

DUDLEY COUNSELLING CENTRE

England & Wales · Charity number 1155864

Details

Status Registered

Legal form Trust

Registered 2014-02-19

Register [View on the Charity Commission register](#)

Contact

Address DCC Centre
Salop St
Dudley
Dudley
West Midlands
DY1 3EB

Phone 01384239222

Email pastorjoedcf@gmail.com

Website www.dudleycounsellingcentre.co.uk

Activities

Objects: TO RELIEVE SICKNESS AND FINANCIAL HARDSHIP AND TO PROMOTE AND PRESERVE GOOD HEALTH BY THE PROVISION OF FUNDS, GOODS OR SERVICES OF ANY KIND INCLUDING THROUGH THE PROVISION OF ADULT AND CHILD COUNSELLING AND SUPPORT IN SUCH PARTS OF THE UNITED KINGDOM OR THE WORLD AS THE MANAGEMENT GROUP FROM TIME TO TIME THINK FIT; AND TO ADVANCE EDUCATION IN SUCH WAYS AND IN SUCH PARTS OF THE UNITED KINGDOM OR THE WORLD AS THE MANAGEMENT GROUP FROM TIME TO TIME MAY THINK FIT.

Activities: The Counselling Centre gives support to vulnerable people in the community by providing them with the tools to make decisions that will help them, their families, friends and others. Adults and children are helped through a personalised and sympathetic counselling service. Homeless/vulnerable people and substance users are helped providing meals, clothes, advocacy and advice.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Birmingham City
- Dudley
- Sandwell
- Wolverhampton

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£224,080	£176,650	-	-
2023-12-31	£163,545	£159,290	-	-
2022-12-31	£125,986	£104,656	-	-
2021-12-31	£170,323	£196,328	-	-
2020-12-31	£237,951	£155,449	-	-

Trustees

Name	Role	Appointed
REV JOSEPH HAYES	Chair	2014-02-09
ARTHUR LAVENDER		2021-08-10
Dolores Wishart		2024-01-31
Hubert Treasure MBE		2014-02-09
Shaun Eden		2024-01-31

DUDLEY COUNSELLING CENTRE

England & Wales - Charity number 1155864

Accounts

REGISTERED CHARITY NUMBER: 1155864

REPORT OF THE TRUSTEES AND UNAUDITED
FINANCIAL STATEMENTS FOR THE YEAR ENDED
31ST DECEMBER 2024

DUDLEY COUNSELLING CENTRE

OPERATING AS

LIGHTHOUSE COUNSELLING

DUDLEY COUNSELLING CENTRE

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FOR THE YEAR ENDING 31ST DECEMBER 2024

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The trustees present their report with the financial statements of the charity for the year ended 31st December 2024. 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 Republic of Ireland (FRS 102) (effective 1 January 2015)

Counselling Service Update

In 2024, we have had 8 qualified counsellors, 15 trainee counsellors, 1 office apprentice, 2 admin and one remote operational support.

2024 Lighthouse Centre based:

Play Therapy and Youth Figures:

Play therapy and youth therapy referrals - 89 referrals

Play therapy and youth therapy sessions - 356 sessions in total, with 305 sessions attended and 52 sessions were either cancelled or DNA (did not attend).

2024 Secondary School-based Youth Therapy:

Youth therapy completed at secondary schools: 23 clients were seen, a total of 157 sessions

Nature/reasons for referrals to Play Therapy included:

Abuse, Anger Management, Anxiety, Attachment, Bereavement, CBT, Depression, Emotional regulation, Loneliness, Loss, Neurodiversity identity work, OCD, Physical Health/Disabilities/Chronic Health Conditions, Play Therapy, PTSD, Preventative work, Relationships, School refusal, Self-Esteem, Self Harm, Sex Problems, Sexuality, Stress, Suicidal Thoughts.

Adult Counselling

Number of adult referrals received in the year 2024 - 173 referrals

Number of couple/relationship referrals received in the year 2024 - 13 referrals

Number of sessions have been seen in the year 2024 - 775 sessions, with 650 sessions attended, and 125 sessions either cancelled or DNA.

Session topics included:

Abuse, Accommodation, Addiction support, ADHD, Anger management, Antisocial behaviour, Anxiety, Bereavement, CBT, Chronic Health Conditions, Depression, Disabilities, Eating disorders, Employment, Finance, Gambling, Grief, Loneliness, Loss, Menopause, OCD, Physical Health, PTSD, Relationships, Self-esteem, Self-harm, Sex problems, Sexuality, Spirituality, Stress, Suicidal thoughts, Work-related issues.

Continued

REPORT OF THE TRUSTEES
FOR THE YEAR ENDING 31ST DECEMBER 2024

Two Child clients supported with Play Therapy.

Client A C23RS42

- Six-year old male of Indian origin.
- The client was referred by his school in conjunction with his mother in the light of his challenging behaviour.
It was known at the time of referral that the client had previously experienced trauma and was insecure,
- anxious and had difficulty in making friends. It was also known that he became angry when he did not get his own way.
- Originally agreed that he should have 15 play therapy sessions funded by the school, this was later extended by mutual agreement to 21 sessions.
- The client attended regularly except when there was a good reason not to and was engaged in therapy from the start.
- For the most part non-directed play was used within the context of Person Centred Therapy (PCT) and the client's age and development status.
- From time to time more directed play was used, including serve and return activities, drawing, painting and building, all designed to establish trust and build a therapeutic relationship.
- In time the client started to take the lead, set the pace and establish his own autonomy and sense of self. He also started to move away from deferring to me as his therapist.
- The client's therapy explored a number of aspects of his perception of self and life events, including the importance of family, the need to seek help, the value of trust and the impact of endings.

At the end of the therapy, the client appeared to more securely attached, better able to manage

- separation and have a greater capacity to self-regulate. He also appeared to have grown in confidence and to have a wider circle of friends.

Client B C24KO063

- Seven-year old mixed race female
- The client was referred by her mother as she had severe separation anxiety and was unable to tolerate being away from her mother. It was agreed the client should have 10 sessions.
- It was originally anticipated that after the first session, I would work one to one with the client, but her anxiety levels were such that her mother needed to remain in the room.
- The client was an elective mute and would communicate through her mother using a mutually understood and whispered language, including some British Sign Language (BSL)
- The client engaged to some extent with painting, drawing and games of Uno and to a greater extent with sand play and some simple throw and catch activities.
- By the end of session two, the client was starting to make but not hold eye contact with me and to allow me to be part of her activities.
- Over the course of the remaining sessions, very slowly and at her mother's behest, the client started to involve me in her games and to use less of a whisper and fewer signs when talking to her mother.
- By the end of session eight, the client was inviting me to join in her activities and to challenge me at football.
- During session nine, the client and I had our first conversation in which she talked about the football training that she went to.
- Although the final session was difficult as it was an ending, a number of three-way conversations were held and the client was clearly audible when talking to her mother and to me.

Continued

Café & Community HUB update

Currently we have 15 - 20 people who regularly attend and many ad hoc visitors seeking support.

There are 5 volunteers. Professional volunteers include a Social Worker, Doctor, Nurse, and a Counsellor.

We have two guests who sleep rough, who receive bags of shopping and are offered showers weekly. We also have guests that have poor hygiene and we offer weekly showers.

Guests are also offered items of food and clothing to take home.

We have a trained chef who cooks and prepares a meal once a month.

Our guests have complex needs e.g. homelessness, mental health issues, anxiety and alcohol/drug abuse.

We are not professionals in the above issues, however, we listen and will signpost to the necessary agency. We also assist in completing in applications for PIP, housing or any pertinent forms.

We remind them of doctors and hospital appointments.

As a place to socialise and keep warm, our guests play board games such as Scrabble, shuttle board, bingo and chess.

Community Café/Hub income is from customer purchases. We don't expect the café hub to be profitable financially, but believe it is a tremendous benefit to the local community. We are considering allowing the Café/Hub to become a social enterprise in its own right to enable it long term sustainability.

DUDLEY COUNSELLING CENTRE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDING 31ST DECEMBER 2024

FINANCIAL REVIEW

Financial position

The trustees consider the financial position as stable and satisfactory for the level of income.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes as unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1155864

Principal address

24 - 36 Salop Street
Dudley
West Midlands
DY1 3AT

Trustees

Rev J Hayes
Shaun Eden
Dolores Wishart
Arthur Lavender
Hubert Treasure MBE

Independent examiner

Handmill Taxation Ltd
Spencer House
114 High Street
Wordsley
Stourbridge
West Midlands
DY8 5QR

Approved by order of the board of trustees on **23rd June 2025** and signed on its behalf by:

.....
Rev J Hayes - Trustees



INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
DUDLEY COUNSELLING CENTRE

Independent examiner's report to the trustees of Dudley Counselling Centre

I report to the charity trustees on my examination of the accounts of Dudley Counselling Centre (the Trust) for the year ended 31st December 2024.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered part of an independent examination.

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.



Handmill Taxation Ltd
Spencer House
114 High Street
Wordsley
Stourbridge
West Midlands
DY8 5QR

Date: **23rd June 2025**

DUDLEY COUNSELLING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2024

		Unrestricted fund	Restricted fund	Year ended 31.12.24 Total funds	Year ended 31.12.23 Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations and legacies		76,848	129,600	206,448	146,886
Other trading activities	2	<u>17,632</u>	<u>0</u>	<u>17,632</u>	<u>16,659</u>
		<u>94,480</u>	<u>129,600</u>	<u>224,080</u>	<u>163,545</u>
EXPENDITURE ON					
Running Costs	3	29,211	129,600	158,811	140,958
Other		<u>17,846</u>	<u>0</u>	<u>17,846</u>	<u>18,332</u>
		<u>47,057</u>	<u>129,600</u>	<u>176,657</u>	<u>159,290</u>
NET INCOME/(EXPENDITURE)		<u>47,423</u>	<u>0</u>	<u>47,423</u>	<u>4,255</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>169,467</u>	<u>26,185</u>	<u>195,652</u>	<u>191,397</u>
TOTAL FUNDS CARRIED FORWARD		<u>216,890</u>	<u>26,185</u>	<u>243,075</u>	<u>195,652</u>

The notes form part of these financial statements

DUDLEY COUNSELLING CENTRE

BALANCE SHEET

AT 31ST DECEMBER 2024

		Unrestricted fund	Restricted fund	Year ended 31.12.24 Total funds	Year ended 31.12.23 Total funds
Notes	£	£	£	£	£
FIXED ASSETS					
Tangible assets	7	17,765	0	17,765	19,272
CURRENT ASSETS					
Debtors	8	0	0	0	0
Cash at bank and in hand		230,934	0	230,934	190,641
		<u>230,934</u>	<u>0</u>	<u>230,934</u>	<u>190,641</u>
CREDITORS					
Amounts falling due within one year	9	(5,624)	0	(5,624)	(14,261)
NET CURRENT ASSETS					
		<u>225,310</u>	<u>0</u>	<u>225,310</u>	<u>176,380</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>243,075</u>	<u>0</u>	<u>243,075</u>	<u>195,652</u>
NET ASSETS					
		<u>243,075</u>	<u>0</u>	<u>243,075</u>	<u>195,652</u>
FUNDS					
	10			2024	2023
Unrestricted funds				216,890	169,467
Restricted funds				<u>26,185</u>	<u>26,185</u>
TOTAL FUNDS				<u>243,075</u>	<u>195,652</u>

