

ST COLUMBA FOUNDATION

England & Wales · Charity number 1136632

Details

Status	Registered
Legal form	Charitable company
Company number	07263550
Registered	2010-06-29
Register	View on the Charity Commission register

Contact

Address	The Group Therapy Centre 3 Downing Place Cambridge CB2 3EL
Phone	01223357221
Email	info@grouptherapycambridge.org.uk
Website	www.grouptherapycambridge.org.uk

Activities

Objects: TO PROMOTE ANY CHARITABLE PURPOSE FOR THE BENEFIT OF THE PUBLIC IN THE CITY OF CAMBRIDGE, ITS ADJOINING AREA AND ANY OTHER AREAS SITUATED IN ENGLAND AND WALES, BY THE FURTHERANCE OF HEALTH AND WELLBEING ESPECIALLY AMONG PERSONS SUFFERING FROM MENTAL DISORDER OR EMOTIONAL DISTURBANCE

Activities: The promotion of any charitable purpose for the benefit of the public in the City of Cambridge and its adjoining rural area by the furtherance of health and wellbeing, especially amongst persons suffering from mental disorder or emotional disturbance.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities

Geography

- **Area of benefit:** CITY OF CAMBRIDGE
- Cambridgeshire
- Hertfordshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£350,902	£351,431	-	-
2024-03-31	£322,939	£333,510	-	-
2023-03-31	£312,453	£300,136	-	-
2022-03-31	£321,248	£290,709	-	-
2021-03-31	£299,500	£263,936	-	-

Trustees

Name	Role	Appointed
JENNIFER JACOBSBERG	Chair	2011-11-12
Ann Hughes		2021-03-01
Dr Damaris Koch		2024-09-24
Helen Bull		2019-09-03
Helen Christy		2015-12-16
J R CHAPLIN		
Susan Greenland		2022-12-13

ST COLUMBA FOUNDATION

England & Wales - Charity number 1136632

Accounts

COMPANY REGISTRATION NUMBER: 07263550

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

TRUSTEES' REPORT AND ACCOUNTS

FOR THE YEAR ENDED

31 MARCH 2025

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

CONTENTS AND CHARITY INFORMATION

CONTENTS	PAGE
Report of the Trustees	1 to 3
Independent Examiner's Report	4
Statement of Financial Activities	5
Balance Sheet	6
Notes to the Accounts	7 to 11

TRUSTEES

John Chaplin
Helen Christy
Jennifer Jacobsberg (Chair)
Timothy Sharp (resigned 25 March 2025)
Asha Praseedom (resigned 24 September 2024)
Helen Bull
Rev'd Nigel Uden
Ann Hughes
Sue Greenland
Dr Damaris Tonja Koch (appointed 24 September 2024)

SECRETARY

Jennifer Jacobsberg (resigned 17 December 2024)
John Chaplin (appointed 17 December 2024)

REGISTERED OFFICE

3 Downing Place
Cambridge
CB2 3EL

COMPANY REGISTRATION NUMBER 07263550

CHARITY REGISTRATION NUMBER 1136632

INDEPENDENT EXAMINER

Stuart Berriman
Chater Allan LLP
7 Quy Court
Colliers Lane
Stow-cum-Quy
Cambridgeshire
CB25 9AU

BANKERS

Lloyds Bank plc
3 Sidney Street
Cambridge
CB2 3HQ

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

REPORT OF THE TRUSTEES

The trustees, who are also directors of the charity for the purposes of the Companies Act, present their annual report and the accounts for the year ended 31 March 2025. The trustees have adopted the provisions of the The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Statement of Recommended Practice "Accounting and Reporting by Charities" FRS 102.

STATEMENT OF TRUSTEES RESPONSIBILITIES

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year.

In preparing those accounts, the trustees are required to:

- (i) Select suitable accounting policies and apply them consistently.
- (ii) Make judgements and estimates that are reasonable and prudent.
- (iii) Prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue to meet its objectives.
- (iv) State whether the policies adopted are in accordance with the Companies Act 2006 and with applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the accounts.
- (v) Observe the methods and principles of the Charities SORP.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time, the financial position of the charity and to enable them to ensure that the accounts comply with the Companies Act 2006.

They 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.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

St Columba Foundation, a company limited by guarantee, was formed on 24 May 2010 to take over the assets and liabilities of St Columba Foundation, the unincorporated charity on 1 June 2010. The company achieved charitable status on 29 June 2010 and is governed by a memorandum and articles of association.

Appointment of trustees

New trustees are appointed by a majority of trustees in office at that time and in accordance with the constitution of the Foundation.

Trustee induction and training

The trustees have a procedure in place for trustee induction and training by reference to guidance published by the Charity Commission.

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

REPORT OF THE TRUSTEES

Organisational structure

The trustees set out the general policy of the charity. The day to day affairs of the charity are run by the Centre Director. In planning their activities for the year, the trustees have kept in mind the Charity Commission's guidance on public benefit at their trustee meetings.

Risk management

The trustees are conducting their own review of the major risks to which the charity is exposed, and, as part of this process, they are implementing a risk management strategy which comprises:

- (i) an annual review of the risks which the charity may face;
- (ii) the establishment of systems and procedures to mitigate those risks identified in the plan; and
- (iii) the implementation of procedures designed to minimise any potential impact on the charity should any of those risks materialise.

OBJECTS AND ACTIVITIES

The service exists to help people recover from emotional and mental health difficulties. The Group Therapy Centre provides a clinically proven range of group based talking therapies, designed to assist vulnerable service users in Cambridgeshire and the surrounding area - regardless of the nature, duration or severity of illness.

ACHIEVEMENTS AND PERFORMANCE

The Group Therapy Centre has had another very challenging, but successful year on many levels. Two members of staff died in the year which was deeply upsetting for the team, but staff have supported each other and the Centre's activities continue.

The recently announced abolition of NHS England and the Department of Health and Social Care taking over its functions will cause major disruption and uncertainty to NHS commissioning and contracting arrangements. This has been announced as a two year process, but in the short-term, ICB's have been instructed to reduce their running costs by 50% by October this year which will mean large scale redundancies for ICB staff and uncertainty about how provider contracts will be managed in the future. It is uncertain how this might impact on the new "Counselling Pathway" funding stream which is currently being scoped by the ICB. The Centre's are working with the NHS to understand any impact on the services we provide.

Throughout the uncertainty, our staff continued to deliver high quality services. We now deliver 24 weekly therapy groups of 4 different modalities (CBT ; Compassion Focussed; analytic and Schema groups). The mix of online and in-person group continues to develop. There are currently 6 in-person groups and more planned. Many clients continue to value the convenience of their therapy being online and we believe this to be an effective and valuable modality which we will continue to offer.

We continue to work with CHOICES counselling Service to help them develop a Group Therapy culture and provision in their organisation.

Our contract for providing groupwork to Cambridge Women's Aid came to an end.

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

REPORT OF THE TRUSTEES

FINANCIAL REVIEW

Income for the year was £350,902 (2024: £322,939) and Expenditure was £351,431 (2024: £333,510) resulting in a deficit for the year of £529 (2024: £10,572 deficit).

Reserves policy

The Trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets ("the free reserves") held by the Charity should be at least 6 months of expenditure. This takes account of the general shortage of funds for mental health.

At this level, the Trustees feel they would be able to meet such short term needs of service users in the event of a significant drop in funding. In the event of such an occurrence, it would obviously be necessary to consider how funding would be replaced or activities changed.

At present the free reserves, which amount to £280,975 are adequate.

FUTURE DEVELOPMENTS

The Foundation Course in Group Analysis continued in October 2024. Feedback from students continues to be very positive.

Andy Espey resigned as Centre Director and leaves at the end of September 2025. Alex Cox, previously Clinical Lead has been appointed as his successor.

The above report has been prepared in accordance with the small companies regime of the Companies Act 2006. It was approved by the trustees on 16 December 2025 and signed on their behalf by:

Jennifer Jacobsberg
TRUSTEE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ST COLUMBA FOUNDATION incorporating THE GROUP THERAPY CENTRE

I report to the charity trustees on my examination of the accounts of the for the year ended 31 March 2025 which are set out on pages 5 to 11.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').

In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S STATEMENT

Since the charity's gross income exceeded £250,000 your 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 a member of The Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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 accounts to be reached.

Stuart Graham Berriman BFP, FCA, FCCA
Chater Allan LLP
7 Quay Court
Colliers Lane
Stow-cum-Quay
Cambridgeshire
CB25 9AU

Date:

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

STATEMENT OF FINANCIAL ACTIVITIES (including Income and Expenditure Account)

		Unrestricted Funds	2025 Total Funds	2024 Total Funds
	Notes	£	£	£
Income from				
Donations and legacies	2	15,012	15,012	20,016
Charitable activity:				
Grants received	3	242,928	242,928	241,500
Group therapy fees		82,716	82,716	57,686
Investment income		6,247	6,247	3,527
Other income		4,000	4,000	210
TOTAL INCOME		350,902	350,902	322,939
Expenditure on				
Charitable activity	4	351,431	351,431	333,510
TOTAL EXPENDITURE		351,431	351,431	333,510
NET INCOME/(EXPENDITURE) and NET MOVEMENT IN FUNDS FOR THE YEAR		(529)	(529)	(10,572)
Reconciliation of funds				
Total funds brought forward		282,683	282,683	293,255
TOTAL FUNDS CARRIED FORWARD		282,154	282,154	282,683

The Charity's income and net movement in funds relate to continuing activities.

