

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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FOR THE YEAR ENDING 31ST DECEMBER 2023

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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 trustess 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 relicensess, physical health and wellbeing from local nurses and a retired Consultant, weekly food and clothing is provided. Overall, the HUB provides an 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 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		195,652	0	195,652	191,397
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	<u>137,187</u>	<u>173,972</u>

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	<u>118</u>	<u>0</u>	<u>118</u>
	125,986	92,691	218,677
EXPENDITURE ON			
Running Costs	104,656	73,676	178,332
Other		<u>19,015</u>	<u>19,015</u>
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>
	<u>0</u>	<u>0</u>

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	
		162,477		218,559
		162,477		218,559
Other trading activities				
Bank Interest Received		1,068		118
Total incoming resources		163,545		218,677
EXPENDITURE				
Other trading activities				
Fixtures and Fittings Depreciation	2,665		3,135	
Computer Equipment	1,106		1,225	
		3,771		4,360
Other				
Supervision and Counselling	320		6,938	
Sessional Fees	17,937		3,563	
Project Costs	75		8,514	
		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	375		193	
		86,114		119,126
Expenditure subtotal carried forward		108,217		142,501

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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