

Company registered number
5455554
Charity registered number
1128195

Anchor - The Counselling Practice
Report and Accounts
For the year ended
31 March 2023

Keith Vaudrey & Co Ltd
Chartered Certified Accountants
51 Marloes Road
London W8 6LA

Anchor - The Counselling Practice
Report and accounts
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Anchor - The Counselling Practice
Company Information
For the year ended 31 March 2023

Trustees & Directors

Mr Andrew J Holt
Dr Aleata Alstad-Calkins
Ms Tatiana Iaz

Chief Executive

Jacqueline McCouat

Independent Examiner

R Madhub
Keith Vaudrey & Co Ltd
Chartered Certified Accountant
51 Marloes Road
London
W8 6LA

Registered office

The Meadows Centre for Health
Chinchilla Drive
Hounslow
England
TW4 7NN

Anchor - The Counselling Practice Trustees' Report

The trustees (who for company law purposes are the Directors) present their report and accounts for the year ended 31 March 2023.

Legal status

Anchor - The Counselling Practice (Anchor-TCP) was incorporated as a company limited by guarantee on 18 May 2005 and as a registered charity under the number 1128195. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association. The company information page forms part of the trustees' report. The names Anchor - The Counselling Practice and Anchor Counselling refer to the same organisation and are used interchangeably through this report.

Trustees

The trustees in office during the year are listed on page one. New trustees are considered on the basis of strategic plans and any expertise and skill gaps of the board. The trustees undergo a vetting process and receive induction and relevant familiarisation and training. Trustees sign a conflict of interest declaration each year.

Introduction from Andrew Holt, Chair, Anchor Counselling

The period from April 2022 to March 2023 saw Anchor Counselling continue to deliver first-class counselling services to the residents of the London Borough of Hounslow.

We saw a significant increase in referrals, especially in complexity, severity and difference and continued to deliver a first-class service with fast access and short waiting lists. We provided a mix of online and face-to-face therapy offer more choice to clients with appointments available at a wider variety of times, particularly needed for shift workers and those working in the GIG economy.

We are committed to continually improving and innovating our services to meet the ever-changing needs of our client base, providing services that enable fast, easy access for a multi-cultural and diverse population. Services included an important partnership with Hammersmith & Fulham foodbank offering free counselling services to foodbank users. Our professional network of counsellors and psychotherapists are qualified and registered with the main ethical regulatory organisations, UKCP or BACP.

We were proudly acknowledged as one of the best performing Improving Access to Psychological Therapies (IAPT) services in the UK, delivering psychological support in a densely populated London borough where residents are facing a significant number of challenges that impact on their mental health.

We participated in local Chamber of Commerce panels and webinars to offer guidance to local businesses and help them understand, prepare, and adapt working conditions to support possible employee mental health and wellbeing issues.

Anchor Counselling was Highly Commended in the prestigious Best Business for Health and Wellbeing Award 2022/2023 from Hounslow Chamber of Commerce.

I'd like to thank my fellow Trustees, Dr Aleata Alstaad-Calkins and Tatiana Iaz, as well as Jacqueline McCouat our CEO, for their time and effort in keeping Anchor Counselling running smoothly. I'd also like to thank our well-trained pool of professional counsellors - many of whom also work in private practice - as well as the office staff who undertake the clinical administration and governance.

Objectives

The main objectives, purpose and activities of Anchor - The Counselling Practice, focus on the delivery of free professional counselling to adults experiencing mental health difficulties who would otherwise struggle to access support.

Anchor - The Counselling Practice Trustees' Report

Operating Model and Activities

The charity comprised a core team to manage clinical operations, administration and a network of self-employed freelance professional counsellors and psychotherapists who provide sessional counselling services.

The operating model is lean and client centric to optimise fast support and access to relevant treatment. Capacity can be scaled rapidly (within hours) to meet demand and appointments flexed to meet the needs of clients' availability across weekdays, evenings and weekends, including for those clients with irregular working hours and periodic work rotas.

The counsellor network is DBS checked and qualified to accreditation level by the relevant professional governance institution (e.g. UKCP - UK Counselling and Psychotherapy, BACP - British Association for Counselling and Psychotherapy) and PSA - Professional Standards Authority.

The Charity is a registered organisational member of BACP (British Association of Counselling and Psychotherapy) and follows BACP's Code of Ethics and Practice.

