



**Marches Counselling Service**

# **ANNUAL REPORT 2020 - 2021**

Marches Counselling Service, 57 St Owen Street, Hereford, HR1 2JQ Tel: 01432 261493  
Registered Charity No. 1140780 Company No. 7471763

## ***Trustees Introduction***

*This year has seen many changes. Although there have been difficult and challenging experiences, we are pleased to be entering another 5 years of accreditation with the BACP, with staff newly trained and experienced in working remotely. This has not come easily, and we are grateful for the way in which all our staff embraced new working practices, and perhaps most importantly the need for rigorous health and safety precautions. We are especially grateful that to date there has been no linking of covid19 infection with our service.*

*However, the social and economic climate which has resulted from the pandemic creates new pressures for the service. Some we might see as eventually becoming creative, but for the time being the UK is experiencing the number of individuals living with depression almost doubling (OFNS June 2020), and the prescribing of anti-depressants has reached an unprecedented high – 4 million more than in 2019, costing the country an additional £113 million at a time when the economy is shrinking.*

*“The rising prescription costs for ADs during COVID-19 pandemic is a potential cause of concern and highlights an urgent need for mental health interventions in the country. In particular, the increasing use in adolescents and younger adults needs attention, who are at a higher risk of life-threatening adverse drug reactions.”*

*Not only weight gain, but violence, akathisia, and suicidal thoughts are the commonly reported side-effects of anti-depressants, particularly in adolescents and young adults. A review based on the data submitted to the Medicines and Healthcare products Regulatory Agency (MHRA) showed an increased rate of suicide during early treatment with anti-depressants, particularly SSRIs. Similarly, a meta-analysis of 100,000 patients using anti-depressants concluded that the risk of suicide doubled in children and adolescents. (<https://doi.org/10.1007/s40199-021-00390-z> / Published online: 13 March 2021 D)*

*Particularly at this time, with fears around infection and the consequent reduction of much face to face contact with support agencies, drugs have been the treatment of choice for many hard-pressed GPs. Drugs have been the mainstay of psychiatric treatments since the 1950s. It is still assumed that the major types of drug used in psychiatry work to reverse, or partially reverse, underlying disease progress in a ‘disease-centred’ model, yet an All-Party Parliamentary Group for Prescribed Drug Dependence found little evidence to support this. They concluded that where psychiatric drugs produce helpful effects, they are best thought of as a temporary tool or coping mechanism that can be a precursor to psychological change. (2019)*

*As a service providing psychological therapies, which has continued to see the most vulnerable face-to-face where remote work has not been possible, we know this to be so. Unsurprisingly, there has been an increasing demand for our service. The challenge in meeting this over coming years will not be simply logistical, but also stretch us financially. The success of fundraising over the past 18 months will need to be duplicated as we move forward if we are to continue to support the most disadvantaged in our community.*

*This past year has shown us that the commitment to do so is strong. Our thanks to all who have been involved.*

## OUR SERVICE

*“Counselling helped clarify my mind, cleared the jumble of thoughts of anxieties, and showed me the way forward. I was in a very bad place last year, both physically and mentally. I now feel strong, calm and able to control my future.”*

*“Being able to look at the past and put it in order. Knowing someone was going to be there I could hold onto feelings and then discuss them. Think more clearly.”*

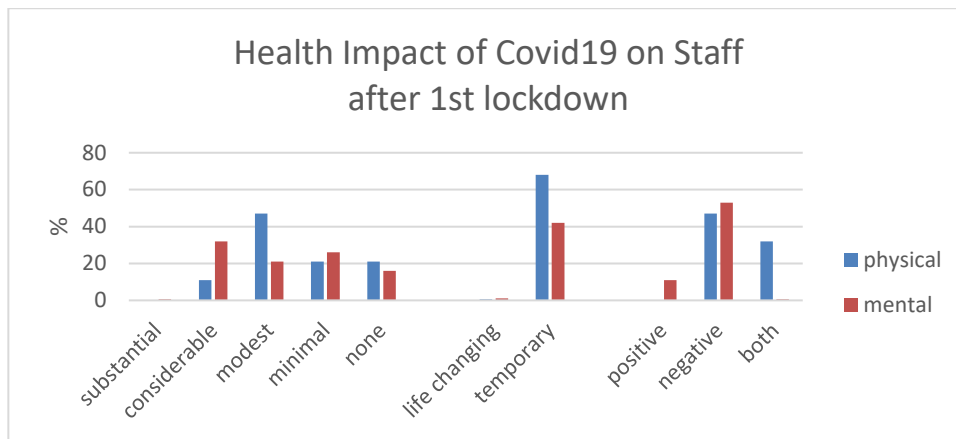
*“Everyone I've had contact with has been understanding and helpful. I feel I've made a huge amount of progress with the counsellor's support.”*

A recent Healthwatch survey in Herefordshire indicated people's frustration with difficulty in accessing mental health services, in particular being able to see someone face to face. Apart from the first lockdown, over the year MCS has provided face to face contact for vulnerable people where remote working was inappropriate or impossible. The majority of those who have been seeking referral with us over past months are asking to be seen in person. This in part reflects the absence of in-person contacts from other services, often generating more anxiety. Over the first lockdown we supported our staff to train in remote working, and have been fortunate that most have now also returned to face to face therapy. This is important as research studies have clearly indicated that one of the most important factors for success is the relationship with the therapist.

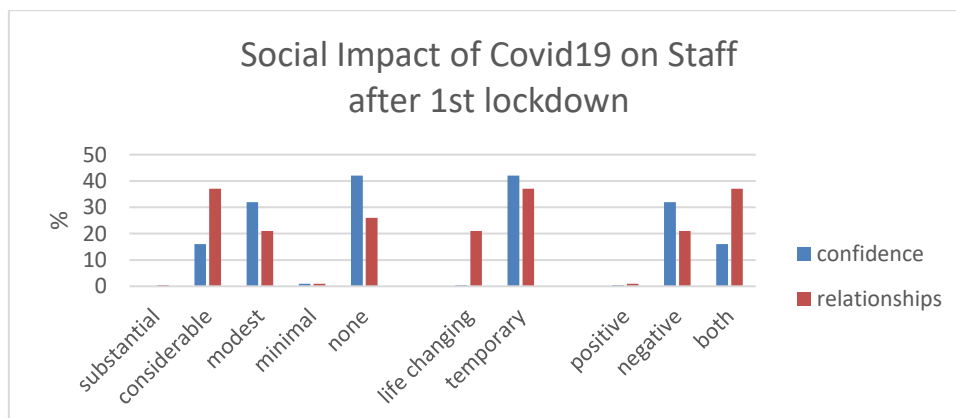
### **Impact of the pandemic upon staff**

Obviously, it has not all been plain sailing. The sudden change to a remote way of working, either by telephone or internet platform, created challenges in providing appropriate guidelines for staff and collecting standard data needed to monitor the service. BACP, and the training organisations involved with some of our counsellors, were themselves struggling. Therapists were faced with keeping up with changing protocols and documentation necessitated by the new health and safety guidelines, which could change at any time. Sadly, this meant that we did not obtain complete data sets from all who came to us for support. Understandably, priorities sometimes meant that only limited time was spent chasing data and it has taken time to establish new procedures. We were fortunate that the six months support from the Coronavirus Community Fund underwrote our paying a homeworking fee to staff when working remotely, which we have continued. Although we are confident that we are now moving forward with appropriate systems in place, it has highlighted for us the need to update our I.T. systems as soon as possible, to both relieve pressure upon staff and facilitate monitoring.

