

Registered Charity number: 1140721
Registered Company number: 7407329

Help Counselling Centre

Report and accounts

Year ending 31 March 2021

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Trustees Report

Introduction

The trustees present their annual report and accounts for the year ended 31 March 2021.

The board of trustees, notwithstanding the impact of the Covid 19 pandemic upon our activities, are satisfied with the performance of the charity during the year and the position as at 31 March 2021 and consider that the charity is in a strong position to continue its activities and meet its obligations.

Name, registered office and constitution of the charity

The full name of the charity is HELP COUNSELLING CENTRE.

The legal registration details are:

Date of incorporation	14 October 2010
Company registration number	7407329
Registered office	9 Orme Court, London, W2 4RL
Charity registration number	1140721

Key Management

The Trustees consider all staff and the Board of Trustees to comprise the key management personnel of the Charity in charge of directing and controlling, running and operating the Charity on a day to day basis. All Trustees give of their time freely.

The Trustees also confirm that they have had due regard to the guidance on Public Benefit issued by the Charity Commission.

Objectives, Activities, Performance and Future Plans

Help Counselling's vision is to create a community where adults suffering from a mental health problem can access the support they need to lead an independent, fulfilling life.

Our mission is to provide affordable, individual counselling for those on low incomes in the local community; as part of this we work to tackle the shortage of qualified counsellors in our community by also providing a structured and supportive learning environment for trainees.

Our values are:



We welcome working with adults that live in our local community. We are not restricted to a particular mental health problem.



Compassion helps people feel heard and understood. We aim to support social, economic, physical, spiritual and economic well-being.



We believe that everyone has the potential to achieve personal fulfilment. Our counsellors strive to provide each client with their own ability to make informed choices about their lives.



Our charity strives for high standards and our service is conducted with openness, kindness, honesty and accountability.



We work with other local organisations and the NHS services to achieve a more holistic approach to mental health provision within our local community.

Trustees Report (cont.)

We are a small Charity that has been quietly changing lives in a big way for 50 years. Unlike many counselling services, we can provide up to 55 sessions of counselling for some of our clients with higher needs. This option of long-term care provision allows our clients to process difficult and complex issues and work towards the best resolution and coping mechanisms possible. Until December 2020 we were at the heart of the Royal Borough of Kensington & Chelsea and the tri-borough (Kensington & Chelsea, Westminster and Hammersmith & Fulham) community from our centre on Portobello Road. At this time the lease on our offices expired and as there was no immediate prospect of returning to face to face consultations due to the Covid crisis we decided not to renew our lease but continue with our online consultations only. We now have a small administrative office in Orme Court, W2.

By June 2020 it was becoming clear that the Covid 19 crisis was showing no signs of abating and we realised that the only way to continue treatments was to offer online consultations. We decided to build up the number of consultations slowly so that both clients and counsellors could learn how to operate in an online environment. However, in the short term this approach had a severe impact upon the number of sessions we could normally offer and consequently the level of client donations.

Our counselling service is unique in not having restrictions on the type of mental health issues we support - we help everyone over the age of 18 that can access the service and who would not be better served by psychiatric treatment. We are also one of the only services in the city offering the option of long-term counselling.

Due to long waiting times and only being able to access 6-12 sessions (short term) counselling on the NHS, more people are coming through our service. The most common presenting issues for our clients coming to counselling are: depression and/or anxiety, family/relationships/life changes and abuse/trauma. We regularly receive referrals from local NHS services, through local voluntary sector services, by family and friends that have previously accessed our service, by finding us online and (until December 2020) by walking past us on Portobello Road. The various ways we receive referrals illustrates the importance of our service as well as how trusted we are to support individuals with their mental health.

We often hear from our clients that there is no other counselling agency like Help. We pride ourselves on offering a warm, secure environment for our clients. Going the extra mile for clients, who are often isolated and unsupported; who have experienced pain, suffering, trauma or neglect and may be struggling on a daily basis, with low self-worth, anxiety or depression is just one way that we can have a positive impact on the lived experience of our clients.

