying themselves to external and internal training, to upgrade their skills in areas of mental health and disability, adversity, youth work, gender-based work and children's therapy, thus expanding our charities area of expertise and further our aim to secure our future sustainability.

In this last year, we continued our aim to resolutely future proof, ensuring we firmly continue to establish our charity as one that offers therapeutic programmes that are important to the needs of our community - services that address the real issues of disadvantage brought to us by our service users.

**We would like to say - 'Thank you' - most sincerely to all those that have supported us with Funding, Grants & Donations for all our projects big and small.**

A big thanks to - The Edward Gostling Foundation – The National Lottery Community Fund - Garfield Weston Foundation, The Leathersellers Foundation - Henry Smith Charity, for enabling us to deliver our projects and

Signed on behalf of the Committee/Trustees

Signed

  
J. M. Cosley.

Date

19<sup>th</sup> December 2025

**INSIGHT - COUNSELLING COACHING AND SUPPORT SERVICES**

**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 MARCH 2025**

<b><u>2024</u></b>		<b><u>Unrestricted</u></b> <b><u>Funds</u></b>	<b><u>Restricted</u></b> <b><u>Funds</u></b>	<b><u>Designated</u></b> <b><u>Funds</u></b>	<b><u>Total</u></b> <b><u>Funds</u></b>
	<b><u>Incoming Resources</u></b>				
	Incoming Resources From Generated Funds				
296,864	Grants and Donations	-	268,551	144,805	413,356
5,551	Activities For Generating Funds	-	-	60	60
-	Investment Income	-	-	-	-
-	Incoming Resources From Charitable Activi	-	-	-	-
-	Other Incoming Resources	-	-	-	-
<b><u>302,415</u></b>	<b>Total Incoming Resources</b>	<b><u>-</u></b>	<b><u>268,551</u></b>	<b><u>144,865</u></b>	<b><u>413,416</u></b>
	<b><u>Resources Expended</u></b>				
-	Cost of Generating Funds	-	-	-	-
368,711	Costs of Charitable Activities	-	176,363	193,756	370,118
550	Governance Costs	-	-	-	-
-	Other Resources Expended	-	-	-	-
<b><u>369,261</u></b>	<b>Total Resources Expended</b>	<b><u>-</u></b>	<b><u>176,363</u></b>	<b><u>193,756</u></b>	<b><u>370,118</u></b>
(66,846)	<b><u>Net Receipts</u></b>	-	92,188	(48,891)	43,297
361,730	Bank Balances 1 April 2024	-	56,396	238,488	294,884
-	Transfer Between Funds	-	-	-	-
<b><u>294,884</u></b>	<b>Bank Balances 31 March 2025</b>	<b><u>-</u></b>	<b><u>148,584</u></b>	<b><u>189,597</u></b>	<b><u>338,181</u></b>

**INSIGHT - COUNSELLING COACHING AND SUPPORT SERVICES**  
**BALANCE SHEET**  
**AS AT 31 MARCH 2025**

	<u>31-Mar-25</u>	<u>31-Mar-24</u>
	£	£
<b>Fixed Assets</b>	1,597	-
<b>Current Assets</b>		
Cash at bank and in hand	344,495	302,339
Debtors	0	1,470
Prepayments	5,527	61
<b>Total Current Assets</b>	<b>350,021</b>	<b>303,870</b>
<b>CURRENT LIABILITIES</b>		
Creditors falling due within one year	(13,437)	(8,986)
	<b>(13,437)</b>	<b>(8,986)</b>
<b>Net Current Assets</b>	<b>336,584</b>	<b>294,884</b>
<b>Total Net Assets</b>	<b>338,181</b>	<b>294,884</b>
<b>FUNDS</b>		
Restricted	148,584	56,396
Designated	189,597	238,488
Unrestricted	0	0
	<b>338,181</b>	<b>294,884</b>

*The trustees declare that they have approved the accounts above*

Signed on behalf of the charity's trustees:

Signed  
Position

  
\_\_\_\_\_  
Chair

Dated

19<sup>th</sup> December 2025

**INSIGHT - COUNSELLING COACHING AND SUPPORT SERVICES**  
**NOTES TO THE ACCOUNTS**  
**YEAR ENDED 31 MARCH 2025**

**1. Accounting Policies**

**Basis of the preparation of the accounts**

Basis of the preparation of the accounts These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and with the Charities Act 2011

**Incoming resources**

All material incoming resources have been included on a receivable basis - i.e. they are included if the date receivable falls within the period covered by these accounts.

**Resources expended**

These have been analysed using a natural classification.

**Depreciation**

Depreciation is calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets with a cost exceeding £500 over their expected useful lives on a reducing balance basis.

**2. Grants**

	Designated £	Restricted £	2025 Total £	2024 Total £
Core Costs	93,150	-	93,150	-
Victims Services Funds	25,695	-	25,695	-
Disability Services	17,300	-	17,300	-
Contingency Fund	5,000	-	5,000	-
Children & Young People	3,000	-	3,000	-
Perpetrator Services Fund	660	-	660	-
The Edward Goslin Foundation	-	95,000	95,000	-
The Henry Smith Charity	-	69,000	69,000	46,000
TNL Stronger, Special, Families	-	46,376	46,376	-
Future Proofing	-	24,145	24,145	-
Ministry of Justice Kids	-	21,862	21,862	21,862
Ministry of Justice Adults	-	12,168	12,168	12,168
North Warwickshire BC	-	-	-	50,000
Leathersellers	-	-	-	40,000
Lottery Community Fund	-	-	-	36,218
Big Lottery Reconnect	-	-	-	24,360
Stratford Upon Avon Town Trust	-	-	-	10,000
The Edward Allen Grant	-	-	-	5,000
Grantham Yorke Award	-	-	-	5,000
The King Henry VIII	-	-	-	4,800
Field Family Charitable Trust	-	-	-	3,000
Baron Davenport	-	-	-	2,000
E Lawley	-	-	-	2,000
Heart of England Harry Payne	-	-	-	2,000
Under £1000	-	-	-	1,475
Warwickshire Mason Charitable Association	-	-	-	1,000
	<b>144,805</b>	<b>268,551</b>	<b>413,356</b>	<b>266,883</b>

**3. Donations**

Donations of £43,460 were received during the year.

**INSIGHT - COUNSELLING COACHING AND SUPPORT SERVICES**  
**NOTES TO THE ACCOUNTS**  
**YEAR ENDED 31 MARCH 2025**

**4. Incoming Resources from Charitable Activities**

	Unrestricted Funds £	Restricted Funds £	Total Funds £	2024 Total Funds £
Services	60	-	60	-
	<u>60</u>	<u>-</u>	<u>60</u>	<u>-</u>

**5. Fixed Assets**

	Equipment Fixtures & Fittings £	Total £
Cost		
At 1st April 2024	13,854	13,854
Additions	1,825	1,825
Disposals	-	-
At 31st March 2025	<u>15,679</u>	<u>15,679</u>
Depreciation		
At 1st April 2024	13,854	13,854
Charge in Period	228	228
Disposals	-	-
At 31st March 2025	<u>14,082</u>	<u>14,082</u>
Net Book Value		
At 31st March 2025	<u>1,597</u>	<u>1,597</u>
At 31st March 2024	<u>-</u>	<u>-</u>

**6. Debtors**

	At 31/03/25	At 31/03/24
Other Debtors	-	1,470
Prepayments and Accrued Income	5,527	61
	<u>5,527</u>	<u>1,531</u>

**7. Creditors**

	At 31/03/25	At 31/03/24
Pension	-	1,691
HMRC - PAYE/NIC Deductions	5,023	5,761
Other Creditors	7,963	984
Accountancy Accrual	450	550
	<u>13,437</u>	<u>8,986</u>

**INSIGHT - COUNSELLING COACHING AND SUPPORT SERVICES**  
**NOTES TO THE ACCOUNTS**  
**YEAR ENDED 31 MARCH 2025**

**8. Movement in Funds**

	Opening Balance £	Incoming Resources £	Resources Expended £	Transfers £	Closing Balance £
<b>Unrestricted Funds</b>					
Designated Funds					
Victims Services	38,484	25,695	41,896	-	22,283
Charity Core Costs	61,368	93,150	77,691	-	76,827
Contingency	50,000	-	-	5,000	55,000
Perpetrator Services Fund	11,591	720	6,228	-	6,083
Children & Young People Core Cost	49,918	8,000	32,487	5,000	20,431
Disability Services	27,127	17,300	35,454	-	8,973
	<b>238,488</b>	<b>144,865</b>	<b>193,756</b>	<b>-</b>	<b>189,597</b>
<b>Restricted Funds</b>					
PCC North Warwickshire (Victims)	29,678	-	29,084	-	594
The Henry Smith Charity	22,833	69,000	45,721	-	46,112
Future Proofing	3,886	24,145	28,031	-	-
TNL - Stronger Special Families	-	46,376	39,552	-	6,823
The Edward Goslin Foundation	-	95,000	-	-	95,000
Ministry of Justice Children	-	21,862	21,834	-	28
Ministry of Justice Adults	-	12,168	12,141	-	27
	<b>56,397</b>	<b>268,551</b>	<b>176,363</b>	<b>-</b>	<b>148,584</b>
Total Funds	<b>294,885</b>	<b>413,416</b>	<b>370,119</b>	<b>-</b>	<b>338,181</b>

**9. Analysis of Net Assets by Fund**

	Unrestricted Funds £	Restricted Funds £	Total Funds £
Fixed Assets	1,597	-	1,597
Net Current Assets	188,000	148,584	336,584
Long Term Liabilities	-	-	-
	<b>189,597</b>	<b>148,584</b>	<b>338,181</b>

**10. Staff Costs and Numbers**

	2025 £	2024 £
Wages	231,140	216,019
HMRC - Employers Deductions	20,557	21,547
Employer Pension	17,596	6,247
Prior Year Accrual	5,761	5,328
	<b>275,054</b>	<b>249,141</b>

**INSIGHT - COUNSELLING COACHING AND SUPPORT SERVICES**  
**NOTES TO THE ACCOUNTS**  
**YEAR ENDED 31 MARCH 2025**

**11. Benefits in Kind**

During the period, no employee or trustee received any benefits in kind from the charity.

**12. Trustees' Remuneration, Benefits and Expenses**

Trustees received no expenses, remuneration or benefits in this period.

**13. Independent Examination and Accountancy Services**

During the period, the cost of the examination was £450.

**14. Annual Commitments Under Operating Leases**

The organisation has no commitments under operating leases.