The financial statements were approved by the Board of Trustees on **23rd June 2025**

and were signed on its behalf by

Rev J Hayes - Trustee



1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under the headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Fixtures and Fittings	- 15% on reducing balance
Computer Equipment	- 25% on reducing balance

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objective at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objectives of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

1. ACCOUNTING POLICIES

Going Concern

The Centre was fund by grants from a number of sources during the year to 31st December 2024, as well as donations from clients and income generated by the Cafe. The Centre is fully supported by Dudley Community Church, both with the provision of premises for the Centre to operate from and also financially to ensure that the services provided by the Centre continue to be available to those who need it within the community.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2024

2. OTHER TRADING ACTIVITIES

	Year ended 31.12.24	Year ended 31.12.23
	£	£
Bank Interest Received	1,514	1,068
Café Income	16,118	15,591
	<u>17,632</u>	<u>16,659</u>

3. RUNNING COSTS

	Year ended 31.12.24	Year ended 31.12.23
	£	£
Support costs	155,266	137,187
	<u>155,266</u>	<u>137,187</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st December 2024 nor for the year ended 31st December 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st December 2024 nor for the year ended 31st December 2023.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	Year ended 31.12.24	Year ended 31.12.23
No employees received emoluments in excess of £60,000.	10	10

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - PREVIOUS YEAR

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	85,386	61,500	146,886
Other trading activities	16,659	0	16,659
	<u>102,045</u>	<u>61,500</u>	<u>163,545</u>
EXPENDITURE ON			
Running Costs	97,790	43,168	140,958
Other	0	18,332	18,332
Total	<u>97,790</u>	<u>61,500</u>	<u>159,290</u>
NET INCOME/(EXPENDITURE)	<u>4,255</u>	<u>0</u>	<u>4,255</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>165,212</u>	<u>26,185</u>	<u>191,397</u>
TOTAL FUNDS CARRIED FORWARD	<u>169,467</u>	<u>26,185</u>	<u>195,652</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2024

7. TANGIBLE FIXED ASSETS

	Fixtures & Fittings £	Computer Equipment £	Fixtures & Fittings £
COST			
At 1st January 2024	30,597	8,053	38,650
Additions	0	2,038	2,038
At 31st December 2024	<u>30,597</u>	<u>10,091</u>	<u>40,688</u>
DEPRECIATION			
At 1st January 2024	15,497	3,881	19,378
Charge for year	2,265	1,280	3,545
At 31st December 2024	<u>17,762</u>	<u>5,161</u>	<u>22,923</u>
NET BOOK VALUE			
At 31st December 2024	<u>12,835</u>	<u>4,930</u>	<u>17,765</u>
At 31st December 2023	<u>15,100</u>	<u>4,172</u>	<u>19,272</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Year ended 31.12.24 £	Year ended 31.12.23 £
Other debtors	<u>0</u>	<u>0</u>
	0	0
	<u>0</u>	<u>0</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Year ended 31.12.24 £	Year ended 31.12.23 £
Trade Creditors	0	12,000
Taxation and Social Security	4,631	851
Accruals	395	380
Other creditors	<u>598</u>	<u>1,030</u>
	<u>5,624</u>	<u>14,261</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2024

10. MOVEMENT IN FUNDS - continued

	At 01.01.24 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	169,467	47,423	216,890
Restricted funds			
Grants	26,185	0	26,185
TOTAL FUNDS	195,652	47,423	243,075

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
Unrestricted funds			
General fund	94,480	(47,057)	47,423
Restricted funds			
Grants	129,600	(129,600)	0
TOTAL FUNDS	224,080	(176,657)	47,423

Comparatives for movement in funds

	At 01.01.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	165,212	4,255	169,467
Restricted funds			
Grants	26,185	0	26,185
TOTAL FUNDS	191,397	4,255	195,652

Comparative net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
Unrestricted funds			
General fund	102,045	(97,790)	4,255
Restricted funds			
Grants	61,500	(61,500)	0
TOTAL FUNDS	163,545	(159,290)	4,255

11. RELATED PARTY DISCLOSURES

In 2024 The Lighthouse Counselling Centre and The Lighthouse Café were charged £12,000 in rent by Dudley Community Church.

DUDLEY COUNSELLING CENTRE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2024

	Year ended 31.12.24		Year ended 31.12.23	
	£	£	£	£
INCOME AND ENDOWMENTS				
Donations and legacies				
Grants - General Funds	38,490		54,370	
Grants - Restricted Funds	129,600		61,500	
Counselling Sessions Donations	33,458		18,182	
Café Income	16,118		15,591	
Gifts & Donations	1,800		5,571	
HUB Income	500		6,375	
Room Hire Received	2,600		888	
		<u>222,566</u>	<u>162,477</u>	
		222,566	162,477	
Other trading activities				
Bank Interest Received		<u>1,514</u>	<u>1,068</u>	
Total incoming resources		224,080	163,545	
EXPENDITURE				
Other trading activities				
Fixtures and Fittings Depreciation	2,265		2,665	
Computer Equipment	<u>1,280</u>		<u>1,106</u>	
		3,545	3,771	
Other				
Supervision and Counselling	320		320	
Sessional Fees	17,510		17,937	
Project Costs	<u>16</u>		<u>75</u>	
		17,846	18,332	
SUPPORT COSTS				
Management				
Centre Wages	85,514		63,531	
Pension	1,890		1,500	
Training Fees	1,807		2,243	
Rent	12,000		12,000	
Light, Heat & Power	1,248		676	
Insurance	1,108		1,100	
Computer Expenses	2,487		1,750	
Telephone	390		553	
Postage, Printing & Stationery	944		758	
Repairs & Renewals	2,827		1,628	
Sundries	<u>119</u>		<u>375</u>	
		110,334	86,114	
Expenditure subtotal carried forward		131,725	108,217	

Continued

This page does not form part of the statutory financial statements

DUDLEY COUNSELLING CENTRE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2024

	Year ended 31.12.24		Year ended 31.12.23	
	£	£	£	£
Expenditure total brought forward		131,725		108,217
Café Expenses				
Café Wages	35,065		38,004	
Café Expenses	7,048		9,456	
Deliveroo Charges	0		0	
PDQ Card Processing Charges	<u>124</u>		<u>125</u>	
		42,237		47,585
Hub Expenses				
Hub Expenses	<u>545</u>		<u>2,410</u>	
		545		2,410
Governance Costs				
Accountancy and legal fees	773		740	
Professional fees	<u>1,377</u>		<u>338</u>	
		2,150		1,078
Total resources expended		<u>176,657</u>		<u>159,290</u>
Net Income/(Expenditure)		<u><u>47,423</u></u>		<u><u>4,255</u></u>

This page does not form part of the statutory financial statements

DUDLEY COUNSELLING CENTRE

England & Wales - Charity number 1155864

Accounts

REGISTERED CHARITY NUMBER: 1155864

**REPORT OF THE TRUSTEES AND UNAUDITED
FINANCIAL STATEMENTS FOR THE YEAR ENDED
31ST DECEMBER 2023**

DUDLEY COUNSELLING CENTRE

OPERATING AS

LIGHTHOUSE COUNSELLING

DUDLEY COUNSELLING CENTRE

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DUDLEY COUNSELLING CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDING 31ST DECEMBER 2023

The trustees present their report with the financial statements of the charity for the year ended 31st December 2023. 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 Republic of Ireland (FRS 102) (effective 1 January 2015)

OBJECTIVES AND ACTIVITIES

The Hub (Support for Vulnerable Adults)

The Hub has a regular weekly attendance of 20-25 adults in attendance, these are people on the edge of society, vulnerable not able to manage daily needs.

The Hub's volunteers have provided excellent support (one-one) in emotional resilience, physical health and wellbeing from local nurses and a retired Consultant, weekly food and clothing is provided. Overall, the HUB provides a safe venue to socialize.

The main change and challenge to the HUB is the lead person Jenny Lenton, who did an amazing job in the transitioning the HUB away from the previous soup kitchen, has moved away and volunteers have done an excellent job in sustaining HUB activities. We continue to look for a replacement for Jenny.

Lottery report Jan - Sept 2024 CAFÉ

The funding provided has given us the skills and tools to put on groups for vulnerable and lonely individuals. Some of the groups we have hosted in the café are:

1. Let's get cooking group – teaching individuals to cook basic meals from scratch throughout a 5-week programme, promoting practical skills, emotion skills and social skills as well as new cooking skills, such as soups, lasagne, cottage pie and curry. These skills not only help increase their self-esteem but also their confidence, encouraging healthy eating habits and a balanced diet. Through this programme we elaborate on money/ budget management due to the cost-of-living increase, helping the families to manage their food budget by getting fresh ingredients so they can cook healthy meals at home for their families at low cost.

This programme is free for all who attend. Feedback forms were given and some of the feedback from those who attended are as follows:

- Keith – he was referred from his doctor to help with his confidence and eating habits. This course gave him more self-belief in his cooking and has given him the confidence to cook for his 101-year-old mother.
- Salvatore – found out about this programme from the library and it has given him a confidence boost in the kitchen as he had never cooked before. He has gone from feeling alone to having fun in the kitchen and enjoys cooking at home.
- Teresa – said she has learnt new recipes and is now trying new stuff for her and her family of 5.
- Emma – she was also referred to us by her doctor and said this has helped with her mental health and has given her the confidence to be around people.

Continued

DUDLEY COUNSELLING CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDING 31ST DECEMBER 2023

2. Fitness group for over 60's – In this group we now have about 8-10 seniors who attend this group once a week. This group has helped the over 60's from feeling lonely being stuck at home and to come together once a week to participate in fun chair exercises and then to sit and have coffee together afterwards. The aim of this group is to promote fitness and social life for over 60's. Having an experienced fitness instructor to come to the café every week (ongoing) to host the gentle chair exercises according to the individual abilities to build up their body strength.

3. Reunion group - This group is held once a month for the elderly, the lonely and people with disabilities to get together to fellowship, take part in games, quizzes, sing along and enjoy a two-course meal with each other. This is a popular group of up to 20+ people and a great opportunity for individuals to have fun and engage with new people.

Our networking has been done through:

Social media, Dudley Library, Family hub, Connect meetings, Word of mouth and advertisements through posters, signs, banners and leaflets.

Footfall in the cafe:

January – 255 covers, February – 273 covers, March – 257 covers + 70 children during our HAF programme (4 days), April – 256 covers, May - 284 covers, June – 368 covers, July – 169 covers + 200 children during our HAF programme (8 days), August – 114 covers and September – 169 covers.