Help is of course also a respected counselling placement for trainee counsellors and we take just as much care with our therapists, as we do with our clients. We recruit our trainees from a wide range of prestigious training organisations throughout the London area. Although we offer our clients, an integrative therapeutic approach to general counselling, our therapists and our in house supervisors, are trained in a variety of theoretical models, from Gestalt to Transactional Analysis and from the Psychodynamic to the Transpersonal. This eclectic mix, offers our trainees the unique opportunity to gain knowledge of counselling approaches other than their own, supplementing and complementing their skill set.

Trainees are working their way to complete their British Association for Counselling and Psychotherapy (BACP) or United Kingdom Council for Psychotherapy (UKCP) registration. We provide a supportive, structured and caring environment for our trainee counsellors. This includes bi-weekly supervision sessions to support their learning and practical experience. Our aim is to contribute towards training high calibre counsellors for the future.

Some trainees come to Help for their initial placement and we have the responsibility to match them with their first ever clients. Others join Help, further along in their training, at a point where they are ready to work with more complex presenting issues, from the diverse client base that only a community based, low cost counselling service like Help can accommodate.

Post qualification, many of our counsellors choose to stay on at Help to volunteer, while others move swiftly in to private practice, or to jobs within mental health organisations and settings. While we're always sad to see them go, we take pride in the quality of our ongoing relationships with our Help alumni.

All clients are asked to make a financial contribution towards the cost of their counselling. This was based on a sliding scale according to their annual income.

Trustees Report (cont.)

In this regard we are extremely grateful to an anonymous donor for their donation of £17,462 in 2019 towards the cost of implementing a new client management system (of which £2,645 was utilised this year), Karen Roux for her donation of £3,000, the Daisy Trust for their donation of £1,000, the Medicor Foundation for their donation of £150,000 in 2019, £60,000 of which was paid in December 2019 and a further £60,000 during 2020/21, Caring as One who gave £1,515, The Sutton Place Foundation who gave £1,000 and The Smith Foundation who gave £3,000. In addition we would like to thank David Leech for his donation of £40, Christina Maurice Jones for her donation of £50 and those who donated via one of the online donation

Mr Robert Haas, a local resident who became interested in supporting Help Counselling as a result of the Grenfell fire, provided an introduction to a European funder, Medicor Foundation. In December 2019 Help Counselling was informed that our continued charitable efforts resulted in an award of £150,000 donation from Medicor Foundation as a special project. This was to be paid in a number of instalments of which £60,000 was paid in December 2019 and a further £60,000 during 2020/21. Without this contribution and the the donations detailed above it would not have been possible for Help to continue operations and we are extremely grateful for this support.

Our charity's future purpose is to sustain and build further our on-line counselling service and return to face to face counselling sessions when it is safe to do so. This is something that the training colleges are pressing for as are some of our clients.

Our key objectives to achieve this purpose include:

1. Maximising our capacity for our counselling sessions, thus increasing client contributions
2. Implementing a solid business plan aimed at the long-term sustainability of the charity.
3. Recruiting new counsellors and supervisors
4. Process improvement
5. Raising Help's profile in the tri-borough areas and beyond
6. Broadening our fundraising streams to include a mixed portfolio of funders

Structure, governance, and management

The organisation is a charitable company limited by guarantee incorporated on 14 October 2010. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Trustees are appointed by the board of trustees and serve for three years, after which period they may put themselves forward for re-appointment. The Board has an on-going process of recruiting new trustees and a recruitment procedure that includes an interview to establish the skills and time that any new trustees can offer to the charity, and subsequent discussion at a meeting of the Board of Trustees. Each new trustee is given an induction pack which includes details of the charity's background, a copy of the constitution, and relevant publications prepared by the Charity Commission.

The charity has a board of trustees that meets regularly to agree the broad strategy and areas of activity for the charity.