**INSIGHT - COUNSELLING COACHING AND SUPPORT SERVICES**

England & Wales - Charity number 1125103

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# Accounts

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**INSIGHT COUNSELLING COACHING & SUPPORT SERVICES**

**Formerly Known as Domestic Abuse Counselling Service**

**Registered Charity Number: 1125103**

**THE LOFT**

**60 GEORGE STREET RINGWAY**

**BEDWORTH**

**WARWICKSHIRE**

**CV12 8EA**

**ACCOUNTS FOR THE YEAR ENDED**

**31 MARCH 2024**

**INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

**ACCOUNTS FOR THE YEAR ENDED**

**31 MARCH 2024**

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10	Statement of financial activities
11	Balance sheet
12 - 17	Notes to the accounts

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## TRUSTEES' ANNUAL REPORT

### YEAR ENDED 31 MARCH 2024

**Full name:** Insight – Counselling Coaching and Support Services

**Registered charity number:** 1125103

**Principal address:** The Loft, 60 George Street Ringway, Bedworth, CV12 8EA  
Formerly 72 High Street, Nuneaton, CV11 5DA

**Trustees:** H Wolfe, Chair  
J Cobley, Vice Chair  
A Read  
J Holcroft  
J Palmer, Treasurer

**Bankers:** NatWest Bank plc, 1 Market Street, Nuneaton, Warwickshire  
CV11 4YY

**Independent Examiner:** Paula Wilson, 2 Hickman House, Hickman Road, Nuneaton  
CV10 9NQ

### **Governance and management**

#### **Recruitment and Management**

The induction process for any new appointed trustee comprises an initial meeting with the Chair of the Board followed by a series of meetings with other Trustees. New Trustees are also given a history of the charity, copies of Board meetings, recent accounts, annual reports, a copy of the constitution and a copy of the Charity Commission guidance "The Essential Trustee."

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## TRUSTEES' ANNUAL REPORT (CONTINUED)

### YEAR ENDED 31 MARCH 2024

FYI - INSIGHT CCSS is previously known as DACS (Domestic Abuse Counselling Service) established in 2006

#### **Aims and Objectives**

The Aims & objectives of the charity **INSIGHT CCSS** adopted on 8<sup>TH</sup> July 2018 *for the benefit of the public in Warwickshire and the surrounding areas* are as follows:

#### **1. The Objects**

The objects of the charity shall be for the benefit of the public in Warwickshire and the surrounding areas-

1. To relieve the distress and suffering, financial hardship, sickness, and the preservation of physical and mental health of sufferers of, and those affected by domestic violence/abuse, through the provision of counselling, support, education, and practical advice, residing permanently or temporarily in Warwickshire and surrounding areas.
2. The promotion of social inclusion among people suffering from mental illness or diagnosed with learning difficulties and who are socially excluded from society or parts of society as a result of those factors by providing skills, training, and rehabilitation facilities.
3. To relieve financial hardship and sickness among persons who are caring for or nursing a person with physical or mental ability in any place other than in the home as defined by the National Assistance Act 1970 and the relief of people who are chronically sick and disabled by the provision of training and advice for those responsible for their care.
4. To promote for the benefit of the public the provision of services for intervention, mediation, and conciliation between victims of crime and offender, with a view to the preservation of and protection of the wellbeing of such victims and the rehabilitation of such offenders.
5. To advance the education of the public, and the appropriate voluntary, statutory and public sector agencies in the subject of domestic abuse.

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## TRUSTEES' ANNUAL REPORT

### YEAR ENDED 31 MARCH 2024

#### **Summary of the main activities undertaken for the public benefit**

When planning our activities for the year we have considered the Commission's guidance on public benefit.

#### **Summary of the main achievements during the period 1<sup>st</sup> April 2023 to 31<sup>st</sup> March 2024**

The covid years proved that as a charity we are flexible, we are determined to support vulnerable people and children in our community and we can adapt very well to circumstances that may impact on our ability to deliver our services. The changes we made during the pandemic in terms of telephone counselling sessions and MS Teams sessions have remained part of our current delivery and enable us to support people who are unable through life circumstances to come to our offices.

#### **During the period -**

- We have continued to deliver holistic therapeutic services to families impacted by domestic violence abuse.
- We have continued to expand our therapeutic services for children and young people.
- We have continued to expand our therapeutic services to those disadvantaged by learning disability.
- We have significantly increased our services to parents of children/young people with SEND.
- Our activities are delivered via face to face – telephone and MS Teams ensuring we are fully accessible to all.
- Our team consists of Qualified professional staff and sessional counsellors and volunteer counsellors on placement with us in their final Degree year.
- INSIGHT CCSS/DACS provided Victim's counselling services throughout the county of Warwickshire, offering individual assessment and counselling therapy to victims of domestic abuse each week, via face to face, Telephone & Microsoft Team/Zoom.
- We provided a telephone & MS -Teams service for those that find life circumstances make it difficult for them to access our counselling rooms.
- We continued to provide our "Perpetrator Intervention Programme."
- We provided the "Partner Support Programme" offering support and therapy to victims of abuse who have partners attending the "Perpetrator Intervention Project."
- We delivered our successful Young Peoples counselling/support Service under our Lottery funded 'Reconnect' Project a combination of one to one therapy and groupwork.
- We delivered our 'Feeling Much Safer project funded by BBC CHILDREN IN NEED for children age from 8 to 10 years old from a combination of one to one therapy and groups.
- We delivered one to one sessions and group work for 'parents of the children and young people engaging with our services' to support better understanding of the impact of DV/DA upon children/young people and improved communication between parent and child etc.
- We delivered our very successful project for 'Parents of Children with Special Needs' who require a more diverse programme of support for the additional issues associated to parenting a child with special needs, while suffering from relationship problems/breakdown including DV/DA.
- We delivered 'The Clarity Project' for victims of DV/DA disadvantaged by learning disability, Autism, Asperger's etc experiencing difficult and/or unsafe personal relationships.
- A TOTAL OF: - 572 adults and children benefitted from our services in the financial year 2023 - 2024

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## TRUSTEES' ANNUAL REPORT

### YEAR ENDED 31 MARCH 2024

During the period continued –

Over the last few year's we have seen a massive increase in self-referrals from those looking at our websites, along with referrals from our long working relationship with the Warwickshire multi agencies involved with domestic abuse and safeguarding. Our statistics for this financial period and feedback from our service users, prove that INSIGHT CCSS together with our Domestic Abuse Counselling Service (DACS) is a vital and valued community service and a lifeline of support to those disadvantaged by domestic violence/abuse and other life circumstances that impact on family relationships.

Our work covers many areas, including sexual, financial, psychological, and physical abuse, discrimination, isolation, mental health, suicide, poor physical health, disability, poverty, and social exclusion.

This financial year, maintaining our usual practice of annually evaluating our services, we have continued to broaden our work with those disadvantaged in our community, exploring wider areas of need where our skills are comparative, in areas of mental health - developing a ground-breaking project for families caring for a child/young person with SEND working with other charities and organisations that share our philosophy to help improve lives of those disadvantaged in our community.

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We remain current and relevant to the needs of our community, placing our charity in a position to target complex issues and disadvantages, such as but not limited to, learning disability, Autism, Asperger's, life limiting illness, disability and parents experiencing domestic violence/abuse who are parents of children with special needs.

To further this aim, the DACS/INSIGHT CCSS team continue to ensure professional development is current and relevant applying themselves to external and internal training, to upgrade their skills in areas of mental health and disability, adversity, youth work, gender-based work and children's therapy, thus expanding our charities area of expertise and further our aim to secure our future sustainability.

In this last year, we continue our aim to resolutely, establish a charity that offers therapeutic programmes that are important to the needs of our community - services that address the real issues of disadvantage brought to us by our service users.

**We would like to say - 'Thank you' - most sincerely**

**To all those that have supported us with Funding, Grants & Donations for our projects big and small.**

A big thanks to Garfield Weston Foundation, The Leathersellers Foundation, Henry Smith Charity, Trusthouse Charitable Foundation, and the National lottery for enabling us to deliver our projects and support our community. **'Thank You'**

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## TRUSTEES' ANNUAL REPORT (CONTINUED)

### YEAR ENDED 31 MARCH 2024

#### Financial Review

During the period, the Statement of Financial Activities shows net incoming resources of **£302,415** and at the end of the year the resources available to meet the organisation's objectives is **£294,844**.

#### Donations

INSIGHT CCSS would like to thank organisations who have very kindly made donations to support our work during this year:

#### The Charity's Policy on Reserves

It is the aim of the charity to maintain unrestricted funds, which are the free reserves of the charity, at a level which equates to approximately six months' unrestricted expenditure. This provides sufficient funds to cover the management and administration support costs. The charity has designated funds and reserves set aside by the Trustees for victim services and to provide running costs to enable the charity to continue in the event of a significant drop in funding.

#### Responsibilities of the Trustees

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities of England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing those financial statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

**INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

**TRUSTEES' ANNUAL REPORT (CONTINUED)**

**YEAR ENDED 31 MARCH 2024**

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy, at any time, the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Signed on behalf of the Committee/Trustees

Signed:

Date:

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

**YEAR ENDED 31 MARCH 2024**

I report on the accounts of the organisation for the year ended 31 March 2024, which are set out on pages 10 to 17.

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 144 of the Charities Act 2011 ("the Charities Act")) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- state whether particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. 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**

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act
  - have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed

Date:

Paula Wilson, MAAT

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	Designated Funds	2024 Total Funds £	2023 Total Funds £
<b>Incoming resources</b>						
Incoming resources from generated funds						
Grants and donations	2 & 3	-	200,608	96,256	296,864	467,246
Activities for generating funds		-	-	5,551	5,551	-
Investment income		-	-	-	-	-
Incoming resources from Charitable activities	4	-	-	-	-	-
Other incoming resources		-	-	-	-	-
<b>Total incoming resources</b>		<u>-</u>	<u>200,608</u>	<u>101,807</u>	<u>302,415</u>	<u>467,246</u>
<b>Resources expended</b>						
Cost of generating funds						
Costs of charitable activities		-	261,896	106,815	368,711	375,887
Governance costs		-	-	550	550	550
Other resources expended		-	-	-	-	-
<b>Total resources expended</b>		<u>-</u>	<u>261,896</u>	<u>107,365</u>	<u>369,261</u>	<u>376,437</u>
<b>Net incoming/(outgoing) resources</b>		-	<b>(61,289)</b>	<b>(5,557)</b>	<b>(66,846)</b>	90,810
Transfers between funds						
Total funds brought forward		-	117,685	244,045	361,730	270,921
<b>Total funds carried forward</b>		<u>-</u>	<u>56,396</u>	<u>238,488</u>	<u>294,884</u>	<u>361,730</u>

**INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

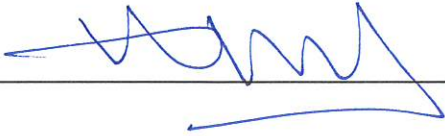
**BALANCE SHEET**

**AS AT 31 MARCH 2024**

	Note	£	2024 £	2023 £
<b>Fixed assets</b>	5		-	488
<b>Current assets</b>				
Cash at bank and in hand		302,339	361,011	
Debtors	6	1,470	680	
Prepayments		61	100	
<i>Total current assets</i>		303,870	361,792	
<b>Current Liabilities</b>				
Amounts falling due within one year	7	(8,986)	(550)	
<b>Net current assets</b>			294,884	361,242
<b>Total net assets</b>			294,884	361,730
<b>The funds of the charity</b>				
Restricted funds	8		56,396	117,686
Designated funds	8		238,488	244,045
Unrestricted funds	8		-	-
<b>Total Funds</b>			294,884	361,730

The trustees declare that they have approved the accounts above.

Signed on behalf of the charity's trustees:

Signed  \_\_\_\_\_  
Chair

Dated 15/1/25

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2024

### 1. Accounting policies

#### **Basis of the preparation of the accounts**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and with the Charities Act 2011

#### **Incoming resources**

All material incoming resources have been included on a receivable basis – i.e. they are included if the date receivable falls within the period covered by these accounts.