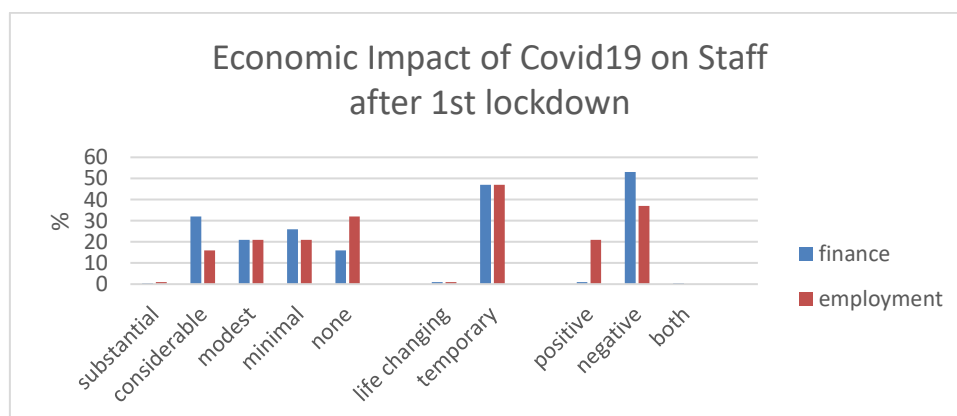
An additional piece of data collection has been monitoring the impact of the pandemic upon those who have come to us for support. Data collection here is ongoing. We also recognise that our staff have not been immune to the practical and emotional challenges of this past year. Relationships with clients are not the only area to suffer, there are also the personal. A number of staff members are caring for elderly relatives, disabled family members, or children, from babies to teenagers. They have real personal experience of the vulnerabilities which have been highlighted in this pandemic. The following charts which illustrate staff experience look at areas which have been highlighted as important for understanding the impact of the virus.



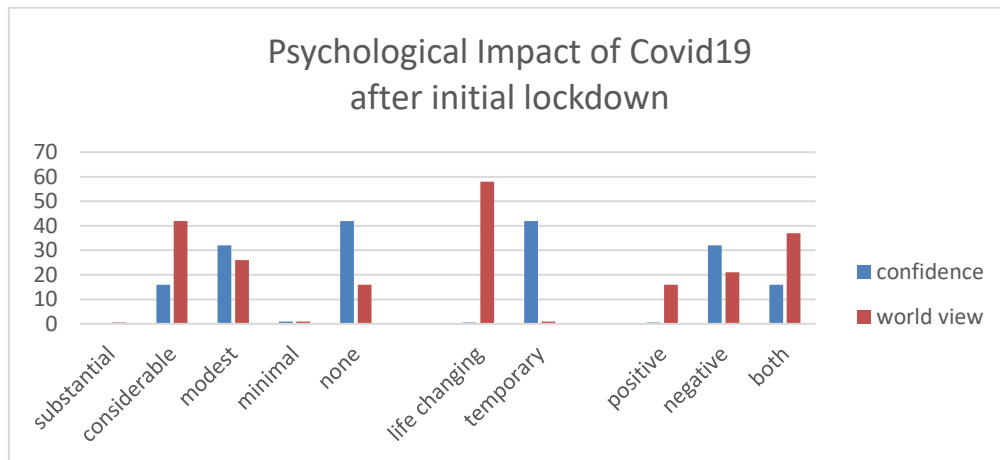
Aside from people's physical health, concern has grown about mental health and the long-term psychological impact which both economic and social constraints will have. Those working with people struggling with their mental health in this environment are also experiencing additional challenges. With a pandemic, the anxiety and fears which have arisen for many, particularly those with pre-existing mental health issues, can resonate for those working with them as no one is immune. We were grateful that the Wye Valley Trust considered our staff front-line workers and as such eligible to receive the vaccine earlier than might otherwise have been the case.



Many of our staff are volunteers, often holding jobs in other areas of the community such as schools and social support. Apart from the increased stress this means they are carrying, they may themselves be in low paid or temporary work situations.



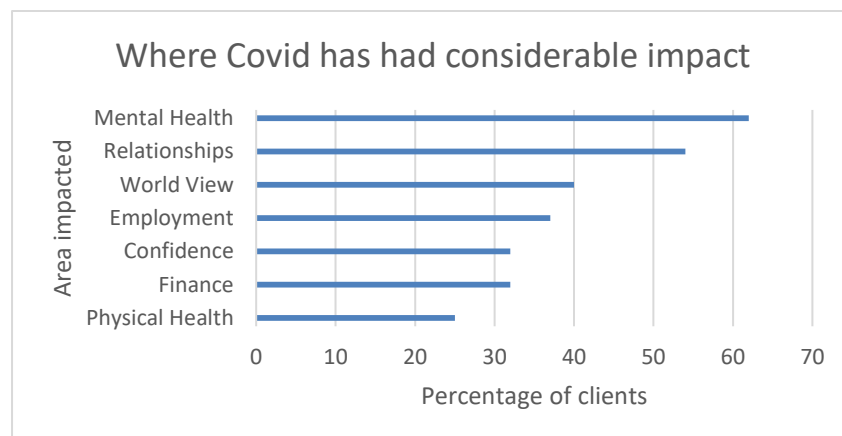
That many of our staff were able to find positive ways of relating to the changes is a testimony to their resilience. Indeed, when we look at the impact upon their world view following these experiences, we see that many have found it life-changing in positive ways.



It is clear that our staff are able to draw upon their lived experience of the pandemic itself, as well as their understanding of how trauma impacts people. We are proud that when many have been questioning what is valuable to them in life and often life-work balance, our staff have maintained their commitment to the work they do within MCS, some even finding extra time and energy to help the organisation work through the practical challenges to its existence.

### Client experience

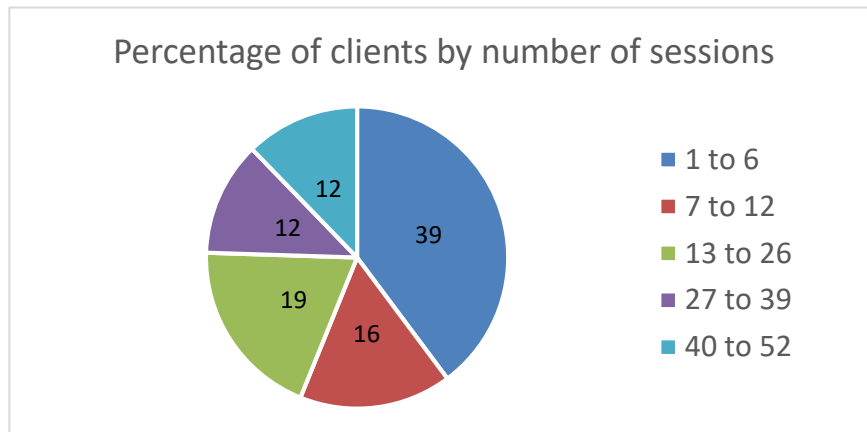
We have initial data from clients on the impact of the pandemic.



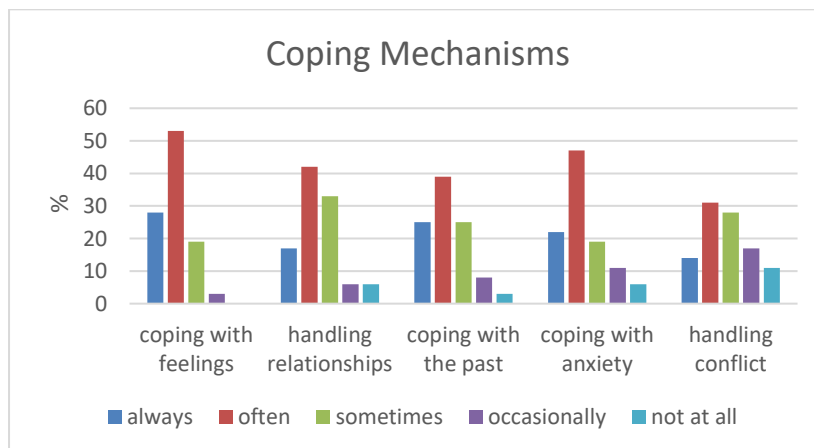
It is interesting that outside of mental health, the area most affected by those initially seeking our support was relationships. We have always recognised that social and cultural factors are an integral part of mental health, a position being recognised more widely now. We can only wait and see as time goes on whether those coming to us will be from the more deprived areas of the county, of which we have in many in Herefordshire, and other areas such as finance will come to the fore. We are conscious that as a charity trying to reach out to these areas we will need to call upon the financial resources of the wider community. Certainly, many more in the country, and indeed the wider global community, are recognising that responsibility for change lies not just within the individual. Working in the field of therapy enables us to make a

contribution to the development of the resilience of those who come to us, and by association the strength of the wider community.