Risk Assessment

The Trustees have examined the major risks that the charitable company faces and in their opinion adequate systems have been established so that the necessary steps can be taken to lessen these risks.

One of the major risks to which the Charity is exposed to is the loss of large grants from Trusts and Foundations, and it is for this reason that the Trustees have borne this risk in mind and set a reserves policy which covers approximately three months expenditure.

Financial review

The Statement of Financial Activities shows net (outgoing) resources of £(43,058) (2020: net incoming resources of £12,010).

The financial statements are set out on pages 9 to 18 and the board of trustees consider the financial performance of the charity during the year to have been satisfactory.

At the end of the year, the charity had unrestricted reserves of £68,048 (2020 £111,106) and restricted reserves of £0 (2020: £0). Total reserves at the year-end were £68,048 (2020: £111,106).

Trustees Report (cont.)

The primary funding sources during the year have comprised grants, private donations and associated gift aid, and client contributions.

The majority of the charity's expenditure during the year was incurred in respect of salaries, rent, and supervision expenses.

Volunteer CEO

The name of the CEO, to whom day to day management of the charity is delegated by the charity trustees, is Moira Maguire. She resigned from the Board and became Volunteer CEO of the charity on 1 May 2019 but became Chair on 1 September 2020.

Board of Trustees

The members of the Board of Trustees of the charity during the year ended 31 March 2021 were as follows:

Name	Office (if any)	Date acted if not for whole year
Moira Maguire	CEO	Appointed Chair 1 September 2020
Katie Dias	Chair	Resigned 1 July 2020
Timothy Neill	Treasurer	
David Leech		
Sara Mormino		Appointed 10 August 2020
Jason Nash		Appointed 10 August 2020
Ke-Wei Orly		Appointed 10 August 2020
Simon Wardle		Appointed 10 August 2020
Hallie Heeg		Appointed 1 October 2020
Love Oyeniran		Resigned 1 July 2020
Laura Birkinshaw		Resigned 12 October 2020

All trustees/directors are members of the charity.

Post balance sheet events

There is nothing to report.

Statement of directors' and trustees' responsibilities

This report of the trustees is a directors' report as required by s.417 of the Companies Act 2006. All of the trustees of the company are also directors of the company, and their responsibilities include all the responsibilities of trustees under the Charities Acts and of directors under the Companies Acts.

The Charities Acts and the Companies Acts require the board of trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements, the Board is required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business; and
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.

The trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act.

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.

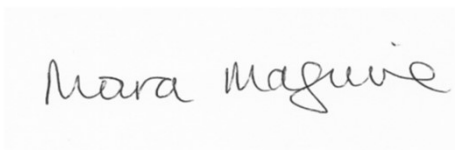
The trustees are also responsible for the contents of the trustees' report.

Trustees Report (cont.)

Method of preparation of accounts

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

This report was approved by the board of trustees on 10 December 2021

A handwritten signature in black ink, reading "Moira Maguire", is displayed on a light grey rectangular background.

Moira Maguire
Director and Chair of the Board of Trustees

Independent examiner's report

Respective responsibilities of trustees and examiners

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under s.144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act; and
- To state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that, in any material respect, the requirements to keep accounting records in accordance with s.130 of the Charities Act and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Kardooni Consulting Limited

10 December 2021

Statement of Financial Activities for the year ended 31 March 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Last year total funds 2020 £
Incoming resources					
Incoming resources from generated funds:					
Voluntary income		66,387	-	66,387	67,035
Activities for generating funds		-	-	-	240
Investment income	6	8	-	8	60
Incoming resources from charitable activities		37,911	-	37,911	91,864
Miscellaneous Income		163	-	163	-
		-----	-----	-----	-----
Total incoming resources		104,469	-	104,469	159,199
Resources expended					
Costs of generating funds:					
Costs of generating voluntary income		2,912	-	2,912	1,127
Fundraising costs		3,150	-	3,150	9,659
Charitable activities		56,125	-	56,125	77,687
Governance costs		1,129	-	1,129	1,199
Other resources expended		84,211	-	84,211	57,517
		-----	-----	-----	-----
Total resources expended		147,527	-	147,527	147,189
		-----	-----	-----	-----
Net incoming/(outgoing) resources before transfers		(43,058)	-	(43,058)	12,010
Gross transfers		-	-	-	-
Other recognised gains and losses		-	-	-	-
		-----	-----	-----	-----
Net movement in funds		(43,058)	-	(43,058)	12,010
Total funds brought forward		111,106	-	111,106	99,096
		-----	-----	-----	-----
Total funds carried forward		68,048	-	68,048	111,106
		=====	=====	=====	=====