Apprenticeship and volunteers

Paige is almost at the end of her apprenticeship programme; she has gained so many new skills, such as cooking, baking, barista (coffee), customer service and money handling, she also attended food and hygiene training, health and safety training, fire awareness course and first aid. Paige has excelled in the kitchen and in her confidence with customers. She has excelled in baking cakes something she did not know how to do before. We have seen Paige grow as an individual and manage her time well. Towards the end of her programme, I believe Paige will exceed in any job that she does as she works hard and understands how to do tasks very quickly.

Kundai has been volunteering with us for over a year during holidays whilst at university. She has mastered the coffee machine, gaining skills and knowledge in all the hot drinks that are available giving her new skills to help her find a job, whilst studying at university.

Counselling

Play Therapy and Youth Therapy

From August 2023 to August 2024

Play therapy and youth therapy referrals - 100 referrals

Play therapy and youth therapy sessions - 340 sessions

Nature/reasons for referrals included:

Abuse, Accommodation, Addiction support ADHD Anger management, Antisocial behaviour, Anxiety Bereavement, CBT Chronic health conditions, Depression, Disabilities Eating disorders, Employment, Finance, Gambling, Grief, Loneliness Loss Menopause OCD Physical health, PTSD Relationships Self-esteem Self-harm Sex problems Sexuality Spirituality Stress Suicidal thoughts.

Continued

DUDLEY COUNSELLING CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDING 31ST DECEMBER 2023

Adults Counselling

Numbers of adult referrals received since Jan 2024 - 150 referrals
Numbers of sessions have been seen since 3rd Jan 2024 - 625 sessions

Session topics included:

Abuse, Accommodation, Addiction support ADHD Anger management, Antisocial behaviour, Anxiety Bereavement, CBT Chronic health conditions, Depression, Disabilities Eating disorders, Employment, Finance, Gambling, Grief, Loneliness Loss Menopause OCD Physical health, PTSD Relationships Self-esteem Self-harm Sex problems Sexuality Spirituality Stress Suicidal thoughts.

Play Therapy testimonies

- I recently completed work with a five year old, presenting angry, experiencing tantrums and physically lashing out at her guardians. Through work with the whole family, we creating house rules and boundaries
- I worked with mum on parenting, rules, boundaries praise and consequences.
- I worked with the young person on understanding emotions and mind to body connection
- Taught the young person strategies and shared these with family to do at home.
- Worked with a 5 year old male with resuming contact with his biological mother after he was taken from her care.
- I completed trauma informed work with this young person around the abuse he suffered.
- I used interventions and strategies to help his calm his nervous system and to regulate.
- I worked with him and the family on boundaries and regulation at home.
- Providing family with regulation strategies that they could provide school.

The biggest challenge facing Counselling has been we appointed an assistant manager who unfortunately was not competent for the role. We continue to look for an assistant manager in the mean time we have appointed an office lead, with an increased salary who carries the load to assist the Centre Manager.

DUDLEY COUNSELLING CENTRE

REPORT OF THE TRUSTEES
FOR THE YEAR ENDING 31ST DECEMBER 2023

FINANCIAL REVIEW

Financial position

The trustees consider the financial position as stable and satisfactory for the level of income.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and consitutes as unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1155864

Principal address

24 - 36 Salop Street
Dudley
West Midlands
DY1 3AT

Trustees

Rev J Hayes
Shaun Eden
Dolores Wishart
Asha Rani-Lal
Arthur Lavender
Hubert Treasure MBE

Independent examiner

Handmill Taxation Ltd
Spencer House
114 High Street
Wordsley
Stourbridge
West Midlands
DY8 5QR

Approved by order of the board of trustees on **24th October 2024** and signed on its behalf by:


.....
Rev J Hayes - Trustees

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
DUDLEY COUNSELLING CENTRE

Independent examiner's report to the trustees of Dudley Counselling Centre

I report to the charity trustees on my examination of the accounts of Dudley Counselling Centre (the Trust) for the year ended 31st December 2023.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered part of an independent examination.

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.



Handmill Taxation Ltd
Spencer House
114 High Street
Wordsley
Stourbridge
West Midlands
DY8 5QR

Date: **24th October 2024**

DUDLEY COUNSELLING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2023

		Unrestricted fund	Restricted fund	Year ended 31.12.23 Total funds	Year ended 31.12.22 Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations and legacies		85,386	61,500	146,886	197,015
Other trading activities	2	16,659	0	16,659	21,662
		<u>102,045</u>	<u>61,500</u>	<u>163,545</u>	<u>218,677</u>
EXPENDITURE ON					
Running Costs	3	97,790	43,168	140,958	178,332
Other		0	18,332	18,332	19,015
		<u>97,790</u>	<u>61,500</u>	<u>159,290</u>	<u>197,347</u>
NET INCOME/(EXPENDITURE)		<u>4,255</u>	<u>0</u>	<u>4,255</u>	<u>21,330</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>165,212</u>	<u>26,185</u>	<u>191,397</u>	<u>170,067</u>
TOTAL FUNDS CARRIED FORWARD		<u>169,467</u>	<u>26,185</u>	<u>195,652</u>	<u>191,397</u>

The notes form part of these financial statements

DUDLEY COUNSELLING CENTRE

BALANCE SHEET
AT 31ST DECEMBER 2023

		Unrestricted fund	Restricted fund	Year ended 31.12.23 Total funds	Year ended 31.12.22 Total funds
Notes	£	£	£	£	£
FIXED ASSETS					
Tangible assets	7	19,272	0	19,272	22,325
CURRENT ASSETS					
Debtors	8	0	0	0	0
Cash at bank and in hand		190,641	0	190,641	170,162
		<u>190,641</u>	<u>0</u>	<u>190,641</u>	<u>170,162</u>
CREDITORS					
Amounts falling due within one year	9	(14,261)	0	(14,261)	(1,090)
NET CURRENT ASSETS					
		<u>176,380</u>	<u>0</u>	<u>176,380</u>	<u>169,072</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>195,652</u>	<u>0</u>	<u>195,652</u>	<u>191,397</u>
NET ASSETS					
		<u>195,652</u>	<u>0</u>	<u>195,652</u>	<u>191,397</u>
FUNDS					
	10			2023	2022
Unrestricted funds				169,467	165,212
Restricted funds				<u>26,185</u>	<u>26,185</u>
TOTAL FUNDS					
				<u>195,652</u>	<u>191,397</u>

The financial statements were approved by the Board of Trustees on **24th October 2024**

and were signed on its behalf by


Rev J Hayes - Trustee

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under the headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Fixtures and Fittings	- 15% on reducing balance
Computer Equipment	- 25% on reducing balance

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objective at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objectives of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

1. ACCOUNTING POLICIES

Going Concern

The Centre was fund by grants from a number of sources during the year to 31st December 2023, as well as donations from clients and income generated by the Cafe. The Centre is fully supported by Dudley Community Church, both with the provision of premises for the Centre to operate from and also financially to ensure that the services provided by the Centre continue to be available to those who need it within the community.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2023

2. OTHER TRADING ACTIVITIES

	Year ended 31.12.23	Year ended 31.12.22
	£	£
Other	1,068	118
Café Income	15,591	21,544
	<u>16,659</u>	<u>21,662</u>

3. RUNNING COSTS

	Year ended 31.12.23	Year ended 31.12.22
	£	£
Support costs	137,187	173,972

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st December 2023 nor for the year ended 31st December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st December 2023 nor for the year ended 31st December 2022.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	Year ended 31.12.23	Year ended 31.12.22
	10	12

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - PREVIOUS YEAR

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	125,868	92,691	218,559
Other trading activities	118	0	118
	<u>125,986</u>	<u>92,691</u>	<u>218,677</u>
EXPENDITURE ON			
Running Costs	104,656	73,676	178,332
Other		19,015	19,015
Total	<u>104,656</u>	<u>92,691</u>	<u>197,347</u>
NET INCOME/(EXPENDITURE)	<u>21,330</u>	<u>0</u>	<u>21,330</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>143,882</u>	<u>26,185</u>	<u>170,067</u>
TOTAL FUNDS CARRIED FORWARD	<u>165,212</u>	<u>26,185</u>	<u>191,397</u>

DUDLEY COUNSELLING CENTRE

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2023

7. TANGIBLE FIXED ASSETS

	Fixtures & Fittings £	Computer Equipment £	Fixtures & Fittings £
COST			
At 1st January 2023	30,597	7,335	37,932
Additions		718	718
At 31st December 2023	<u>30,597</u>	<u>8,053</u>	<u>38,650</u>
DEPRECIATION			
At 1st January 2023	12,833	2,774	15,607
Charge for year	2,664	1,107	3,771
At 31st December 2023	<u>15,497</u>	<u>3,881</u>	<u>19,378</u>
NET BOOK VALUE			
At 31st December 2023	<u>15,100</u>	<u>4,172</u>	<u>19,272</u>
At 31st December 2022	<u>17,764</u>	<u>4,561</u>	<u>22,325</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Year ended 31.12.23 £	Year ended 31.12.22 £
Other debtors	<u>0</u>	<u>0</u>
	0	0

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Year ended 31.12.23 £	Year ended 31.12.22 £
Trade Creditors	12,000	0
Taxation and Social Security	851	132
Accruals	380	360
Other creditors	<u>1,030</u>	<u>598</u>
	<u>14,261</u>	<u>1,090</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2023

10. MOVEMENT IN FUNDS - continued

	At 01.01.23 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	165,212	16,255	181,467
Restricted funds			
Grants	26,185	0	26,185
TOTAL FUNDS	191,397	16,255	207,652

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
Unrestricted funds			
General fund	102,045	(85,790)	16,255
Restricted funds			
Grants	61,500	(61,500)	0
TOTAL FUNDS	163,545	(147,290)	16,255

Comparatives for movement in funds

	At 01.01.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	143,882	21,330	165,212
Restricted funds			
Grants	26,185	0	26,185
TOTAL FUNDS	170,067	21,330	191,397

Comparative net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
Unrestricted funds			
General fund	125,986	(104,656)	21,330
Restricted funds			
Grants	92,691	(92,691)	0
TOTAL FUNDS	218,677	(197,347)	21,330

11. RELATED PARTY DISCLOSURES

In 2023 The Lighthouse Counselling Centre and The Lighthouse Café were charged £12,000 in rent by Dudley Community Church which was paid in full in October 2024.