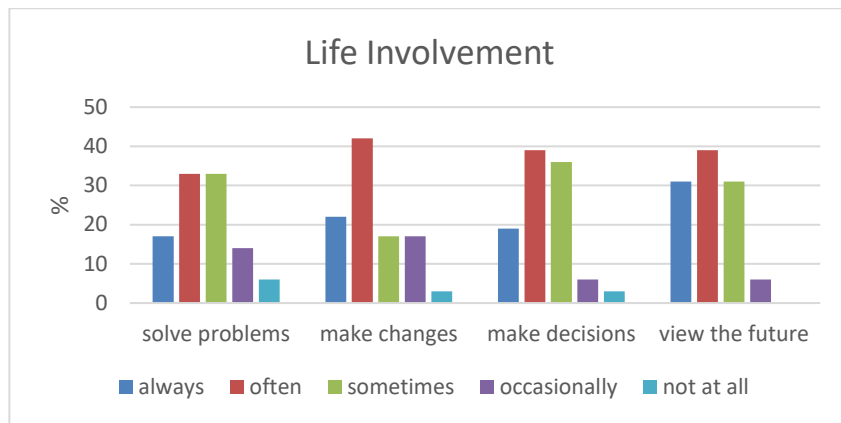
Over this past year, when one might have expected people to be cutting short the number of their therapy sessions because of practical restraints, this does not seem to have been the case. If anything, we seem to have a rise in the number of people staying longer in therapy. To some extent this may reflect the complexity of the issues people now bring the service, with support through the mental health services becoming more difficult.



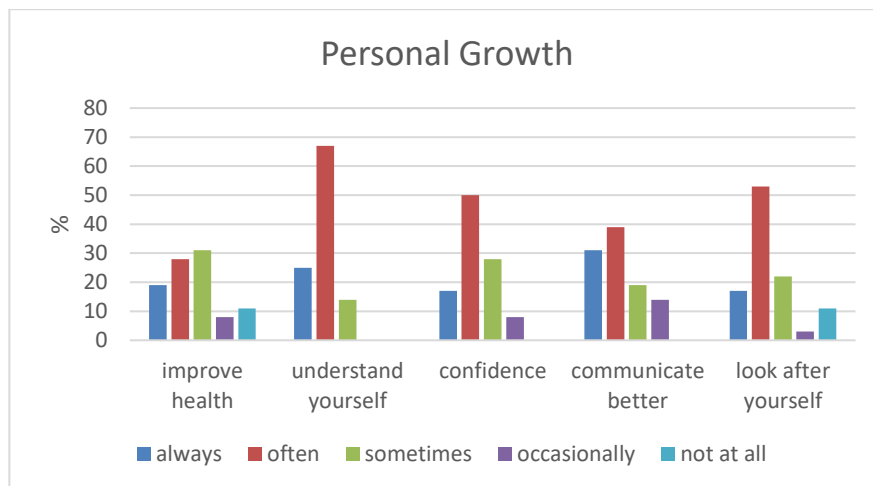
The areas where clients felt real benefit were many. We have looked at their feedback and the charts below focus upon three main areas: their coping mechanisms, their sense of involvement with life, and an awareness of personal growth. We present these latter more qualitative responses as they demonstrate where our service, with its openness to long-term and exploratory work, often differs from a more medical model of symptom reduction.



In looking at the data in these tables it is important to realise that when a client has said that they were not helped at all in a particular area, it may mean that this was not an area which had troubled them previously, rather than the therapy was of no help. Certainly, if we look at the table above, we know that many clients were not in a situation where they were experiencing conflict, although many who were found the work helpful.



One area which has been highlighted by the pandemic for people’s mental health is their sense of agency and their feeling of involvement in the future. For most who went through therapy with us there was an increased confidence in their ability to engage with the challenges which life was facing them with and a more positive view of the future.



It is reassuring that many find the experience of therapy one of personal growth, particularly in their self-understanding. This is an outcome which has long term consequences for their lives. Coupled with an increased ability to look after themselves, these clients seem to have developed the resilience which we all look for, and which will see them moving forward with a greater sense of well-being, more at ease with themselves and others.

## Coronavirus Community Fund Project

We were fortunate in receiving lottery managed funding for six months of the past year. This enabled us to underwrite the fees paid to us by clients during this time, as well as establish a fourth supervision group with new staff to support the increased demand for the service. One concern in working through the pandemic was reaching out to those struggling, who would not normally consider counselling as an option for them, either for financial reasons, or because of ignorance of what it might achieve. Part of the funding thus went to looking at how we might reach out through new avenues that were still functional, such as food distribution points. The vehicle we chose for this was an art competition.



Information went out through Hereford Times, social media, schools and colleges, parish magazines, and food distribution points including food banks. The competition ran through December and the winners were announced in the New Year. We were delighted at the participation of one school in particular, which facilitated entries from a range of classes. Given the concern about the impact on children and our own experience of adults who have experienced childhood trauma, it was particularly interesting to see the children's entries.



Image of winner for 12 & under category

*"Thank you for letting us know about Samuel winning the 12 and under category. He is over the moon. You have made one boy very happy indeed."*

Image of winner 13-18

From the 13-18 age range: *"Z-L's mum here. What lovely news this is for her. She will be over the moon. What a surprise for us also ( I hadn't even seen the piece until today!) She has worked so hard during lock down, and this will mean so much to her."*



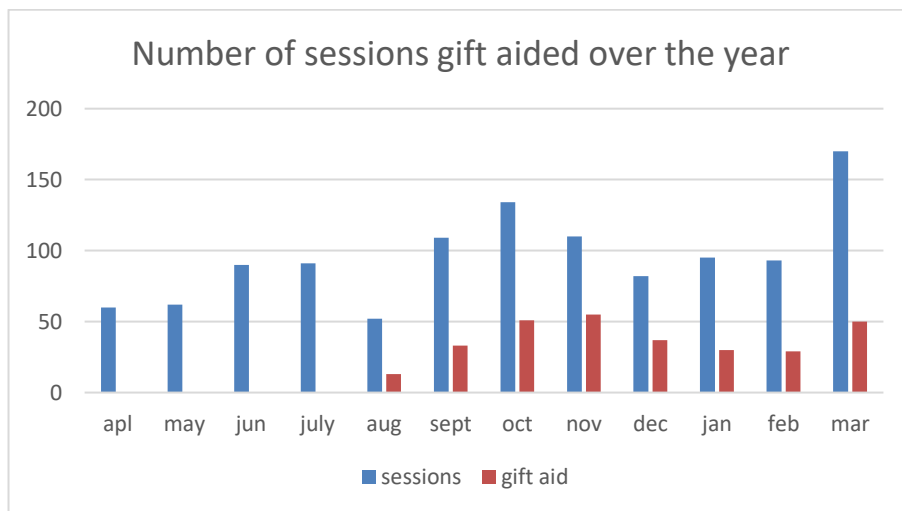
We have had positive feedback from those involved and are looking at how we can build upon the connections made.

## FINANCIAL REVIEW

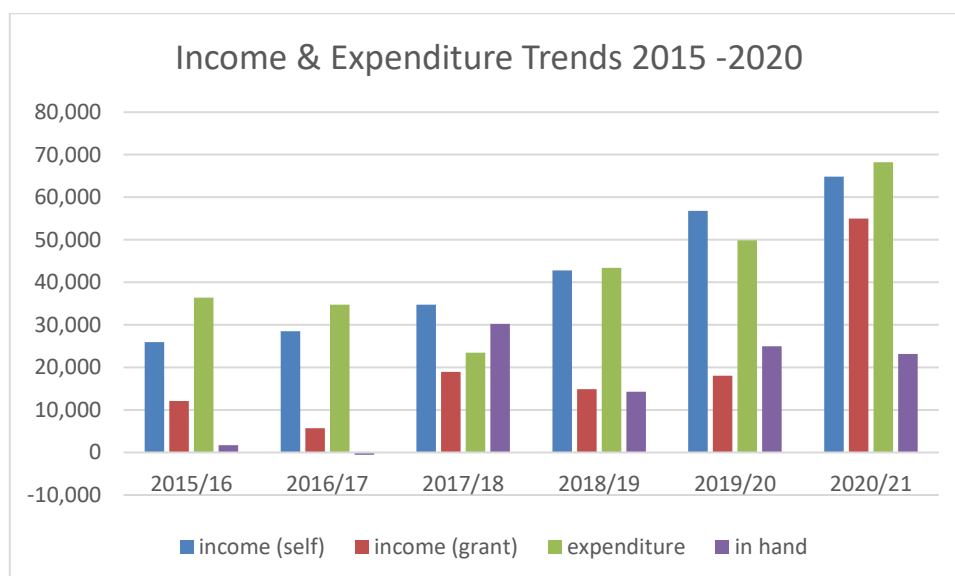
Our objective has always been to reach out to those who are disadvantaged, either financially or by experiences which have impacted upon their ability to cope in an increasingly stressful world. This is very much in keeping with concerns from the pandemic. The groundwork for the Reaching Communities bid which led to our support through the Government Coronavirus Lottery Fund in August 2020, had taken up much of the time of the Funding Group over the year. Sadly, we were not successful with the Reaching Communities bid for support over 4 years, which would have given us a stable financial base to work from. We were encouraged to try again, with more evidence of people at grass roots level wanting our service.