ST COLUMBA FOUNDATION (REGISTERED NUMBER: 07263550)
incorporating THE GROUP THERAPY CENTRE

BALANCE SHEET AS AT 31 MARCH 2025

		2025	2024
	Notes	£	£
FIXED ASSETS			
Tangible fixed assets	6	1,179	3,142
		-----	-----
CURRENT ASSETS			
Debtors	7	42,900	36,688
Cash at bank and in hand		272,214	271,064
		-----	-----
		315,114	307,752
CREDITORS: amounts falling due within one year	8	34,138	28,211
		-----	-----
TOTAL NET ASSETS		282,154	282,683
		-----	-----
 The funds of the charity:			
Unrestricted funds		282,154	282,683
		-----	-----
TOTAL FUNDS		282,154	282,683
		-----	-----

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year end 31 March 2025.

The trustees have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- a) ensuring that the charitable company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006 and
- b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

Approved by the Board of Trustees and signed on their behalf by:

.....
 Jennifer Jacobsberg
 TRUSTEE

Date: 16 December 2025

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

NOTES TO THE ACCOUNTS

1 ACCOUNTING POLICIES

(a) COMPANY STATUS

St Columba Foundation is a company limited by guarantee and registered in England. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information of these financial statements.

(b) BASIS OF PREPARATION OF ACCOUNTS

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006* and UK Generally Accepted Accounting Practice.

(c) GOING CONCERN BASIS

The Trustees consider that the going concern basis is appropriate, as they consider the reserves levels and expected investment income to be at sufficient levels to ensure that the Trustees can meet their financial obligations for the next 12 to 18 months and on that basis the Charity is a going concern.

(d) FINANCIAL REPORTING STANDARD 102 - REDUCED DISCLOSURE EXEMPTIONS

The Trustees have taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102:

- the requirement of Section 7 Statement of Cash Flows.

(e) FUNDS

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

(f) INCOME

All income is included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Income is only deferred when the charity has to fulfil conditions before becoming entitled to it or where the donor has specified that the income is to be expended in a future period.

(g) EXPENDITURE

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

(h) TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

NOTES TO THE ACCOUNTS

1 ACCOUNTING POLICIES - continued

(h) OPERATING LEASES

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor, are charged against income as incurred.

(i) PENSIONS

The charity operates a defined contribution scheme. The pension charge represents the amounts payable by the charity to the funds in respect of the period.

(j) TAXATION

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

2 DONATIONS AND LEGACIES

2025	2024
£	£
Others	416
Downing Place United Reformed Church (note 9)	19,600
15,012	20,016

3 GRANTS

	2025		2024
	Unrestricted	Total	Total
	Funds	Funds	Funds
	£	£	£
Cambridgeshire CPCCG			
IAPT & IAPT 80	129,774	129,774	129,000
Psychotherapy	109,654	109,654	109,000
The Pye Foundation	3,500	3,500	3,500
	242,928	242,928	241,500

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

NOTES TO THE ACCOUNTS

4	CHARITABLE ACTIVITY EXPENDITURE	Direct and support costs	2025 Governance costs	Total expenditure	2024 Total expenditure
		£	£	£	£
	Clinical supervision	10,033	-	10,033	22,595
	Room hire	3,785	-	3,785	2,469
	Independent examination	-	1,380	1,380	1,400
	Insurance	2,468	854	3,322	3,136
	IT support and consumables	6,182	-	6,182	5,401
	Miscellaneous	2,562	-	2,562	2,737
	Printing, postage and stationery	210	-	210	455
	Website costs	1,200	-	1,200	-
	Rent (note 9)	14,700	-	14,700	19,600
	Rent	1,231	-	1,231	-
	Salaries (note 5)	192,346	-	192,346	161,868
	Subcontracted sessional staff	92,629	-	92,629	89,576
	Training	698	-	698	270
	Bookkeeping	6,486	-	6,486	5,850
	Subscriptions	317	-	317	477
	Telephone	1,794	-	1,794	3,397
	Travel expenses	2,943	-	2,943	3,115
	Depreciation	1,963	-	1,963	3,785
	Bad debts	7,651	-	7,651	7,380
		-----	-----	-----	-----
		349,197	2,234	351,431	333,510
		-----	-----	-----	-----

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

NOTES TO THE ACCOUNTS

5 STAFF COSTS

No remuneration was paid to any of the trustees in the year, nor were any expenses reimbursed to them. Trustee insurance of £854 was paid on their behalf (2024 - £854)

The staff costs were:	2025 £	2024 £
Wages and salaries	175,848	149,873
Social security costs	13,000	9,305
Other pension costs	3,498	2,690
	-----	-----
	192,346	161,868
	-----	-----

The average weekly number of staff employed by the charity during the year was 5 (2024 - 5).

Key management personnel

The total employment benefits including pension contributions of key personnel were £115,998.

No employee earned £60,000 or more.

6 FIXED ASSETS

	Computer Equipment £
Cost b'fwd	27,041
Additions	-

Cost c'fwd	27,041

Depreciation b'fwd	23,899
Charge for year	1,963

Depreciation c'fwd	25,862

NBV @ 31/03/25	1,179

NBV @ 31/03/24	3,142

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

NOTES TO THE ACCOUNTS

7	DEBTORS: Due within one year	2025	2024
		£	£
	Trade debtors	42,537	36,205
	Other debtors	363	483
		-----	-----
		42,900	36,688
		-----	-----
8	CREDITORS: Due within one year	2025	2024
		£	£
	Creditors and accruals	18,326	17,731
	Deferred income	15,813	10,480
		-----	-----
		34,138	28,211
		-----	-----
	Deferred income:	£	
	As at 1 April 2024	10,480	
	Deferred income recognised in the year	(10,480)	
	Income deferred during the year	15,813	

	As at 31 March 2025	15,813	

Deferred income represents income received for post year-end programmes.

9 RENT

Downing Place United Reformed Church generously allowed the Centre to occupy part of their premises rent free until 31 December 2024. The donation in note 2 and the expense in note 4 represents the estimated market value of that rent until 31 December 2024 which was reviewed for the 2025 accounts. A lease agreement was entered into with Downing Place United Reformed Church from 1 January 2025.

10 RELATED PARTIES

One trustee was paid £1,335 (2024: £nil) for supervision services, to cover during a period of staff absences.

ST COLUMBA FOUNDATION

England & Wales - Charity number 1136632

Accounts

COMPANY REGISTRATION NUMBER: 07263550

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

TRUSTEES' REPORT AND ACCOUNTS

FOR THE YEAR ENDED

31 MARCH 2024

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

CONTENTS AND CHARITY INFORMATION

CONTENTS	PAGE
Report of the Trustees	1 to 3
Independent Examiner's Report	4
Statement of Financial Activities	5
Balance Sheet	6
Notes to the Accounts	7 to 11

TRUSTEES

John Chaplin
Helen Christy
Jennifer Jacobsberg
Timothy Sharp
Asha Praseedom
Helen Bull
Rev'd Nigel Uden
Ann Hughes
Sue Greenland

SECRETARY Jennifer Jacobsberg

REGISTERED OFFICE 3 Downing Place
Cambridge
CB2 3EL

COMPANY REGISTRATION NUMBER 07263550

CHARITY REGISTRATION NUMBER 1136632

INDEPENDENT EXAMINER Stuart Berriman
Chater Allan LLP
7 Quay Court
Colliers Lane
Stow-cum-Quy
Cambridgeshire
CB25 9AU

BANKERS Lloyds Bank plc
3 Sidney Street
Cambridge
CB2 3HQ

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

REPORT OF THE TRUSTEES

The trustees, who are also directors of the charity for the purposes of the Companies Act, present their annual report and the accounts for the year ended 31 March 2024. The trustees have adopted the provisions of the The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Statement of Recommended Practice "Accounting and Reporting by Charities" FRS 102.

STATEMENT OF TRUSTEES RESPONSIBILITIES

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year.

In preparing those accounts, the trustees are required to:

- (i) Select suitable accounting policies and apply them consistently.
- (ii) Make judgements and estimates that are reasonable and prudent.
- (iii) Prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue to meet its objectives.
- (iv) State whether the policies adopted are in accordance with the Companies Act 2006 and with applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the accounts.
- (v) Observe the methods and principles of the Charities SORP.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time, the financial position of the charity and to enable them to ensure that the accounts comply with the Companies Act 2006.

They 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.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

St Columba Foundation, a company limited by guarantee, was formed on 24 May 2010 to take over the assets and liabilities of St Columba Foundation, the unincorporated charity on 1 June 2010. The company achieved charitable status on 29 June 2010 and is governed by a memorandum and articles of association.

Appointment of trustees

New trustees are appointed by a majority of trustees in office at that time and in accordance with the constitution of the Foundation.

Trustee induction and training

The trustees have a procedure in place for trustee induction and training by reference to guidance published by the Charity Commission.

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

REPORT OF THE TRUSTEES

Organisational structure

The trustees set out the general policy of the charity. The day to day affairs of the charity are run by the Centre Director. In planning their activities for the year, the trustees have kept in mind the Charity Commission's guidance on public benefit at their trustee meetings.

Risk management

The trustees are conducting their own review of the major risks to which the charity is exposed, and, as part of this process, they are implementing a risk management strategy which comprises:

- (i) an annual review of the risks which the charity may face;
- (ii) the establishment of systems and procedures to mitigate those risks identified in the plan; and
- (iii) the implementation of procedures designed to minimise any potential impact on the charity should any of those risks materialise.

OBJECTS AND ACTIVITIES

The service exists to help people recover from emotional and mental health difficulties. The Group Therapy Centre provides a clinically proven range of group based talking therapies, designed to assist vulnerable service users in Cambridgeshire and the surrounding area - regardless of the nature, duration or severity of illness.