#### **Resources expended**

These have been analysed using a natural classification

#### **Depreciation**

Depreciation is calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets with a cost exceeding £500 over their expected useful lives on a reducing balance basis.

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2024

### 2. Grants

	Designated £	Restricted £	2024 Total £	2023 £
Leathersellers	40,000	-	40,000	-
Baron Davenport	2,000	-	2,000	-
E Lawley	2,000	-	2,000	-
Heart of England Harry Payne	2,000	-	2,000	-
The King Henry VIII	4,800	-	4,800	-
The Alan Edward Grant	5,000	-	5,000	-
Grantham Yorke Award	5,000	-	5,000	-
Field Family Charitable Trust	3,000	-	3,000	-
Warwickshire Mason Charitable Association	1,000	-	1,000	-
The Henry Smith Charity	-	46,000	46,000	46,000
Big Lottery Reconnect	-	24,360	24,360	73,080
Stratford upon Avon Town Trust	-	10,000	10,000	10,000
Lottery Community Fund, Future Proofing	-	36,218	36,218	36,218
National Lottery Community Fund	-	-	-	10,000
BBC Children in Need	-	-	-	44,975
PCC North Warwickshire (Victims)	-	-	-	17,000
PCC Ministry of Justice	-	-	-	34,030
PCC Nuneaton & Bedworth	-	-	-	5,000
PCC North Warwickshire	-	-	-	5,000
Michael Marsh	-	-	-	3,000
North Warwickshire BC	-	50,000	50,000	-
Ministry of Justice Children	-	21,862	21,862	-
Ministry of Justice Adults	-	12,168	12,168	-
Under £1,000	1,475	-	1,475	-
	66,275	200,608	266,883	284,303

### 3. Donations

Donations of £29,981 were received during the year.

## INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

### NOTES TO THE ACCOUNTS CONTINUED

YEAR ENDED 31 MARCH 2024

#### 4. Incoming Resources from Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds £	2023 £
Services	5,551	-	5,551	-
	<u>5,551</u>	<u>-</u>	<u>5,551</u>	<u>-</u>

#### 5. Fixed Assets

	Equipment Fixtures & Fittings £	Total £
<b>Cost:</b>		
At 1 April 2023	13,854	13,854
Additions	-	-
Disposals	-	-
At 31 March 2024	<u>13,854</u>	<u>13,854</u>
<b>Depreciation:</b>		
At 1 April 2023	13,365	13,365
Additions	-	-
Charge this period	488	488
	<u>13,853</u>	<u>13,853</u>
Net book value		
At 31 March 2024	<u>-</u>	<u>-</u>
At 31 March 2023	<u>650</u>	<u>650</u>

#### 6. Debtors

	2024 £	2023 £
Other Debtors	1,470	680
Prepayments and Accrued Income	61	100
	<u>1,531</u>	<u>100</u>

**INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

**NOTES TO THE ACCOUNTS CONTINUED**

**YEAR ENDED 31 MARCH 2024**

**7. Creditors**

	2024 £	2023 £
Pension	1,691	-
HMRC	5,761	-
Other Creditors	984	-
Accountancy	550	550
	<u>8,986</u>	<u>550</u>

**8. Movements in funds**

	Opening balance £	Incoming Resources £	(Resources expended) £	Transfers £	Closing Balance £
<b>Unrestricted Funds</b>					
<b>Designated Funds</b>					
Victims Services	55,256	26,581	(43,353)	-	38,484
Victims Capital	328	-	(328)	-	-
Charity Core Costs	57,050	44,000	(39,682)	-	61,368
Contingency	50,000	-	-	-	50,000
Perpertrator Services Fund	11,088	3,451	(2,947)	-	11,591
Children & Young Peoples Core Cost	45,773	22,275	(18,130)	-	49,918
Disability Services	24,550	5,500	(2,923)	-	27,127
	<u>244,045</u>	<u>101,807</u>	<u>(107,365)</u>	<u>-</u>	<u>238,488</u>
<b>Restricted Funds</b>					
BBC Children in Need	22,182	-	(22,182)	-	-
PCC North Warwickshire (Victims)	11,141	50,000	(31,463)	-	29,678
The Henry Smith Charity	28,156	46,000	(51,323)	-	22,833
Big Lottery Reconnect	23,450	24,360	(47,810)	-	-
WCC Heart of England	4,218	-	(4,218)	-	-
Stratford on Avon Town Trust (Dads)	6,307	10,000	(16,307)	-	-
Future Proofing	12,073	36,218	(44,404)	-	3,886
National Lottery Community Fund	10,000	-	(10,000)	-	-
Ministry of Justice Adults	-	12,168	(12,168)	-	-
Ministry of Justice Children	-	21,862	(21,862)	-	-
Big Lottery Women's Services Capital	35	-	(35)	-	-
CRT Capital	15	-	(15)	-	-
Big Lottery Perpertrator's Intervention	111	-	(111)	-	-
	<u>117,685</u>	<u>200,608</u>	<u>(261,897)</u>	<u>-</u>	<u>56,396</u>
<b>Total Funds</b>	<u><b>361,730</b></u>	<u><b>302,415</b></u>	<u><b>(369,261)</b></u>	<u><b>-</b></u>	<u><b>294,884</b></u>

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## NOTES TO THE ACCOUNTS CONTINUED

YEAR ENDED 31 MARCH 2024

### 9. Analysis of net assets by fund

	Unrestricted funds £	Restricted funds £	Total funds £
Fixed assets	-	-	-
Net current assets	238,448	56,396	294,844
Long term liabilities	-	-	-
	<u>238,448</u>	<u>56,397</u>	<u>294,844</u>

### 10. Staff Costs and numbers

	2024 £	2023 £
Wages	216,019	192,128
HMRC - Employer NI	21,547	17,943
Employer Pension	6,247	4,579
Prior year accrual	5,328	-
	<u>249,141</u>	<u>214,651</u>

The average weekly number of employees during the year was 6.5 full time equivalent (2023: 6).

### 11. Benefits in kind

During the period, no employee or trustee received any benefits in kind from the charity.

### 12. Trustees' remuneration, benefits, and expenses

Trustees received no expenses, remuneration or benefits in this period.

### 13. Independent examination and accountancy services

During the period, the cost of the examination was £550.

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## NOTES TO THE ACCOUNTS CONTINUED

YEAR ENDED 31 MARCH 2024

### 14. Annual commitments under operating leases

The organisation has no commitments under operating leases.

### 15. Glossary of terms

**Creditors:** These are amounts owed by the charity, but not paid during the accounting period.

**Debtors:** These are amounts owed to the charity, but not received in the accounting period.

**Prepayments:** These are services that the charity has paid for in advance, but not used during the accounting period.

**Restricted funds:** These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

**INSIGHT - COUNSELLING COACHING AND SUPPORT SERVICES**

England & Wales - Charity number 1125103

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# Accounts

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**INSIGHT COUNSELLING COACHING & SUPPORT SERVICES**

**Formerly Known as Domestic Abuse Counselling Service**

**Registered Charity Number: 1125103**

**THE LOFT**

**60 GEORGE STREET RINGWAY**

**BEDWORTH**

**WARWICKSHIRE**

**CV12 8EA**

**ACCOUNTS FOR THE YEAR ENDED**

**31 MARCH 2023**

**INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

**ACCOUNTS FOR THE YEAR ENDED**

**31 MARCH 2023**

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9	Independent examiner's report
10	Statement of financial activities
11	Balance sheet
12 - 17	Notes to the accounts

## **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

### **TRUSTEES' ANNUAL REPORT**

#### **YEAR ENDED 31 MARCH 2023**

<b>Full name:</b>	Insight – Counselling Coaching and Support Services
<b>Registered charity number:</b>	1125103
<b>Principal address:</b>	The Loft, 60 George Street Ringway, Bedworth, CV12 8EA Formerly 72 High Street, Nuneaton, CV11 5DA
<b>Trustees:</b>	H Wolfe, Chair J Cobley, Vice Chair A Read J Holcroft J Palmer, Treasurer
<b>Bankers:</b>	NatWest Bank plc, 1 Market Street, Nuneaton, Warwickshire CV11 4YY
<b>Independent Examiner:</b>	Paula Wilson, 2 Hickman House, Hickman Road, Nuneaton CV10 9NQ

#### **Governance and management**

The charity is operated under the rules of its Constitution adopted 19<sup>th</sup> June 2008 as amended on 8<sup>th</sup> July 2018.

#### **Recruitment and Management**

The induction process for any new appointed trustee comprises an initial meeting with the Chair of the Board followed by a series of meetings with other Trustees. New Trustees are also given a history of the charity, copies of Board meetings, recent accounts, annual reports, a copy of the constitution and a copy of the Charity Commission guidance “The Essential Trustee.”

# **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

## **TRUSTEES' ANNUAL REPORT (CONTINUED)**

### **YEAR ENDED 31 MARCH 2023**

FYI - INSIGHT CCSS is previously known as DACS (Domestic Abuse Counselling Service) established in 2006

#### **Aims and Objectives**

The Aims & objectives of the charity **INSIGHT CCSS** adopted on 8<sup>TH</sup> July 2018 *for the benefit of the public in Warwickshire and the surrounding areas* are as follows:

#### **1. The Objects**

The objects of the charity shall be for the benefit of the public in Warwickshire and the surrounding areas-

1. To relieve the distress and suffering, financial hardship, sickness, and the preservation of physical and mental health of sufferers of, and those affected by domestic violence/abuse, through the provision of counselling, support, education, and practical advice, residing permanently or temporarily in Warwickshire and surrounding areas.
2. The promotion of social inclusion among people suffering from mental illness or diagnosed with learning difficulties and who are socially excluded from society or parts of society as a result of those factors by providing skills, training, and rehabilitation facilities.
3. To relieve financial hardship and sickness among persons who are caring for or nursing a person with physical or mental ability in any place other than in the home as defined by the National Assistance Act 1970 and the relief of people who are chronically sick and disabled by the provision of training and advice for those responsible for their care.
4. To promote for the benefit of the public the provision of services for intervention, mediation, and conciliation between victims of crime and offender, with a view to the preservation of and protection of the wellbeing of such victims and the rehabilitation of such offenders.
5. To advance the education of the public, and the appropriate voluntary, statutory and public sector agencies in the subject of domestic abuse.

# **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

## **TRUSTEES' ANNUAL REPORT**

### **YEAR ENDED 31 MARCH 2023**

#### **Summary of the main activities undertaken for the public benefit**

When planning our activities for the year we have considered the Commission's guidance on public benefit.