Fortunately, this year we have been successful in a bid to Garfield Weston for support for our concessionary fund. We are aware that if they like what you do with their funding over a year they will consider longer periods of funding. We should thus have two opportunities to explore more long-term support once the pilot outreach and groupwork we will be beginning next year has taken place.

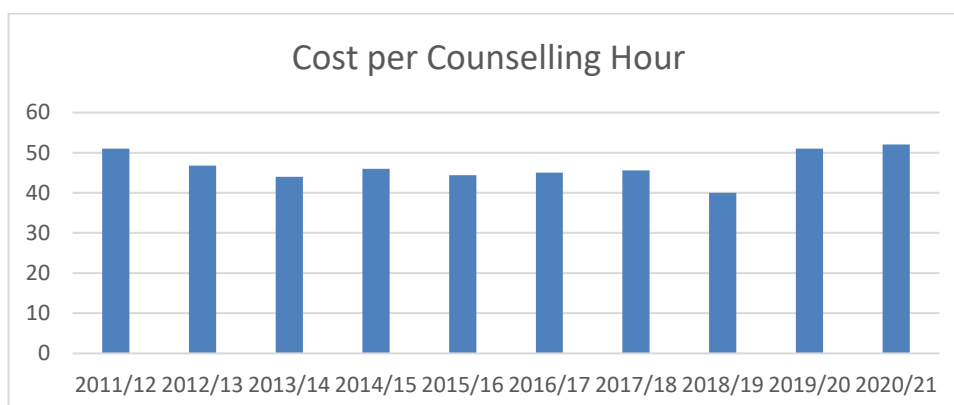
Recognising that funding will be challenging over the next few years we are looking strategically at tapping in to new funding streams. Our first initiative has been founded on the Coronavirus Community Fund grant which paid for many people impacted by the virus to come for therapy. We decided to approach clients who were able to pay a fee to see their contribution to the service as a donation to the concessionary fund. For those who were working this enabled us to claim Gift Aid. Over the year this amounted to an additional income of over £2,000. Although a chore for our administrative staff to record and claim, it was agreed that it was well worthwhile.



We are now reviewing our way forward. We recognise that external funding will be increasingly important over the next few years as the economic impact on our clients will mean lower contributions to the cost of the therapy we offer. Keeping a balance between the need to provide a service to the disadvantaged, and sustaining our work financially, is a continual challenge. We can see below that the income generated by an increasing number of clients kept things in balance from 2015 to 2019, however this is now being outstripped by the increased costs of the growing service.



The chart below shows the cost to the service per counselling hour. You can see that despite increasing costs in basic services we had been seeing the price come down as the number of clients increased. This had enabled us to gradually increase our payments for management and employ the clinical coordinator, thereby making the service more sustainable. Although the costs have increased so we are back to the level when we first established the service, the number of clients coming through and sessions provided have meant that the past year has overall remained stable, despite over one quarter the cost increasing to nearly £75. What is more important is the increasing proportion of clients unable to cover costs and consequently the need for a greater degree of external funding. The Government Coronavirus Lottery grant of £45,555 was the first step in this process.



## CHALLENGES OF THE PAST YEAR

Despite the difficulties in the last months of the past year, it was largely a good one for us, allowing us to consolidate our position and plan for developing the service. This meant that when the crisis hit we were able to take stock, and with a committed workforce, look to making the changes needed to continue the service; in particular the new policies and protocols which needed to be put in place to ensure the health and safety of all concerned. We made a number of applications to the emergency funding agencies which sprang up, and were successful in our application for a council grant towards our rent, which with a rent holiday from our landlords made the immediate financial situation in lockdown workable.

The move to remote working was not possible for all clients, nor indeed for all therapists, where individual and family circumstances dictated much of what was possible. The transition was easier for those already qualified, as most training organisations took some time to respond to the needs of their students, understandably wary of an uncertain future. BACP and other professional organisations took the lead in calling for greater flexibility, and providing access to trainings for their members. Generally, the profession pulled together, seeking to support both their members and the clients they worked with.

## **ADMINISTRATION & CLINICAL GOVERNANCE**

One positive result of the pandemic for us has been raising the profile and importance of mental health within the community. Also, people beginning to question their work – life balance and make changes which look out at how they can contribute. In response to our advertising for new trustees to strengthen the governance of the service, we were fortunate to attract the attention of three people with very relevant experience. Two of these have begun working with us and will be officially voted on to the Board at the next AGM. One with the finance experience we have been looking for, and the other with corporate experience which we hope can strengthen our strategic planning for the next few years. Sadly, the pandemic has impacted our existing trustees, one of whom will be retiring at the next AGM as he has become the carer for his wife, and another who although happily still with us, has herself contracted long-covid which is limiting the time she can offer.

## **LOOKING TO THE FUTURE**

Following the range of new policies and protocols put in place for remote working, there was then the preparations needed for the safe return to face to face working as that became possible. Initially one of our counselling rooms was arranged for socially distanced working, then as more demand arose, a second. To facilitate safe use of the rooms by different clients and counsellors, our sessions were lengthened to 90 minutes to allow for adequate airing and sanitising of surfaces.

We were fortunate in receiving the support of the Coronavirus Community Fund for six months from August 2020. The stability this gave us, including the starting of a fourth supervision group to help meet the increased demand for the service, enabled us to ride out much of the initial storm and prepare for the coming year. It is to be hoped that there will be further funding aimed at securing the long-term security of voluntary organisations such as ourselves who will have such an important role to play in the future resilience, health and wellbeing of the communities they support.

## **HOW TO CONTACT US**

At MCS we welcome input from any interested people. This can be achieved formally by becoming a member of the organisation or a volunteer, or informally through contacting us via email at [marches.counselling@gmail.com](mailto:marches.counselling@gmail.com), and/or through a phone call: 01432 279906.

Charity number: 1140780  
Company number: 07471763  
(England and Wales)

Marches Counselling Service Ltd

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 March 2021

Marches Counselling Service Ltd  
Contents Page  
For the year ended 31 March 2021

Report of the Trustees	1 to 3
Independent Examiner's Report to the Trustees	4
Statement of Financial Activities	5
Statement of Financial Position	6
Notes to the Financial Statements	7 to 11
Detailed Statement of Financial Activities	12 to 13

**Marches Counselling Service Ltd**  
**Report of the Trustees**  
**For the year ended 31 March 2021**

The Trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the financial statements for the charitable company for the year ended 31 March 2021. The Trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

The relief of those in Herefordshire and the Marches who, because of mental or physical health, social or economic circumstances, or disability, are suffering from psychological distress and/or disorder through:

- a) the provision of a locally based, confidential, reliable and affordable counselling and psychotherapy service, with a fast and smooth transition from referral to assessment and allocated counsellor;
- b) the provision of a sign-posting service to local agencies, statutory, voluntary or private, for those who come for assessment but for whom counselling is inappropriate;
- c) the provision of a supportive and educative working environment for counsellors to raise and maintain professional standards and thereby benefit the recipients of therapy; and
- d) to further benefit the well-being of those needing psychological support through working against the stigma of mental illness and distress by education and raising awareness within the general public.

### **Statement on public benefit**

Our core service is to offer counselling to those most in need including those who are unable to afford the full session fee which is set at cost to us. We have a concessionary fund to enable us to continue this activity. It also funds additional sessions for those who have begun counselling with us, but whose circumstances suddenly change, so that we may be able to bring our work with them to a satisfactory conclusion.

