

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

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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

19th December 2025

INSIGHT - COUNSELLING COACHING AND SUPPORT SERVICES

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

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

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

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

The trustees declare that they have approved the accounts above

Signed on behalf of the charity's trustees:

Signed
Position

Chair

Dated

19th 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
	144,805	268,551	413,356	266,883

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 £
Unrestricted Funds					
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
	<u>238,488</u>	<u>144,865</u>	<u>193,756</u>	<u>-</u>	<u>189,597</u>
Restricted Funds					
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
	<u>56,397</u>	<u>268,551</u>	<u>176,363</u>	<u>-</u>	<u>148,584</u>
Total Funds	<u>294,885</u>	<u>413,416</u>	<u>370,119</u>	<u>-</u>	<u>338,181</u>

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	-	-	-
	<u>189,597</u>	<u>148,584</u>	<u>338,181</u>

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
	<u>275,054</u>	<u>249,141</u>

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.