

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

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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-Quay
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
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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).

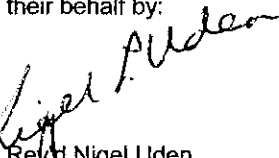
Reserves policy

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:


Ref: 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.

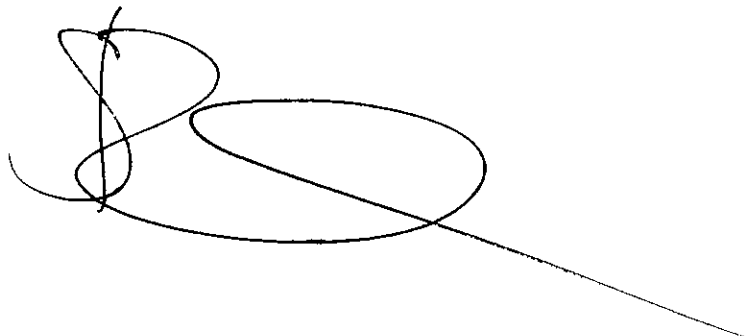
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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.

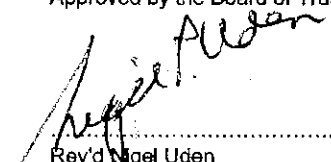
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year end 31 March 2023.

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:

- 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: 26 September 2023

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

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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	124,894	124,894	120,000
Psychotherapy	101,651	101,651	96,952
The Pye Foundation	3,500	3,500	3,500
	<u>230,044</u>	<u>230,044</u>	<u>220,452</u>

ST COLUMBA FOUNDATION
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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
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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	-
		<u>17,550</u>	<u>6,907</u>
8	CREDITORS: Due within one year	2023 £	2022 £
	Creditors and accruals	23,903	14,747
	Deferred income	-	10,889
		<u>23,903</u>	<u>25,636</u>
	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	<u>-</u>	
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)		