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

### **Social investments**

We believe that the individuals who consult with us are usually empowered to contribute more effectively to their families, workplace, and community. This is our contribution to social investment.

### **Grantmaking**

Although we are not a charity which makes grants available to individuals or groups, we have a concessionary fund which helps pay for counselling sessions for people on low incomes.

### **Volunteers**

Many of the people working with us do so on a voluntary basis. Our service would be impossible to sustain without them.

## **ACHIEVEMENTS AND PERFORMANCE**

Direct benefit - despite lockdowns and an understandable hesitation in people to begin a process in unpredictable times, over the past financial year we provided over 1,180 sessions of therapy. Although, with additional safety requirements and the need to provide expenses for people home-working, the cost of these sessions to us rose to over £70 in one quarter, we have retained our fee level at the previous £60. We are pleased that throughout the challenges of the pandemic we have been able to maintain in person sessions for the most vulnerable, undertaking rigorous cleaning routines and protecting the safety of both staff and clients, with no known cases of covid being associated with attendance at our office.

"I felt I had such a great service. The counsellor made me feel so comfortable and when ruptures arose, I found him really easy to talk to about them. I have made some big changes in my life in the time we have worked together, and the therapy has been a big part of what has helped me do this. These changes sometimes lead to upset, but I feel more able to truly hear and listen to my feelings and try to attend to them. Also, although it feels like a long time ago, the initial assessment really put me at ease and this wouldn't have been possible without the generosity and fee structure of MCS. Much thanks!"

**Marches Counselling Service Ltd**  
**Report of the Trustees Continued**  
**For the year ended 31 March 2021**

**Achievements against objectives**

Alongside directly benefitting the client, our work has many indirect consequences dependent upon their situation. As well as affecting immediate family and friends, after therapy many clients are more able to function well in home, workplace and community. This is of particular importance with pressures upon families increasing and employment issues around the pandemic.

"I think this has given us both the chance to 'hear' each other.. We were both open to counselling, but you have made it so worthwhile and we look forward to going on with life together. Just to say thank you."

"The whole experience has given me a new lease of life. It has also improved my family's lives. Thank you."

Many people struggled to accept the impact of the pandemic, which for some made them aware of the degree to which things in their life were already outside of their control. Re-establishing some sense of control can be empowering, but this often needs to be balanced by the reality of what we can control and what we cannot. As an organisation which puts the individual at the centre of its work and celebrates individual difference, we can often help clients achieve the right balance for them, something which many of the 'apps' and manualised programmes now available through the internet cannot achieve.

"Was a very relaxed environment where I could express exactly how I felt with no judgement - helped me to gain a more positive outlook even when going through difficulties.. feeling more accepting of situations beyond my control."

The pandemic meant that the outreach work we had anticipated had to be postponed. We have begun to rethink our objectives in the light of the pandemic, and feel secure in being able to implement some of our strategic objectives as we move forward into the coming year.

One of our objectives for the year was to attract new trustees. We were pleased to welcome Frankie Farrell in February and have already profited from her experience in the area of service funding and commissioning. The impact of the pandemic has had one positive outcome for us. In raising awareness of the importance of mental health in the community we have been successful in attracting another three new trustees who will join us formally at the next AGM in October. Their combined experience will greatly enhance the development of the organisation in these challenging times.

**FINANCIAL REVIEW**

The past year has seen us able to weather the financial challenges, partially due to adjustments made to our administration to create a system which enables us to benefit from gift aid. We have yet to achieve the funding necessary to enable us to implement the Client Management System (CMS) we need, but a lot of the preparatory work has been done. Our volunteers who have contributed to this process and give their time and energy to the funding group are greatly valued.

The beginning of 2021, as we expected, has seen a steady increase in the number of people coming through to us, and the consequent need for more staff. A decision was made to begin a fifth supervision group for the next academic year. Fortunately, we have a steady stream of enquiries from people seeking clinical placements with us. It is the contribution of these mature students, sometimes already qualified, but undertaking new courses of study, which enables us to continue to offer high quality evidence-based therapies to the more financially disadvantaged clients. Our experienced and professional supervisors provide the safeguards needed in protecting the clients under our duty of care.

**Reserves**

We are aware that the reserves built up previously to allow for the creation of a satellite base are being compromised by the on-going financial situation. We continue to spread our funding net wider and develop new funding streams where possible. Realistically it is unlikely that the situation will resolve other than slowly and intermittently over the next few years. We have thus spent time in developing the strategic planning which can sustain the service as we go forward.

**Going concern**

Over the past six years in a difficult economic environment we have shown our work to be sustainable.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

Marches Counselling Service is a charity formed on 16 December 2010, limited by guarantee and governed by its Memorandum and Articles of Association.

**Recruitment and appointment of trustees**

People believing in the organisation's ethos and having skills to offer may apply to become trustees. Potential trustees are initially co-opted onto the board to check that they can work effectively.

Candidates are proposed and elected at the AGM. No one person is entitled to appoint trustees.

Marches Counselling Service Ltd  
Report of the Trustees Continued  
For the year ended 31 March 2021

**REFERENCE AND ADMINISTRATIVE INFORMATION**

<b>Name of Charity</b>	Marches Counselling Service Ltd
<b>Charity registration number</b>	1140780
<b>Company registration number</b>	07471763
<b>Principal address</b>	57 St Owen Street Hereford HR1 2JQ

**Trustees**

The trustees and officers serving during the year and since the year end were as follows:

Jennifer French  
Lorraine Slane  
Elizabeth Lloyd  
Laurence Austin  
Alison Walne  
(Resigned: 01 December 2020)  
Frankie Farrell  
(Appointed: 24 February 2021)

**Independent examiners**

Cole Bishop & Co  
Market Square Chambers  
Bromyard  
Herefordshire  
HR7 4BP

Approved by the Board of Trustees and signed on its behalf by

.....	12 October 2021
Jennifer French	

Marches Counselling Service Ltd  
Independent Examiners Report to the Trustees  
For the year ended 31 March 2021

I report to the trustees on my examination of the accounts of the charitable company for the year ended 31 March 2021.

**Responsibilities and basis of report**

As the charity Trustees, who are also directors for the purposes of company law, 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 charity's accounts 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 examiners statement**

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 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.

.....  
Cole Bishop & Co  
Market Square Chambers  
Bromyard  
Herefordshire  
HR7 4BP

12 October 2021

Marches Counselling Service Ltd  
Statement of Financial Activities (including Income and Expenditure Account)  
For the year ended 31 March 2021

	Notes	Unrestricted funds £	2020 £
<b>Income and endowments from:</b>			
Donations and legacies	2	73,629	60
Charitable activities	3	28,264	55,444
Other trading activities	4	599	9,046
Investments	5	14	19
<b>Total</b>		<b>102,506</b>	<b>64,569</b>
<b>Expenditure on:</b>			
Charitable activities	6	(79,376)	(63,704)
<b>Total</b>		<b>(79,376)</b>	<b>(63,704)</b>
<b>Net income</b>		<b>23,130</b>	<b>865</b>
<b>Reconciliation of funds</b>			
Total funds brought forward		67,883	67,018
<b>Total funds carried forward</b>		<b>91,013</b>	<b>67,883</b>

Marches Counselling Service Ltd  
Statement of Financial Position  
As at 31 March 2021

	Notes	2021 £	2020 £
<b>Fixed assets</b>			
Tangible assets	9	792	521
		<b>792</b>	<b>521</b>
<b>Current assets</b>			
Debtors		-	790
Cash at bank and in hand		93,567	69,707
		<b>93,567</b>	<b>70,497</b>
<b>Creditors: amounts falling due within one year</b>	10	(3,346)	(3,135)
<b>Net current assets</b>		<b>90,221</b>	<b>67,362</b>
<b>Total assets less current liabilities</b>		<b>91,013</b>	<b>67,883</b>
<b>Net assets</b>		<b>91,013</b>	<b>67,883</b>
<b>The funds of the charity</b>			
Unrestricted income funds	11	91,013	67,883
<b>Total funds</b>		<b>91,013</b>	<b>67,883</b>

For the year ended 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved and authorised for issue by the Board and signed on its behalf by:

-----  
Jennifer French  
Trustee  
12 October 2021

Marches Counselling Service Ltd  
Notes to the Financial Statements  
For the year ended 31 March 2021

## 1. Accounting Policies

### Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Marches Counselling Service Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

### Going concern

### Tangible fixed assets

Tangible fixed assets are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Equipment	25% Reducing balance
-----------	----------------------

## 2. Income from donations and legacies

	2021 £	2020 £
<b>Unrestricted funds</b>		
Donations received	18,640	60
Grants received	54,989	-
	<b>73,629</b>	<b>60</b>

## 3. Income from charitable activities

	2021 £	2020 £
<b>Unrestricted funds</b>		
<i>Counselling and supervision</i>		
Counselling fees	24,389	52,179
Supervision fees	3,875	3,265
	<b>28,264</b>	<b>55,444</b>
	<b>28,264</b>	<b>55,444</b>

Marches Counselling Service Ltd  
Notes to the Financial Statements Continued  
For the year ended 31 March 2021

**4. Income earned from other activities**

	2021	2020
	£	£
<b>Unrestricted funds</b>		
Room hire and sundry income	599	8,351
Workshops	-	695
	<u>599</u>	<u>9,046</u>

**5. Investment income**

	2021	2020
	£	£
<b>Unrestricted funds</b>		
Bank interest receivable	14	19
	<u>14</u>	<u>19</u>

**6. Costs of charitable activities by fund type**

	2021	2020
	£	£
<b>Unrestricted funds</b>		
Counselling and supervision	36,068	30,385
Support costs	43,308	33,319
	<u>79,376</u>	<u>63,704</u>

**7. Net income/(expenditure) for the year**

This is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation of owned fixed assets	263	174

**8. Comparative for the Statement of Financial Activities**

The comparative year values on the Statement of Financial Activities are for unrestricted funds.

Marches Counselling Service Ltd  
Notes to the Financial Statements Continued  
For the year ended 31 March 2021

**9. Tangible fixed assets**

<b>Cost or valuation</b>	<b>Plant and Machinery £</b>
At 01 April 2020	1,643
Additions	534
At 31 March 2021	<b>2,177</b>
<b>Depreciation</b>	
At 01 April 2020	1,122
Charge for year	263
At 31 March 2021	<b>1,385</b>
<b>Net book values</b>	
At 31 March 2021	<b>792</b>
At 31 March 2020	<b>521</b>

**10. Creditors: amounts falling due within one year**

	<b>2021 £</b>	<b>2020 £</b>
Trade creditors	2,070	1,880
Other creditors	700	700
Accruals and deferred income	576	555
	<b>3,346</b>	<b>3,135</b>

**11. Movement in funds**

**Unrestricted Funds**

	<b>Balance at 01/04/2020 £</b>	<b>Incoming resources £</b>	<b>Outgoing resources £</b>	<b>Transfers £</b>	<b>Balance at 31/03/2021 £</b>
<i>Designated</i>					
Nationwide deposit account	10,583	14	-	12,000	22,597
<i>General</i>					
Accumulated general funds	57,300	102,492	(79,376)	(12,000)	68,416
	<b>67,883</b>	<b>102,506</b>	<b>(79,376)</b>	<b>-</b>	<b>91,013</b>

Marches Counselling Service Ltd  
Notes to the Financial Statements Continued  
For the year ended 31 March 2021

**Unrestricted Funds - Previous year**

	Balance at 01/04/2019 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31/03/2020 £
<i>Designated</i>					
Nationwide deposit account	6,564	19	-	4,000	10,583
<i>General</i>					
Accumulated general funds	60,454	64,550	(63,704)	(4,000)	57,300
	<b>67,018</b>	<b>64,569</b>	<b>(63,704)</b>	<b>-</b>	<b>67,883</b>

**Purpose of unrestricted Funds**

Nationwide deposit account

The Nationwide deposit account is reserved for the restructuring of the organisation and its services, should that be required.

**12. Analysis of net assets between funds**

	Tangible fixed assets £	Net current assets / (liabilities) £	Net Assets £
<b>Unrestricted funds</b>			
<i>General</i>			
Accumulated general funds	792	67,624	68,416
<i>Designated</i>			
Nationwide deposit account	-	22,597	22,597
	<b>792</b>	<b>90,221</b>	<b>91,013</b>

Marches Counselling Service Ltd  
Notes to the Financial Statements Continued  
For the year ended 31 March 2021

**Previous year**

	Tangible fixed assets	Net current assets / (liabilities)	Net Assets
	£	£	£
<b>Unrestricted funds</b>			
<i>General</i>			
Accumulated general funds	521	56,779	57,300
<i>Designated</i>			
Nationwide deposit account	-	10,583	10,583
	<b>521</b>	<b>67,362</b>	<b>67,883</b>

**13. Company limited by guarantee**

Marches Counselling Service Ltd is a company limited by guarantee and accordingly does not have a share capital.

Marches Counselling Service Ltd  
Detailed Statement of Financial Activities  
For the year ended 31 March 2021

	2021 £	2020 £
<b>INCOME AND ENDOWMENT</b>		
<b>Donations and legacies</b>		
Donations	18,640	60
Grants receivable	54,989	-
	<b>73,629</b>	<b>60</b>
<b>Charitable activities</b>		
Counselling fees	24,389	52,179
Supervision fees	3,875	3,265
	<b>28,264</b>	<b>55,444</b>
<b>Other trading activities</b>		
Room hire and sundry income	599	8,351
Income from Workshops	-	695
	<b>599</b>	<b>9,046</b>
<b>Investments</b>		
Bank interest receivable	14	19
	<b>14</b>	<b>19</b>
<b>Total incoming resources</b>	<b>102,506</b>	<b>64,569</b>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Assessment	(1,990)	(4,070)
Supervision	(8,058)	(5,049)
Counsellors' fees	(21,840)	(19,150)
Volunteers' payments (expenses only)	(4,180)	(2,116)
	<b>(36,068)</b>	<b>(30,385)</b>
<b>SUPPORT COSTS</b>		
<b>Establishment costs</b>		
Rent	(6,790)	(9,601)
Lighting and heating	(2,327)	(1,734)
Repairs and renewals	(142)	(100)
	<b>(9,259)</b>	<b>(11,435)</b>
<b>Administrative costs</b>		
Administration	(17,263)	(13,380)
Clinical management	(4,940)	(3,453)
Recruitment and training costs	(5,104)	(562)
Workshop expenses	(296)	(1,050)
Public liability insurance	(100)	(98)
Subscriptions	(1,004)	(911)
Bank charges	-	(5)
	<b>(28,707)</b>	<b>(19,459)</b>

Marches Counselling Service Ltd  
Detailed Statement of Financial Activities Continued  
For the year ended 31 March 2021

<b>Communications and IT</b>		
Telephone and internet	(825)	(780)
I.T. costs	(713)	(300)
	<b>(1,538)</b>	<b>(1,080)</b>
<b>Accountancy fees</b>		
Accountancy fees	(576)	(555)
	<b>(576)</b>	<b>(555)</b>
<b>Other office costs</b>		
Depreciation - owned assets	(263)	(174)
Postage and stationery	(588)	(322)
Advertising	(2,037)	-
General expenses	(340)	(294)
	<b>(3,228)</b>	<b>(790)</b>
<b>Total resources expended</b>	<b>(79,376)</b>	<b>(63,704)</b>
<b>Net Income</b>	<b>23,130</b>	<b>865</b>

Charity number: 1140780  
Company number: 07471763  
(England and Wales)

Marches Counselling Service Ltd

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 March 2021

Marches Counselling Service Ltd  
Contents Page  
For the year ended 31 March 2021

Report of the Trustees	1 to 3
Independent Examiner's Report to the Trustees	4
Statement of Financial Activities	5
Statement of Financial Position	6
Notes to the Financial Statements	7 to 11
Detailed Statement of Financial Activities	12 to 13

**Marches Counselling Service Ltd**  
**Report of the Trustees**  
**For the year ended 31 March 2021**

The Trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the financial statements for the charitable company for the year ended 31 March 2021. The Trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

The relief of those in Herefordshire and the Marches who, because of mental or physical health, social or economic circumstances, or disability, are suffering from psychological distress and/or disorder through:

- a) the provision of a locally based, confidential, reliable and affordable counselling and psychotherapy service, with a fast and smooth transition from referral to assessment and allocated counsellor;
- b) the provision of a sign-posting service to local agencies, statutory, voluntary or private, for those who come for assessment but for whom counselling is inappropriate;
- c) the provision of a supportive and educative working environment for counsellors to raise and maintain professional standards and thereby benefit the recipients of therapy; and
- d) to further benefit the well-being of those needing psychological support through working against the stigma of mental illness and distress by education and raising awareness within the general public.