DUDLEY COUNSELLING CENTRE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2023

	Year ended 31.12.23		Year ended 31.12.22	
	£	£	£	£
INCOME AND ENDOWMENTS				
Donations and legacies				
Grants - General Funds	54,370		23,954	
Grants - Restricted Funds	61,500		92,691	
Counselling Sessions Donations	18,182		62,152	
Café Income	15,591		21,544	
Gifts & Donations	5,571		10,116	
HUB Income	6,375		6,445	
Gift Aid Tax Reclaimed	0		1,561	
Room Hire Received	888		0	
COVID 19 Furlough Grants	0		96	
		<u>162,477</u>		<u>218,559</u>
		162,477		218,559
Other trading activities				
Bank Interest Received		<u>1,068</u>		<u>118</u>
Total incoming resources		163,545		218,677
EXPENDITURE				
Other trading activities				
Fixtures and Fittings Depreciation	2,665		3,135	
Computer Equipment	<u>1,106</u>		<u>1,225</u>	
		3,771		4,360
Other				
Supervision and Counselling	320		6,938	
Sessional Fees	17,937		3,563	
Project Costs	<u>75</u>		<u>8,514</u>	
		18,332		19,015
SUPPORT COSTS				
Management				
Centre Wages	63,531		97,429	
Pension	1,500		1,930	
Training Fees	2,243		222	
Other Expenses	0		534	
Rent	12,000		10,000	
Light, Heat & Power	676		0	
Insurance	1,100		3,205	
Computer Expenses	1,750		2,728	
Telephone	553		535	
Postage, Printing & Stationery	758		219	
Repairs & Renewals	1,628		2,131	
Sundries	<u>375</u>		<u>193</u>	
		86,114		119,126
Expenditure subtotal carried forward		108,217		142,501

Continued

This page does not form part of the statutory financial statements

DUDLEY COUNSELLING CENTRE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2023

	Year ended 31.12.23		Year ended 31.12.22	
	£	£	£	£
Expenditure total brought forward		108,217		142,501
Café Expenses				
Café Wages	38,004		38,065	
Café Expenses	9,456		13,888	
Deliveroo Charges	125		1,436	
PDQ Card Processing Charges	<u>0</u>		<u>141</u>	
		47,585		53,530
Hub Expenses				
Hub Expenses	<u>2,410</u>		<u>0</u>	
		2,410		0
Governance Costs				
Accountancy and legal fees	740		1,080	
Professional fees	<u>338</u>		<u>236</u>	
		1,078		1,316
Total resources expended		<u>159,290</u>		<u>197,347</u>
Net Income/(Expenditure)		<u><u>4,255</u></u>		<u><u>21,330</u></u>

This page does not form part of the statutory financial statements

DUDLEY COUNSELLING CENTRE

England & Wales - Charity number 1155864

Accounts

REGISTERED CHARITY NUMBER: 1155864

**REPORT OF THE TRUSTEES AND UNAUDITED
FINANCIAL STATEMENTS FOR THE YEAR ENDED
31ST DECEMBER 2022**

DUDLEY COUNSELLING CENTRE

OPERATING AS

LIGHTHOUSE COUNSELLING

DUDLEY COUNSELLING CENTRE

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2022

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Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 to 14
Detailed Statement of Financial Activities	15 to 16

REPORT OF THE TRUSTEES
FOR THE YEAR ENDING 31ST DECEMBER 2022

The trustees present their report with the financial statements of the charity for the year ended 31st December 2022. 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 Republic of Ireland (FRS 102) (effective 1 January 2015)

OBJECTIVES AND ACTIVITIES

In 2022 Dudley Counselling Centre continued to fulfill its objectives in providing adult and child counselling services and support for the poor and vulnerable.

During the year the trustees have engaged the services of R & P Accounting Services Ltd for the centre's payroll and the book keeping has been carried out by Miss N Y Lam.

Counsellor, Volunteer's and Client's names have been removed in this report and will appear as F..... S..... Etc.

Special mention is however, given to Lizzie Hayes the overall centre manager, who has lead and motivated staff and volunteers through difficult times and has maintained a quality service for users.

ACHIEVEMENT AND PERFORMANCE

What an amazing team of devoted and dedicated staff and volunteers we have at The Lighthouse Centre.

Despite having no lottery funding for this year the Lighthouse team worked so hard to maintain and continue the excellent service they provide to our community.

In the last 12 months we have delivered 735 sessions of Play Therapy, and 2174 sessions of Adult counselling. Over counselling in the last 12 months supported 147 children with Play therapy and 423 adults in counselling sessions.

In the next 12 month we will aim to increase these numbers to at least 550 Children and 600 Adults

Based on last 12 months we expect to see 125 pass through the café/hub each week. Presently in the Hub 25 people attend to socialize, seek support or signposted, we would like to see this increase to 50 people each week.

Play Therapy

We have been delivering the Play therapy service for 14 years.

Is there a limit on the number of sessions per young person?

Our service is unique as we offer a ten-session model for all clients with the flexibility of an increase of 20 sessions for complex cases. This model is unique in the area and ensures the work is embedded and change is secure within the child before they finish sessions.

There are some limited Play Therapy services in the area and they offer a maximum of six sessions per client. This does not allow for Trust to be built with the child or for change to be effectively demonstrated over a period of time. They also have up to 2-year waiting lists and training issues and needs which do not meet the standards of the governing bodies for Play Therapy within the UK.

Continued

ACHIEVEMENT AND PERFORMANCE continued :-

Within the Lighthouse Play Therapy service, the children see the same therapist all the way through their journey so that a trusting relationship can be built and the child can feel safe with a sense of security and routine to their sessions. Within our service model we always offer a review with parents to empower the parents to learn and enhance the work done in sessions in the week prior to the next sessions.

Confidentiality of the child is ensured but patterns and play themes that will be helpful are shared so parents and careers in order that they can be empowered. If there are concerns with parents who have emotional needs, we can offer adult counselling for example where there are inappropriate anger issues in the family, bereavement issues or attachment issues. This collaborative approach, therefore, affects the whole family outcome. This approach is unique and effective.

We can also link children and parents into the café for social connections or other groups and activities as appropriate to their needs. We do have parents who will then help in some of the summer activities etc as volunteers. They feel they can give back to a service where they have built Trust and respect.

Parents who have used the service or been referred recommend our service and have significantly helped to build the reputation of the service.

The service is highly respected by Paediatrician's school's local GPS social services and the parents & children themselves. During Covid Public Health used and respected the highly valued services to children in the area and allowed us to remain open to ensure that children at Risk could still be seen and therefore reduce safe guarding issues.

We have evidenced our work to Public Health. We also have sought to secure funding from GPS's but so we been unsuccessful and the commissioning groups locally have limited opportunities for Charites to bid for work. This is something we have raised to the local children's commissioner.

How has it been funded to date?

We do source a counsellor to a local school one day a week and this has helped with sustainability. It also helps to increase therapy within school hours. Schools have very limited funds but where a child is receiving pupil premium we do seek to charge the school for the service to help sustain the Lighthouse PT service. We also ask people to make donations based on their affordability but continue to offer free counselling when clients cannot give anything.

How do people get referred into this service?

People self-refer and Parents can refer children We take referral from Social services, Children's Services, Schools, GPs, NHS and Police. Referral can be made via telephone or on our website.

How do you know your services have been successful to date?

We have feedback from GPs and parents confirming the effectiveness of the service. Also from positive feedback from schools and we evidence our successes on the WEMBS

Continued

REPORT OF THE TRUSTEES

FOR THE YEAR ENDING 31ST DECEMBER 2022

ACHIEVEMENT AND PERFORMANCE continued :-

Hub Space

Regarding the hub space.

How and when did this initially get set up?

After a review of our projects in early 2022 the trustee and volunteers made a radical decision to stop the weekly meal as it had little impact on user's personal circumstance. The HUB in conjunction with the Café that began 2020, came work together to share resources and provide increased one to one support for users during Café/HUB opening times.

The HUB now opens for approximately 6 hours on Monday evening to provide a Warm Space to socialize and/or share one-one requests for support with volunteers over tea/coffee and cakes made by volunteers in Cafe. The HUB aims to open a second evening, as one-off events such as movie or bingo nights have proven very popular.

The HUB because of our long reputation of working with the socially vulnerable of our community continues to attract those from chaotic social and economic backgrounds, however, due to communicating Café/HUB as working together to support our community we have seen an increase in the socially vulnerable coming to the café for support, such as a free meal, personal items, shower, food bank vouchers or emergency food parcels. HUB volunteers also make themselves available for appointments during café hours, (5 days a week 9:30am – 3:30pm) to provide one-one support on health, emotional or financial issues, if HUB/Café are not able to support they signpost to a local service provider.

Can we have some more details on the community groups already currently using the space?

- Adult Counselling and Play therapy takes place daily in the centre
- As well as HUB social activities, we have the following existing weekly groups/activities during café hours;
- Crotchet Group, / Water Colour Painting / Craft Group / (These groups are in cooperation with YMCA who are supported by TNL to work on the Wrensnest Estate),
- Four time a week we have a dedicated space for groups with learning difficulties to socialize.
- Once a week Baby and Mum support group.
- Once a Week Dementia Café/ Memory Café.
- Youth Offending Service use the Café for One-One support when required on a weekly basis, as this provide anonymity over a coffee/tea for the offender.
- After school youth group once a week

Regular Ad-hoc activities

- Youth Offending Service Host short course groups for offenders 4 times a year
- Rocket Making Recycled Waste and Family Group,
- Out of School family Cooking Clubs x4 weeks a year, providing lunch for children and parents.
- Saturday Counsellor training

Of course, we have ideas/plans for more groups with the support from funding.

Continued

Filling a gap for the local community?

We are in North Dudley; there are other community cafés we are aware of or the provision of a warm space open 5 days and one – two evenings a week offering the services of the HUB.

Play Therapy; we have a waiting list of 9 months, parents report they are desperate as they cannot get access to services, GPs, CAMHS refer to our project, schools regularly request Play Therapy from us,

(we have changed our hours to accommodate out of school hour Play Therapy opening two evening to 6pm and have also placed PT in schools under our management.

The referrals that we received for Play Therapy are at a far higher level of risk and complexity as CAMHS have changed their criteria post COVID due to the increased demand in child/youth mental health support. We are currently seeing children and young people that they would have seen pre COVID but they now cannot as they are limited to seeing the absolute worst cases (that being said the referrals that we are receiving from CAMHS are still very severe and in often cases need immediate intervention). It is also worth noting that CAMHS do not have a play therapist on their team at this time and there is a shortage/limited amount of play therapists in our local area so we receive a lot of their referrals that require play therapy.

Adult Counselling; unlike statutory services we can extend client session and so are not limited to six sessions,

We can provide free PT/Adult counselling sessions as we offer counselling on client's affordability not a fixed fee

Parents who have used the service or been referred recommend our service and have significantly helped to build the reputation of the service.

The service is highly respected by Paediatrician's school's local GPS social services and the parents & children themselves. During Covid Public Health used and respected the highly valued services to children in the area and allowed us to remain open to ensure that children at Risk could still be seen and therefore reduce safe guarding issues.

Our Community Café strategy follows three focus area Togetherness (bring people together) Trading (seeking to become a self-sustaining social enterprise) and Training.

In 2021/22 we took 6 young people on as Kick Starters giving them six-month work experience and training, all Kickstarts left the Centre to enter gainful employment with new workplace skills.

We support trainees not only in Catering skills but also with emotional intelligence, resilience, confidence building and reducing social anxieties, skills development, preparedness for work e.g. time keeping, team work, initiative taking, communication/customer skills, organisational ability, interview skills.