Income and Expenditure account

	Notes	2021 £	2020 £
Turnover		104,461	159,139
Direct costs of turnover		(146,398)	(145,990)
Gross (deficit)/surplus		(41,937)	13,149
Governance costs		(1,129)	(1,199)
Operating (deficit)/surplus		(43,066)	11,950
Interest receivable	6.	8	60
(Deficit)/surplus on ordinary activities before tax		(43,058)	12,010
Tax on profit on ordinary activities		-	-
Retained (deficit)/surplus for the financial year		(43,058)	12,010
		=====	=====

Statement of total recognised gains and losses

	2021 £	2020 £
Excess/(Shortfall) of income over expenditure before realisation of assets	(43,058)	12,010
Realised/unrealised gains/(losses) on investments	-	-
Net movement in funds before taxation	(43,058)	12,010
	=====	=====

Balance sheet as at 31 March 2021

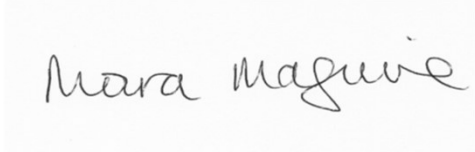
	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Last year total funds 2020 £
Fixed assets	9.	1,531	-	1,531	1,800
Current assets					
Debtors and prepayments	10.	101	-	101	12,344
Cash at bank and in hand		74,867	14,817	89,684	119,644
Total current assets		74,968	14,817	89,785	131,988
Creditors					
Amounts due within one year	11. & 12.	(8,451)	(14,817)	(23,268)	(22,682)
Net current assets/(liabilities)		66,517	-	66,517	109,306
Total assets less current liabilities		68,048	-	68,048	111,106
Funds of the charity					
Unrestricted funds		68,048	-	68,048	111,106
Restricted income funds	12.	-	-	-	-
Total funds		68,048	-	68,048	111,106

The accounts have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under s.477 of the Companies Act 2006 and that no members have required the company to obtain an audit in accordance with s.476 of the Companies Act 2006.

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

The notes on pages 12 to 18 form an integral part of these accounts.



Moira Maguire
Director and Chair of the Board of Trustees
Approved by the trustees on 10 December 2021

Notes to the accounts

1. Accounting policies

Basis of preparation of the accounts

The financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE), effective April 2008, and all other applicable accounting standards, as modified by the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, effective April 2005 (revised June 2008). The accounts have been drawn up in accordance with the provisions of the Charities (Accounts and Reports) Regulations 2008 and the Companies Acts, and include the results of the charity's operations which are described in the Trustees' Report.

In so far as the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales (revised June 2008) requires compliance with specific Financial Reporting Standards other than the FRSSE, then the specific Financial Reporting Standards have been followed where their requirements differ from those of the FRSSE.

Advantage has been taken of Section 396(5) of the Companies Act 2006 to allow the format of the financial statements to be adapted to reflect the special nature of the charity's operation and in order to comply with the requirements of the SORP.

The charity has taken advantage of the exemption in the FRSSE from the requirement to produce a cash flow statement.

The particular accounting policies adopted are set out below.

Accounting convention

The financial statements are prepared on a going concern basis under the historical cost convention.

Incoming resources

Incoming resources are included in the Statement of Financial Activities when:

- The charity becomes entitled to the resources;
- The trustees are virtually certain they will receive the resources; and
- The monetary value can be measured with sufficient reliability.