### **Statement on public benefit**

Our core service is to offer counselling to those most in need including those who are unable to afford the full session fee which is set at cost to us. We have a concessionary fund to enable us to continue this activity. It also funds additional sessions for those who have begun counselling with us, but whose circumstances suddenly change, so that we may be able to bring our work with them to a satisfactory conclusion.

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

### **Social investments**

We believe that the individuals who consult with us are usually empowered to contribute more effectively to their families, workplace, and community. This is our contribution to social investment.

### **Grantmaking**

Although we are not a charity which makes grants available to individuals or groups, we have a concessionary fund which helps pay for counselling sessions for people on low incomes.

### **Volunteers**

Many of the people working with us do so on a voluntary basis. Our service would be impossible to sustain without them.

## **ACHIEVEMENTS AND PERFORMANCE**

Direct benefit - despite lockdowns and an understandable hesitation in people to begin a process in unpredictable times, over the past financial year we provided over 1,180 sessions of therapy. Although, with additional safety requirements and the need to provide expenses for people home-working, the cost of these sessions to us rose to over £70 in one quarter, we have retained our fee level at the previous £60. We are pleased that throughout the challenges of the pandemic we have been able to maintain in person sessions for the most vulnerable, undertaking rigorous cleaning routines and protecting the safety of both staff and clients, with no known cases of covid being associated with attendance at our office.

"I felt I had such a great service. The counsellor made me feel so comfortable and when ruptures arose, I found him really easy to talk to about them. I have made some big changes in my life in the time we have worked together, and the therapy has been a big part of what has helped me do this. These changes sometimes lead to upset, but I feel more able to truly hear and listen to my feelings and try to attend to them. Also, although it feels like a long time ago, the initial assessment really put me at ease and this wouldn't have been possible without the generosity and fee structure of MCS. Much thanks!"

**Marches Counselling Service Ltd**  
**Report of the Trustees Continued**  
**For the year ended 31 March 2021**

**Achievements against objectives**

Alongside directly benefitting the client, our work has many indirect consequences dependent upon their situation. As well as affecting immediate family and friends, after therapy many clients are more able to function well in home, workplace and community. This is of particular importance with pressures upon families increasing and employment issues around the pandemic.

"I think this has given us both the chance to 'hear' each other.. We were both open to counselling, but you have made it so worthwhile and we look forward to going on with life together. Just to say thank you."

"The whole experience has given me a new lease of life. It has also improved my family's lives. Thank you."

Many people struggled to accept the impact of the pandemic, which for some made them aware of the degree to which things in their life were already outside of their control. Re-establishing some sense of control can be empowering, but this often needs to be balanced by the reality of what we can control and what we cannot. As an organisation which puts the individual at the centre of its work and celebrates individual difference, we can often help clients achieve the right balance for them, something which many of the 'apps' and manualised programmes now available through the internet cannot achieve.

"Was a very relaxed environment where I could express exactly how I felt with no judgement - helped me to gain a more positive outlook even when going through difficulties.. feeling more accepting of situations beyond my control."

The pandemic meant that the outreach work we had anticipated had to be postponed. We have begun to rethink our objectives in the light of the pandemic, and feel secure in being able to implement some of our strategic objectives as we move forward into the coming year.

One of our objectives for the year was to attract new trustees. We were pleased to welcome Frankie Farrell in February and have already profited from her experience in the area of service funding and commissioning. The impact of the pandemic has had one positive outcome for us. In raising awareness of the importance of mental health in the community we have been successful in attracting another three new trustees who will join us formally at the next AGM in October. Their combined experience will greatly enhance the development of the organisation in these challenging times.

**FINANCIAL REVIEW**

The past year has seen us able to weather the financial challenges, partially due to adjustments made to our administration to create a system which enables us to benefit from gift aid. We have yet to achieve the funding necessary to enable us to implement the Client Management System (CMS) we need, but a lot of the preparatory work has been done. Our volunteers who have contributed to this process and give their time and energy to the funding group are greatly valued.

The beginning of 2021, as we expected, has seen a steady increase in the number of people coming through to us, and the consequent need for more staff. A decision was made to begin a fifth supervision group for the next academic year. Fortunately, we have a steady stream of enquiries from people seeking clinical placements with us. It is the contribution of these mature students, sometimes already qualified, but undertaking new courses of study, which enables us to continue to offer high quality evidence-based therapies to the more financially disadvantaged clients. Our experienced and professional supervisors provide the safeguards needed in protecting the clients under our duty of care.

**Reserves**

We are aware that the reserves built up previously to allow for the creation of a satellite base are being compromised by the on-going financial situation. We continue to spread our funding net wider and develop new funding streams where possible. Realistically it is unlikely that the situation will resolve other than slowly and intermittently over the next few years. We have thus spent time in developing the strategic planning which can sustain the service as we go forward.

**Going concern**

Over the past six years in a difficult economic environment we have shown our work to be sustainable.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

Marches Counselling Service is a charity formed on 16 December 2010, limited by guarantee and governed by its Memorandum and Articles of Association.

**Recruitment and appointment of trustees**

People believing in the organisation's ethos and having skills to offer may apply to become trustees. Potential trustees are initially co-opted onto the board to check that they can work effectively.

Candidates are proposed and elected at the AGM. No one person is entitled to appoint trustees.

Marches Counselling Service Ltd  
Report of the Trustees Continued  
For the year ended 31 March 2021

**REFERENCE AND ADMINISTRATIVE INFORMATION**

<b>Name of Charity</b>	Marches Counselling Service Ltd
<b>Charity registration number</b>	1140780
<b>Company registration number</b>	07471763
<b>Principal address</b>	57 St Owen Street Hereford HR1 2JQ

**Trustees**

The trustees and officers serving during the year and since the year end were as follows:

Jennifer French  
Lorraine Slane  
Elizabeth Lloyd  
Laurence Austin  
Alison Walne  
(Resigned: 01 December 2020)  
Frankie Farrell  
(Appointed: 24 February 2021)

**Independent examiners**

Cole Bishop & Co  
Market Square Chambers  
Bromyard  
Herefordshire  
HR7 4BP

Approved by the Board of Trustees and signed on its behalf by

.....	12 October 2021
Jennifer French	

Marches Counselling Service Ltd  
Independent Examiners Report to the Trustees  
For the year ended 31 March 2021

I report to the trustees on my examination of the accounts of the charitable company for the year ended 31 March 2021.

**Responsibilities and basis of report**

As the charity Trustees, who are also directors for the purposes of company law, 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 charity's accounts 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 examiners statement**

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 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.

.....  
Cole Bishop & Co  
Market Square Chambers  
Bromyard  
Herefordshire  
HR7 4BP

12 October 2021

Marches Counselling Service Ltd  
Statement of Financial Activities (including Income and Expenditure Account)  
For the year ended 31 March 2021

	Notes	Unrestricted funds £	2020 £
<b>Income and endowments from:</b>			
Donations and legacies	2	73,629	60
Charitable activities	3	28,264	55,444
Other trading activities	4	599	9,046
Investments	5	14	19
<b>Total</b>		<b>102,506</b>	<b>64,569</b>
<b>Expenditure on:</b>			
Charitable activities	6	(79,376)	(63,704)
<b>Total</b>		<b>(79,376)</b>	<b>(63,704)</b>
<b>Net income</b>		<b>23,130</b>	<b>865</b>
<b>Reconciliation of funds</b>			
Total funds brought forward		67,883	67,018
<b>Total funds carried forward</b>		<b>91,013</b>	<b>67,883</b>

Marches Counselling Service Ltd  
Statement of Financial Position  
As at 31 March 2021

	Notes	2021 £	2020 £
<b>Fixed assets</b>			
Tangible assets	9	792	521
		<b>792</b>	<b>521</b>
<b>Current assets</b>			
Debtors		-	790
Cash at bank and in hand		93,567	69,707
		<b>93,567</b>	<b>70,497</b>
<b>Creditors: amounts falling due within one year</b>	10	(3,346)	(3,135)
<b>Net current assets</b>		<b>90,221</b>	<b>67,362</b>
<b>Total assets less current liabilities</b>		<b>91,013</b>	<b>67,883</b>
<b>Net assets</b>		<b>91,013</b>	<b>67,883</b>
<b>The funds of the charity</b>			
Unrestricted income funds	11	91,013	67,883
<b>Total funds</b>		<b>91,013</b>	<b>67,883</b>

For the year ended 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved and authorised for issue by the Board and signed on its behalf by:

-----  
Jennifer French  
Trustee  
12 October 2021

Marches Counselling Service Ltd  
Notes to the Financial Statements  
For the year ended 31 March 2021

## 1. Accounting Policies

### Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Companies Act 2006.