ACHIEVEMENTS AND PERFORMANCE

The Group Therapy Centre has had another very challenging, but successful year on many levels. Some longstanding staff retired, but new staff have settled into their roles and are proving to be valuable additions to the team.

The reorganisation of our NHS commissioners into new "Integrated Care Systems" caused a lot of uncertainty regarding the renewal of our contract and communications were lacking for a period. Along with all 3rd Sector provider organisations, assurances previously given about contract renewals were withdrawn. Our KPI's were reformulated and we developed new data collection which is demonstrating the positive impacts of the group therapies we provide and their value to group members. Although it was a difficult process, the outcome with our new commissioning managers was successful in that our contract was renewed for 3 years with a positive financial revaluation. This reflected the Centre's reputation and the high regard that commissioners have of the services we provide.

Throughout the uncertainty, our staff continued to deliver high quality services. We now deliver 24 weekly therapy groups of 4 different modalities (CBT ; Compassion Focussed; analytic and Schema groups). The mix of online and in-person group continues to develop. There are currently 6 in-person groups and more planned. Many clients continue to value the convenience of their therapy being online and we believe this to be an effective and valuable modality which we will continue to offer.

We have developed a contract and are working with CHOICES counselling Service to help them develop a Group Therapy culture and provision in their organisation.

Our contract for providing groupwork to Cambridge Women's Aid was renewed for a further 18 months.

**ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE**

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

REPORT OF THE TRUSTEES

FINANCIAL REVIEW

Income for the year was £322,939 (2023: £312,453) and Expenditure was £333,510 (2023: £300,136) resulting in a deficit for the year of £10,572 (2023: £12,316 surplus).

Reserves policy

The Trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets ("the free reserves") held by the Charity should be at least 6 months of expenditure. This takes account of the general shortage of funds for mental health. At this level, the Trustees feel they would be able to meet such short term needs of service users in the event of a significant drop in funding. In the event of such an occurrence, it would obviously be necessary to consider how funding would be replaced or activities changed. At present the free reserves, which amount to £279,541 are adequate.

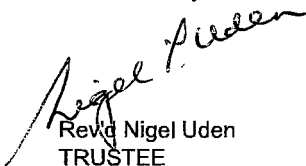
FUTURE DEVELOPMENTS

We initiated a new Foundation Course in Group Analysis in October 2023. Feedback from students has been very positive and we are hoping to increase the number of students joining the course in September 2024.

We have been approached by NHS Psychological Skills Service to provide their staff team with some training in Groupwork. We are working on a bespoke training package for them.

We are planning an annual GTC conference with the first one scheduled for October 2024. This is aimed at raising awareness and the profile of the Centre.

The above report has been prepared in accordance with the small companies regime of the Companies Act 2006. It was approved by the trustees on 24 September 2024 and signed on their behalf by:


Revd Nigel Uden
TRUSTEE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ST COLUMBA FOUNDATION incorporating THE GROUP THERAPY CENTRE

I report to the charity trustees on my examination of the accounts of the for the year ended 31 March 2024 which are set out on pages 5 to 11.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').

In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S STATEMENT

Since the charity's gross income exceeded £250,000 your 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 a member of The Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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 accounts to be reached.

Stuart Graham Berriman BFP, FCA, FCCA
Chater Allan LLP
7 Quay Court
Colliers Lane
Stow-cum-Quay
Cambridgeshire
CB25 9AU



Date: 8 OCTOBER 2024

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

STATEMENT OF FINANCIAL ACTIVITIES (including Income and Expenditure Account)

		Unrestricted Funds	2024 Total Funds	2023 Total Funds
	Notes	£	£	£
Income from				
Donations and legacies	2	20,016	20,016	20,788
Charitable activity:				
Grants received	3	241,500	241,500	230,044
Group therapy fees		57,686	57,686	52,318
Investment income		3,527	3,527	191
Other income		210	210	9,112
TOTAL INCOME		<u>322,939</u>	<u>322,939</u>	<u>312,453</u>
Expenditure on				
Charitable activity	4	333,510	333,510	300,136
TOTAL EXPENDITURE		<u>333,510</u>	<u>333,510</u>	<u>300,136</u>
NET INCOME/(EXPENDITURE) and NET MOVEMENT IN FUNDS FOR THE YEAR		(10,572)	(10,572)	12,316
Reconciliation of funds				
Total funds brought forward		<u>293,255</u>	<u>293,255</u>	<u>280,939</u>
TOTAL FUNDS CARRIED FORWARD		<u>282,683</u>	<u>282,683</u>	<u>293,255</u>

The Charity's income and net movement in funds relate to continuing activities.

ST COLUMBA FOUNDATION (REGISTERED NUMBER: 07263550)
incorporating THE GROUP THERAPY CENTRE

BALANCE SHEET AS AT 31 MARCH 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Tangible fixed assets	6	3,142	4,824
CURRENT ASSETS			
Debtors	7	36,688	17,550
Cash at bank and in hand		271,064	294,784
		307,751	312,334
CREDITORS: amounts falling due within one year	8	28,211	23,903
TOTAL NET ASSETS		282,683	293,255
 The funds of the charity:			
Unrestricted funds		282,683	293,255
TOTAL FUNDS		282,683	293,255

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

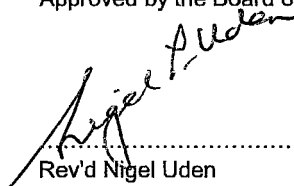
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year end 31 March 2024.

The trustees have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- a) ensuring that the charitable company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006 and
- b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

Approved by the Board of Trustees and signed on their behalf by:



 Rev'd Nigel Uden
 TRUSTEE

Date: 24 September 2024

ST COLUMBA FOUNDATION
incorporating **THE GROUP THERAPY CENTRE**

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

NOTES TO THE ACCOUNTS

1 ACCOUNTING POLICIES

(a) COMPANY STATUS

St Columba Foundation is a company limited by guarantee and registered in England. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information of these financial statements.

(b) BASIS OF PREPARATION OF ACCOUNTS

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006* and UK Generally Accepted Accounting Practice.

(c) GOING CONCERN BASIS

The Trustees consider that the going concern basis is appropriate, as they consider the reserves levels and expected investment income to be at sufficient levels to ensure that the Trustees can meet their financial obligations for the next 12 to 18 months and on that basis the Charity is a going concern.

(d) FINANCIAL REPORTING STANDARD 102 - REDUCED DISCLOSURE EXEMPTIONS

The Trustees have taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102:

- the requirement of Section 7 Statement of Cash Flows.

(e) FUNDS

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

(f) INCOME

All income is included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Income is only deferred when the charity has to fulfil conditions before becoming entitled to it or where the donor has specified that the income is to be expended in a future period.

(g) EXPENDITURE

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

(h) TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

NOTES TO THE ACCOUNTS

1 ACCOUNTING POLICIES - continued

(h) OPERATING LEASES

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor, are charged against income as incurred.

(i) PENSIONS

The charity operates a defined contribution scheme. The pension charge represents the amounts payable by the charity to the funds in respect of the period.

(j) TAXATION

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

2 DONATIONS AND LEGACIES

2024
£

2023
£

Others	416	788
Downing Place United Reformed Church (note 9)	19,600	20,000
	<u>20,016</u>	<u>20,788</u>

3 GRANTS

2024
Unrestricted
Funds

Total
Funds

2023
Total
Funds

£

£

£

Cambridgeshire CPCCG			
IAPT & IAPT 80	129,000	129,000	124,894
Psychotherapy	109,000	109,000	101,651
The Pye Foundation	3,500	3,500	3,500
	<u>241,500</u>	<u>241,500</u>	<u>230,044</u>

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

NOTES TO THE ACCOUNTS

4 CHARITABLE ACTIVITY EXPENDITURE	Direct and support costs	2024 Governance costs	Total expenditure	2023 Total expenditure
	£	£	£	£
Clinical supervision	22,595	-	22,595	11,024
Room hire	2,469	-	2,469	1,535
Independent examination	-	1,400	1,400	1,200
Insurance	2,282	854	3,136	2,889
IT support and consumables	5,401	-	5,401	3,388
Miscellaneous	2,737	-	2,737	5,789
Printing, postage and stationery	455	-	455	203
Rent (note 9)	19,600	-	19,600	20,000
Salaries (note 5)	161,868	-	161,868	143,480
Subcontracted sessional staff	89,576	-	89,576	90,249
Training	270	-	270	2,064
Bookkeeping	5,850	-	5,850	5,400
Subscriptions	477	-	477	705
Telephone	3,397	-	3,397	1,551
Travel expenses	3,115	-	3,115	1,450
Depreciation	3,785	-	3,785	3,248
Bad debts	7,380	-	7,380	5,961
	331,256	2,254	333,510	300,136

ST COLUMBA FOUNDATION
 incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

NOTES TO THE ACCOUNTS

5 STAFF COSTS

No remuneration was paid to any of the trustees in the year, nor were any expenses reimbursed to them. Trustee insurance of £854 was paid on their behalf (2023 - £815)

The staff costs were:	2024 £	2023 £
Wages and salaries	149,873	140,486
Social security costs	9,305	540
Other pension costs	2,690	2,454
	<u>161,868</u>	<u>143,480</u>

The average weekly number of staff employed by the charity during the year was 5 (2023 - 5).

Key management personnel

The total employment benefits including pension contributions of key personnel were £109,426.

No employee earned £60,000 or more.