We know much of your work is volunteer led from visiting you but tell us more about this and how you are community led, aside from the consultations.

Some Users are also volunteers, in café/HUB. In counselling one former users is now employed 8 hours a week. Their input is invaluable as their advice is form a user perspective.

We use a Suggestion/feedback box, and surveys.

We take service evaluation from parents and adult clients, we use the WEMBS to measure wellbeing outcome scores to help understand how users feel about our service.

Continued

REPORT OF THE TRUSTEES
FOR THE YEAR ENDING 31ST DECEMBER 2022

We have also engaged with Dudley adult learning to facilitate courses that there has been a community need for and we have also had many members of the community approach us to start new groups and events for the community at our centre.

We are constantly talking with members of our community to hear their thoughts, gain feedback from them regarding their needs and suggestions and we are always looking for ways that we can help the community for the better.

How many volunteers are there and are they from the community?

15-20 across the whole centre, they are all from the local community some are also users of the projects.

Several counsellors are volunteers.

Does the cafe generate any income, is the cafe/hub community's connector the only paid member of staff working on the cafe side?

Café income is approximately £1800 from sales per month and £3800 expenditure, ad-hock projects such sandwiches for school bring in additional income.

Budget Plans

We do not have any external secured match funding; However, our approach as part of our long term strategy towards sustainability (Hinder by lockdowns and restriction in 20/21) is to establish working contracts with local providers, such as GPs, School, NHS, Backcountry Mental Health and working with businesses occupation health Departments to provide counselling, in the past we have some short term contracts with them.

This why we are seeking funding to create a new post of assistant centre manager to free up the manager to source these contacts.

These contracts also mean we can provide free and affordable counselling to those who are not able to donate anything. In 2022 we provided around 600 free counselling sessions for adults and children.

We would like to request a change to our original idea, due to our success with Kickstarts and now an apprentice we would like to request funding for two apprentices one in the café and one in admin office, this will slightly change the amount we are requesting from TNL.

Local demand PT by, is not being met by statutory services hence schools, parents and other providers are referring on to our service. Presently have a 9-month waiting list, therefore, our largest request for funding is for PT as we see the demand and would like to increase our provision by having a Play Therapist onsite 2-3 day a week providing up to six sessions a day.

Continued

REPORT OF THE TRUSTEES
FOR THE YEAR ENDING 31ST DECEMBER 2022

FINANCIAL REVIEW

Financial position

The trustees consider the financial position as stable and satisfactory for the level of income.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and consitutes as unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1155864

Principal address

24 - 36 Salop Street
Dudley
West Midlands
DY1 3AT

Trustees

Rev J Hayes
Mr M Jones
Mr H Treasure

Independent examiner

R & P Accounting Services Limited
Spencer House
114 High Street
Wordsley
Stourbridge
West Midlands
DY8 5QR

Approved by order of the board of trustees on **17th July 2023** and signed on its behalf by:

.....
Rev J Hayes - Trustees

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
DUDLEY COUNSELLING CENTRE

Independent examiner's report to the trustees of Dudley Counselling Centre

I report to the charity trustees on my examination of the accounts of Dudley Counselling Centre (the Trust) for the year ended 31st December 2022.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered part of an independent examination.

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

R & P Accounting Services Limited
Spencer House
114 High Street
Wordsley
Stourbridge
West Midlands
DY8 5QR

Date: **17th July 2023**

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2022

		Unrestricted fund	Restricted fund	Year ended 31.12.22 Total funds	Year ended 31.12.21 Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations and legacies		125,868	92,691	218,559	155,790
Other trading activities	2	118	0	118	14,533
		<u>125,986</u>	<u>92,691</u>	<u>218,677</u>	<u>170,323</u>
EXPENDITURE ON					
Running Costs	3	104,656	73,676	178,332	180,926
Other		0	19,015	19,015	15,402
		<u>104,656</u>	<u>92,691</u>	<u>197,347</u>	<u>196,328</u>
NET INCOME/(EXPENDITURE)		<u>21,330</u>	<u>0</u>	<u>21,330</u>	<u>(26,005)</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>143,882</u>	<u>26,185</u>	<u>170,067</u>	<u>113,521</u>
TOTAL FUNDS CARRIED FORWARD		<u>165,212</u>	<u>26,185</u>	<u>191,397</u>	<u>170,067</u>

DUDLEY COUNSELLING CENTRE

BALANCE SHEET

AT 31ST DECEMBER 2022

		Unrestricted fund	Restricted fund	Year ended 31.12.22 Total funds	Year ended 31.12.21 Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible assets	7	0	22,325	22,325	23,024
CURRENT ASSETS					
Debtors	8	0	0	0	325
Cash at bank and in hand		0	170,162	170,162	150,361
		<u>0</u>	<u>170,162</u>	<u>170,162</u>	<u>150,686</u>
CREDITORS					
Amounts falling due within one year	9	0	(1,090)	(1,090)	(3,643)
NET CURRENT ASSETS		<u>0</u>	<u>169,072</u>	<u>169,072</u>	<u>147,043</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>0</u>	<u>191,397</u>	<u>191,397</u>	<u>170,067</u>
NET ASSETS		<u>0</u>	<u>191,397</u>	<u>191,397</u>	<u>170,067</u>
FUNDS	10				
Unrestricted funds				165,212	143,882
Restricted funds				<u>26,185</u>	<u>26,185</u>
TOTAL FUNDS				<u>191,397</u>	<u>170,067</u>

The financial statements were approved by the Board of Trustees on **17th July 2023**

and were signed on its behalf by

Rev J Hayes - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under the headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Fixtures and Fittings	- 15% on reducing balance
Computer Equipment	- 25% on reducing balance

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objective at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objectives of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

1. ACCOUNTING POLICIES

Going Concern

The Centre was fund by grants from a number of sources during the year to 31st December 2022, as well as donations from clients and income generated by the Cafe. The Centre is fully supported by Dudley Community Church, both with the provision of premises for the Centre to operate from and also financially to ensure that the services provided by the Centre continue to be available to those who need it within the community.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2022

2. OTHER TRADING ACTIVITIES

	Year ended 31.12.22	Year ended 31.12.21
	£	£
Other	118	14
Café Income	21,544	14,519
	<u>21,662</u>	<u>14,533</u>

3. RUNNING COSTS

	Year ended 31.12.22	Year ended 31.12.21
	£	£
Support costs	173,972	176,505
	<u>173,972</u>	<u>176,505</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st December 2022 nor for the year ended 31st December 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st December 2022 nor for the year ended 31st December 2021.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

Year ended 31.12.22	Year ended 31.12.21
12	8

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	112,772	43,018	155,790
Other trading activities	14,533	0	14,533
	<u>127,305</u>	<u>43,018</u>	<u>170,323</u>
EXPENDITURE ON			
Running Costs	37,632	143,294	180,926
Other		15,402	15,402
Total	<u>37,632</u>	<u>158,696</u>	<u>196,328</u>
NET INCOME/(EXPENDITURE)	<u>89,673</u>	<u>(115,678)</u>	<u>(26,005)</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>54,209</u>	<u>141,863</u>	<u>196,072</u>
TOTAL FUNDS CARRIED FORWARD	<u>143,882</u>	<u>26,185</u>	<u>170,067</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2022

7. TANGIBLE FIXED ASSETS

	Fixtures & Fittings £	Computer Equipment £	Fixtures & Fittings £
COST			
At 1st January 2022	29,375	4,897	34,272
Additions	1,222	2,438	3,660
At 31st December 2022	<u>30,597</u>	<u>7,335</u>	<u>37,932</u>
DEPRECIATION			
At 1st January 2022	9,698	1,550	11,248
Charge for year	3,135	1,224	4,359
At 31st December 2022	<u>12,833</u>	<u>2,774</u>	<u>15,607</u>
NET BOOK VALUE			
At 31st December 2022	<u>17,764</u>	<u>4,561</u>	<u>22,325</u>
At 31st December 2021	<u>19,677</u>	<u>3,347</u>	<u>23,024</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Year ended 31.12.22 £	Year ended 31.12.21 £
Other debtors	<u>0</u>	<u>325</u>
	<u>0</u>	<u>325</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Year ended 31.12.22 £	Year ended 31.12.21 £
Taxation and Social Security	132	3,303
Accruals	360	340
Other creditors	<u>598</u>	<u>0</u>
	<u>1,090</u>	<u>3,643</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2022

10. MOVEMENT IN FUNDS - continued

	At 01.01.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	143,882	21,330	165,212
Restricted funds			
Grants	26,185	0	26,185
TOTAL FUNDS	170,067	21,330	191,397

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
Unrestricted funds			
General fund	125,986	(104,656)	21,330
Restricted funds			
Grants	92,691	(92,691)	0
TOTAL FUNDS	218,677	(197,347)	21,330

Comparatives for movement in funds

	At 01.01.21 £	Net movement in funds £	At 31.12.21 £
Unrestricted funds			
General fund	54,210	89,673	143,883
Restricted funds			
Grants	141,863	(115,678)	26,185
TOTAL FUNDS	196,073	(26,005)	170,068

Comparative net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
Unrestricted funds			
General fund	127,305	(37,632)	89,673
Restricted funds			
Grants	43,018	(158,696)	(115,678)
TOTAL FUNDS	170,323	(196,328)	(26,005)

11. RELATED PARTY DISCLOSURES

In 2022 Dudley Counselling Centre and The Lighthouse Café paid £11,000 in rent to Dudley Community Church.

