

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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INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2023

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

The charity is operated under the rules of its Constitution adopted 19th June 2008 as amended on 8th 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

FY1 - 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 8TH 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 1st, 2022, to March 31st, 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 £
Incoming resources						
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		-	-	-	-	-
Total incoming resources		-	281,303	185,944	467,246	348,633
Resources expended						
Cost of generating funds		-			-	-
Costs of charitable activities		-	269,015	106,872	375,887	334,632
Governance costs		-	-	550	550	550
Other resources expended		-	-	-	-	-
Total resources expended		-	269,015	107,422	376,437	335,182
Net incoming/(outgoing) resources		-	12,287	78,522	90,810	13,450
Transfers between funds		-	-	-	-	-
Total funds brought forward		-	105,398	165,522	270,921	257,471
Total funds carried forward		-	117,686	244,045	361,730	270,921

INSIGHT- COUNSELLING COACHING AND SUPPORT SERVICES

BALANCE SHEET

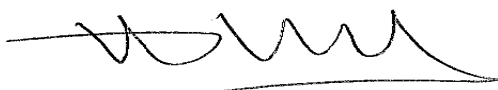
AS AT 31 MARCH 2023

	Note	£	2023 £	2022 £
Fixed assets	5		488	652
Current assets				
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>	
Current Liabilities				
Amounts falling due within one year	7	<u>(550)</u>	<u>(550)</u>	
Net current assets			361,242	270,270
Total net assets			<u>361,730</u>	<u>270,921</u>
The funds of the charity				
Restricted funds	8		117,686	105,397
Designated funds	8		244,045	165,523
Unrestricted funds	8		-	-
Total Funds			<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	<u>13,854</u>	<u>13,854</u>
Depreciation:		
At 1 April 2022	13,202	13,202
Additions	-	-
Charge this period	163	163
	<u>13,365</u>	<u>13,365</u>
Net book value		
At 31 March 2023	<u>488</u>	<u>488</u>
At 31 March 2022	<u>650</u>	<u>650</u>

6. Debtors

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

7. Creditors

	2023 £	2022 £
Sundry Creditors	-	-
Accountancy	<u>550</u>	<u>550</u>
	<u>550</u>	<u>550</u>

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 £
Unrestricted Funds					
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
Perpetrator 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>
Restricted Funds					
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 Perpetrator's Intervention	148	-	(37)	-	111
	<u>105,398</u>	<u>281,303</u>	<u>(269,015)</u>	<u>-</u>	<u>117,686</u>
Total Funds	<u>270,921</u>	<u>462,246</u>	<u>(371,437)</u>	<u>-</u>	<u>361,730</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 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.