6 FIXED ASSETS

	Computer Equipment £
Cost b'fwd	24,937
Additions	2,104
Cost c'fwd	<u>27,041</u>
Depreciation b'fwd	20,114
Charge for year	3,785
Depreciation c'fwd	<u>23,899</u>
NBV @ 31/03/24	<u>3,142</u>
NBV @ 31/03/23	<u>4,824</u>

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

NOTES TO THE ACCOUNTS

7	DEBTORS: Due within one year	2024 £	2023 £
	Trade debtors	36,205	8,550
	Other debtors	483	9,000
		36,688	17,550
8	CREDITORS: Due within one year	2024 £	2023 £
	Creditors and accruals	17,731	23,903
	Deferred income	10,480	-
		28,211	23,903
	Deferred income:	£	
	As at 1 April 2023	-	
	Deferred income recognised in the year	-	
	Income deferred during the year	10,480	
	As at 31 March 2024	10,480	

Deferred income represents income received for post year-end programmes.

9 RENT

Downing Place United Reformed Church generously allow the Centre to occupy part of their premises rent free. The donation in note 2 and the expense in note 4 represent the estimated market value of that rent which was reviewed for the 2024 accounts.

10 RELATED PARTIES

There were no related party transactions during the year (2023: £nil)

ST COLUMBA FOUNDATION

England & Wales - Charity number 1136632

Accounts

COMPANY REGISTRATION NUMBER: 07263550

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

TRUSTEES' REPORT AND ACCOUNTS

FOR THE YEAR ENDED

31 MARCH 2023

ST COLUMBA FOUNDATION
Incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

CONTENTS AND CHARITY INFORMATION

CONTENTS	PAGE
Report of the Trustees	1 to 3
Independent Examiner's Report	4
Statement of Financial Activities	5
Balance Sheet	6
Notes to the Accounts	7 to 11

TRUSTEES

John Chaplin
Helen Christy
Jennifer Jacobsberg
Veronica McDouall (resigned 13 December 2022)
Timothy Sharp
Asha Praseedom
Helen Bull
Rev'd Nigel Uden
Ann Hughes
Sue Greenland (appointed 21 March 2023)

SECRETARY Jennifer Jacobsberg

REGISTERED OFFICE 3 Downing Place
Cambridge
CB2 3EL

COMPANY REGISTRATION NUMBER 07263550

CHARITY REGISTRATION NUMBER 1136632

INDEPENDENT EXAMINER Stuart Berriman
Chater Allan LLP
7 Quay Court
Colliers Lane
Stow-cum-Quy
Cambridgeshire
CB25 9AU

BANKERS Lloyds Bank plc
3 Sidney Street
Cambridge
CB2 3HQ

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

REPORT OF THE TRUSTEES

The trustees, who are also directors of the charity for the purposes of the Companies Act, present their annual report and the accounts for the year ended 31 March 2023. The trustees have adopted the provisions of the The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Statement of Recommended Practice "Accounting and Reporting by Charities" FRS 102.

STATEMENT OF TRUSTEES RESPONSIBILITIES

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year.

In preparing those accounts, the trustees are required to:

- (i) Select suitable accounting policies and apply them consistently.
- (ii) Make judgements and estimates that are reasonable and prudent.
- (iii) Prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue to meet its objectives.
- (iv) State whether the policies adopted are in accordance with the Companies Act 2006 and with applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the accounts.
- (v) Observe the methods and principles of the Charities SORP.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time, the financial position of the charity and to enable them to ensure that the accounts comply with the Companies Act 2006.

They 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.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

St Columba Foundation, a company limited by guarantee, was formed on 24 May 2010 to take over the assets and liabilities of St Columba Foundation, the unincorporated charity on 1 June 2010. The company achieved charitable status on 29 June 2010 and is governed by a memorandum and articles of association.

Appointment of trustees

New trustees are appointed by a majority of trustees in office at that time and in accordance with the constitution of the Foundation.

Trustee induction and training

The trustees have a procedure in place for trustee induction and training by reference to guidance published by the Charity Commission.

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

REPORT OF THE TRUSTEES

Organisational structure

The trustees set out the general policy of the charity. The day to day affairs of the charity are run by the Centre Director. In planning their activities for the year, the trustees have kept in mind the Charity Commission's guidance on public benefit at their trustee meetings.

Risk management

The trustees are conducting their own review of the major risks to which the charity is exposed, and, as part of this process, they are implementing a risk management strategy which comprises:

- (i) an annual review of the risks which the charity may face;
- (ii) the establishment of systems and procedures to mitigate those risks identified in the plan; and
- (iii) the implementation of procedures designed to minimise any potential impact on the charity should any of those risks materialise.

OBJECTS AND ACTIVITIES

The service exists to help people recover from emotional and mental health difficulties. The Group Therapy Centre provides a clinically proven range of group based talking therapies, designed to assist vulnerable service users in Cambridgeshire and the surrounding area - regardless of the nature, duration or severity of illness.

ACHIEVEMENTS AND PERFORMANCE

The Group Therapy Centre (GTC) has had a busy, challenging and successful year. The post-COVID transition into a blended online and in-person service is starting to take shape. Many people prefer the convenience of on-line therapy, whilst others prefer the more immediate "presence" of in-person therapy. Our staff team has developed an expertise in online groupwork which remains a central part of our work. We are completing a piece of research into the impacts of the Pandemic on our patients and staff team and the benefits and value of online groupwork. Our clinical activity is back to pre-pandemic levels with currently 24 weekly therapy groups being conducted as well as collaborative work and support groups with Cambridge Woman's Aid, Homerton College, Cambridge 4 Ukraine.

We have been able to recruit an administrative assistant which has helped us a great deal in our data management processes. Staffing has been a major challenge this year with retirement of three long-standing staff members, one of which was unexpected due to ill-health; a further staff member has been on maternity leave. Between them, they conducted 10 groups, however we managed to cover all the groups with minimal disruption through recruiting 5 new sessional group therapists and with the "grand parenting" assistance of a retired staff member. Our training placement status is providing us with high-quality trainees and potential future qualified staffing resources.

The local NHS Commissioners, from who we receive a large part of our funding, have been undergoing a major reorganisation into new organisations called Integrated Care Systems. This has meant a lot of uncertainty and upheaval for them and us. Communication between commissioners and provider organisations has suffered. We received verbal confirmation in March 2023 that our current NHS contract would be renewed for a further three years and are awaiting written confirmation of this.

Despite the challenges and uncertainties of COVID and the current cost-of living crisis, the Centre has the structures, staff commitment and growing reputation to look to the future with confidence.

ST COLUMBA FOUNDATION
incorporating **THE GROUP THERAPY CENTRE**

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

REPORT OF THE TRUSTEES

FINANCIAL REVIEW

Income for the year was £312,453 (2022: £321,428) and Expenditure was £300,136 (2022: £290,709) resulting in net income for the year of £12,316 (2022: £30,539).

Reserves policy

The Trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets ("the free reserves") held by the Charity should be at least 6 months of expenditure. This takes account of the general shortage of funds for mental health.

At this level, the Trustees feel they would be able to meet such short term needs of service users in the event of a significant drop in funding. In the event of such an occurrence, it would obviously be necessary to consider how funding would be replaced or activities changed.

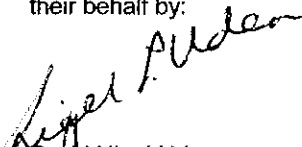
At present the free reserves, which amount to £288,431 are adequate.

FUTURE DEVELOPMENTS

In addition to the work which has been carried over from the last financial year, we have been commissioned by the Cambridge and Peterborough Fire and Rescue Service to provide reflective practice groups to their HR and support staff. We have also been commissioned by the Cambridge Women's Aid to provide an 18 month support group to their clients.

We have developed a new data management process and are recruiting an admin assistant to help with this new programme. There is a general sense of being in a transitional phase with the staffing changes, the emergence of a blend of in-person and remote homeworking for staff and a service provision in which we are providing a mix of in-person, online, hybrid and blended therapeutic group activities.

The above report has been prepared in accordance with the small companies regime of the Companies Act 2006. It was approved by the trustees on 26 September 2023 and signed on their behalf by:


Rev'd Nigel Uden
TRUSTEE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ST COLUMBA FOUNDATION incorporating THE GROUP THERAPY CENTRE

I report to the charity trustees on my examination of the accounts of the for the year ended 31 March 2023 which are set out on pages 5 to 11.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').

In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S STATEMENT

Since the charity's gross income exceeded £250,000 your 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 a member of The Institute of Chartered Accountants in England and Wales.

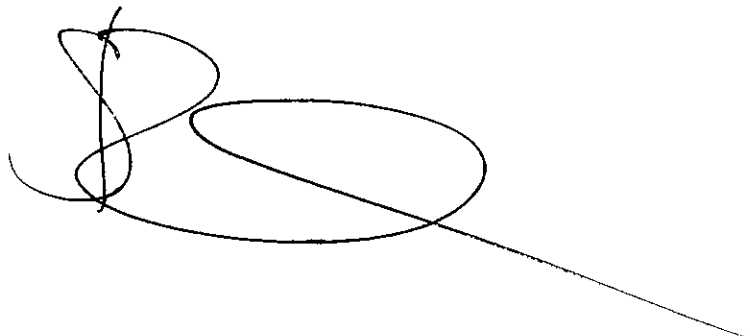
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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 accounts to be reached.