Where incoming resources have related expenditure (as with fundraising), the incoming resources and related expenditure are reported gross in the Statement of Financial Activities.

Grants and donations

When the charity receives grants and donations which are to be used for a specific purpose, referred to as restricted funds, the costs allocated against such income relate specifically to the purpose to which the funds are to be used. To the extent that general overhead costs incurred relate to the purpose to which funds are to be used, such costs are allocated as a fair proportion of the total costs incurred based on the trustees' estimate.

Tax reclaims on donations and gifts

Incoming resources from tax reclaims are included in the Statement of Financial Activities at the same time as the gift to which they relate.

Donated services and facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable, and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the Trustees' Report.

Investment income

This is included in incoming resources when receivable.

Notes to the accounts (cont.)

Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance costs

Include costs of the preparation and examination of the statutory accounts, the costs of trustee meetings, and cost of any legal advice to trustees on governance or constitutional matters.

Tangible fixed assets for use by the charity

Tangible fixed assets are capitalised if they can be used for more than one year and cost at least £500. They are stated at cost less accumulated depreciation.

Depreciation is provided at rates calculated to write off the cost of the asset, less any estimated realisable value on disposal, over the useful economic life of the asset. Depreciation is applied on a straight line basis using the following rates:

Leasehold fixtures and fittings	Over the life of the relevant lease.
Office equipment	5 years on a straight line basis

Taxation

As a registered charity, the company is exempt from income and corporation tax to the extent that its income and gains are applicable to charitable purposes only. Value Added Tax is not recoverable by the company and is therefore included in the relevant costs in the Statement of Financial Activities.

Funds structure policy

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

2. Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

3. (Loss) (2020: Surplus) for the financial year

	2021 £	2020 £
This is stated after crediting:		
Turnover from ordinary activities	104,461	159,139
And after charging:		
Rentals under operating leases	21,915	28,500
Depreciation	1,909	2,400

4. Statement that no expenses were paid to trustees or connected persons

No expenses were paid to trustees or persons connected with them.

5. Detailed analysis of certain transactions required by the 2005 revision to the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales (effective April 2005)

Various items of support costs and charitable expenditure which are required by the 2005 revision to the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales (effective April 2005 and revised in June 2008) to be disclosed in the notes to the accounts are set out in the Detailed Schedule to the Statement of Financial Activities, which should be read together with these notes.

Notes to the accounts (cont.)

6. Investment income

2021	2020
£	£

Bank deposit interest received	8	60
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7. Staff costs and emoluments

2021	2020
£	£

Gross wages, salaries, and benefits in kind	73,334 (*)	51,419
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Employer's National Insurance and pension contributions	4,564	2,376
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	77,898	53,795
	=====	=====

Numbers of full time employees or full time equivalents

- Engaged on charitable activities	2	2
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* - This amount is net of £2,876 received under the Covid Furlough Arrangements

8. Trustees' remuneration

Neither the trustees nor any persons connected with them have received any fees or other remuneration, either in the current year or the prior year.

9. Tangible fixed assets

Fixtures and fittings	Office equipment	Total
£	£	£

Cost

At 1 April 2020	12,000	-	12,000
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Additions	-	1,640	1,640
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Disposals	(12,000)	-	(12,000)
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At 31 March 2021	-	1,640	1,640
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Accumulated depreciation

At 1 April 2020	10,200	-	10,200
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Charge for the year	1,800	109	1,909
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Disposals	(12,000)	-	(12,000)
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At 31 March 2021	-	109	109
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Net book value at 31 March 2021	-	1,531	1,531
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	=====	=====	=====
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Net book value at 1 April 2020	1,800	-	1,800
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	=====	=====	=====
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Notes to the accounts (cont.)

