

Company registered number
05455554
Charity registered number
1128195

Anchor - The Counselling Practice
Report and Accounts
For the year ended
31 March 2024

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 2024

Trustees & Directors

Mr Andrew J Holt

Dr Aleata Alstad-Calkins

Ms Tatiana Iaz

Ms Natalia Slattery (Trustee appointed on 12 August 2024)

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 2024.

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 2023 to March 2024 saw Anchor Counselling excel in delivering first-class mental health services for the residents of the London Borough of Hounslow. We maintained short waiting lists and ensured a fast, flexible service, offering a mix of in-person and online therapy sessions tailored to our client community's diverse needs.

We are committed to innovation and improvement to meet the evolving needs of clients, including a successful partnership with Hammersmith & Fulham Foodbank, offering free, accessible counselling services to foodbank users. All services are delivered by fully qualified, accredited professionals registered with either UKCP or BACP.

In recognition of our work, Anchor Counselling received the Health and Wellbeing Award by the Hounslow Chamber of Commerce in 2022, was highly commended in 2023, and is a finalist for 2024. I extend my gratitude to my fellow trustees, the CEO and the clinical and administrative teams for their exemplary contributions to our charity's strong governance and ethical operations.

Objectives

Anchor - The Counselling Practice aims to provide free, professional counselling to adults facing mental health challenges who might otherwise lack access to support.

Operating Model and Activities

Anchor's lean, client-centred model optimises rapid support and flexibility. The team comprises clinical and administrative staff alongside a network of self-employed counsellors, all accredited and DBS-checked. We maintain accessibility across multiple demographics, using interpreters as needed and offering individual, couple, and group therapy.

Our counsellors, receive critical familiarisation in safeguarding and follow the UKCP and BACP Code of Ethics. Each treatment includes assessments for personalised care and comprehensive referrals to additional services (e.g., financial or employment support) to sustain clients' improvements and manage complexity and risk.

Principal activities and review of the year

In partnership with West London Health Trust and Twining Enterprise, Anchor provided counselling services for Hounslow NHS West London Mental Health Trust under the IAPT program until July 2023. We exceeded national benchmarks for access, recovery, and wait times, with an average waiting list of 2-4 weeks. Since the contract ended, we've continued to expand access across Greater London, achieving over 95% satisfaction rates and strengthening our reputation among local health professionals.

Partnership with Hammersmith & Fulham Foodbank

Anchor's partnership with the Hammersmith & Fulham Foodbank provides foodbank users with flexible, multilingual counselling services, complemented by referrals to other support services for a holistic approach to recovery. User feedback has been excellent, with reports of rapid improvements in wellbeing.

Anchor - The Counselling Practice Trustees' Report

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 still financially healthy. It has a healthy reserves and positive cash flow.

Reserves policy

Anchor maintains a robust level of reserves to mitigate risk and cover future commitments. Reserve funds are reviewed regularly and allocated towards investments in clinical and strategic developments to expand client access.

Risk management

The trustees are vigilant in identifying and mitigating risks, ensuring appropriate controls to protect against fraud and errors.

Future activities

Anchor Counselling will continue to enhance and expand services, exploring innovations in counselling methods and delivery to meet growing demands. We aim to strengthen our partnerships, secure funding, and establish our reputation as a trusted mental health provider for public and private sectors across Greater London and beyond.

For more information and client testimonials, please visit our website: <https://www.anchorcounselling.org>

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 18/12/2024 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 2024.

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 2024 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
Keith Vaudrey & Co Ltd
Chartered Certified Accountant
51 Marloes Road
London
W8 6LA

(Independent examiner)
18/12/2024

Anchor - The Counselling Practice
Statement of Financial Activities
(Incorporating an income and expenditure account)
for the year ended 31 March 2024

Unrestricted funds					Unrestricted funds				
Notes	General fund £	Reserve fund £	Restricted Fund £	2024 £	2023 £	General fund £	Reserve fund £	Restricted Fund £	
Incoming resources									
<i>Incoming resources from generated funds</i>									
Grants received	316,748	-	-	316,748	774,081	774,081	-	-	
Foodbank income	-	-	23,400	23,400	-	-	-	-	
Other operating income	5,000	-	-	5,000	-	-	-	-	
Total incoming resources	321,748	-	23,400	345,148	774,081	774,081	-	-	
Resources expended									
<i>Charitable activities</i>									
Direct charitable expenditure	275,169	72	26,400	301,641	751,445	739,184	36	12,225	
<i>Governance costs</i>	61,473	-	-	61,473	44,508	44,508	-	-	
Total resources expended	336,642	72	26,400	363,114	795,953	783,692	36	12,225	
Net incoming resources for the year	(14,894)	(72)	(3,000)	(17,966)	(21,872)	(9,611)	(36)	(12,225)	
Transfer between funds	-	-	-	-	-	-	-	-	
Fund balances at start of year	296,380	50,084	4,425	350,889	372,761	305,991	50,120	16,650	
Fund balances at end of year	281,486	50,012	1,425	332,923	350,889	296,380	50,084	4,425	