Stuart Graham Berriman BFP, FCA, FCCA
Chater Allan LLP
7 Quay Court
Colliers Lane
Stow-cum-Quay
Cambridgeshire
CB25 9AU

Date: 9/12/2023



ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

STATEMENT OF FINANCIAL ACTIVITIES (including Income and Expenditure Account)

		Unrestricted Funds	2023 Total Funds	2022 Total Funds
	Notes	£	£	£
Income from				
Donations and legacies	2	20,788	20,788	20,000
Charitable activity:				
Grants received	3	230,044	230,044	220,452
Group therapy fees		52,318	52,318	63,903
Investment income		191	191	5
Other income		9,112	9,112	16,888
TOTAL INCOME		<u>312,453</u>	<u>312,453</u>	<u>321,248</u>
Expenditure on				
Charitable activity	4	300,136	300,136	290,709
TOTAL EXPENDITURE		<u>300,136</u>	<u>300,136</u>	<u>290,709</u>
NET INCOME/(EXPENDITURE) and NET MOVEMENT IN FUNDS FOR THE YEAR		12,316	12,316	30,539
Reconciliation of funds				
Total funds brought forward		280,939	280,939	250,400
TOTAL FUNDS CARRIED FORWARD		<u>293,255</u>	<u>293,255</u>	<u>280,939</u>

The Charity's income and net movement in funds relate to continuing activities.

ST COLUMBA FOUNDATION (REGISTERED NUMBER: 07263550)
Incorporating THE GROUP THERAPY CENTRE

BALANCE SHEET AS AT 31 MARCH 2023

		2023	2022
	Notes	£	£
FIXED ASSETS			
Tangible fixed assets	6	<u>4,824</u>	<u>7,296</u>
CURRENT ASSETS			
Debtors	7	17,550	6,907
Cash at bank and in hand		<u>294,784</u>	<u>292,373</u>
		312,334	299,280
CREDITORS: amounts falling due within one year	8	<u>23,903</u>	<u>25,636</u>
TOTAL NET ASSETS		<u>293,255</u>	<u>280,939</u>
The funds of the charity:			
Unrestricted funds		<u>293,255</u>	<u>280,939</u>
TOTAL FUNDS		<u>293,255</u>	<u>280,939</u>

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

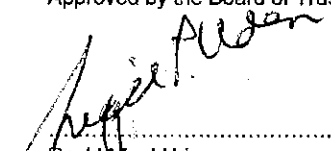
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year end 31 March 2023.

The trustees have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- a) ensuring that the charitable company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006 and
- b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

Approved by the Board of Trustees and signed on their behalf by:



 Rev'd Nigel Uden
 TRUSTEE

Date: 26 September 2023

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

NOTES TO THE ACCOUNTS

1 ACCOUNTING POLICIES

(a) COMPANY STATUS

St Columba Foundation is a company limited by guarantee and registered in England. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information of these financial statements.

(b) BASIS OF PREPARATION OF ACCOUNTS

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006* and UK Generally Accepted Accounting Practice.

(c) GOING CONCERN BASIS

The Trustees consider that the going concern basis is appropriate, having considered the potential impact of the global pandemic known as COVID-19, as they consider the reserves levels and expected investment income to be at sufficient levels to ensure that the Trustees can meet their financial obligations for the next 12 to 18 months and on that basis the Charity is a going concern.

(d) FINANCIAL REPORTING STANDARD 102 - REDUCED DISCLOSURE EXEMPTIONS

The Trustees have taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102:

- the requirement of Section 7 Statement of Cash Flows.

(e) FUNDS

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

(f) INCOME

All income is included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Income is only deferred when the charity has to fulfil conditions before becoming entitled to it or where the donor has specified that the income is to be expended in a future period.

(g) EXPENDITURE

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

(h) TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

NOTES TO THE ACCOUNTS

1 ACCOUNTING POLICIES - continued

(h) OPERATING LEASES

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor, are charged against income as incurred.

(i) PENSIONS

The charity operates a defined contribution scheme. The pension charge represents the amounts payable by the charity to the funds in respect of the period.

(j) TAXATION

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

2 DONATIONS AND LEGACIES

	2023 £	2022 £
Others	788	-
Downing Place United Reformed Church (note 9)	20,000	20,000
	<u>20,788</u>	<u>20,000</u>

3 GRANTS

	2023 Unrestricted Funds £	Total Funds £	2022 Total Funds £
Cambridgeshire CPCCG			
IAPT & IAPT 80 Psychotherapy	124,894	124,894	120,000
The Pye Foundation	101,651	101,651	96,952
	3,500	3,500	3,500
	<u>230,044</u>	<u>230,044</u>	<u>220,452</u>

ST COLUMBA FOUNDATION
Incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

NOTES TO THE ACCOUNTS

4 CHARITABLE ACTIVITY EXPENDITURE	Direct and support costs	2023 Governance costs	Total expenditure	2022 Total expenditure
	£	£	£	£
Clinical supervision	11,024	-	11,024	9,512
Room hire	1,535	-	1,535	45
Independent examination	-	1,200	1,200	1,400
Insurance	2,074	815	2,889	2,659
IT support and consumables	3,388	-	3,388	3,554
Professional and governance	-	-	-	500
Miscellaneous	5,789	-	5,789	4,216
Printing, postage and stationery	203	-	203	589
Rent (note 9)	20,000	-	20,000	20,000
Salaries (note 5)	143,480	-	143,480	133,997
Staff recruitment	-	-	-	325
Subcontracted sessional staff	90,249	-	90,249	86,366
Staff costs	-	-	-	221
Training	2,064	-	2,064	900
Bookkeeping	5,400	-	5,400	4,800
Subscriptions	705	-	705	981
Telephone	1,551	-	1,551	1,696
Travel expenses	1,450	-	1,450	30
Depreciation	3,248	-	3,248	2,239
Bad debts	5,961	-	5,961	16,677
	<u>298,121</u>	<u>2,015</u>	<u>300,136</u>	<u>290,709</u>

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

NOTES TO THE ACCOUNTS

5 STAFF COSTS

No remuneration was paid to any of the trustees in the year, nor were any expenses reimbursed to them. Trustee insurance of £815 was paid on their behalf (2022 - £794)

The staff costs were:	2023 £	2022 £
Wages and salaries	140,486	127,106
Social security costs	540	5,689
Other pension costs	2,454	1,202
	<u>143,480</u>	<u>133,997</u>

The average weekly number of staff employed by the charity during the year was 5 (2022 - 5).

Key management personnel

The total employment benefits including pension contributions of key personnel were £98,480.

No employee earned £60,000 or more.

6 FIXED ASSETS

	Computer Equipment £
Cost b'fwd	24,161
Additions	776
Cost c'fwd	<u>24,937</u>
Depreciation b'fwd	16,865
Charge for year	3,249
Depreciation c'fwd	<u>20,114</u>
NBV @ 31/03/23	<u>4,824</u>
NBV @ 31/03/22	<u>7,296</u>

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

NOTES TO THE ACCOUNTS

7	DEBTORS: Due within one year	2023 £	2022 £
	Trade debtors	8,550	6,907
	Other debtors	9,000	-
		17,550	6,907
8	CREDITORS: Due within one year	2023 £	2022 £
	Creditors and accruals	23,903	14,747
	Deferred income	-	10,889
		23,903	25,636
	Deferred income:	£	
	As at 1 April 2022	10,889	
	Deferred income recognised in the year	(10,889)	
	Resources deferred during the year	-	
	As at 31 March 2023	-	
9	RENT		
	Downing Place United Reformed Church generously allow the Centre to occupy part of their premises rent free. The donation in note 2 and the expense in note 4 represent the estimated market value of that rent which was reviewed for the 2023 accounts.		
10	RELATED PARTIES		
	There were no related party transactions during the year (2022: £nil)		

ST COLUMBA FOUNDATION

England & Wales - Charity number 1136632

Accounts

ST COLUMBA FOUNDATION
incorporating **THE GROUP THERAPY CENTRE**

TRUSTEES' REPORT AND ACCOUNTS

FOR THE YEAR ENDED

31 MARCH 2022

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

CONTENTS AND CHARITY INFORMATION

CONTENTS	PAGE
Report of the Trustees	1 to 3
Independent Examiner's Report	4
Statement of Financial Activities	5
Balance Sheet	6
Notes to the Accounts	7 to 11

TRUSTEES

John Chaplin
Helen Christy
Jennifer Jacobsberg
Veronica McDouall (resigned 13 December 2022)
Timothy Sharp
Asha Praseedom
Helen Bull
Rev'd Nigel Uden
Ann Hughes

SECRETARY Jennifer Jacobsberg

REGISTERED OFFICE 3 Downing Place
Cambridge
CB2 3EL

COMPANY REGISTRATION NUMBER 07263550

CHARITY REGISTRATION NUMBER 1136632

INDEPENDENT EXAMINER Stuart Berriman
Chater Allan LLP
7 Quay Court
Colliers Lane
Stow-cum-Quy
Cambridgeshire
CB25 9AU

BANKERS Lloyds Bank plc
3 Sidney Street
Cambridge
CB2 3HQ

ST COLUMBA FOUNDATION
Incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

REPORT OF THE TRUSTEES

The trustees, who are also directors of the charity for the purposes of the Companies Act, present their annual report and the accounts for the year ended 31 March 2022. The trustees have adopted the provisions of the The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Statement of Recommended Practice "Accounting and Reporting by Charities" FRS 102.

STATEMENT OF TRUSTEES RESPONSIBILITIES

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year.

In preparing those accounts, the trustees are required to:

- (i) Select suitable accounting policies and apply them consistently.
- (ii) Make judgements and estimates that are reasonable and prudent.
- (iii) Prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue to meet its objectives.
- (iv) State whether the policies adopted are in accordance with the Companies Act 2006 and with applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the accounts.
- (v) Observe the methods and principles of the Charities SORP.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time, the financial position of the charity and to enable them to ensure that the accounts comply with the Companies Act 2006.

