

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

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TRUSTEES	John Chaplin Helen Christy Jennifer Jacobsberg Timothy Sharp Asha Praseedom Helen Bull Rev'd Nigel Uden Ann Hughes Sue Greenland
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SECRETARY	Jennifer Jacobsberg
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REGISTERED OFFICE	3 Downing Place Cambridge CB2 3EL
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COMPANY REGISTRATION NUMBER	07263550
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CHARITY REGISTRATION NUMBER	1136632
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INDEPENDENT EXAMINER	Stuart Berriman Chater Allan LLP 7 Quay Court Colliers Lane Stow-cum-Quay Cambridgeshire CB25 9AU
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BANKERS	Lloyds Bank plc 3 Sidney Street Cambridge CB2 3HQ
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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.

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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
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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.

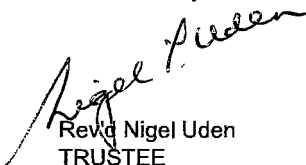
FUTURE DEVELOPMENTS

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:


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 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-Quy
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		293,255	293,255	280,939
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

		2024	2023
	Notes	£	£
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.

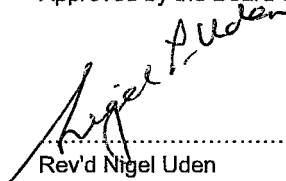
The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year end 31 March 2024.

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:

- 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: 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

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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
Downing Place United Reformed Church (note 9)	788
19,600	20,000
20,016	20,788

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
	241,500	241,500	230,044

ST COLUMBA FOUNDATION
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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
		<u>331,256</u>	<u>2,254</u>	<u>333,510</u>	<u>300,136</u>

ST COLUMBA FOUNDATION
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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	<u>2,104</u>
Cost c'fwd	<u>27,041</u>
Depreciation b'fwd	20,114
Charge for year	<u>3,785</u>
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
		<u>36,688</u>	<u>17,550</u>

8	CREDITORS: Due within one year	2024 £	2023 £
	Creditors and accruals	17,731	23,903
	Deferred income	10,480	-
		<u>28,211</u>	<u>23,903</u>

Deferred income:	£
As at 1 April 2023	-
Deferred income recognised in the year	-
Income deferred during the year	<u>10,480</u>
As at 31 March 2024	<u>10,480</u>

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)