The counsellor network is representative of the local community it serves, in terms of diversity, inclusivity, gender, sexuality and multiple language skills. We evidence a high level of accessibility and inclusivity for clients of difference, working collaboratively with interpreters as and when needed. We noticed a significant increase in the need for multi-lingual therapy during the year.

Counselling treatment included the use of mental health and wellbeing questionnaires (e.g. Depression and Anxiety - PHQ-9, GAD-7) to evaluate the severity of presenting complaints and enable a personalised treatment plan to meet individual client needs and support improvement and recovery. In parallel, clients were supported to access other resources, such as employment help, financial advice and other specialist services, to help their recovery and sustain the continued benefits of counselling after treatment ended. A range of counselling treatments was available for individuals, couples and groups.

Principal activities and review of the year

Anchor - The Counselling Practice provided counselling services to the London Borough of Hounslow for Hounslow NHS CCG in partnership with West London Health Trust (WLHT) and Twining Enterprise, under IAPT - Improving Access to Psychological Therapies. The London Borough of Hounslow is the ninth largest borough in London with a diverse population and communities that differ greatly in character, with unique health needs, challenges and priorities.

The Charity has built a trusted reputation and the confidence of local health professionals with its collaborative and flexible approach to providing professional support. Anchor - The Counselling Practice fully exceeded key published NHS performance targets for client recovery rates, access to and delivery of services and efficient provision of services. <https://www.england.nhs.uk/mental-health/adults/iapt/>

Following counselling treatment, all clients complete an anonymous evaluation of their experience and client satisfaction to support Anchor's commitment to client satisfaction and improvement of services. Client satisfaction data informs us where to focus investment and strategic development to best meet the future needs and requirements of clients and hard-to-access communities. Client satisfaction scores were upwards of 95% with clients confirming their confidence in Anchor Counselling and their therapist and treatment helping them to better understand and address their difficulties. More information and client testimonials can be found at our website: <https://www.anchorcounselling.org>

Partnership with Hammersmith & Fulham Foodbank

Anchor - The Counselling Practice partners with Hammersmith & Fulham Foodbank, a member of the Trussell Trust, to offer foodbank users access to free psychological services. The therapy is provided in multiple languages, on-site and remotely with easy, flexible access to multiple counselling sessions and drop-in sessions as needed. Feedback is excellent, with foodbank users reporting support during especially challenging times and wellbeing improvements in a short time frame.

<https://www.trusselltrust.org/get-help/find-a-foodbank/hammersmithfulham/>

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Examples of client satisfaction testimonials include:

- *Excellent service that helped me through a very difficult time where I could have caused more problems for myself amid severe anxiety. The support and assistance I received was phenomenal.*
- *My therapist was absolutely wonderful, and I really feel the whole experience was transformative. I feel so much more confident and powerful within myself and now also feel far more prepared to handle any difficulties which do come up in life too. I will really miss the safe space my therapist created but I am incredibly thankful for the whole experience.*
- *I had a great experience with my therapist - she is wonderful! She listened attentively and genuinely wants her clients to find sustainable solutions and peace. Talking to her is so easy! importantly she did not judge. After the very first session, I felt so much better! I loved how I was able to feel so free and relaxed after the ONLY first session.*
- *I came to Anchor Counselling feeling overwhelmed, confused, and directionless due to certain events in my life. However, with each counselling session, I felt lighter, calmer, and clearer about what I was feeling and why, and how to deal with challenging situations and conversations. I was lucky to have an erudite and wise therapist. She listened to me patiently and guided me to solutions without being judgmental. My therapist did not impose her own views on me; rather, she guided me to answers and possibilities through my own reflections. I have learned a lot from her and feel like I have answers to the questions I came to her with and a wider set of tools to deal with the challenges I was facing. Thank you.*

Examples of Hammersmith & Fulham Foodbank client satisfaction, testimonials include:

- The key benefit is that counselling has been helping me deal with everyday issues which were very difficult circumstances, thank you.
- I feel I am more open to my coping with anxiety as it happens and more able to manage difficult feelings and take back control for my mental health wellbeing.
- I found counselling very helpful and would advise others at the Foodbank to try it as it will help them with their life problems.

