

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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REPORT OF THE TRUSTEES

FOR THE YEAR ENDING 31ST DECEMBER 2024

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>
		94,480	129,600	224,080	163,545
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>
		47,057	129,600	176,657	159,290
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		243,075	0	243,075	195,652
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



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

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

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
	10	10

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	85,386	61,500	146,886
Other trading activities	<u>16,659</u>	<u>0</u>	<u>16,659</u>
	102,045	61,500	163,545
EXPENDITURE ON			
Running Costs	97,790	43,168	140,958
Other	<u>0</u>	<u>18,332</u>	<u>18,332</u>
Total	97,790	61,500	159,290
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	30,597	10,091	40,688
DEPRECIATION			
At 1st January 2024	15,497	3,881	19,378
Charge for year	2,265	1,280	3,545
At 31st December 2024	17,762	5,161	22,923
NET BOOK VALUE			
At 31st December 2024	12,835	4,930	17,765
At 31st December 2023	15,100	4,172	19,272

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Year ended 31.12.24 £	Year ended 31.12.23 £
Other debtors	0	0
	0	0

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	598	1,030
	5,624	14,261

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	
		222,566		162,477
		222,566		162,477
Other trading activities				
Bank Interest Received		1,514		1,068
Total incoming resources		224,080		163,545
EXPENDITURE				
Other trading activities				
Fixtures and Fittings Depreciation	2,265		2,665	
Computer Equipment	1,280		1,106	
		3,545		3,771
Other				
Supervision and Counselling	320		320	
Sessional Fees	17,510		17,937	
Project Costs	16		75	
		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	119		375	
		110,334		86,114
Expenditure subtotal carried forward		131,725		108,217

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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 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