#### **During the period April 1<sup>st</sup>, 2022, to March 31<sup>st</sup>, 2023 -**

- We have continued to deliver holistic therapeutic services to families impacted by domestic violence abuse.
- We have expanded our therapeutic services for children and young people.
- We have expanded our therapeutic services to those disadvantaged by learning disability along with expanding our services to parents of children/young people with special needs.
- Our activities are delivered via face to face – telephone and MS Teams ensuring we are fully accessible to all.
- Our team consists of Qualified professional staff and sessional counsellors and volunteer counsellors on placement with us in their final Degree year.
- INSIGHT CCSS/DACS provided Victim's counselling services throughout the county of Warwickshire, offering individual assessment and counselling therapy to approximately 140 adult victims of domestic abuse each week, via face to face, Telephone & Microsoft Team/Zoom.
- We provided a telephone & MS -Teams service for those that find life circumstances make it difficult for them to access our counselling rooms.
- We continued to provide our "Perpetrator Intervention Programme."
- We provided the "Partner Support Programme" offering support and therapy to victims of abuse who have partners attending the "Perpetrator Intervention Project."
- We delivered our successful Young Peoples counselling/support Service under our Lottery funded 'Reconnect' Project, a combination of one to one and groups.
- We delivered our 'Feeling Much Safer project funded by BBC CHILDREN IN NEED for children age from 8 to 10 years old, from a combination of one to one and groups.
- We delivered one to one sessions and group work for 'parents of the children and young people engaging with our services' to support better understanding of the impact of DV/DA upon children/young people and improved communication between parent and child etc.
- We delivered our very successful project for 'Parents of Children with Special Needs' who require a more diverse programme of support for the additional issues associated to parenting a child with special needs, while suffering from relationship problems/breakdown including DV/DA.
- We delivered 'The Clarity Project' for victims of DV/DA disadvantaged by learning disability, Autism, Asperger's etc experiencing difficult and/or unsafe personal relationships.

#### **Summary of the main achievements during the period**

The covid years proved that as a charity we are flexible, we are determined and we can adapt very well to circumstances that may impact on our ability to deliver our services. The changes we made during the pandemic in terms of telephone counselling sessions and MS Teams sessions have remained part of our current delivery and enable us to support people who are unable through life circumstances to come to our offices.

## **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

### **TRUSTEES' ANNUAL REPORT**

#### **YEAR ENDED 31 MARCH 2023**

Our statistics for this financial period and feedback from our service users, prove that INSIGHT CCSS together with our Domestic Abuse Counselling Service (DACS) is a vital and valued community service and a lifeline of support to those disadvantaged by domestic violence/abuse and other life circumstances that impact on family relationships.

Over the last few years we have seen a massive increase in self-referrals from those looking at our websites, along with referrals from our long working relationship with the Warwickshire multi agencies involved with domestic abuse and safeguarding.

This financial year, maintaining our usual practice of annually evaluating our services, we have broadened our work with those disadvantaged in our community, exploring wider areas of need where our skills are comparative, in areas of mental health - developing ground-breaking projects for those affected by disability/special needs and/or responsible for caring for a loved one with disability/special needs.

To further this aim, the DACS/INSIGHT CCSS 'Core staff' have applied themselves to external and internal training, to upgrade their skills in areas of mental health and disability, adversity, youth work, gender-based work and children's therapy, thus expanding our charities area of expertise and further our aim to secure our future sustainability.

Our work covers many areas, including sexual, financial, psychological, and physical abuse, isolation, mental health, suicide, poor physical health, disability, discrimination, poverty, and social exclusion.

We have achieved our ambition from our strong philosophy for continued professional development to ensure we remain current and relevant to the needs of our community, placing our charity in a position to target complex issues and disadvantages, such as but not limited to, learning disability, Autism, Asperger's, life limiting illness, disability and parents experiencing domestic violence/abuse who are parents of children with special needs.

In this last year, we continue our aim to resolutely establish a charity that offers therapeutic programmes that are important to the needs of our community - services that address the real issues of disadvantage brought to us by our service users.

**We would like to say - 'Thank you' - most sincerely**

**To all those that have supported us with Funding, Grants & Donations for our projects big and small.**

A big thanks to Garfield Weston Foundation, The Leathersellers Foundation and Trusthouse Charitable Foundation, for supporting the vital core costs of running our charity, enabling us to deliver our projects and support our community. **'Thank You'**

# **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

## **TRUSTEES' ANNUAL REPORT (CONTINUED)**

### **YEAR ENDED 31 MARCH 2023**

#### **Financial Review**

During the period, the Statement of Financial Activities shows net incoming resources of **£467,246** and at the end of the year the resources available to meet the organisation's objectives is **£361,730.**

#### **Donations**

INSIGHT CCSS would like to thank organisations who have very kindly made donations to support our work during this year:

#### **The Charity's Policy on Reserves**

It is the aim of the charity to maintain unrestricted funds, which are the free reserves of the charity, at a level which equates to approximately six months' unrestricted expenditure. This provides sufficient funds to cover the management and administration support costs. The charity has designated funds and reserves set aside by the Trustees for victim services and to provide running costs to enable the charity to continue in the event of a significant drop in funding.

#### **Responsibilities of the Trustees**

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities of England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing those financial statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

**INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

**TRUSTEES' ANNUAL REPORT (CONTINUED)**

**YEAR ENDED 31 MARCH 2023**

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy, at any time, the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Signed on behalf of the Committee/Trustees

Signed:

Date: 16/01/2024

A handwritten signature in black ink, consisting of a series of loops and a long horizontal stroke at the end.

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF**  
**INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**  
**YEAR ENDED 31 MARCH 2023**

I report on the accounts of the organisation for the year ended 31 March 2023, which are set out on pages 10 to 17.

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 144 of the Charities Act 2011 ("the Charities Act")) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- state whether particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. 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**

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act
  - have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed

Date:

Paula Wilson, MAAT

## INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

### STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2023

	Note	Unrestricted Funds £	Restricted Funds £	Designated Funds	2023 Total Funds £	2022 Total Funds £
<b>Incoming resources</b>						
Incoming resources from generated funds						
Grants and donations	2 & 3	-	281,303	185,944	467,246	348,633
Activities for generating funds		-	-	-	-	-
Investment income		-	-	-	-	-
Incoming resources from Charitable activities	4	-	-	-	-	-
Other incoming resources		-	-	-	-	-
<b>Total incoming resources</b>		<u>-</u>	<u>281,303</u>	<u>185,944</u>	<u>467,246</u>	<u>348,633</u>
<b>Resources expended</b>						
Cost of generating funds		-			-	-
Costs of charitable activities		-	269,015	106,872	375,887	334,632
Governance costs		-	-	550	550	550
Other resources expended		-	-	-	-	-
<b>Total resources expended</b>		<u>-</u>	<u>269,015</u>	<u>107,422</u>	<u>376,437</u>	<u>335,182</u>
<b>Net incoming/(outgoing) resources</b>		-	12,287	78,522	90,810	13,450
Transfers between funds		-	-	-	-	-
Total funds brought forward		-	105,398	165,522	270,921	257,471
<b>Total funds carried forward</b>		<u>-</u>	<u>117,686</u>	<u>244,045</u>	<u>361,730</u>	<u>270,921</u>

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## BALANCE SHEET

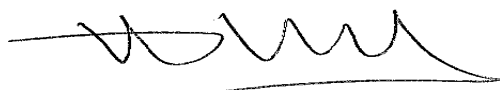
AS AT 31 MARCH 2023

	Note	£	2023 £	2022 £
<b>Fixed assets</b>	5		488	652
<b>Current assets</b>				
Cash at bank and in hand		361,011	264,431	
Debtors	6	680	340	
Prepayments		100	6,049	
<i>Total current assets</i>		<u>361,792</u>	<u>270,820</u>	
<b>Current Liabilities</b>				
Amounts falling due within one year	7	<u>(550)</u>	<u>(550)</u>	
<b>Net current assets</b>			361,242	270,270
<b>Total net assets</b>			<u>361,730</u>	<u>270,921</u>
<b>The funds of the charity</b>				
Restricted funds	8		117,686	105,397
Designated funds	8		244,045	165,523
Unrestricted funds	8		-	-
<b>Total Funds</b>			<u>361,730</u>	<u>270,921</u>

The trustees declare that they have approved the accounts above.

Signed on behalf of the charity's trustees:

Signed



Dated 16/01/2024

Chair

# **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

## **NOTES TO THE ACCOUNTS**

**YEAR ENDED 31 MARCH 2023**

### **1. Accounting policies**

#### **Basis of the preparation of the accounts**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and with the Charities Act 2011

#### **Incoming resources**

All material incoming resources have been included on a receivable basis – i.e. they are included if the date receivable falls within the period covered by these accounts.

#### **Resources expended**

These have been analysed using a natural classification

#### **Depreciation**

Depreciation is calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets with a cost exceeding £500 over their expected useful lives on a reducing balance basis.

## INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

### NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2023

#### 2. Grants

	Designated £	Restricted £	2023 Total £	2022 £
BBC Children in Need	-	44,975	44,975	56,219
PCC North Warwickshire (Victims)	-	17,000	17,000	29,000
The Henry Smith Charity	-	46,000	46,000	23,000
Big Lottery Reconnect	-	73,080	73,080	24,360
PCC Ministry of Justice	-	34,030	34,030	25,000
PCC Nuneaton & Bedworth	-	5,000	5,000	-
PCC North Warwickshire	-	5,000	5,000	-
Stratford upon Avon Town Trust (Dads)	-	10,000	10,000	-
Future Proofing	-	36,218	36,218	-
National Lottery Community Fund	-	10,000	10,000	-
Michael Marsh	3,000	-	3,000	-
Comic Relief	-	-	-	2,000
Stratford upon Avon Town Trust 2019	-	-	-	22,000
Awards for All	-	-	-	10,000
Coalfields Regeneration Trust	-	-	-	10,000
The Sheldon Trust	-	-	-	7,956
WCC Heart of England	-	-	-	36,776
PCC Disability	-	-	-	10,000
	<u>3,000</u>	<u>281,303</u>	<u>284,303</u>	<u>256,311</u>

#### 3. Donations

Donations of £70,166 were received during the year.

#### 4. Incoming Resources from Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds £	2022 £
Services: counselling sessions	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

## INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

### NOTES TO THE ACCOUNTS CONTINUED

YEAR ENDED 31 MARCH 2023

#### 5. Fixed Assets

	Equipment Fixtures & Fittings £	Total £
Cost:		
At 1 April 2022	13,854	13,854
Additions	-	-
Disposals	-	-
At 31 March 2023	13,854	13,854
Depreciation:		
At 1 April 2022	13,202	13,202
Additions	-	-
Charge this period	163	163
	13,365	13,365
Net book value		
At 31 March 2023	<b>488</b>	<b>488</b>
At 31 March 2022	650	650

#### 6. Debtors

	2023 £	2022 £
Other debtors	680	340
Prepayments and accrued income	100	6,049
	780	6,389