DUDLEY COUNSELLING CENTRE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2022

	Year ended 31.12.22		Year ended 31.12.21	
	£	£	£	£
INCOME AND ENDOWMENTS				
Donations and legacies				
Grants - General Funds	23,954		40,100	
Grants - Restricted Funds	92,691		43,018	
Counselling Sessions Donations	62,152		50,635	
Café Income	21,544		14,519	
Gifts & Donations	10,116		0	
HUB Income	6,445		0	
Gift Aid Tax Reclaimed	1,561		0	
COVID 19 Furlough Grants	96		22,037	
		<u>218,559</u>		<u>170,309</u>
		218,559		170,309
Other trading activities				
Bank Interest Received		<u>118</u>		<u>14</u>
Total incoming resources		218,677		170,323
EXPENDITURE				
Other trading activities				
Fixtures and Fittings Depreciation	3,135		3,472	
Computer Equipment	<u>1,225</u>		<u>949</u>	
		4,360		4,421
Other				
Supervision and Counselling	6,938		10,060	
Sessional Fees	3,563		3,548	
Project Costs	<u>8,514</u>		<u>1,794</u>	
		19,015		15,402
SUPPORT COSTS				
Management				
Centre Wages	97,429		97,867	
Pension	1,930		2,067	
Training Fees	222		2,354	
Other Expenses	534		2,502	
Rent	10,000		10,850	
Advertising	0		160	
Insurance	3,205		1,103	
Computer Expenses	2,728		2,678	
Telephone	535		1,011	
Postage, Printing & Stationery	219		216	
Repairs & Renewals	2,131		1,905	
Sundries	<u>193</u>		<u>494</u>	
		119,126		123,207
Expenditure subtotal carried forward		142,501		143,030

Continued

This page does not form part of the statutory financial statements

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2022

	Year ended 31.12.22		Year ended 31.12.21	
	£	£	£	£
Expenditure total brought forward		142,501		143,030
Café Expenses				
Café Wages	38,065		47,124	
Café Expenses	13,888		4,942	
Deliveroo Charges	1,436		0	
PDQ Card Processing Charges	141		78	
		53,530		52,144
Governance Costs				
Accountancy and legal fees	1,080		840	
Professional fees	236		314	
		1,316		1,154
Total resources expended		197,347		196,328
Net Income/(Expenditure)		21,330		(26,005)

DUDLEY COUNSELLING CENTRE

England & Wales - Charity number 1155864

Accounts

REGISTERED CHARITY NUMBER: 1155864

**REPORT OF THE TRUSTEES AND UNAUDITED
FINANCIAL STATEMENTS FOR THE YEAR ENDED
31ST DECEMBER 2021**

DUDLEY COUNSELLING CENTRE

OPERATING AS

LIGHTHOUSE COUNSELLING

DUDLEY COUNSELLING CENTRE

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2021

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Notes to the Financial Statements	10 to 14
Detailed Statement of Financial Activities	15 to 16

REPORT OF THE TRUSTEES
FOR THE YEAR ENDING 31ST DECEMBER 2021

The trustees present their report with the financial statements of the charity for the year ended 31st December 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 Republic of Ireland (FRS 102) (effective 1 January 2015)

OBJECTIVES AND ACTIVITIES

In 2021 Dudley Counselling Centre continued to fulfill its objectives in providing adult and child counselling services and support for the poor and vulnerable.

During the year the trustees have engaged the services of R & P Accounting Services Ltd for the centre's payroll and the book keeping has been carried out by Miss N Y Lam.

Counsellor, Volunteer's and Client's names have been removed in this report and will appear as F..... S..... Etc.

Special mention is however, given to Lizzie Hayes the overall centre manager, who has lead and motivated staff and volunteers through difficult times and has maintained a quality service for users.

The past 12 months have been very challenging due to rebuilding the project after the Covid-19 pandemic. It has also been a year of resilience and adaptations for staff and volunteers as we navigated our way through government restrictions.

ACHIEVEMENT AND PERFORMANCE

As clarification on restrictions became known, we felt we could reopen adult and child counselling as an essential service to support people in their emotional recovery. PPE became and remains the norm for counsellors and clients, Zoom and telephone counselling continues to be offered to clients fearful of attending.

Our work with the socially vulnerable/homeless again was unable to provide one-to-one support during lockdown.

Despite replacing the Café manager and team leader for Heaven's Kitchen, the positive impact of these projects increased.

As the year progressed, we began offering free cooked take away meals Monday - Friday. Up to 30 people came each day, with our Client Empowerment Lead spending time speaking to and supporting users as they waited for their take-away meals.

When eating outside was permitted, we set up tables and chairs in the car park for users to have a meal and socialization increased.

We have worked with Beacon Centre for the Blind and trained with them to provide specialist counselling for the blind. We worked with steps to work to help the long term unemployed back into work and proved to be the most successful projection in the country.

We provided free cooked children's meals. Over Easter 2021, distributing 333 cooked take away lunches, and during the June Half-Term we allowed families to sit in or take away where we provided around 300 children's meals during the week with our Client Empowerment Lead meeting and chatting about additional needs.

Continued

REPORT OF THE TRUSTEES

FOR THE YEAR ENDING 31ST DECEMBER 2021

ACHIEVEMENT AND PERFORMANCE continued :-

During this year we have begun working with Beacon Centre for the Blind. This is a unique service with our counsellors/volunteers being specially trained by the Royal National Institute for the Blind to understand the complex needs of this group of clients.

We have placed Play Therapists in local schools, as teachers and parents preferred children staying in school to receive counselling support. We have used this to identify some needs and empower local schools with children who are showing complex needs affecting school performance and attendance due to emotional or physical needs due to Trauma.

We have worked with 'Disability Services Dudley' who have advised us on how we could improve the access to our services and the building to enable clients with disabilities to make better use of our services. These changes were all implemented and the feedback was invaluable.

We linked with the Shaw Trust and we advised them on the best ways forward to support their long-term unemployed clients, in relation to mental health issues.

We are working with Rethink Dudley to find ways to work together in supporting clients from both services.

We are working with a specialist bereavement service called the Edwards Trust to enable their clients from DY1 & DY2 to be able to access our bereavement counselling, thus not needing to travel to Edgbaston, resulting in more clients attending counselling from the DY1 & DY2 areas.

While working with Women's refuge services, we have found domestic abuse clients referred by the Women's Aid have preferred to attend The Lighthouse Centre because of the anonymity it provides. The Centre cannot be identified solely as a place that supports domestic abuse victims. Also, they can access their counselling sessions via the Cafe doors which reduces the risks if perpetrators are following them.

Through our work with 'Steps to Work' we have seen 6 clients gain long term permanent employment after having received counselling and coaching for coping with anxiety anger, depression or low self-esteem, or complex physical needs. Out of 11 pilot Steps to Work schemes, Lighthouse Counselling has been the only successful project to see clients return to the workplace with significant mental health issues and successfully engage in employment with support. This will be highlighted in their report back to DWP.

Young men who normally do not engage in counselling are accessing our services. We have had several young men who have made serious suicide attempts contact us whose lives have been totally transformed and are now in active employment. 25% of our clients are young men.

The Beacon Centre for the Blind report that their clients who used our services have begun to engage socially, showing a significant reduction in isolation and loneliness. Also we have analysed outcomes which show a 70% improvement in mental health as per the EWBMHS.

Our Children Counselling has supported children/teenagers affected by Covid, some struggling to overcome fear of returning to school, others who have faced bereavement due to Covid.

We have sent reports to Paediatricians who were able to make early diagnosis of Autism and ADHD in children due to the quality of our assessments. Amazingly, one child who has refused to speak and was selectively mute for three years, is now beginning to speak.

Continued

REPORT OF THE TRUSTEES
FOR THE YEAR ENDING 31ST DECEMBER 2021

ACHIEVEMENT AND PERFORMANCE continued :-

We have been able to empower clients to recognise and respond to abusive relationships, in a number of cases clients have been able to escape the ongoing abuse.

We have supported families where parents have acrimonious relationships to resolve issues.

We have supported young men dealing with anger management.

During total lockdowns, we decided to offer Free Counselling support via Zoom. This was an amazing support to clients in the middle of their counselling and those struggling with isolation, seeing and speaking to another person was a lifeline to many.

While working with a local school, pupils have been more co-operative in their engagement counselling than they were with an outside service. They would not attend CAHMS but engaged with our counsellors and had good therapeutic outcomes.

While working with the long term unemployed, clients felt better support by talking face to face with a counsellor.

Due to the diverse issues and demands that the past 12 months have brought, we have discovered that our team have an incredible ability to adapt.

While adapting to Zoom we discovered it offers greater flexibility to clients and evening sessions for those in employment.

We discovered that clients will not attend group sessions under the banner of anger, relationships, etc but engage more when advertised as wellbeing sessions which cover the same issues and subjects.

Ensuring the mental health and well-being for the team at times of intense pressure and complex client needs.

Client who received statutory counselling or had been referred to Talking Therapy were coming to us due to the long waiting lists, and those who have received counselling from statutory services need more than the four sessions provided to them. They found our willingness to be flexible and offer more sessions a great help. This is demonstrated on the feedback and outcomes.

Have you made any changes based on your experiences and what you've learned? What are your plans for the coming year - and beyond? How will your plans help your community to thrive? And is there any support you need to do this?

We have introduced and designed our own database system and doing this in-house, whilst time consuming, saved very significant sums of money. The benefits for analysis and data protection efficiencies have proved significant. All counsellors and admin have received some 1 - 1 training in different formats to support their learning styles.

In 2021 we supported around 3,000 emotionally vulnerable people.

Continued

COMMENTS FROM CLIENTS

Adult Counselling

I cannot thank F..... and DCC enough for the counselling service I have received. F.... has helped and supported me so much through a very difficult time. She has enabled me to have a much clearer understanding of my emotions and how to deal with them better than I ever have before. The boxes above would all be strongly agree, the only reason that it is not is that this is a work in progress and am I gradually becoming better at dealing with my problems, my emotional and self-awareness has massively improved and I know that even though I am able to and can cope, there are still little areas for improvement and with the support and knowledge of F... has provided me I know I can do this.

Immensely Professional!

"My sessions may be over! But the journey continues!" I can't put into words to thank you enough. The journey wasn't easy but was rewarding. I could never have done this without you. Me & my family would like to say a huge thank you from the bottom of our hearts.

Thank you Lizzie for all your support and encouragement in a difficult time in my life. I will be forever grateful to you and the team at the Lighthouse Counselling. Best of luck for the future and I hope the service continues to grow from strength to strength.

F..... Helped me through a difficult period in my life where I was struggling to communicate with people and those close to me, and talk about my feelings. Having a non-judgemental, neutral third party to listen and break down some of my thoughts and worries has massively helped with my own mental wellbeing, and relationship with my wife. I now think about things in a different way and with a fresh perspective, am not afraid to voice my opinions and thoughts to others. One small thing that F..... said in one of our sessions which has stayed with me and I repeat to myself most days, and talk about with others is 'humans share....'. Having spent a lot of my life bottling things up in fear of upsetting people and instead just creating more havoc in my brain, this small piece of advice really has allowed me to talk more openly about my feelings and day to day ups and downs. Thank you.

Play Therapy and Youth Counselling

I just wanted to thank everyone for their continued help, support and prayers. A massive thank you to O..... who has been absolutely amazing. We couldn't have come this far without her. She is an absolute credit. Thank you.

My son now is very happy to go to the Play Therapy, he runs straight to the centre, whereas it was difficult at the beginning, that I had to physically drag/push him to walk to the door.

Good news after client has attended 9 sessions: Please pass on some good news too - since we have been back in the family home (the 3 of us), my daughter has slept every night in her own bed the whole way through. The last week, bedtime has been really good - she understands that she will read to her teddies/play school in her own bedroom whilst I put her sister to bed and then I will put her to bed after. She's been a superstar!

Continued

REPORT OF THE TRUSTEES
FOR THE YEAR ENDING 31ST DECEMBER 2021

COMMENTS FROM CLIENTS

Step to Work

Client found it very beneficial. He is now starting WING training, so I think it has helped him to move forward again.

Client found it very helpful as well and her feedback was all positive.

Beacon Vision (RNIB)

My wellbeing at the end of sessions is good, I would also like to add that more sessions would have been beneficial for me. Perhaps another 2 or 3. Overall pleased to have had access to counselling at the time really needed it.

I found S..... style suited me and challenged me to consider options.