Marches Counselling Service Ltd meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

### Going concern

### Tangible fixed assets

Tangible fixed assets are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Equipment	25% Reducing balance
-----------	----------------------

## 2. Income from donations and legacies

	2021 £	2020 £
<b>Unrestricted funds</b>		
Donations received	18,640	60
Grants received	54,989	-
	<b>73,629</b>	<b>60</b>

## 3. Income from charitable activities

	2021 £	2020 £
<b>Unrestricted funds</b>		
<i>Counselling and supervision</i>		
Counselling fees	24,389	52,179
Supervision fees	3,875	3,265
	<b>28,264</b>	<b>55,444</b>
	<b>28,264</b>	<b>55,444</b>

Marches Counselling Service Ltd  
Notes to the Financial Statements Continued  
For the year ended 31 March 2021

**4. Income earned from other activities**

	2021	2020
	£	£
<b>Unrestricted funds</b>		
Room hire and sundry income	599	8,351
Workshops	-	695
	<u>599</u>	<u>9,046</u>

**5. Investment income**

	2021	2020
	£	£
<b>Unrestricted funds</b>		
Bank interest receivable	14	19
	<u>14</u>	<u>19</u>

**6. Costs of charitable activities by fund type**

	2021	2020
	£	£
<b>Unrestricted funds</b>		
Counselling and supervision	36,068	30,385
Support costs	43,308	33,319
	<u>79,376</u>	<u>63,704</u>

**7. Net income/(expenditure) for the year**

This is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation of owned fixed assets	263	174

**8. Comparative for the Statement of Financial Activities**

The comparative year values on the Statement of Financial Activities are for unrestricted funds.

Marches Counselling Service Ltd  
Notes to the Financial Statements Continued  
For the year ended 31 March 2021

**9. Tangible fixed assets**

<b>Cost or valuation</b>	<b>Plant and Machinery £</b>
At 01 April 2020	1,643
Additions	534
At 31 March 2021	<b>2,177</b>
<b>Depreciation</b>	
At 01 April 2020	1,122
Charge for year	263
At 31 March 2021	<b>1,385</b>
<b>Net book values</b>	
At 31 March 2021	<b>792</b>
At 31 March 2020	<b>521</b>

**10. Creditors: amounts falling due within one year**

	<b>2021 £</b>	<b>2020 £</b>
Trade creditors	2,070	1,880
Other creditors	700	700
Accruals and deferred income	576	555
	<b>3,346</b>	<b>3,135</b>

**11. Movement in funds**

**Unrestricted Funds**

	<b>Balance at 01/04/2020 £</b>	<b>Incoming resources £</b>	<b>Outgoing resources £</b>	<b>Transfers £</b>	<b>Balance at 31/03/2021 £</b>
<i>Designated</i>					
Nationwide deposit account	10,583	14	-	12,000	22,597
<i>General</i>					
Accumulated general funds	57,300	102,492	(79,376)	(12,000)	68,416
	<b>67,883</b>	<b>102,506</b>	<b>(79,376)</b>	<b>-</b>	<b>91,013</b>

Marches Counselling Service Ltd  
Notes to the Financial Statements Continued  
For the year ended 31 March 2021

**Unrestricted Funds - Previous year**

	Balance at 01/04/2019 £	Incoming resources £	Outgoing resources £	Transfers £	Balance at 31/03/2020 £
<i>Designated</i>					
Nationwide deposit account	6,564	19	-	4,000	10,583
<i>General</i>					
Accumulated general funds	60,454	64,550	(63,704)	(4,000)	57,300
	<b>67,018</b>	<b>64,569</b>	<b>(63,704)</b>	<b>-</b>	<b>67,883</b>

**Purpose of unrestricted Funds**

Nationwide deposit account

The Nationwide deposit account is reserved for the restructuring of the organisation and its services, should that be required.

**12. Analysis of net assets between funds**

	Tangible fixed assets £	Net current assets / (liabilities) £	Net Assets £
<b>Unrestricted funds</b>			
<i>General</i>			
Accumulated general funds	792	67,624	68,416
<i>Designated</i>			
Nationwide deposit account	-	22,597	22,597
	<b>792</b>	<b>90,221</b>	<b>91,013</b>

Marches Counselling Service Ltd  
Notes to the Financial Statements Continued  
For the year ended 31 March 2021

**Previous year**

	Tangible fixed assets	Net current assets / (liabilities)	Net Assets
	£	£	£
<b>Unrestricted funds</b>			
<i>General</i>			
Accumulated general funds	521	56,779	57,300
<i>Designated</i>			
Nationwide deposit account	-	10,583	10,583
	<b>521</b>	<b>67,362</b>	<b>67,883</b>

**13. Company limited by guarantee**

Marches Counselling Service Ltd is a company limited by guarantee and accordingly does not have a share capital.

Marches Counselling Service Ltd  
Detailed Statement of Financial Activities  
For the year ended 31 March 2021

	2021 £	2020 £
<b>INCOME AND ENDOWMENT</b>		
<b>Donations and legacies</b>		
Donations	18,640	60
Grants receivable	54,989	-
	<b>73,629</b>	<b>60</b>
<b>Charitable activities</b>		
Counselling fees	24,389	52,179
Supervision fees	3,875	3,265
	<b>28,264</b>	<b>55,444</b>
<b>Other trading activities</b>		
Room hire and sundry income	599	8,351
Income from Workshops	-	695
	<b>599</b>	<b>9,046</b>
<b>Investments</b>		
Bank interest receivable	14	19
	<b>14</b>	<b>19</b>
<b>Total incoming resources</b>	<b>102,506</b>	<b>64,569</b>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Assessment	(1,990)	(4,070)
Supervision	(8,058)	(5,049)
Counsellors' fees	(21,840)	(19,150)
Volunteers' payments (expenses only)	(4,180)	(2,116)
	<b>(36,068)</b>	<b>(30,385)</b>
<b>SUPPORT COSTS</b>		
<b>Establishment costs</b>		
Rent	(6,790)	(9,601)
Lighting and heating	(2,327)	(1,734)
Repairs and renewals	(142)	(100)
	<b>(9,259)</b>	<b>(11,435)</b>
<b>Administrative costs</b>		
Administration	(17,263)	(13,380)
Clinical management	(4,940)	(3,453)
Recruitment and training costs	(5,104)	(562)
Workshop expenses	(296)	(1,050)
Public liability insurance	(100)	(98)
Subscriptions	(1,004)	(911)
Bank charges	-	(5)
	<b>(28,707)</b>	<b>(19,459)</b>

Marches Counselling Service Ltd  
Detailed Statement of Financial Activities Continued  
For the year ended 31 March 2021

<b>Communications and IT</b>		
Telephone and internet	(825)	(780)
I.T. costs	(713)	(300)
	<b>(1,538)</b>	<b>(1,080)</b>
<b>Accountancy fees</b>		
Accountancy fees	(576)	(555)
	<b>(576)</b>	<b>(555)</b>
<b>Other office costs</b>		
Depreciation - owned assets	(263)	(174)
Postage and stationery	(588)	(322)
Advertising	(2,037)	-
General expenses	(340)	(294)
	<b>(3,228)</b>	<b>(790)</b>
<b>Total resources expended</b>	<b>(79,376)</b>	<b>(63,704)</b>
<b>Net Income</b>	<b>23,130</b>	<b>865</b>