#### 7. Creditors

	2023 £	2022 £
Sundry Creditors	-	-
Accountancy	550	550
	550	550

## INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

### NOTES TO THE ACCOUNTS CONTINUED

YEAR ENDED 31 MARCH 2023

#### 8. Movements in funds

	Opening balance £	Incoming Resources £	(Resources expended) £	Transfers £	Closing Balance £
<b>Unrestricted Funds</b>					
Designated Funds					
Victims Services	52,850	61,366	(58,961)	-	55,256
Victims Capital	437	-	(109)	-	328
Charity Core Costs	-	97,538	(40,488)	-	57,050
Contingency	45,000	-	-	5,000	50,000
Perpertrator Services Fund	15,697	1,040	(649)	(5,000)	11,088
Children & Young Peoples Core Cost	34,988	13,000	(2,215)	-	45,773
Disability Services	16,550	8,000	-	-	24,550
	<u>165,522</u>	<u>180,944</u>	<u>(102,422)</u>	<u>-</u>	<u>244,045</u>
<b>Restricted Funds</b>					
BBC Children in Need	21,903	44,975	(44,697)	-	22,182
PCC North Warwickshire (Victims)	4,000	17,000	(9,859)	-	11,141
The Henry Smith Charity	23,000	46,000	(40,844)	-	28,156
Big Lottery Reconnect	2,409	73,080	(52,039)	-	23,450
Awards for All	2,124	-	(2,124)	-	-
CRT Disability	4,483	-	(4,483)	-	-
The Sheldon Trust	7,956	-	(7,956)	-	-
WCC Heart of England	36,776	-	(32,558)	-	4,218
Supporting Change	2,532	-	(2,532)	-	-
PCC Ministry of Justice	-	34,030	(34,030)	-	-
PCC Nuneaton & Bedworth	-	5,000	(5,000)	-	-
PCC North Warwickshire	-	5,000	(5,000)	-	-
Stratford on Avon Town Trust (Dads)	-	10,000	(3,693)	-	6,307
Future Proofing	-	36,218	(24,145)	-	12,073
National Lottery Community Fund	-	10,000	-	-	10,000
Big Lottery Women's Services Capital	46	-	(12)	-	35
CRT Capital	20	-	(5)	-	15
Big Lottery Perpertrator's Intervention	148	-	(37)	-	111
	<u>105,398</u>	<u>281,303</u>	<u>(269,015)</u>	<u>-</u>	<u>117,686</u>
<b>Total Funds</b>	<u><b>270,921</b></u>	<u><b>462,246</b></u>	<u><b>(371,437)</b></u>	<u><b>-</b></u>	<u><b>361,730</b></u>

## INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

### NOTES TO THE ACCOUNTS CONTINUED

YEAR ENDED 31 MARCH 2023

#### 9. Analysis of net assets by fund

	Unrestricted funds £	Restricted funds £	Total funds £
Fixed assets	328	160	488
Net current assets	243,717	117,525	361,242
Long term liabilities	-	-	-
	<u>244,045</u>	<u>117,686</u>	<u>361,730</u>

#### 10. Staff Costs and numbers

	2023 £	2022 £
Wages	192,128	227,820
HMRC - Employer NI	17,943	17,074
Employer Pension	4,579	9,419
	<u>214,651</u>	<u>254,313</u>

The average weekly number of employees during the year was 6 full time equivalent (2022: 7).

#### 11. Benefits in kind

During the period, no employee or trustee received any benefits in kind from the charity.

#### 12. Trustees' remuneration, benefits, and expenses

Trustees received no expenses, remuneration or benefits in this period.

#### 13. Independent examination and accountancy services

During the period, the cost of the examination was £550.

## **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

### **NOTES TO THE ACCOUNTS CONTINUED**

**YEAR ENDED 31 MARCH 2023**

#### **14. Annual commitments under operating leases**

The organisation has no commitments under operating leases.

#### **15. Glossary of terms**

Creditors:	These are amounts owed by the charity, but not paid during the accounting period.
Debtors:	These are amounts owed to the charity, but not received in the accounting period.
Prepayments:	These are services that the charity has paid for in advance, but not used during the accounting period.
Restricted funds:	These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

**INSIGHT - COUNSELLING COACHING AND SUPPORT SERVICES**

England & Wales - Charity number 1125103

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# Accounts

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**INSIGHT COUNSELLING COACHING & SUPPORT SERVICES**

Formerly Known as Domestic Abuse Counselling Service

Registered Charity Number: 1125103

THE LOFT

60 GEORGE STREET RINGWAY

BEDWORTH

WARWICKSHIRE

CV12 8EA

**ACCOUNTS FOR THE YEAR ENDED**

**31 MARCH 2022**

**INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

**ACCOUNTS FOR THE YEAR ENDED**

**31 MARCH 2022**

<b>Page</b>	<b>Contents</b>
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9	Independent examiner's report
10	Statement of financial activities
11	Balance sheet
12 - 17	Notes to the accounts

## **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

### **TRUSTEES' ANNUAL REPORT**

**YEAR ENDED 31 MARCH 2022**

<b>Full name:</b>	Insight – Counselling Coaching and Support Services
<b>Registered charity number:</b>	1125103
<b>Principal address:</b>	The Loft, 60 George Street Ringway, Bedworth, CV12 8EA Formerly 72 High Street, Nuneaton, CV11 5DA
<b>Trustees:</b>	H Wolfe, Chair J Cobley, Vice Chair A Read J Holcroft J Palmer, Treasurer
<b>Bankers:</b>	NatWest Bank plc, 1 Market Street, Nuneaton, Warwickshire CV11 4YY
<b>Independent Examiner:</b>	Paula Wilson, 2 Hickman House, Hickman Road, Nuneaton CV10 9NQ

#### **Governance and management**

The charity is operated under the rules of its Constitution adopted 19<sup>th</sup> June 2008.

#### **Recruitment and Management**

The induction process for any new appointed trustee comprises an initial meeting with the Chair of the Board followed by a series of meetings with other Trustees. New Trustees are also given a history of the charity, copies of Board meetings, recent accounts, annual reports, a copy of the constitution and a copy of the Charity Commission guidance "The Essential Trustee."

## INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

### TRUSTEES' ANNUAL REPORT (CONTINUED)

#### YEAR ENDED 31 MARCH 2022

FYI - INSIGHT CCSS is previously known as DACS (Domestic Abuse Counselling Service) established in 2006

#### **Aims and Objectives**

The Aims & objectives of the charity **INSIGHT CCSS** adopted on 8<sup>TH</sup> July 2018 *for the benefit of the public in Warwickshire and the surrounding areas* are as follows:

#### **1. The Objects**

The objects of the charity shall be for the benefit of the public in Warwickshire and the surrounding areas-

1. To relieve the distress and suffering, financial hardship, sickness, and the preservation of physical and mental health of sufferers of, and those affected by domestic violence/abuse, through the provision of counselling, support, education, and practical advice, residing permanently or temporarily in Warwickshire and surrounding areas.
2. The promotion of social inclusion among people suffering from mental illness or diagnosed with learning difficulties and who are socially excluded from society or parts of society as a result of those factors by providing skills, training, and rehabilitation facilities.
3. To relieve financial hardship and sickness among persons who are caring for or nursing a person with physical or mental ability in any place other than in the home as defined by the National Assistance Act 1970 and the relief of people who are chronically sick and disabled by the provision of training and advice for those responsible for their care.
4. To promote for the benefit of the public the provision of services for intervention, mediation, and conciliation between victims of crime and offender, with a view to the preservation of and protection of the wellbeing of such victims and the rehabilitation of such offenders.
5. To advance the education of the public, and the appropriate voluntary, statutory and public sector agencies in the subject of domestic abuse.

## **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

### **TRUSTEES' ANNUAL REPORT**

#### **YEAR ENDED 31 MARCH 2022**

##### **Summary of the main activities undertaken for the public benefit**

When planning our activities for the year we have considered the Commission's guidance on public benefit.

During this further year of the Covid-19 global pandemic, I confirm that this charity was in a flexible position to adapt all our services to telephone/online as required in response to any Covid-19 restrictions that occurred during this year.

Our team consists of Qualified professional staff and sessional counsellors and volunteer counsellors on placement with us in their final Degree year.

##### **During the period April 1<sup>st</sup>, 2021, to March 31<sup>st</sup>, 2022 -**

- INSIGHT CCSS/DACS provided Victim's counselling services throughout the county of Warwickshire, offering individual assessment and counselling therapy to approximately 120 victims of domestic abuse each week, via face to face, Telephone & Microsoft Team/Zoom.
- We provided a telephone MS -Teams service for those that find life circumstances make it difficult for them to access our counselling rooms.
- We continued to provide by Microsoft Teams, our "Perpetrator Intervention Programme."
- We provided via telephone Microsoft Team/Zoom, the "Partner Support Programme" offering support and therapy to victims of abuse who have partners attending the "Perpetrator Intervention Project."
- We developed and delivered a successful Adolescents & Young Peoples counselling/support Service.
- We provided a Children's Counselling Service for children age from 8 years with any emotional or behavioural difficulties. (For example, children who have experienced trauma, domestic violence/abuse, anxiety, depression, difficulty in transitions from schools, parental separation)
- We developed and delivered a project for 'parents of children with special needs' who are suffering from relationship problems/breakdown including domestic violence/abuse.
- We developed 'The Clarity Project' for those disadvantaged by learning disability, Autism, Asperger's etc experiencing difficult and/or unsafe personal relationships.
- We delivered The 'feeling much safer' group' for children aged 5-11 years and their primary carer affected by domestic abuse/violence.
- We developed and delivered The Reconnect Project for 11 – 16-year-olds and their primary carer, affected by domestic abuse/violence.

##### **Summary of the main achievements during the period**

This year was also blighted by the covid-19 pandemic that sporadically affected our communities and schools across the UK throughout the year. We continued to take measures to reduce social contact when necessary and offered Telephone/Microsoft Teams/Zoom as required to reduce the spread of the virus and determined to maintain therapeutic continuity to all our service users.

Our statistics for this financial period and feedback from our service users, prove that INSIGHT CCSS together with our Domestic Abuse Counselling Service (DACS) is a vital and valued community service and a lifeline of support to those disadvantaged by domestic violence/abuse and other life circumstances that impact on family relationships. Cont.:-

## **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

### **TRUSTEES' ANNUAL REPORT (CONTINUED)**

#### **YEAR ENDED 31 MARCH 2022**

Cont.:- Over the last few years we have seen a massive increase in self referrals from those looking at our websites, along with referrals from our long working relationship with the Warwickshire multi agencies involved with domestic abuse and safeguarding.

This financial year, maintaining our usual practice of annually evaluating our services, we have broadened our work with those disadvantaged in our community, exploring wider areas of need where our skills are comparative, in areas of mental health - developing ground-breaking projects for those affected by disability/special needs and/or responsible for caring for a loved one with disability/special needs.

To further this aim, the DACS/INSIGHT CCSS 'Core staff' have applied themselves to 'online' training available during the pandemic, to upgrade their skills in areas of mental health and disability, adversity, youth work, gender-based work and children's therapy, expanding our charities area of expertise and further our aim to secure our future sustainability.

Despite the Covid-19 pandemic interruptions/restrictions on our group work - we are proud that we found a way to deliver the 'Feeling Much Safer project' and 'Reconnect project' for children/young people and their primary carer, impacted by their experience of living with domestic abuse. When necessary we adapted the way we work, offering online sessions, designing workshops etc bringing groups back together at The Loft as soon as we could. We are proud of our resilience.

We have also provided a ground-breaking project for parents of children with disability suffering from relationship breakdown and or domestic abuse which we have found was much needed, as support for parents of children with disability/special needs isolated during this global crisis, was as widely documented by the BBC, very underprovided.

Our work covers many areas, including sexual, financial, psychological, and physical abuse, isolation, mental health, suicide, poor physical health, disability, discrimination, poverty, and social exclusion.

We have achieved our ambition from our strong philosophy for continued professional development to ensure we remain current and relevant to the needs of our community, placing our charity in a position to target complex issues and disadvantages, such as but not limited to, learning disability, Autism, Asperger's, life limiting illness, disability and parents experiencing domestic violence/abuse who are parents of children with special needs.

In this last year, we continue our aim to resolutely establish a charity that offers therapeutic programmes that are important to the needs of our community - services that address the real issues of disadvantage brought to us by our service users.