COMMENTS FROM STUDENTS/VOLUNTEERS

I am overwhelmed with the email I received yesterday. I appreciate and am so grateful for how accommodating and welcoming you all make me feel.

Coming into the organisation as a volunteer my mission is to deliver the best quality services I can for our clients and I am so thankful that I have such wonderful support to be able to do this.

With the current building works and restructure going on I appreciate that the situation creates challenges, however I feel you have gone above and beyond to help me be the best I can.

I am truly grateful.

I just wanted to let you all know that I have just completed my 100 hours of training. I want to thank you all firstly for the opportunity you gave me and secondly for the unwavering support, compassion and belief in me.

Continued

REPORT OF THE TRUSTEES
FOR THE YEAR ENDING 31ST DECEMBER 2021

FINANCIAL REVIEW

Financial position

The trustees consider the financial position as stable and satisfactory for the level of income.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and consitutes as unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1155864

Principal address

24 - 36 Salop Street
Dudley
West Midlands
DY1 3AT

Trustees

Rev J Hayes
Mr M Jones
Mr H Treasure

Independent examiner

R & P Accounting Services Limited
Spencer House
114 High Street
Wordsley
Stourbridge
West Midlands
DY8 5QR

Approved by order of the board of trustees on **26th September 2022** and signed on its behalf by:

.....
Rev J Hayes - Trustees

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
DUDLEY COUNSELLING CENTRE

Independent examiner's report to the trustees of Dudley Counselling Centre

I report to the charity trustees on my examination of the accounts of Dudley Counselling Centre (the Trust) for the year ended 31st December 2021.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered part of an independent examination.

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

R & P Accounting Services Limited
Spencer House
114 High Street
Wordsley
Stourbridge
West Midlands
DY8 5QR

Date: **26th September 2022**

DUDLEY COUNSELLING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2021

		Unrestricted fund	Restricted fund	Year ended 31.12.21 Total funds	Year ended 31.12.20 Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations and legacies		112,772	43,018	155,790	237,951
Other trading activities	2	14,533	0	14,533	50
		<u>127,305</u>	<u>43,018</u>	<u>170,323</u>	<u>238,001</u>
EXPENDITURE ON					
Running Costs	3	37,632	143,294	180,926	136,010
Other		0	15,402	15,402	19,439
		<u>37,632</u>	<u>158,696</u>	<u>196,328</u>	<u>155,449</u>
NET INCOME/(EXPENDITURE)		<u>89,673</u>	<u>(115,678)</u>	<u>(26,005)</u>	<u>82,552</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>54,210</u>	<u>141,863</u>	<u>196,073</u>	<u>113,521</u>
TOTAL FUNDS CARRIED FORWARD		<u>143,883</u>	<u>26,185</u>	<u>170,068</u>	<u>113,521</u>

The notes form part of these financial statements

DUDLEY COUNSELLING CENTRE

BALANCE SHEET
AT 31ST DECEMBER 2021

		Unrestricted fund	Restricted fund	Year ended 31.12.21 Total funds	Year ended 31.12.20 Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible assets	7	0	23,024	23,024	22,144
CURRENT ASSETS					
Debtors	8	0	325	325	0
Cash at bank and in hand		0	150,362	150,362	177,589
		<u>0</u>	<u>150,687</u>	<u>150,687</u>	<u>177,589</u>
CREDITORS					
Amounts falling due within one year	9	0	(3,643)	(3,643)	(3,660)
NET CURRENT ASSETS		<u>0</u>	<u>147,044</u>	<u>147,044</u>	<u>173,929</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>0</u>	<u>170,068</u>	<u>170,068</u>	<u>196,073</u>
NET ASSETS		<u>0</u>	<u>170,068</u>	<u>170,068</u>	<u>196,073</u>
FUNDS	10				
Unrestricted funds				143,883	54,210
Restricted funds				<u>26,185</u>	<u>141,863</u>
TOTAL FUNDS				<u>170,068</u>	<u>196,073</u>

The financial statements were approved by the Board of Trustees on **26th September 2022**

and were signed on its behalf by

Rev J Hayes - Trustee

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under the headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Fixtures and Fittings	- 15% on reducing balance
Computer Equipment	- 25% on reducing balance

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objective at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objectives of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

1. ACCOUNTING POLICIES

Going Concern

The Centre was fund by grants from a number of sources during the year to 31st December 2021, as well as donations from clients and income generated by the Cafe. The Centre is fully supported by Dudley Community Church, both with the provision of premises for the Centre to operate from and also financially to ensure that the services provided by the Centre continue to be available to those who need it within the community.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2021

2. OTHER TRADING ACTIVITIES

	Year ended 31.12.21	Year ended 31.12.20
	£	£
Other	14	50
Café Income	14,519	0
	<u>14,533</u>	<u>50</u>

3. RUNNING COSTS

	Year ended 31.12.21	Year ended 31.12.20
	£	£
Support costs	176,505	131,820
	<u>176,505</u>	<u>131,820</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st December 2021 nor for the year ended 31st December 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st December 2021 nor for the year ended 31st December 2020.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

Year ended 31.12.21	Year ended 31.12.20
	8

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	21,645	216,306	237,951
Other trading activities	50	0	50
	<u>21,695</u>	<u>216,306</u>	<u>238,001</u>
EXPENDITURE ON			
Running Costs	1,018	134,992	136,010
Other		19,439	19,439
Total	<u>1,018</u>	<u>154,431</u>	<u>155,449</u>
NET INCOME/(EXPENDITURE)	<u>20,677</u>	<u>61,875</u>	<u>82,552</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>33,533</u>	<u>79,988</u>	<u>113,521</u>
TOTAL FUNDS CARRIED FORWARD	<u>54,210</u>	<u>141,863</u>	<u>196,073</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2021

7. TANGIBLE FIXED ASSETS

	Fixtures & Fittings £	Computer Equipment £	Fixtures & Fittings £
COST			
At 1st January 2021	26,567	2,402	28,969
Additions	2,808	2,495	5,303
At 31st December 2021	<u>29,375</u>	<u>4,897</u>	<u>34,272</u>
DEPRECIATION			
At 1st January 2021	6,225	600	6,825
Charge for year	3,473	950	4,423
At 31st December 2021	<u>9,698</u>	<u>1,550</u>	<u>11,248</u>
NET BOOK VALUE			
At 31st December 2021	<u>19,677</u>	<u>3,347</u>	<u>23,024</u>
At 31st December 2020	<u>20,342</u>	<u>1,802</u>	<u>22,144</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Year ended 31.12.21 £	Year ended 31.12.20 £
Other debtors	325	0
	<u>325</u>	<u>0</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Year ended 31.12.21 £	Year ended 31.12.20 £
Taxation and Social Security	3,303	0
Accruals	340	325
Other creditors	0	3,335
	<u>3,643</u>	<u>3,660</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2021

10. MOVEMENT IN FUNDS - continued

	At 01.01.21 £	Net movement in funds £	At 31.12.21 £
Unrestricted funds			
General fund	54,210	89,673	143,883
Restricted funds			
Grants	141,863	(115,679)	26,184
TOTAL FUNDS	196,073	(26,006)	170,067

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
Unrestricted funds			
General fund	127,305	(37,632)	89,673
Restricted funds			
Grants	43,018	(158,697)	(115,679)
TOTAL FUNDS	170,323	(196,329)	(26,006)

Comparatives for movement in funds

	At 01.01.20 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	33,533	20,677	54,210
Restricted funds			
Grants	79,988	61,875	141,863
TOTAL FUNDS	113,521	82,552	196,073

Comparative net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
Unrestricted funds			
General fund	21,695	(1,018)	20,677
Restricted funds			
Grants	216,306	(154,431)	61,875
TOTAL FUNDS	238,001	(155,449)	82,552

11. RELATED PARTY DISCLOSURES

In 2021 Dudley Counselling Centre and The Lighthouse Café paid £10,850 in rent to Dudley Community Church.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2021

	Year ended 31.12.21		Year ended 31.12.20	
	£	£	£	£
INCOME AND ENDOWMENTS				
Donations and legacies				
Grants - General Funds	40,100		4,339	
Grants - Restricted Funds	43,018		200,246	
Counselling Sessions Donations	50,635		17,306	
Café Income	14,519		0	
COVID 19 Furlough Grants	22,037		16,060	
		170,309		237,951
		170,309		237,951
Other trading activities				
Bank Interest Received		14		50
Total incoming resources		170,323		238,001
EXPENDITURE				
Other trading activities				
Fixtures and Fittings Depreciation	3,472		3,590	
Computer Equipment	949		600	
		4,421		4,190
Other				
Supervision and Counselling	10,060		12,674	
Sessional Fees	3,548		725	
Project Costs	1,794		6,040	
		15,402		19,439
SUPPORT COSTS				
Management				
Café Wages	47,124		0	
Centre Wages	97,867		113,762	
Pension	2,067		1,897	
Other Expenses	2,502		124	
Café Expenses	4,942		2,133	
Rent	10,850		7,800	
Advertising	160		0	
PDQ Card Processing Charges	78		0	
Insurance	1,103		1,018	
Computer Expenses	2,678		187	
Telephone	1,011		1,462	
Postage, Printing & Stationery	216		288	
Sundries	494		162	
Repairs & Renewals	1,905		616	
Travelling & Mileage	0		40	
Training Fees	2,354		973	
		175,351		130,462
Expenditure subtotal carried forward		195,174		154,091

Continued This page does not form part of the statutory financial statements

DUDLEY COUNSELLING CENTRE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2021

	Year ended 31.12.21		Year ended 31.12.20	
	£	£	£	£
Expenditure total brought forward		195,174		154,091
Governance Costs				
Accountancy and legal fees	840		772	
Professional fees	<u>314</u>		<u>586</u>	
		1,154		1,358
Total resources expended		<u>196,328</u>		<u>155,449</u>
Net Income/(Expenditure)		<u>(26,005)</u>		<u>82,552</u>

This page does not form part of the statutory financial statements

DUDLEY COUNSELLING CENTRE

England & Wales - Charity number 1155864

Accounts

REGISTERED CHARITY NUMBER: 1155864

REPORT OF THE TRUSTEES AND UNAUDITED
FINANCIAL STATEMENTS FOR THE YEAR ENDED
31ST DECEMBER 2020

DUDLEY COUNSELLING CENTRE

OPERATING AS

LIGHTHOUSE COUNSELLING

DUDLEY COUNSELLING CENTRE

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2020

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Statement of Financial Activities	4
Balance Sheet	5
Notes to the Financial Statements	6 to 10
Detailed Statement of Financial Activities	11 to 12

DUDLEY COUNSELLING CENTRE

REPORT OF THE TRUSTEES FOR THE YEAR ENDING 31ST DECEMBER 2020

The trustees present their report with the financial statements of the charity for the year ended 31st December 2020. 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 Republic of Ireland (FRS 102) (effective 1 January 2015)

OBJECTIVES AND ACTIVITIES

In 2020 Dudley Counselling Centre continued to fulfill its objectives in providing adult and child counselling services and support for the poor and vulnerable.