Review of the financial position and results

The financial results for the year are given in the attached accounts. The Trustees consider the charity to be in strong financial health with healthy reserves and cash flow.

Reserves policy

The Charity has built a good level of reserves of unrestricted funds to mitigate any risks and to cover future commitments and expenditure. Reserves are monitored and reviewed regularly. Future commitment of reserves includes plans for investment in clinical and strategic developments to increase client access and the types of services on offer for clients, which will also support the longevity of the Charity.

Risk management

The Trustees have a duty to identify and review the risks to which Anchor - The Counselling Practice is exposed and works to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Anchor - The Counselling Practice Trustees' Report

Future activities

Anchor Counselling will continue to focus on its purpose, exploring ideas for therapeutic services that best serve the needs of all clients and enable the highest quality delivery of efficient services. This involves researching industry trends, sourcing opportunities for funding and partnerships and exploring innovations in-counselling treatment methods, technologies and delivery. We will sustain and grow our presence, reputation and value in existing markets and evaluate growth prospects in existing and new markets. Our flexible operating model enables rapid scaling of capacity to meet increased demand and targets for mental health services. The Charity will continue to forge strong relationships with local commerce and business entities as a trusted advisor in matters of mental health and wellbeing.

Trustees' responsibilities

The trustees are responsible for preparing the report and accounts in accordance with applicable United Kingdom law and Accounting Standards (UK Generally Accepted Accounting Practice), the Charities Act 2011 and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure for that period. In preparing these financial statements, the trustees should follow best practice and:

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

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

This report was approved by the trustees on 08/03/2024 and signed on its behalf by

Chairman A Holt



Trustee
Anchor - The Counselling Practice

Anchor - The Counselling Practice

Report of the Independent Examiner to the Trustees of the charitable company on the accounts for the year ended 31 March 2023.

I report to the Trustees on my examination of the financial statements of the charitable company on pages 8 to 13 for the year ended 31 March 2023 which have been prepared in accordance with the Charities Act 2011 (the Act) and with the Financial Reporting Standard 102, (effective 1st January 2016) as modified by FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), published by the Charity Commission in England & Wales (CCEW) , and under the historical cost convention and the accounting policies set out on page 11.

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described on page 4, you, the charitable company's Trustees, who are also the Directors of the Company for the purposes of Company law, are responsible for the preparation of the financial statements in accordance with the Companies Act 2006, the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to smaller entities, and for being satisfied that the financial statements give a true and fair view.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the memorandum and articles of the charity for the conducting of an audit, and that the accounts do not require an audit in accordance with Part 16 of the Companies Act 2006 and that no member or members have requested an audit pursuant to Section 476 of the Companies Act 2006. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or otherwise, and are eligible for independent examination, it is my responsibility to:-

- a) examine the financial statements of the charity under Section 145 of the Act;
- b) follow the applicable procedures in the Directions given by the Charity Commission under section 145(5)(b) of the Act.

Basis of Independent Examiner's Statement and scope of work undertaken

Since the charitable company's gross income exceeded £250,000, the charitable company's examiner must be a member of a body listed in section 145 of the Act. I confirm that I am qualified to undertake the examination because I am an authorised member of The Association of Chartered Certified Accountants which is one of the listed bodies.

I report in respect of my examination of the charity's financial statements carried out under s145 of the Act. In carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act setting out the duties of an independent examiner in relation to the conducting of an independent examination. An independent examination includes a review of the accounting records kept by the charitable company and of the accounting systems employed by the charitable company and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you, as Trustees, concerning such matters. The purpose of the examination is to establish as far as possible that there have been no breaches of charity legislation and that, on a test basis of evidence relevant to the amounts and disclosures made, the financial statements comply with the SORP.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries and does not cover all the matters that an auditor would consider in arriving at an opinion. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide.

Consequently, I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtained written assurances from the Trustees of all material matters.

Independent Examiner's Statement, Report and Opinion

Attention is drawn to the accounting policy stating that, notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, and in order to accord with current best practice, the Trustees have determined to prepare the financial statements in accordance with the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP). I concur with this approach, and any references in my report to the regulations should be read subject to this comment.