They 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.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

St Columba Foundation, a company limited by guarantee, was formed on 24 May 2010 to take over the assets and liabilities of St Columba Foundation, the unincorporated charity on 1 June 2010. The company achieved charitable status on 29 June 2010 and is governed by a memorandum and articles of association.

Appointment of trustees

New trustees are appointed by a majority of trustees in office at that time and in accordance with the constitution of the Foundation.

ST COLUMBA FOUNDATION
Incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

REPORT OF THE TRUSTEES

Trustee induction and training

The trustees have a procedure in place for trustee induction and training by reference to guidance published by the Charity Commission.

Organisational structure

The trustees set out the general policy of the charity. The day to day affairs of the charity are run by the Centre Director. In planning their activities for the year, the trustees have kept in mind the Charity Commission's guidance on public benefit at their trustee meetings.

Risk management

The trustees are conducting their own review of the major risks to which the charity is exposed, and, as part of this process, they are implementing a risk management strategy which comprises:

- (i) an annual review of the risks which the charity may face;
- (ii) the establishment of systems and procedures to mitigate those risks identified in the plan; and
- (iii) the implementation of procedures designed to minimise any potential impact on the charity should any of those risks materialise.

OBJECTS AND ACTIVITIES

The service exists to help people recover from emotional and mental health difficulties. The Group Therapy Centre provides a clinically proven range of group based talking therapies, designed to assist vulnerable service users in Cambridgeshire and the surrounding area - regardless of the nature, duration or severity of illness.

ACHIEVEMENTS AND PERFORMANCE

The Group Therapy Centre (GTC) has had a busy and challenging year. We successfully moved into our refurbished offices and rooms at the St Columba's Centre and held an open day in June 2021. The GTC is very grateful to the Downing Place United Reformed Church for provided this space at a nil rent for a five year term. The GTC continued to provide its full services throughout the Covid -19 pandemic and is now developing a blend of online and in-person group therapy activities. There have been several staffing changes over the past year. We recruited a new clinical lead in September 2021, following the sad death of the previous post holder. We have lost some senior staff due to retirement and a further staff member on maternity leave. We have recruited new sessional staff, which has been quite challenging in the current climate. We currently have four trainees on clinical placement which is helpful in future proofing our staffing capacity.

The GTC received special COVID funding from the Cambridgeshire CCG amounting to £30,000 which is being used in 3 strands of spending – (1) the purchase of IT and AV equipment needed to provide online and hybrid group therapy sessions (2) undertaking a research project into the impact of the COVID 19 on our patients and our service provision (to be completed in December 2022) and (3) allowing the continuation of our Alone-Together support group until December 2022.

Patient referral rates are back to pre-covid levels and are rising as in all our clinical activities. We currently have 24 weekly therapy groups. We are seeing a higher number of patients with complex needs and have adjusted our group therapy programme in developing a Trauma/Compassion focussed CBT group option and have reviewed our clinical risk policy and procedures.

ST COLUMBA FOUNDATION
incorporating **THE GROUP THERAPY CENTRE**

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

REPORT OF THE TRUSTEES

FINANCIAL REVIEW

Income for the year was £321,248 (2021: £299,500) and Expenditure was £290,709 (2021: £263,936) resulting in net income for the year of £30,539 (2021: £35,564).

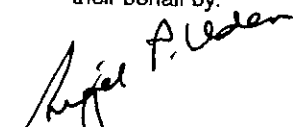
Reserves policy

The Trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets ("the free reserves") held by the Charity should be at least 6 months of expenditure. This takes account of the general shortage of funds for mental health. At this level, the Trustees feel they would be able to meet such short term needs of service users in the event of a significant drop in funding. In the event of such an occurrence, it would obviously be necessary to consider how funding would be replaced or activities changed. At present the free reserves, which amount to £273,643 are adequate.

FUTURE DEVELOPMENTS

In addition to the work which has been carried over from the last financial year, we have been commissioned by the Cambridge and Peterborough Fire and Rescue Service to provide reflective practice groups to their HR and support staff. We have also been commissioned by the Cambridge Women's Aid to provide an 18 month support group to their clients. We have developed a new data management process and are recruiting an admin assistant to help with this new programme. There is a general sense of being in a transitional phase with the staffing changes, the emergence of a blend of in-person and remote homeworking for staff and a service provision in which we are providing a mix of In- person, online, hybrid and blended therapeutic group activities.

The above report has been prepared in accordance with the small companies regime of the Companies Act 2006. It was approved by the trustees on 13 December 2022 and signed on their behalf by:


Rev'd Nigel Uden
TRUSTEE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ST COLUMBA FOUNDATION incorporating THE GROUP THERAPY CENTRE

I report to the charity trustees on my examination of the accounts of the for the year ended 31 March 2022 which are set out on pages 5 to 11.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').

In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S STATEMENT

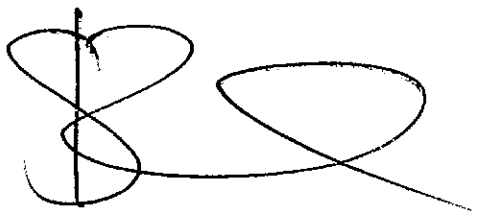
Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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 accounts to be reached.

Stuart Graham Berriman BFP, FCA, FCCA
Chater Allan LLP
7 Quay Court
Colliers Lane
Stow-cum-Quay
Cambridgeshire
CB25 9AU



Date: 16 December 2022

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

STATEMENT OF FINANCIAL ACTIVITIES including Income and Expenditure Account

	Notes	Unrestricted Funds £	2022 Total Funds £	2021 Total Funds £
Income from				
Donations and legacies	2	20,000	20,000	20,030
Charitable activity:				
Grants received	3	220,452	220,452	215,155
Group therapy fees		63,903	63,903	64,302
Investment income		5	5	13
Other income		16,888	16,888	-
TOTAL INCOME		<u>321,248</u>	<u>321,248</u>	<u>299,500</u>
Expenditure on				
Charitable activity	4	290,709	290,709	263,936
TOTAL EXPENDITURE		<u>290,709</u>	<u>290,709</u>	<u>263,936</u>
NET INCOME/(EXPENDITURE) and NET MOVEMENT IN FUNDS FOR THE YEAR		30,539	30,539	35,564
Reconciliation of funds				
Total funds brought forward		<u>250,400</u>	<u>250,400</u>	<u>214,836</u>
TOTAL FUNDS CARRIED FORWARD		<u>280,939</u>	<u>280,939</u>	<u>250,400</u>

The Charity's income and net movement in funds relate to continuing activities.

ST COLUMBA FOUNDATION (REGISTERED NUMBER: 07263550)
incorporating THE GROUP THERAPY CENTRE

BALANCE SHEET AS AT 31 MARCH 2022

		2022	2021
	Notes	£	£
FIXED ASSETS			
Tangible fixed assets	6	7,296	122
CURRENT ASSETS			
Debtors	7	6,907	56,099
Cash at bank and in hand		292,373	239,156
		299,280	295,255
CREDITORS: amounts falling due within one year	8	25,636	44,976
TOTAL NET ASSETS		280,939	250,400
The funds of the charity:			
Unrestricted funds		280,939	250,400
TOTAL FUNDS		280,939	250,400

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

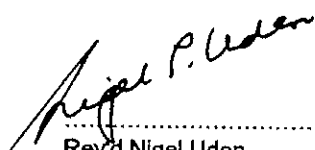
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year end 31 March 2022.

The trustees have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- ensuring that the charitable company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

Approved by the Board of Trustees and signed on their behalf by:


.....
Rev'd Nigel Uden
TRUSTEE

Date: 13 December 2022

ST COLUMBA FOUNDATION
Incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

NOTES TO THE ACCOUNTS

1 ACCOUNTING POLICIES

(a) COMPANY STATUS

St Columba Foundation is a company limited by guarantee and registered in England. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information of these financial statements.

(b) BASIS OF PREPARATION OF ACCOUNTS

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006* and UK Generally Accepted Accounting Practice.

(c) GOING CONCERN BASIS

The Trustees consider that the going concern basis is appropriate, having considered the potential impact of the current global pandemic known as COVID-19, as they consider the reserves levels and expected investment income to be at sufficient levels to ensure that the Trustees can meet their financial obligations for the next 12 to 18 months and on that basis the Charity is a going concern.

(d) FINANCIAL REPORTING STANDARD 102 - REDUCED DISCLOSURE EXEMPTIONS

The Trustees have taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102:

- the requirement of Section 7 Statement of Cash Flows.

(e) FUNDS

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

(f) INCOME

All income is included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Income is only deferred when the charity has to fulfil conditions before becoming entitled to it or where the donor has specified that the income is to be expended in a future period.

(g) EXPENDITURE

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

(h) TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

ST COLUMBA FOUNDATION
Incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

NOTES TO THE ACCOUNTS

1 ACCOUNTING POLICIES - continued

(h) OPERATING LEASES

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor, are charged against income as incurred.

(i) PENSIONS

The charity operates a defined contribution scheme. The pension charge represents the amounts payable by the charity to the funds in respect of the period.