During the year the trustees have engaged the services of R & P Accounting Services Ltd for the centre's payroll and the book keeping has been carried out by Miss N Y Lam.

ACHIEVEMENT AND PERFORMANCE

The last year has been extremely challenging and rewarding, it has involved adapting to doing what we do in different ways.

The Pandemic and Government restrictions meant that we did Services online most of the year, and when meeting in person we follow government guidance on COVID.

Despite the challenges and delays in moving into the new Centre, we continued counselling services via Zoom and telephone when we could not meet in person.

We have supported the emotionally vulnerable, dealing with issues from self-harm to suicide. While our children's counselling was put on hold due to Zoom not being a suitable method for counselling children, we have seen an increase in schools and in person at the Centre after restrictions changed.

We have worked with Beacon Centre for the Blind and trained with them to provide specialist counselling for the blind. We worked with steps to work to help the long term unemployed back into work and proved to be the most successful projection in the country.

This year we support around 750 clients, offering up to ten counselling sessions. We have introduced a donations system for clients to give to the charity.

We continue to operate mainly on Lottery Funding, with small grants coming from other funders.

The Social enterprises of Counselling and Café have struggled to take off due to the Pandemic. There remains at the manager's discretion the provision of free counselling support to the most needy.

We moved into the new building in August 2020, we are delighted with the new facilities and look forward to developing even further the work of Dudley Counselling Centre.

Continued

DUDLEY COUNSELLING CENTRE

REPORT OF THE TRUSTEES
FOR THE YEAR ENDING 31ST DECEMBER 2020

FINANCIAL REVIEW

Financial position

The trustees consider the financial position as stable and satisfactory for the level of income.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and consitutes as unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1155864

Principal address

24 - 36 Salop Street
Dudley
West Midlands
DY1 3AT

Trustees


Rev J Hayes
Mr M Jones
Mr H Treasure

Independent examiner

R & P Accounting Services Limited
Spencer House
114 High Street
Wordsley
Stourbridge
West Midlands
DY8 5QR

Approved by order of the board of trustees on 16th July 2021 and signed on its behalf by:

.....
Rev J Hayes - Trustees



INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
DUDLEY COUNSELLING CENTRE

Independent examiner's report to the trustees of Dudley Counselling Centre

I report to the charity trustees on my examination of the accounts of Dudley Counselling Centre (the Trust) for the year ended 31st December 2020.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered part of an independent examination.

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.



R & P Accounting Services Limited
Spencer House
114 High Street
Wordsley
Stourbridge
West Midlands
DY8 5QR

Date: 16th July 2021

DUDLEY COUNSELLING CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2020

		Unrestricted fund	Restricted fund	Year ended 31.12.20 Total funds	Year ended 31.12.19 Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations and legacies		21,645	216,306	237,951	161,387
Other trading activities	2	<u>50</u>	<u>0</u>	<u>50</u>	<u>3</u>
		<u>21,695</u>	<u>216,306</u>	<u>238,001</u>	<u>161,390</u>
EXPENDITURE ON					
Running Costs	3	1,018	134,992	136,010	38,988
Other		<u>0</u>	<u>19,439</u>	<u>19,439</u>	<u>5,519</u>
		<u>1,018</u>	<u>154,431</u>	<u>155,449</u>	<u>44,507</u>
NET INCOME/(EXPENDITURE)		<u>20,677</u>	<u>61,875</u>	<u>82,552</u>	<u>116,883</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>33,533</u>	<u>79,988</u>	<u>113,521</u>	<u>(3,362)</u>
TOTAL FUNDS CARRIED FORWARD		<u>54,210</u>	<u>141,863</u>	<u>196,073</u>	<u>113,521</u>

The notes form part of these financial statements

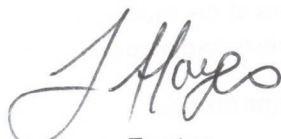
DUDLEY COUNSELLING CENTRE

BALANCE SHEET
AT 31ST DECEMBER 2020

		Unrestricted fund	Restricted fund	Year ended 31.12.20 Total funds	Year ended 31.12.19 Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible assets	7		22,144	22,144	2,706
CURRENT ASSETS					
Cash at bank and in hand			177,589	177,589	112,582
CREDITORS					
Amounts falling due within one year	8		(3,660)	(3,660)	(1,767)
NET CURRENT ASSETS		<u>0</u>	<u>173,929</u>	<u>173,929</u>	<u>110,815</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>0</u>	<u>196,073</u>	<u>196,073</u>	<u>113,521</u>
NET ASSETS		<u>0</u>	<u>196,073</u>	<u>196,073</u>	<u>113,521</u>
FUNDS	9				
Unrestricted funds				54,210	33,533
Restricted funds				<u>141,863</u>	<u>79,988</u>
TOTAL FUNDS				<u>196,073</u>	<u>113,521</u>

The financial statements were approved by the Board of Trustees on 16th July 2021

and were signed on its behalf by



Rev J Hayes - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

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All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under the headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Fixtures and Fittings	- 15% on reducing balance
Computer Equipment	- 25% on reducing balance

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objective at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objectives of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

1. ACCOUNTING POLICIES

Going Concern

The main source of funding for the Centre during the year to 31st December 2020 was from Lottery grants in conjunction with donations from the community. The Centre is fully supported by Dudley Community Church, both with the provision of premises for the Centre to operate from and also financially to ensure that the services provided by the Centre continue to be available to those who need it within the community.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2020

2. OTHER TRADING ACTIVITIES

	Year ended 31.12.20 £	Year ended 31.12.19 £
Other	50	3

3. RUNNING COSTS

	Year ended 31.12.19 £	Year ended 31.12.19 £
Support costs	131,820	38,510

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st December 2020 nor for the year ended 31st December 2019.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st December 2020 nor for the year ended 31st December 2019.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	Year ended 31.12.20	Year ended 31.12.19
	8	6

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	34,557	126,830	161,387
Other trading activities	3	0	3
	<u>34,560</u>	<u>126,830</u>	<u>161,390</u>
EXPENDITURE ON			
Running Costs	1,027	37,961	38,988
Other		5,519	5,519
Total	<u>1,027</u>	<u>43,480</u>	<u>44,507</u>
NET INCOME/(EXPENDITURE)	<u>33,533</u>	<u>83,350</u>	<u>116,883</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>0</u>	<u>(3,362)</u>	<u>(3,362)</u>
TOTAL FUNDS CARRIED FORWARD	<u>33,533</u>	<u>79,988</u>	<u>113,521</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2020

7. TANGIBLE FIXED ASSETS

	Fixtures & Fittings £	Computer Equipment £	Fixtures & Fittings £
COST			
At 1st January 2020 and 31st December 2020	5,342	0	5,342
Additions	<u>21,225</u>	<u>2,402</u>	<u>23,627</u>
	26,567	2,402	28,969
DEPRECIATION			
At 1st January 2020	2,636	0	2,636
Charge for year	<u>3,589</u>	<u>600</u>	<u>4,189</u>
At 31st December 2020	6,225	600	6,825
NET BOOK VALUE			
At 31st December 2020	<u>20,342</u>	<u>1,802</u>	<u>22,144</u>
At 31st December 2019	<u>2,706</u>	<u>0</u>	<u>2,706</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Year ended 31.12.20 £	Year ended 31.12.19 £
Taxation and Social Security	0	1,442
Accruals	325	325
Other creditors	<u>3,335</u>	<u>1</u>
	3,660	1,768

9. MOVEMENT IN FUNDS

	At 01.01.20 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	33,533	20,677	54,210
Restricted funds			
Grants	79,988	61,875	141,863
TOTAL FUNDS	<u>113,521</u>	<u>82,552</u>	<u>196,073</u>
Net movement in funds, included in the above are as follows:			
	Incoming resources	Resources expended	Movement in funds
Unrestricted funds			
General fund	21,695	(1,018)	20,677
Restricted funds			
Grants	216,306	(154,431)	61,875
TOTAL FUNDS	<u>238,001</u>	<u>(155,449)</u>	<u>82,552</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2020

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 01.01.19 £	Net movement in funds £	At 31.12.19 £
Unrestricted funds			
General fund	0	33,533	33,533
Restricted funds			
Grants	(3,362)	83,350	79,988
	<u>(3,362)</u>	<u>116,883</u>	<u>113,521</u>
TOTAL FUNDS			

Comparative net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
Unrestricted funds			
General fund	34,560	(1,027)	33,533
Restricted funds			
Grants	126,830	(43,480)	83,350
	<u>161,390</u>	<u>(44,507)</u>	<u>116,883</u>
TOTAL FUNDS			

10. RELATED PARTY DISCLOSURES

In 2020 Dudley Counselling Centre received £4,500 from Dudley Community Church for the cost of flooring in the Centre which has been capitalised in the Fixed Assets for the year.

DUDLEY COUNSELLING CENTRE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2020

	Year ended 31.12.20		Year ended 31.12.19	
	£	£	£	£
INCOME AND ENDOWMENTS				
Donations and legacies				
Gifts	0		5,057	
Grants - General Funds	4,339		29,500	
Grants - Restricted Funds	200,246		126,830	
Counselling Sessions Donations	17,306		0	
COVID 19 Furlough Grants	16,060		0	
		<u>237,951</u>	<u>161,387</u>	
		237,951	161,387	
Other trading activities				
Bank Interest Received		<u>50</u>	<u>3</u>	
		238,001	161,390	
Total incoming resources				
EXPENDITURE				
Other trading activities				
Fixtures and Fittings Depreciation	3,590		478	
Computer Equipment	600		0	
		<u>4,190</u>	<u>478</u>	
		4,190	478	
Other				
Supervision and Counselling	12,674		4,194	
Sessional Fees	725		1,325	
Project Costs	6,040		0	
		<u>19,439</u>	<u>5,519</u>	
		19,439	5,519	
SUPPORT COSTS				
Management				
Wages	113,762		33,438	
Pension	1,897		399	
Other Expenses	124		26	
Café Expenses	2,133		333	
Rent	7,800		713	
Bank Charges	0		33	
Insurance	1,018		1,027	
Computer Expenses	187		243	
Telephone	1,462		543	
Postage, Printing & Stationery	288		318	
Sundries	162		126	
Repairs & Renewals	616		391	
Travelling & Mileage	40		268	
Training Fees	973		0	
		<u>130,462</u>	<u>37,858</u>	
		130,462	37,858	
Expenditure subtotal carried forward		154,091	43,855	

Continued

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DUDLEY COUNSELLING CENTRE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDING 31ST DECEMBER 2020

	Year ended 31.12.20		Year ended 31.12.19	
	£	£	£	£
Expenditure total brought forward		154,091		43,855
Governance Costs				
Accountancy and legal fees	772		169	
Professional fees	<u>586</u>		<u>483</u>	
		1,358		652
Total resources expended		<u>155,449</u>		<u>44,507</u>
Net Income/(Expenditure)		<u><u>82,552</u></u>		<u><u>116,883</u></u>

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