Subject to the limitations upon the scope of my work as detailed above, I have completed my examination: and can confirm that:-

The accounts of this charitable company are not required to be audited under Part 16 of the Companies Act 2006;

This is a report in respect of an examination carried out under 145 of the Act and in accordance with Directions given by the Charity Commission under section 145(5)(b) of the Act which may be applicable;

and that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:-

- accounting records were not kept in respect of the charity as required by Section 386 of the Companies Act 2006 and Section 130 of The Charities Act 2011;
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view, which is not a matter considered as part of an independent examination;
- have not been prepared in accordance with the methods and principles set out in the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP).

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



Rakesh Madhub FCCA (Independent examiner)
Keith Vaudrey & Co Ltd 11/03/2024
Chartered Certified Accountant
51 Marloes Road
London
W8 6LA

Anchor - The Counselling Practice
Statement of Financial Activities
(incorporating an income and expenditure account)
for the year ended 31 March 2023

Unrestricted funds					Unrestricted funds				
Notes	General fund £	Reserve fund £	Restricted Fund £	2023 £	2022 £	General fund £	Reserve fund £	Restricted Fund	
Incoming resources									
<i>Incoming resources from generated funds</i>									
Grants received	774,081	-	-	774,081	706,000	706,000	-	-	
Total incoming resources	774,081	-	-	774,081	706,000	706,000	-	-	
Resources expended									
<i>Charitable activities</i>									
Direct charitable expenditure	2	739,184	36	12,225	751,445	694,372	687,249	73	7,050
<i>Governance costs</i>	3	44,508	-	-	44,508	34,254	34,254	-	-
Total resources expended		783,692	36	12,225	795,953	728,626	721,503	73	7,050
Net incoming resources for the year		(9,611)	(36)	(12,225)	(21,872)	(22,626)	(15,503)	(73)	(7,050)
Transfer between funds		-	-	-	-	-	-	-	-
Fund balances at start of year		305,991	50,120	16,650	372,761	395,387	321,494	50,193	23,700
Fund balances at end of year		296,380	50,084	4,425	350,889	372,761	305,991	50,120	16,650

Continuing operations

None of the charitable company's activities were acquired or discontinued during the above two financial years.

Statement of total recognised gains and losses

The charitable company has no recognised gains or losses other than the results for the above two financial years.

Anchor - The Counselling Practice
Balance Sheet
as at 31 March 2023

	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	4	3,322	3,208
Current assets			
Debtors	5	248,041	47,334
Cash at bank		<u>188,412</u>	<u>413,829</u>
		436,453	461,163
Creditors: amounts falling due within one year	6	(88,886)	(91,610)
Net current assets		<u>347,567</u>	<u>369,553</u>
Total assets less current liabilities		<u>350,889</u>	<u>372,761</u>
Funds			
Unrestricted funds - general	7	296,380	305,991
- designated		50,084	50,120
Restricted fund	8	<u>4,425</u>	<u>16,650</u>
Total funds		<u>350,889</u>	<u>372,761</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

Members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.



Director: A Holt

Approved by the board on 08/03/2024

Anchor - The Counselling Practice
Statement of cash flows
for the year ended 31 March 2023

	Note	2023	2022
		£	£
Cash generated from operating activities:			
Net Cash provided by operating activities	A	<u>(224,196)</u>	<u>(6,102)</u>
Application of cash:			
Payments to acquire tangible fixed assets		<u>(1,221)</u>	<u>(1,219)</u>
		<u>(1,221)</u>	<u>(1,219)</u>
Net (decrease)/ Increase in cash:		(225,417)	(7,321)
Cash and cash equivalents at 1 April		<u>413,829</u>	<u>421,150</u>
Cash and cash equivalents at 31 March		<u><u>188,412</u></u>	<u><u>413,829</u></u>
Cash and cash equivalents comprise:			
Cash at bank		<u>188,412</u>	<u>413,829</u>

A. Reconciliation of net movement in funds to net cash flow from operating activities

	2023	2022
	£	£
Net movement in funds for the reporting period (as per	(21,872)	(22,626)
Adjustments for:		
Depreciation	1,107	1,070
Increase in debtors	(200,707)	(45,665)
Increase/ (decrease) in creditors	(2,724)	61,119
Net cash provided by operating activities	<u>(224,196)</u>	<u>(6,102)</u>

Anchor - The Counselling Practice
Notes to the Accounts
for the year ended 31 March 2023

1 Accounting policies

Accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016) and 'FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), published by the Charity Commission in England & Wales (CCEW) , and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2019, applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

Incoming resources

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably. Grants, are recognised when the Trust has been notified in writing of both the amount and the settlement date. Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measure reliably.