**We would like to say - 'Thank you' - most sincerely to all those that have supported us**

with Funding, Grants & Donations for our projects big and small.

A big thanks to Garfield Weston and Leathersellers for supporting the vital core costs of running our charity, enabling us to deliver our projects and support our community. **'Thank You'**

## **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

### **TRUSTEES' ANNUAL REPORT (CONTINUED)**

**YEAR ENDED 31 MARCH 2022**

#### **Financial Review**

During the period, the Statement of Financial Activities shows net incoming resources of **£348,633** and at the end of the year the resources available to meet the organisation's objectives is **£270,921**.

#### **Donations**

INSIGHT CCSS would like to thank organisations who have very kindly made donations to support our work during this year:

#### **The Charity's Policy on Reserves**

It is the aim of the charity to maintain unrestricted funds, which are the free reserves of the charity, at a level which equates to approximately six months' unrestricted expenditure. This provides sufficient funds to cover the management and administration support costs. The charity has designated funds and reserves set aside by the Trustees for victim services and to provide running costs to enable the charity to continue in the event of a significant drop in funding.

#### **Responsibilities of the Trustees**

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities of England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing those financial statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

**INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

**TRUSTEES' ANNUAL REPORT (CONTINUED)**

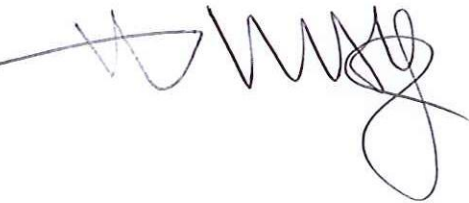
**YEAR ENDED 31 MARCH 2022**

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy, at any time, the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Signed on behalf of the Committee/Trustees

Signed:

A handwritten signature in black ink, consisting of several loops and a long horizontal stroke at the beginning.

Date:

16/11/2022

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

### INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

#### YEAR ENDED 31 MARCH 2022

I report on the accounts of the organisation for the year ended 31 March 2022, which are set out on pages 10 to 17.

#### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- state whether particular matters have come to my attention.

#### **Basis of independent examiner's report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. 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**

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act
  - have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed



Date: 16/11/2022

Paula Wilson, MAAT

## INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

### STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2022

	Note	Unrestricted Funds £	Restricted Funds £	Designated Funds	2022 Total Funds £	2021 Total Funds £
<b>Incoming resources</b>						
Incoming resources from generated funds						
Grants and donations	2 & 3	-	256,311	92,322	348,633	287,965
Activities for generating funds		-	-	-	-	131,028
Investment income		-	-	-	-	-
Incoming resources from Charitable activities	4	-	-	-	-	2,097
Other incoming resources		-	-	-	-	-
<b>Total incoming resources</b>		<u>-</u>	<u>256,311</u>	<u>92,322</u>	<u>348,633</u>	<u>421,090</u>
<b>Resources expended</b>						
Cost of generating funds		-	-	-	-	-
Costs of charitable activities		-	224,793	109,839	334,632	355,272
Governance costs		-	-	550	550	550
Other resources expended		-	-	-	-	-
<b>Total resources expended</b>		<u>-</u>	<u>224,793</u>	<u>110,389</u>	<u>335,182</u>	<u>355,822</u>
<b>Net incoming/(outgoing) resources</b>		-	31,517	(18,067)	13,450	65,269
Transfers between funds		-	-	-	-	-
Total funds brought forward		-	73,880	183,591	257,471	192,202
<b>Total funds carried forward</b>		<u>-</u>	<u>105,397</u>	<u>165,523</u>	<u>270,921</u>	<u>257,471</u>

## INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

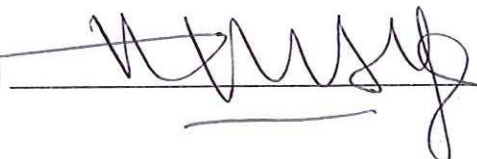
### BALANCE SHEET

AS AT 31 MARCH 2022

		£	2022 £	2021 £
<b>Fixed assets</b>	5		652	868
<b>Current assets</b>				
Cash at bank and in hand		264,431	250,028	
Debtors	6	340	1,224	
Prepayments		6,049	6,095	
<i>Total current assets</i>		270,820	257,347	
<b>Current Liabilities</b>				
Amounts falling due within one year	7	(550)	(744)	
<b>Net current assets</b>			270,270	256,603
<b>Total net assets</b>			270,921	257,471
<b>The funds of the charity</b>				
Restricted funds	8		105,397	73,880
Designated funds	8		165,523	183,591
Unrestricted funds	8		-	-
<b>Total Funds</b>			270,921	257,471

The trustees declare that they have approved the accounts above.

Signed on behalf of the charity's trustees:

Signed  \_\_\_\_\_  
Chair

Dated 16/11/2022

# **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

## **NOTES TO THE ACCOUNTS**

**YEAR ENDED 31 MARCH 2022**

### **1. Accounting policies**

#### **Basis of the preparation of the accounts**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and with the Charities Act 2011

#### **Incoming resources**

All material incoming resources have been included on a receivable basis – i.e. they are included if the date receivable falls within the period covered by these accounts.

#### **Resources expended**

These have been analysed using a natural classification

#### **Depreciation**

Depreciation is calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets with a cost exceeding £500 over their expected useful lives on a reducing balance basis.

## INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

### NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2022

#### 2. Grants

	2022	2021
	£	£
BBC Children in Need	56,219	42,726
PCC North Warwickshire	29,000	25,000
Comic Relief	2,000	2,000
Big Lottery Reconnect	24,360	24,360
Stratford upon Avon Town Trust 2019	22,000	-
Awards for All	10,000	-
Coalfields Regeneration Trust	10,000	-
The Sheldon Trust	7,956	-
The Henry Smith Charity	23,000	-
WCC Heart of England	36,776	-
PCC Disability	10,000	-
PCC Ministry of Justice	25,000	-
Stratford upon Avon Town Trust 2019	-	33,000
Heart of England Coventry Building Society	-	10,000
Awards for All Covid 19	-	9,900
Heart of England Emergency Fund	-	15,080
Big Lottery Covid	-	49,446
PCC Covid	-	56,453
Big Lottery Post Code	-	20,000
	256,311	287,965

#### 3. Donations

Donations of £62,779 were received during the year.

#### 4. Incoming Resources from Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds £	2021 £
Services: counselling sessions	-	-	-	2,097
	-	-	-	2,097

## INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

### NOTES TO THE ACCOUNTS CONTINUED

YEAR ENDED 31 MARCH 2022

#### 5. Fixed Assets

	Equipment Fixtures & Fittings £	Total £
Cost:		
At 1 April 2021	13,854	13,854
Additions	-	-
Disposals	-	-
At 31 March 2022	13,854	13,854
Depreciation:		
At 1 April 2021	12,986	12,986
Additions	-	-
Charge this period	216	216
	13,202	13,202
Net book value		
At 31 March 2022	<b>652</b>	<b>652</b>
At 31 March 2021	868	868

#### 6. Debtors

	2022 £	2021 £
Other debtors	340	1,224
Prepayments and accrued income	6,049	6,096
	6,389	7,319

#### 7. Creditors

	2022 £	2021 £
Sundry Creditors	-	194
Accountancy	550	550
	550	744

## INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

### NOTES TO THE ACCOUNTS CONTINUED

YEAR ENDED 31 MARCH 2022

#### 8. Movements in funds

	Opening balance £	Incoming Resources £	(Resources expended) £	Transfers £	Closing Balance £
<b>Unrestricted Funds</b>					
Designated Funds					
Victims Services	83,663	62,713	(88,525)	(5,000)	52,851
Victims Capital	583	-	(146)	-	438
Contingency	30,000	-	-	15,000	45,000
Perpertrator Services Fund	30,240	1,659	(6,202)	(10,000)	15,696
Children & Young Peoples Core Cost	27,803	17,700	(10,516)	-	34,988
Disability Services	11,300	5,250	-	-	16,550
Veterans Fund	-	5,000	(5,000)	-	-
Unrestricted					-
Sales of Services Victims	-	-	-	-	-
Sale of Services (PIP)	-	-	-	-	-
	<u>183,591</u>	<u>92,322</u>	<u>(110,389)</u>	<u>-</u>	<u>165,523</u>
<b>Restricted Funds</b>					
Big Lottery Women's Services Capital	62	-	(15)	-	47
Comic Relief	2,000	2,000	(4,000)	-	-
CRT Capital	26	-	(6)	-	19
BBC Children in Need	8,596	56,219	(42,911)	-	21,904
Big Lottery Perpertrator's Intervention	196	-	(49)	-	146
Stratford on Avon Town Trust 2019	6,235	22,000	(28,235)	-	0
Supporting Change	9,324	-	(6,792)	-	2,532
Big Lottery Postcode	17,525	-	(17,525)	-	-
Big Lottery Reconnect	24,360	24,360	(46,311)	-	2,409
Heart of England Coventry Building Sct	5,556	-	(5,556)	-	-
The Sheldon Trust	-	7,956	-	-	7,956
Awards for All	-	10,000	(7,876)	-	2,124
CRT Disability	-	10,000	(5,517)	-	4,483
PCC North Warwickshire	-	29,000	(25,000)	-	4,000
The Henry Smith Charity	-	23,000	-	-	23,000
WCC Heart of England	-	36,776	-	-	36,776
PCC Disability	-	10,000	(10,000)	-	-
PCC Ministry of Justice	-	25,000	(25,000)	-	-
	<u>73,880</u>	<u>256,311</u>	<u>(224,793)</u>	<u>-</u>	<u>105,397</u>
<b>Total Funds</b>	<u>257,471</u>	<u>348,633</u>	<u>(335,182)</u>	<u>-</u>	<u>270,921</u>

## INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

### NOTES TO THE ACCOUNTS CONTINUED

YEAR ENDED 31 MARCH 2022

#### 9. Analysis of net assets by fund

	Unrestricted funds £	Restricted funds £	Total funds £
Fixed assets	438	213	652
Net current assets	165,085	105,184	270,270
Long term liabilities	-	-	-
	<u>165,523</u>	<u>105,397</u>	<u>270,921</u>

#### 10. Staff Costs and numbers

	2022 £	2021 £
Wages	227,820	220,934
HMRC - Employer NI	17,074	15,339
Employer Pension	9,419	5,431
	<u>254,313</u>	<u>241,704</u>

The average weekly number of employees during the year was 7 full time equivalent (2021: 10).

#### 11. Benefits in kind

During the period, no employee or trustee received any benefits in kind from the charity.

#### 12. Trustees' remuneration, benefits, and expenses

Trustees received no expenses, remuneration or benefits in this period.

#### 13. Independent examination and accountancy services

During the period, the cost of the examination was £550.

## **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

### **NOTES TO THE ACCOUNTS CONTINUED**

**YEAR ENDED 31 MARCH 2022**

#### **14. Annual commitments under operating leases**

The organisation has no commitments under operating leases.