(j) TAXATION

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

2 DONATIONS AND LEGACIES

	2022 £	2021 £
Others	-	30
Downing Place United Reformed Church (note 9)	20,000	20,000
	<u>20,000</u>	<u>20,030</u>

3 GRANTS

	2022 Unrestricted Funds £	Total Funds £	2021 Total Funds £
Cambridgeshire CPCCG IAPT	30,000	30,000	30,000
IAPT 80	80,000	90,000	90,000
Psychotherapy	96,952	96,952	91,655
The Pye Foundation	3,500	3,500	3,500
	<u>220,452</u>	<u>220,452</u>	<u>215,155</u>

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

NOTES TO THE ACCOUNTS

4 CHARITABLE ACTIVITY EXPENDITURE	Direct and support costs	2022 Governance costs	Total expenditure	2021 Total expenditure
	£	£	£	£
Clinical supervision	9,512	-	9,512	9,323
Room hire	45	-	45	1,694
Independent examination	-	1,400	1,400	1,280
Insurance	1,865	794	2,659	2,533
IT support and consumables	3,554	-	3,554	3,522
Professional and governance	500	-	500	60
Miscellaneous	4,216	-	4,216	2,965
Printing, postage and stationery	589	-	589	318
Rent (note 9)	20,000	-	20,000	20,000
Salaries (note 5)	133,997	-	133,997	124,951
Staff recruitment	325	-	325	-
Subcontracted sessional staff	86,366	-	86,366	77,060
Staff costs	221	-	221	76
Training	900	-	900	825
Bookkeeping	4,800	-	4,800	4,200
Subscriptions	981	-	981	924
Telephone	1,696	-	1,696	2,270
Travel expenses	30	-	30	26
Relocation	-	-	-	636
Storage costs	-	-	-	1,660
Depreciation	2,239	-	2,239	371
Bad debts	16,677	-	16,677	9,242
	<u>288,515</u>	<u>2,194</u>	<u>290,709</u>	<u>263,936</u>

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

NOTES TO THE ACCOUNTS

5 STAFF COSTS

No remuneration was paid to any of the trustees in the year, nor were any expenses reimbursed to them. Trustee insurance of £794 was paid on their behalf (2021 - £794)

The staff costs were:	2022 £	2021 £
Wages and salaries	127,106	121,938
Social security costs	5,689	1,726
Other pension costs	1,202	1,287
	<u>133,997</u>	<u>124,951</u>

The average weekly number of staff employed by the charity during the year was 5 (2021 - 5).

Key management personnel

The total employment benefits including pension contributions of key personnel were £86,210.

No employee earned £60,000 or more.

6 FIXED ASSETS

	Computer Equipment £
Cost b'fwd	14,748
Additions	9,413
Cost c'fwd	<u>24,161</u>
Depreciation b'fwd	14,626
Charge for year	2,239
Depreciation c'fwd	<u>16,865</u>
NBV @ 31/03/22	<u>7,296</u>
NBV @ 31/03/21	<u>122</u>

ST COLUMBA FOUNDATION
Incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

NOTES TO THE ACCOUNTS

7	DEBTORS: Due within one year	2022 £	2021 £
	Trade debtors	6,907	55,696
	Other debtors	-	403
		6,907	56,099
8	CREDITORS: Due within one year	2022 £	2021 £
	Creditors and accruals	14,747	14,976
	Deferred income	10,889	30,000
		25,636	44,976
	Deferred income:	£	
	As at 1 April 2021	30,000	
	Deferred income recognised in the year	(30,000)	
	Resources deferred during the year	10,889	
	As at 31 March 2022	10,889	

Deferred income represents income received for post year-end programmes and costs.

9 RENT

Downing Place United Reformed Church generously allow the Centre to occupy part of their premises rent free. The donation in note 2 and the expense in note 4 represent the estimated market value of that rent which was reviewed for the 2022 accounts.

10 RELATED PARTIES

There were no related party transactions during the year (2021: £nil)

ST COLUMBA FOUNDATION

England & Wales - Charity number 1136632

Accounts

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

TRUSTEES' REPORT AND ACCOUNTS

FOR THE YEAR ENDED

31 MARCH 2021

ST COLUMBA FOUNDATION
incorporating **THE GROUP THERAPY CENTRE**

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

CONTENTS AND CHARITY INFORMATION

CONTENTS	PAGE
Report of the Trustees	1 to 3
Independent Examiner's Report	4
Statement of Financial Activities	5
Balance Sheet	6
Notes to the Accounts	7 to 11

TRUSTEES
Emily Browne (Resigned 1 December 2020)
John Chaplin
Helen Christy
Gillian Haarhoff (Resigned 2 March 2021)
Jennifer Jacobsberg
Veronica McDouall
Timothy Sharp
Asha Praseedom
Helen Bull
Rev'd Nigel Uden
Ann Hughes (Appointed 2 March 2021)

SECRETARY
Jennifer Jacobsberg

REGISTERED OFFICE
3 Downing Place
Cambridge
CB2 3EL

COMPANY REGISTRATION NUMBER
07263550

CHARITY REGISTRATION NUMBER
1136632

INDEPENDENT EXAMINER
Stuart Berriman
Chater Allan LLP
Beech House
4A Newmarket Road
Cambridge
CB5 8DT

BANKERS
Lloyds Bank plc
3 Sidney Street
Cambridge
CB2 3HQ

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

REPORT OF THE TRUSTEES

The trustees, who are also directors of the charity for the purposes of the Companies Act, present their annual report and the accounts for the year ended 31 March 2021. The trustees have adopted the provisions of the The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Statement of Recommended Practice "Accounting and Reporting by Charities" FRS 102.

STATEMENT OF TRUSTEES RESPONSIBILITIES

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that year.

In preparing those accounts, the trustees are required to:

- (i) Select suitable accounting policies and apply them consistently.
- (ii) Make judgements and estimates that are reasonable and prudent.
- (iii) Prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue to meet its objectives.
- (iv) State whether the policies adopted are in accordance with the Companies Act 2006 and with applicable accounting standards and statements of recommended practice, subject to any material departures disclosed and explained in the accounts.
- (v) Observe the methods and principles of the Charities SORP.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time, the financial position of the charity and to enable them to ensure that the accounts comply with the Companies Act 2006.

They 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.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

St Columba Foundation, a company limited by guarantee, was formed on 24 May 2010 to take over the assets and liabilities of St Columba Foundation, the unincorporated charity on 1 June 2010. The company achieved charitable status on 29 June 2010 and is governed by a memorandum and articles of association.

Appointment of trustees

New trustees are appointed by a majority of trustees in office at that time and in accordance with the constitution of the Foundation. Ann Hughes was formally appointed as a trustee on 2 March 2021.

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

REPORT OF THE TRUSTEES

Trustee induction and training

The trustees have a procedure in place for trustee induction and training by reference to guidance published by the Charity Commission.

Organisational structure

The trustees set out the general policy of the charity. The day to day affairs of the charity are run by the Centre Director. In planning their activities for the year, the trustees have kept in mind the Charity Commission's guidance on public benefit at their trustee meetings.

Risk management

The trustees are conducting their own review of the major risks to which the charity is exposed, and, as part of this process, they are implementing a risk management strategy which comprises:

- (i) an annual review of the risks which the charity may face;
- (ii) the establishment of systems and procedures to mitigate those risks identified in the plan; and
- (iii) the implementation of procedures designed to minimise any potential impact on the charity should any of those risks materialise.

OBJECTS AND ACTIVITIES

The service exists to help people recover from emotional and mental health difficulties. The Group Therapy Centre provides a clinically proven range of group based talking therapies, designed to assist vulnerable service users in Cambridgeshire and the surrounding area - regardless of the nature, duration or severity of illness.

ACHIEVEMENTS AND PERFORMANCE

The Group Therapy Centre has managed a number of changes and difficult challenges again this year. The temporary offices at Emmanuel Church in Trumpington Street Cambridge were vacated in July 2020 but before then all therapy and administration services were being conducted on-line due to the pandemic and the lock down in March 2020. The success of moving to an on- line situation is a tribute to the hard work of the staff and therapists involved and to the patients for embracing this new technology. Patient numbers did fall by about 20% but it is anticipated that numbers of patients will grow again to the levels achieved just before the pandemic started.

The Centre has also set up 2 alone -together support groups for people whose mental health has been affected by the pandemic and lockdown measures.

The new offices located at Downing Place United Reformed Church were completed in March 2021 and there has been a gradual move of administration facilities there, although no therapy sessions have been undertaken there. It is likely that any face to face sessions will take some time to start up again and will be dependent on the success of the vaccination programme, the relaxing of rules of lockdown and the desire of patients to meet face to face again. The clinical lead became very ill during the year and because of the seriousness of her illness she decided to tender her resignation. She sadly died in July 2021. Another member of staff went on maternity leave and we are so grateful to the members of staff as well as the therapists who worked extra hours to cope with extra workload and at the same time dealing with a pandemic that was unprecedented in modern times.

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

REPORT OF THE TRUSTEES

FINANCIAL REVIEW

Income for the year was £299,500 (2020: £275,364) and Expenditure was £263,936 (2020: £238,777) resulting in net income for the year of £35,564 (2020: £36,587).

Reserves policy

The Trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets ("the free reserves") held by the Charity should be 6 months of expenditure. This takes account of the general shortage of funds for mental health.

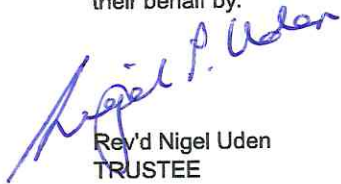
At this level, the Trustees feel they would be able to meet such short term needs of service users in the event of a significant drop in funding. In the event of such an occurrence, it would obviously be necessary to consider how funding would be replaced or activities changed.

At present the free reserves, which amount to £250,278 are adequate.