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 2024

	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	4	3,388	3,322
Current assets			
Debtors	5	819	248,041
Cash at bank		341,563	188,412
		<u>342,382</u>	<u>436,453</u>
Creditors: amounts falling due within one year	6	(12,847)	(88,886)
Net current assets		<u>329,535</u>	<u>347,567</u>
Total assets less current liabilities		<u>332,923</u>	<u>350,889</u>
Funds			
Unrestricted funds - general	7	281,486	296,380
- designated		50,012	50,084
Restricted fund	8	1,425	4,425
Total funds		<u>332,923</u>	<u>350,889</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 18/12/2024

Anchor - The Counselling Practice
Statement of cash flows
for the year ended 31 March 2024

	Note	2024	2023
		£	£
Cash generated from operating activities:			
Net Cash provided by operating activities	A	<u>154,347</u>	<u>(224,196)</u>
Application of cash:			
Payments to acquire tangible fixed assets		<u>(1,196)</u>	<u>(1,221)</u>
		<u>(1,196)</u>	<u>(1,221)</u>
Net (decrease)/ Increase in cash:		153,151	(225,417)
Cash and cash equivalents at 1 April		<u>188,412</u>	<u>413,829</u>
Cash and cash equivalents at 31 March		<u><u>341,563</u></u>	<u><u>188,412</u></u>
Cash and cash equivalents comprise:			
Cash at bank		<u>341,563</u>	<u>188,412</u>

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

	2024	2023
	£	£
Net movement in funds for the reporting period (as per	(17,966)	(21,872)
Adjustments for:		
Depreciation	1,130	1,107
Decrease / (Increase) in debtors	247,222	(200,707)
Decrease in creditors	(76,039)	(2,724)
Net cash provided by operating activities	<u>154,347</u>	<u>(224,196)</u>

Anchor - The Counselling Practice
Notes to the Accounts
for the year ended 31 March 2024

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 2024

2 Direct Charitable expenditure

	£	£	£	2024 £	2023 £
	General fund	Reserve fund	Restricted fund	Total	Total
Wages and salaries	95,080	-	-	95,080	122,442
Pensions	1,159	-	-	1,159	2,480
Counsellors	151,619	-	26,400	178,019	591,277
Training	25	-	-	25	50
Establishment costs	27,077	-	-	27,077	34,961
Finance costs	209	72	-	281	235
	<u>275,169</u>	<u>72</u>	<u>26,400</u>	<u>301,641</u>	<u>751,445</u>

3 Governance costs

	2024 £	2023 £
Accountancy fees	1,880	2,860
Independent Examiner's fee	2,100	2,100
Consultancy	22,746	33,075
Depreciation	1,130	1,107
AGM, meetings and related costs	2,221	355
CRB checks	13	1,623
Other legal and professional	30,323	3,065
Meetings cost	729	323
Pension administration fees	331	-
	<u>61,473</u>	<u>44,508</u>

4 Tangible Fixed assets

	Equipment Plant and Machinery £
Cost or valuation	
At 1 April 2023	9,162
Additions	1,196
At 31 March 2024	<u>10,358</u>
Depreciation	
At 1 April 2023	5,840
Charge for the year	1,130
At 31 March 2024	<u>6,970</u>
Carrying amount	
At 31 March 2024	<u>3,388</u>
At 31 March 2023	<u>3,322</u>

5 Debtors

	2024 £	2023 £
Other debtors	<u>819</u>	<u>248,041</u>

Anchor - The Counselling Practice
Notes to the Accounts
for the year ended 31 March 2024

6 Creditors: amounts falling due within one year	2024	2023
	£	£
Accruals	12,847	88,886
	<u>12,847</u>	<u>88,886</u>
7 Unrestricted funds	2024	2023
	£	£
At 1 April 2023	296,380	305,991
Deficit for the financial year	(14,894)	(9,611)
At 31 March 2024	<u>281,486</u>	<u>296,380</u>
8 Restricted funds	2024	2023
	£	£
At 1 April 2023	4,425	16,650
Add: Incoming resources	23,400	-
Less: Outgoing resources	(26,400)	(12,225)
At 31 March 2024	<u>1,425</u>	<u>4,425</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		-	1,425	1,425
Unrestricted funds	General	3,388	278,098	281,486
	Designated see below	-	50,012	50,012
		<u>3,388</u>	<u>329,535</u>	<u>332,923</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.

11 Late filing of annual returns for year ended 31 March 2023

Anchor - The Counselling Practice has provided the accounts to be examined early for the year ended 31 March 2023. The late filing of the accounts and annual returns was not due to Anchor - The Counselling Practice but other unforeseen circumstances of the accountancy firm that caused the late filing.