10. Debtors

	2021 £	2020 £
Amounts falling due within one year:		
Sundry Debtors	101	101
Accrued income	-	243
Lease deposit	-	12,000
	-----	-----
	101	12,344
	=====	=====

11. Creditors

	2021 £	2020 £
Other creditors and accruals	6,125	4,358
PAYE and National Insurance Contributions	1,791	672
Pension Contributions	435	190
	-----	-----
	8,351	5,220
	=====	=====

12. Restricted funds

Fund name	Note	Balance brought forward £	Incoming resources £	Outgoing resources/ Allocated costs £	Balance carried forward £
Anonymous	a.	-	2,645	(2,645)	-
		-----	-----	-----	-----
Total restricted funds		-	2,645	(2,645)	-
		=====	=====	=====	=====

- a. In the year ended 31 March 2020 £17,462 was given by an anonymous donor towards a hardware and software upgrade project that commenced in 2020/21. These funds will be credited to the Income account as utilised.

13. Share capital

The charity is incorporated under the Companies Act 2006 and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter. Each director is also a member of the company.

Detailed statement of financial activities

This schedule is an intrinsic part of the accounts required to comply with the 2008 Revision of the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, effective April 2008. However, it is not part of the statutory accounts required under the provisions of the Companies Act 2006 in relation to incorporated charities.

Analysis of incoming resources

	2021 £	2020 £
Voluntary income		
Online donations	2,187	3,544
External funding and grants	64,160	62,991
Private donors	40	500
	-----	-----
Total	66,387	67,035
	=====	=====

Activities for generating funds

Room rental and workshops	-	180
	-----	-----
Total	-	180
	=====	=====

Investment income

Interest income	8	60
	-----	-----
Total	8	60
	=====	=====

Incoming resources from charitable activities

Client donations	29,861	89,714
Donations and Legacies	8,050	2,150
	-----	-----
Total	37,911	91,864
	=====	=====

Incoming resources from charitable activities

Other Income	163	-
	-----	-----
Total	163	-
	=====	=====

Total incoming resources

	-----	-----
104,469	159,139	
=====	=====	

Detailed statement of financial activities (cont.)

This schedule is an intrinsic part of the accounts required to comply with the 2008 Revision of the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, effective April 2008. However, it is not part of the statutory accounts required under the provisions of the Companies Act 2006 in relation to incorporated charities.

Analysis of resources expended

	2021 £	2020 £
Costs of generating voluntary income		
IT and website costs	594	-
Bank charges	278	827
	-----	-----
Total	872	827
	=====	=====
Fundraising trading costs		
Advertising and Promotional	2,040	-
Cost of Workshops	-	300
Fundraising costs	3,150	9,659
	-----	-----
Total	5,190	9,959
	=====	=====
Charitable activities		
Office supplies and petty cash	1,527	2,443
Telephone and internet	2,338	2,441
Supervision expense	14,097	30,700
Training and professional memberships	373	1,407
Rent	21,915	28,500
Room hire	-	1,316
Utilities	722	972
Council tax and rates	3,064	4,353
Legal and professional fees	6,701	253
Insurance	1,156	1,396
Repairs and maintenance	2,140	334
Waste disposal and cleaning	183	1,172
Depreciation	1,909	2,400
	-----	-----
Total	56,125	77,687
	=====	=====

Detailed statement of financial activities (cont.)

This schedule is an intrinsic part of the accounts required to comply with the 2008 Revision of the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, effective April 2008. However, it is not part of the statutory accounts required under the provisions of the Companies Act 2006 in relation to incorporated charities.

Analysis of resources expended (continued)

	2021 £	2020 £
Governance costs		
Trustee insurance	629	615
CRB checks	500	584
	-----	-----
Total	1,129	1,199
	=====	=====
Staff costs		
Gross wages, salaries, and benefits in kind	73,334	51,419
Employers' National Insurance and pension contributions	4,564	2,376
Temporary staff	2,113	3,722
Recruitment Fees	4,200	-
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Total	84,211	57,517
	=====	=====
Total expended resources	147,527	147,189
	=====	=====