FUTURE DEVELOPMENTS

The Group Therapy Centre is continuing to provide therapy on-line and could possibly change once some form of normality returns. It is more likely that the Centre will conduct a blend of online and in-person group therapies in the long-term including developing hybrid groups with some patients in-person and some on-line. The CCG have provided funding for AV and IT equipment to enable groups to operate in this way. Going forward, staff are likely to be working a mix of on-site and homeworking. The CCG have also funded a research study to evaluate the impact on patients and staff transferring all our group work to on-line and then moving back to full in-patient groups or some hybrid scheme. It will involve members who currently work for the Centre as well as an external consultant who will run the study. It is expected the results of this study will be published by December 2022. The Centre planned to run an on-line IGA Foundation Course in Group Analysis in September 2021 however the course was cancelled due to Covid. It is hoped to run similar courses in the years ahead. The CCG has also funded for the next 18 months 2 further weekly alone-together group for people whose mental health has been affected by the pandemic and lockdown measures.

The above report has been prepared in accordance with the small companies regime of the Companies Act 2006. It was approved by the trustees on 7 December 2021 and signed on their behalf by:



Rev'd Nigel Uden
TRUSTEE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF ST COLUMBA FOUNDATION incorporating THE GROUP THERAPY CENTRE

I report to the charity trustees on my examination of the accounts of the for the year ended 31 March 2021 which are set out on pages 5 to 11.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').

In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S STATEMENT

Since the charity's gross income exceeded £250,000 your 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 a member of The Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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 accounts to be reached.



Stuart Graham Berriman BFP, FCA, FCCA
Chater Allan LLP
Beech House
4A Newmarket Road
Cambridge
CB5 8DT

Date: 15 December 2021

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

STATEMENT OF FINANCIAL ACTIVITIES including Income and Expenditure Account

		Unrestricted Funds	2021 Total Funds	2020 Total Funds
	Notes	£	£	£
Income from				
Donations and legacies	2	20,030	20,030	410
Charitable activity:				
Grants received	3	215,155	215,155	215,155
Group therapy fees		64,302	64,302	55,787
Other trading activities				
Events		-	-	3,984
Investment income		13	13	28
TOTAL INCOME		<u>299,500</u>	<u>299,500</u>	<u>275,364</u>
Expenditure on				
Charitable activity	4	<u>263,936</u>	<u>263,936</u>	<u>238,777</u>
TOTAL EXPENDITURE		<u>263,936</u>	<u>263,936</u>	<u>238,777</u>
NET INCOME/(EXPENDITURE) and NET MOVEMENT IN FUNDS FOR THE YEAR		35,564	35,564	36,587
Reconciliation of funds				
Total funds brought forward		<u>214,836</u>	<u>214,836</u>	<u>178,249</u>
TOTAL FUNDS CARRIED FORWARD		<u>250,400</u>	<u>250,400</u>	<u>214,836</u>

The Charity's income and net movement in funds relate to continuing activities.

ST COLUMBA FOUNDATION (REGISTERED NUMBER: 07263550)
incorporating THE GROUP THERAPY CENTRE

BALANCE SHEET AS AT 31 MARCH 2021

		2021	2020
	Notes	£	£
FIXED ASSETS			
Tangible fixed assets	6	122	493
CURRENT ASSETS			
Debtors	7	56,099	131,011
Cash at bank and in hand		239,156	95,968
		<u>295,255</u>	<u>226,979</u>
CREDITORS: amounts falling due within one year	8	44,976	12,636
TOTAL NET ASSETS		<u>250,400</u>	<u>214,836</u>
 The funds of the charity:			
Unrestricted funds		<u>250,400</u>	<u>214,836</u>
TOTAL FUNDS		<u>250,400</u>	<u>214,836</u>

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year end 31 March 2021.

The trustees have not required the charitable company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- a) ensuring that the charitable company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006 and
- b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

Approved by the Board of Trustees and signed on their behalf by:



 Rev'd Nigel Uden
 TRUSTEE

Date: 7 December 2021

ST COLUMBA FOUNDATION
incorporating **THE GROUP THERAPY CENTRE**

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

NOTES TO THE ACCOUNTS

1 ACCOUNTING POLICIES

(a) COMPANY STATUS

St Columba Foundation is a company limited by guarantee and registered in England. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the charity information of these financial statements.

(b) BASIS OF PREPARATION OF ACCOUNTS

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006* and UK Generally Accepted Accounting Practice.

(c) GOING CONCERN BASIS

The Trustees consider that the going concern basis is appropriate, having considered the potential impact of the current global pandemic known as COVID-19, as they consider the reserves levels and expected investment income to be at sufficient levels to ensure that the Trustees can meet their financial obligations for the next 12 to 18 months and on that basis the Charity is a going concern.

(d) FINANCIAL REPORTING STANDARD 102 - REDUCED DISCLOSURE EXEMPTIONS

The Trustees have taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102:

- the requirement of Section 7 Statement of Cash Flows.

(e) FUNDS

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

(f) INCOME

All income is included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Income is only deferred when the charity has to fulfil conditions before becoming entitled to it or where the donor has specified that the income is to be expended in a future period.

(g) EXPENDITURE

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

(h) TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

NOTES TO THE ACCOUNTS

1 ACCOUNTING POLICIES - continued

(h) OPERATING LEASES

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor, are charged against income as incurred.

(i) PENSIONS

The charity operates a defined contribution scheme. The pension charge represents the amounts payable by the charity to the funds in respect of the period.

(j) TAXATION

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

2 DONATIONS AND LEGACIES

2021 £	2020 £
Others	30
Downing Place United Reformed Church (note 9)	410
	-
<u>20,000</u>	<u>410</u>
<u>20,030</u>	<u>410</u>

3 GRANTS

	2021 Unrestricted Funds	Total Funds	2020 Total Funds
	£	£	£
Cambridgeshire CPCCG IAPT	30,000	30,000	30,000
IAPT 80	90,000	90,000	87,581
Room hire	-	-	2,976
Psychotherapy	91,655	91,655	91,098
The Pye Foundation	3,500	3,500	3,500
	<u>215,155</u>	<u>215,155</u>	<u>215,155</u>

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

NOTES TO THE ACCOUNTS

4	CHARITABLE ACTIVITY EXPENDITURE	Direct and support costs	2021 Governance costs	Total expenditure	2020 Total expenditure
		£	£	£	£
	Cleaning	-	-	-	1,260
	Clinical supervision	9,323	-	9,323	14,571
	Room hire	1,694	-	1,694	13,709
	Independent examination	-	1,280	1,280	1,500
	Insurance	1,739	794	2,533	2,358
	IT support and consumables	3,522	-	3,522	6,322
	Professional and governance	60	-	60	(480)
	Miscellaneous	2,965	-	2,965	3,842
	Printing, postage and stationery	318	-	318	2,551
	Publicity	-	-	-	509
	Rent (note 9)	20,000	-	20,000	2,000
	Salaries (note 5)	124,951	-	124,951	104,231
	Staff recruitment	-	-	-	3,456
	Subcontracted sessional staff	77,060	-	77,060	59,909
	Staff costs	76	-	76	1,057
	Training	825	-	825	5,256
	Ely and Huntingdon expenditure	-	-	-	663
	Bookkeeping	4,200	-	4,200	4,200
	Subscriptions	924	-	924	419
	Telephone	2,270	-	2,270	1,402
	Travel expenses	26	-	26	4,833
	Relocation	636	-	636	710
	Storage costs	1,660	-	1,660	-
	Depreciation	371	-	371	515
	Bad debts	9,242	-	9,242	3,984
		<u>261,862</u>	<u>2,074</u>	<u>263,936</u>	<u>238,777</u>

ST COLUMBA FOUNDATION
 incorporating **THE GROUP THERAPY CENTRE**

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

NOTES TO THE ACCOUNTS

5 STAFF COSTS

No remuneration was paid to any of the trustees in the year, nor were any expenses reimbursed to them. Trustee insurance of £794 was paid on their behalf (2020 - £655)

The staff costs were:	2021 £	2020 £
Wages and salaries	121,938	98,411
Social security costs	1,726	4,721
Other pension costs	1,287	1,099
	<u>124,951</u>	<u>104,231</u>

The average weekly number of staff employed by the charity during the year was 5 (2020 - 5).

Key management personnel

The total employment benefits including pension contributions of key personnel were £63,019.

No employee earned £60,000 or more.

6 FIXED ASSETS

	Computer Equipment £
Cost b'fwd	14,748
Additions	-
Cost c'fwd	<u>14,748</u>
Depreciation b'fwd	14,255
Charge for year	371
Depreciation c'fwd	<u>14,626</u>
NBV @ 31/03/21	<u>122</u>
NBV @ 31/03/20	<u>493</u>

ST COLUMBA FOUNDATION
incorporating THE GROUP THERAPY CENTRE

ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

NOTES TO THE ACCOUNTS

7	DEBTORS: Due within one year	2021 £	2020 £
	Trade debtors	55,696	129,586
	Other debtors	403	600
	Prepayments	-	825
		56,099	131,011

8	CREDITORS: Due within one year	2021 £	2020 £
	Creditors and accruals	14,976	12,636
	Deferred income	30,000	-
		44,976	12,636

Deferred income:	£
As at 1 April 2020	-
Deferred income recognised in the year	-
Resources deferred during the year	30,000
	30,000
As at 31 March 2021	30,000

Deferred income represents income received for post year-end programmes.

9 RENT

Downing Place United Reformed Church generously allow the Centre to occupy part of their premises rent free. The donation in note 2 and the expense in note 4 represent the estimated market value of that rent which was reviewed for the 2021 accounts.

10 RELATED PARTIES

There were no related party transactions during the year (2020: £nil)