Expenditure on charitable activities comprises direct expenses incurred on the defined charitable purposes of the charity and includes staff costs attributable to the activity.

As all expenditure can be attributed to specific categories no apportionment between headings has been necessary. Irrecoverable VAT is include in the items of expenditure to which it relates.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Full depreciation is provided in the year of acquisition and no depreciation is provided in the year of disposals. Depreciation is provided on all tangible fixed assets, other than freehold land, at a rate of depreciation which is applied over the net book value and is calculated to write off the cost as follows:

	Depreciation rate %
Equipment, Plant and machinery - reducing balance method	25

Resources expended and basis of allocation of cost

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Management and administrative costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Taxation

No provision has been made for taxation on the basis that the charitable company has been granted exemption from tax under S505 of the Income and Corporation taxes Act 1988.

Anchor - The Counselling Practice
Notes to the Accounts
for the year ended 31 March 2023

2 Direct Charitable expenditure

	£	£	£	2023 £	2022 £
	General fund	Reserve fund	Restricted fund	Total	Total
Wages and salaries	122,442	-	-	122,442	114,833
Pensions	2,480	-	-	2,480	1,961
Counsellors	579,052	-	12,225	591,277	556,005
Training	50	-	-	50	-
Establishment costs	34,961	-	-	34,961	21,258
Finance costs	199	36	-	235	315
	<u>739,184</u>	<u>36</u>	<u>12,225</u>	<u>751,445</u>	<u>694,372</u>

3 Governance costs

	2023 £	2022 £
Accountancy fees	2,860	3,294
Independent Examiner's fee	2,100	2,100
Consultancy	33,075	26,141
Depreciation	1,107	1,070
AGM, meetings and related costs	355	-
CRB checks	1,623	605
Other legal and professional	3,065	734
Meetings cost	323	-
Pension administration fees	-	310
	<u>44,508</u>	<u>34,254</u>

4 Tangible Fixed assets

	Equipment Plant and Machinery £
Cost or valuation	
At 1 April 2022	7,941
Additions	1,221
At 31 March 2023	<u>9,162</u>
Depreciation	
At 1 April 2022	4,733
Charge for the year	1,107
At 31 March 2023	<u>5,840</u>
Carrying amount	
At 31 March 2023	<u>3,322</u>
At 31 March 2022	<u>3,208</u>

Anchor - The Counselling Practice
Notes to the Accounts
for the year ended 31 March 2023

5 Debtors	2023	2022
	£	£
Other debtors	248,041	47,334
	<u>248,041</u>	<u>47,334</u>
6 Creditors: amounts falling due within one year	2023	2022
	£	£
Accruals	88,886	91,610
	<u>88,886</u>	<u>91,610</u>
7 Unrestricted funds	2023	2022
	£	£
At 1 April 2022	305,991	321,494
Deficit for the financial year	(9,611)	(15,503)
Transfers	-	-
At 31 March 2023	<u>296,380</u>	<u>305,991</u>
8 Restricted funds	2023	2022
	£	£
At 1 April 2022	16,650	23,700
Add: Incoming resources	-	-
Less: Outgoing resources	12,225	7,050
At 31 March 2023	<u>4,425</u>	<u>16,650</u>

Restricted funds - foodbank fund is a trial partnership between Anchor - The Counselling Practice and the Hammersmith and Fulham foodbank to enable users to get free access to psychological services.

9 Company limited by guarantee

The charitable company is limited by guarantee and has no share capital. The liability of each member is limited and each member undertakes to contribute an amount not exceeding £10 to the company's assets in the event of it being wound up while being a member or within one year after ceasing to be a member.

10 Analysis of net assets between funds

		Tangible	Net Current	
		Fixed assets	Assets	Total
		£	£	£
Restricted funds		-	4,425	4,425
Unrestricted funds	General	3,322	293,058	296,380
	Designated	-	50,084	50,084
	see below	<u>3,322</u>	<u>347,567</u>	<u>350,889</u>

The designated fund was set up in 2015 in order that specific projects could be funded at short notice and as a contingency fund to cover administrative, fundraising and support costs for the Charity should a funding shortfall arise.