#### **15. Glossary of terms**

Creditors:	These are amounts owed by the charity, but not paid during the accounting period.
Debtors:	These are amounts owed to the charity, but no received in the accounting period.
Prepayments:	These are services that the charity has paid for in advance, but not used during the accounting period.
Restricted funds:	These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

**INSIGHT - COUNSELLING COACHING AND SUPPORT SERVICES**

England & Wales - Charity number 1125103

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# Accounts

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**INSIGHT- COUNSELLING COACHING AND SUPPORT  
SERVICES**

**Formerly Known as Domestic Abuse Counselling Service**

**Registered Charity Number: 1125103**

**60 GEORGE STREET RINGWAY**

**BEDWORTH**

**ACCOUNTS FOR THE YEAR ENDED**

**31 MARCH 2021**

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## ACCOUNTS FOR THE YEAR ENDED

31 MARCH 2021

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3 - 9	Trustees' annual report
10	Independent examiner's report
11	Statement of financial activities
12	Balance sheet
13 - 18	Notes to the accounts

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2021

<b>Full name:</b>	Insight – Counselling Coaching and Support Services
<b>Registered charity number:</b>	1125103
<b>Principal address:</b>	The Loft, 60 George Street Ringway, Bedworth, CV12 8EA Formerly 72 High Street, Nuneaton, CV11 5DA
<b>Trustees:</b>	H Wolfe, Chair J Cobley, Vice Chair A Read K Burns J Holcroft J Palmer, Treasurer
<b>Bankers:</b>	NatWest Bank plc, 1 Market Street, Nuneaton, Warwickshire CV11 4YY
<b>Independent Examiner:</b>	Paula Wilson, 2 Hickman House, Hickman Road, Nuneaton CV10 9NQ

### Governance and management

The charity is operated under the rules of its constitution adopted 19<sup>th</sup> June 2008.

### Recruitment and Management

The induction process for any new appointed trustee comprises an initial meeting with the Chair of the Board followed by a series of meetings with other Trustees. New Trustees are also given a history of the charity, copies of Board meetings, recent accounts, annual reports, a copy of the constitution and a copy of the Charity Commission guidance "The Essential Trustee".

### Aims and Objectives

The objects of the charity **DACS** *for the benefit of the public in Warwickshire and the surrounding areas* as follows:

1. To relieve the distress and suffering of all those who have been victimised or affected by domestic abuse residing permanently or temporarily in Warwickshire and surrounding areas.

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## TRUSTEES' ANNUAL REPORT (CONTINUED)

### YEAR ENDED 31 MARCH 2021

2. To relieve financial hardship, sickness and the preservation of physical and mental health or sufferers of, and those affected by, domestic abuse through the provision of counselling, support, education and practical advice.
3. To promote for the benefit of the public, the provision of services for intervention, mediation and conciliation between victims of domestic abuse and offenders.
4. To advance the education of the public, and the appropriate voluntary, statutory and public-sector agencies in the subject of domestic abuse.

From changes made during this financial year in agreement with the Charity Commission England

The Aims & objectives of the charity **INSIGHT CCSS** adopted on 8<sup>TH</sup> July 2018 *for the benefit of the public in Warwickshire and the surrounding areas* are as follows:

#### 1. The Objects

The objects of the charity shall be for the benefit of the public in Warwickshire and the surrounding areas-

1. To relieve the distress and suffering, financial hardship, sickness and the preservation of physical and mental health of sufferers of, and those affected by domestic violence/abuse, through the provision of counselling, support, education and practical advice, residing permanently or temporarily in Warwickshire and surrounding areas.
2. The promotion of social inclusion among people suffering from mental illness or diagnosed with learning difficulties and who are socially excluded from society or parts of society as a result of those factors by providing skills, training, and rehabilitation facilities.
3. To relieve financial hardship and sickness among persons who are caring for or nursing a person with physical or mental ability in any place other than in the home as defined by the National Assistance Act 1970 and the relief of people who are chronically sick and disabled by the provision of training and advice for those responsible for their care. .
4. To promote for the benefit of the public the provision of services for intervention, mediation and conciliation between victims of crime and offender, with a view to the preservation of and protection of the wellbeing of such victims and the rehabilitation of such offenders.
5. To advance the education of the public, and the appropriate voluntary, statutory and public-sector agencies in the subject of domestic abuse.

## **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

### **TRUSTEES' ANNUAL REPORT (CONTINUED)**

**YEAR ENDED 31 MARCH 2021**

#### **Summary of the main activities undertaken for the public benefit**

When planning our activities for the year we have considered the Commission's guidance on public benefit.

**During this extraordinary year of Covid-19 global pandemic, following government guidelines from 23<sup>RD</sup> March 2020, this charity was in a position to adapt all of our services to telephone/online with immediate effect.**

**During the period April 1<sup>st</sup>, 2020, to March 31<sup>st</sup>, 2021 -**

- We provided Victim's counselling services offering individual assessment and counselling therapy to approximately 120 victims of domestic abuse each week, via telephone Microsoft Team/Zoom.
- Continued to provide by Microsoft Team our "Perpetrator Intervention Programme" to existing service users.
- Provided via telephone Microsoft Team/Zoom, the "Partner Support Programme" offering support and therapy to victims of domestic abuse who have partners attending the "Perpetrator Intervention Project".
- Delivered a project providing via telephone Microsoft Team/Zoom for victims of abuse specifically within the boundaries of Stratford upon Avon Town.
- Delivered a group project for children, post abuse 'The Feeling Safe Group', via telephone Microsoft Team/Zoom.
- Delivered and adapted a group project for mothers/victims, post abuse 'The Feeling Safe Group', via telephone Microsoft Team/Zoom.
- Developed and adapted a group project for 11–16-year-olds 'The Reconnect Project' using the principal of the Feeling Safe model.

#### **Summary of the main achievements during the period**

Taking immediate measures to reduce social contact - avoid "non-essential" travel and contact with others to curb coronavirus, all counsellors became Telephone/Microsoft Teams/Zoom home workers from 23<sup>rd</sup> March 2020, with only skeleton key staff on a rota of lone working at our main operational base at 'The Loft' to ensure we could receive new referrals and ensure our services remained operational.

Our statistics for this financial period and feedback from our service users, prove that our domestic abuse counselling service (DACs) was a lifeline to many during this period and thanks to the MOJ extraordinary funding we were able to support all victims that approached our service during this timeframe. MOJ Covid-19 extraordinary funding has undoubtedly inflated our income this year.

INSIGHT CCSS/DACS is acutely aware of the risk posed to those experiencing domestic abuse during any period of isolation with their perpetrators, especially during this health crisis where help may be harder to access, and we received a massive amount of self-referrals from our website [www.dacs.org.uk](http://www.dacs.org.uk) as well as referrals from the Warwickshire multi agencies involved with domestic abuse and safeguarding.

## **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

### **TRUSTEES' ANNUAL REPORT (CONTINUED)**

#### **YEAR ENDED 31 MARCH 2021**

We continued as a strong fundamental part of Warwickshire child protection proceedings for families where domestic abuse is prevalent, working with victims and perpetrators of abuse from a psycho educational perspective designed to reduce the risk of domestic abuse in the family home.

This financial year, during a global pandemic, we have been proactive in sustaining our future by continually evaluating our services and adapting the way we deliver our therapeutic services, ensuring continued support to all those disadvantaged in our community, exploring wider areas of need where our skills are comparative, in areas of mental health developing ground breaking projects for those affected by disability/special needs and/or responsible for caring for a loved one with disability/special needs.

To further this aim the DACS/INSIGHT CCSS 'Core staff' have applied themselves to 'online' training available during the pandemic, to upgrade their skills in areas of mental health and disability, adversity, youth work, gender-based work and children's therapy, expanding our charities area of expertise and further our aim to secure our future sustainability.

Despite the pandemic and restrictions on group work - we are proud that we found a way to deliver the 'Feeling Much Safer project' initially a group project for 5 – 10year olds impacted by their experience of living with domestic abuse (post abuse), by adapting the way we work with children, offering online sessions, designing workshops, play kits etc to support children during lockdown.

We also provided one to one support and a Microsoft Teams (post abuse) parenting group, additional to the sessions for children, to support mothers in lockdown.

We expanded our area of work with children overall, offering online sessions to children and young people aged 11- 16 years (post abuse) impacted by their experience of living with domestic abuse and again also provided one to one support and Microsoft Teams group sessions to mothers from the 'Feeling Safe model'.

We have also provided a ground-breaking project for parents of children with disability suffering from relationship breakdown and or domestic abuse which we have found was much needed, as support for parents of children with disability/special needs isolated during this global crisis, was as widely documented by the BBC very underprovided.

On 23<sup>rd</sup> March we closed our offices for the 1<sup>st</sup> lockdown as the pandemic took hold and all our counsellors became "home workers, providing telephone counselling services via Zoom & Microsoft Teams. We were in a fortunate position to 'hit the ground running' and maintained all of our services, as all INSIGHTCCSS Counsellors are fully trained and experienced in delivering telephone counselling.

The word 'extraordinary' has been used a lot to describe a year that has seen a global pandemic put this country into lockdown, three times. We have endured social distancing restrictions, not being able to see our family and friends for long periods and big changes to the way we live our lives. What has not changed is domestic violence - It did not lockdown- it did not self-isolate – it did not shield. It carried on and became even worse, as victims of domestic violence and their children endured lockdown with their abuser and home working meant abusers were at home 24/7.

## **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

### **TRUSTEES' ANNUAL REPORT (CONTINUED)**

**YEAR ENDED 31 MARCH 2021**

Feeling isolated and vulnerable as a victim of domestic violence before Covid – 19, We know that during this pandemic, many of our service users have felt trapped and hopeless. They have told us that the support we have given to them has been “A lifeline”

#### **We would like to thank all those that have funded us this year with emergency Covid – 19 funding**

The Police Crime Commissioner for Warwickshire  
Lottery communities fund  
Awards for All  
Heart of England

Thank you to BBC Children in Need and Lottery for supporting our services to children - thank you to the Lottery communities fund, for our new RECONNECT project for young people aged 11-16years. And a big thank you to those who have given us small grants and donations to ensure our continuance.

On January 6<sup>th</sup>, 2021, we ‘virtually’ celebrated 15 years of being a charity in a global pandemic, in lockdown. We are very proud to be here – still providing our counselling services – still developing ground-breaking projects, which is all thanks to our dedicated inspirational team and a lot of thanks to our funders who believe in us and share our determination to support disadvantaged adults, children, and young people.

Our work covers many areas, including sexual, financial, psychological, and physical abuse, isolation, mental health, suicide, poor physical health, discrimination, poverty and social exclusion.

From the changes we have made over the last few years from our original name to extending our charitable objectives, we have created a charity that can now offer therapeutic programmes and services that target and address the wider issues brought to us by our service users.

We are in a position to target complex issues and disadvantages, such as but not limited to, learning disability, Autism, Asperger’s, life limiting illness, disability and parents experiencing domestic violence/abuse, relationship breakdown, who are parents of children with special needs.

Furthermore, with our holistic approach to family services, we are proud to see positive development and delivery of our Children and young people’s counselling Services.

We have long waited for the opportunity to support children & young people affected by domestic violence/abuse and we would like to thank the JOHN THAW FOUNDATION for their support in giving us the step up that we needed.

We firmly believe that for a child/young person to fully benefit from therapeutic intervention, the environment they return to from receiving therapy must be reliable, safe and secure. Therefore, our practice of working with the parent/primary carer offering psycho-educational therapy (therapy that educates) to ensure reduced risk, increased safety and understanding of the child/young persons lived experience, prior to and during the child/young persons engagement, is a requirement engrained in our model of care and part of our safeguarding principal.

# **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

## **TRUSTEES' ANNUAL REPORT (CONTINUED)**

**YEAR ENDED 31 MARCH 2021**

We remain committed to providing quality services to those disadvantaged in our society and we are proud of our ability to adapt our services and projects in very difficult times.

### **Financial Review**

During the period, the Statement of Financial Activities shows net incoming resources of £421,090 and at the end of the year the resources available to meet the organisation's objectives is £257,471.

### **Donations**

INSIGHT CCSS would like to thank organisations who have very kindly made donations to support our work during this year:

### **The Charity's Policy on Reserves**

It is the aim of the charity to maintain unrestricted funds, which are the free reserves of the charity, at a level which equates to approximately six months' unrestricted expenditure. This provides sufficient funds to cover the management and administration support costs. The charity has two designated funds and free reserves are set aside by the Trustees for victim services and to provide running costs to enable the charity to continue in the event of a significant drop in funding.

### **Responsibilities of the Trustees**

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities of England and Wales requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing those financial statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

## **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

### **TRUSTEES' ANNUAL REPORT (CONTINUED)**

**YEAR ENDED 31 MARCH 2021**

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy, at any time, the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Signed on behalf of the Committee/Trustees

Signed:

Date:

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES  
YEAR ENDED 31 MARCH 2021**

I report on the accounts of the organisation for the year ended 31 March 2021, which are set out on pages 11 to 18.

**Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 144 of the Charities Act 2011 ("the Charities Act")) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- state whether particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. 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**

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act
  - have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed

Date:

Paula Wilson, MAAT

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2021

	Note	Unrestricted Funds £	Restricted Funds £	Designated Funds	2021 Total Funds £	2020 Total Funds £
<b>Incoming resources</b>						
Incoming resources from generated funds						
Grants and donations	2 & 3	-	-	131,028	131,028	343,069
Activities for generating funds		-	287,965	-	287,965	-
Investment income		-	-	-	-	-
Incoming resources from Charitable activities	4	2,097	-	-	2,097	11,828
Other incoming resources		-	-	-	-	-
<b>Total incoming resources</b>		<b>2,097</b>	<b>287,965</b>	<b>131,028</b>	<b>421,090</b>	<b>354,896</b>
<b>Resources expended</b>						
Cost of generating funds		-	-	-	-	-
Costs of charitable activities		-	279,123	76,149	355,272	327,504
Governance costs		-	-	550	550	550
Other resources expended		-	-	-	-	-
<b>Total resources expended</b>		<b>-</b>	<b>279,123</b>	<b>76,699</b>	<b>355,822</b>	<b>328,054</b>
<b>Net incoming/(outgoing) resources</b>		<b>2,097</b>	<b>8,842</b>	<b>54,329</b>	<b>65,269</b>	26,843
Transfers between funds		(2,482)	-	2,482	-	-
Total funds brought forward		385	65,038	126,779	192,202	165,360
<b>Total funds carried forward</b>		<b>-</b>	<b>73,880</b>	<b>183,591</b>	<b>257,471</b>	192,202

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## BALANCE SHEET

AS AT 31 MARCH 2021

	Note	£	2021 £	2020 £
<b>Fixed assets</b>	5		868	1,157
<b>Current assets</b>				
Cash at bank and in hand		250,028	187,695	
Debtors	6	1,224	2,676	
Prepayments		6,095	1,385	
<i>Total current assets</i>		<u>257,347</u>	<u>191,756</u>	
<b>Current Liabilities</b>				
Amounts falling due within one year	7	<u>(744)</u>	<u>(711)</u>	
<b>Net current assets</b>			256,603	191,045
<b>Total net assets</b>			<u>257,471</u>	<u>192,202</u>
<b>The funds of the charity</b>				
Restricted funds	8		183,591	65,039
Designated funds	8		73,880	126,779
Unrestricted funds	8		-	385
<b>Total Funds</b>			<u>257,471</u>	<u>192,202</u>

The trustees declare that they have approved the accounts above.

Signed on behalf of the charity's trustees:

Signed \_\_\_\_\_

Dated \_\_\_\_\_

Chair

# **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

## **NOTES TO THE ACCOUNTS**

**YEAR ENDED 31 MARCH 2021**

### **1. Accounting policies**

#### **Basis of the preparation of the accounts**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and with the Charities Act 2011

#### **Incoming resources**

All material incoming resources have been included on a receivable basis – i.e. they are included if the date receivable falls within the period covered by these accounts.

#### **Resources expended**

These have been analysed using a natural classification

#### **Depreciation**

Depreciation is calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets with a cost exceeding £500 over their expected useful lives on a reducing balance basis.

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## NOTES TO THE ACCOUNTS

YEAR ENDED 31 MARCH 2021

### 2. Grants

	2021	2020
	£	£
Stratford upon Avon Town Trust 2019	33,000	11,000
BBC Children in Need	42,726	35,980
PCC North Warwickshire	25,000	25,000
Comic Relief	2,000	-
Awards for All Covid 19	9,900	-
Heart of England Emergency Fund	15,080	-
Big Lottery Covid	49,446	-
PCC Covid	56,453	-
Big Lottery Post Code	20,000	-
Big Lottery Reconnect	24,360	-
Heart of England Coventry Building Society	10,000	-
Stratford upon Avon Town Trust 2018	-	22,000
PCC Insight Perpetrators Programme	-	40,000
Supporting Change	-	20,000
Insight Development	-	5,000
WCC Rural Fund	-	47,000
WCC - Early Intervention (N&B)	-	4,000
PCC Victim Nun/Bed/Strat/Rugby	-	20,000
Heart of E C Wesleyan	-	9,000
Awards for All	-	10,000
Coalfields Regeneration Trust	-	9,798
	<u>287,965</u>	<u>258,778</u>

### 3. Donations

Donations of £94,618 were received during the year.

### 4. Incoming Resources from Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds £	2020 £
Services: counselling sessions	2,097	-	2,097	11,828
	<u>2,097</u>	<u>-</u>	<u>2,097</u>	<u>11,828</u>

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## NOTES TO THE ACCOUNTS CONTINUED

### YEAR ENDED 31 MARCH 2021

#### 5. Fixed Assets

	Equipment Fixtures & Fittings £	Total £
Cost:		
At 1 April 2020	13,854	13,854
Additions	-	-
Disposals	-	-
At 31 March 2021	13,854	13,854
Depreciation:		
At 1 April 2020	12,986	12,986
Additions	-	-
Charge this period	-	-
	12,986	12,986
Net book value		
At 31 March 2021	<b>868</b>	<b>868</b>
At 31 March 2020	1,157	1,157

#### 6. Debtors

	2021 £	2020 £
Other debtors	1,224	2,676
Prepayments and accrued income	6,096	1,385
	7,319	4,061

#### 7. Creditors

	2021 £	2020 £
Sundry Creditors	194	161
Accountancy	550	550
	744	711

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## NOTES TO THE ACCOUNTS CONTINUED

YEAR ENDED 31 MARCH 2021

### 8. Movements in funds

	Opening balance £	Incoming Resources £	(Resources expended) £	Transfers £	Closing Balance £
<b>Unrestricted Funds</b>					
Designated Funds					
Victims Services	43,482	94,628	(53,897)	-	84,213
Victims Capital	778	-	(195)	-	583
Contingency	20,000	10,000	-	-	30,000
Perpertrator Services Fund	47,920	-	(20,712)	2,482	29,690
Children & Young Peoples Core Cost	14,599	15,100	(1,896)	-	27,803
Disability Services	-	11,300	-	-	11,300
Unrestricted					
Sales of Services Victims	-	-	-	-	-
Sale of Services (PIP)	385	2,097	-	(2,482)	-
	<u>127,164</u>	<u>133,125</u>	<u>(76,699)</u>	<u>-</u>	<u>183,590</u>
<b>Restricted Funds</b>					
NBBC Capital	2	-	(2)	-	-
Big Lottery Women's Services Capital	83	-	(21)	-	62
Comic Relief	-	2,000	-	-	2,000
CRT Capital	34	-	(9)	-	25
BBC Children in Need	7,877	42,726	(42,007)	-	8,596
Big Lottery Perpertrator's Intervention Capital	261	-	(65)	-	196
WCC Early Intervention (N&B)	4,000	-	(4,000)	-	-
Awards for All Covid 19	-	9,900	(9,900)	-	-
Heart of England Emergency Fund	-	15,080	(15,080)	-	-
PCC North Warwickshire	-	25,000	(25,000)	-	-
Heart of England - Wesleyan	9,000	-	(9,000)	-	-
Big Lottery Covid 19	-	49,446	(49,446)	-	-
Awards for All	1,600	-	(1,600)	-	-
Stratford on Avon Town Trust 2019	11,121	33,000	(37,886)	-	6,235
Coalfields Regeneration Trust	9,798	-	(9,798)	-	-
Supporting Change	16,499	-	(7,175)	-	9,324
Insight Development	4,114	-	(4,114)	-	-
PCC Covid 19	-	56,453	(56,453)	-	-
WCC Rural Fund - Telephone	650	-	(650)	-	-
Big Lottery Postcode	-	20,000	(2,475)	-	17,525
Big Lottery Reconnect	-	24,360	-	-	24,360
Heart of England Coventry Building Society	-	10,000	(4,444)	-	5,556
	<u>65,039</u>	<u>287,965</u>	<u>(279,124)</u>	<u>-</u>	<u>73,879</u>
<b>Total Funds</b>	<b><u>192,203</u></b>	<b><u>421,090</u></b>	<b><u>(355,824)</u></b>	<b><u>-</u></b>	<b><u>257,471</u></b>

# INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

## NOTES TO THE ACCOUNTS CONTINUED

YEAR ENDED 31 MARCH 2021

### 9. Analysis of net assets by fund

	Unrestricted funds £	Restricted funds £	Total funds £
Fixed assets	584	284	868
Net current assets	183,007	73,596	256,603
Long term liabilities	-	-	-
	<u>183,590</u>	<u>73,880</u>	<u>257,471</u>

### 10. Staff Costs and numbers

	2021 £	2020 £
Wages	220,934	195,938
HMRC - Employer NI	15,339	12,624
Employer Pension	5,431	4,881
	<u>241,704</u>	<u>213,443</u>

No employee received emoluments of more than £60,000.

The average weekly number of employees during the year was 10 full time equivalent (2020: 8). 2019/20 salaries restated to show total gross salary, rather than net salary and total HMRC and pension costs. The total employee and employer pension contributions for 2020/21 were £13,455.

### 11. Benefits in kind

During the period, no employee or trustee received any benefits in kind from the charity.

### 12. Trustees' remuneration, benefits and expenses

Trustees received no expenses, remuneration or benefits in this period.

### 13. Independent examination and accountancy services

During the period, the cost of the examination was £550.

# **INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES**

## **NOTES TO THE ACCOUNTS CONTINUED**

**YEAR ENDED 31 MARCH 2020**

### **14. Annual commitments under operating leases**

The organisation has no commitments under operating leases.

### **15. Glossary of terms**

Creditors:	These are amounts owed by the charity, but not paid during the accounting period.
Debtors:	These are amounts owed to the charity, but no received in the accounting period.
Prepayments:	These are services that the charity has paid for in advance, but not used during the accounting period.
Restricted funds:	These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.