

SUNDERLAND COUNSELLING SERVICE

England & Wales · Charity number 1159057

Details

Status Registered

Legal form Charitable company

Company number [03315039](#)

Registered 2014-11-03

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

Contact

Address 51 John Street
Sunderland
SR1 1QN

Phone 01915147007

Email office@sunderlandcounselling.org.uk

Website www.sunderlandcounselling.org.uk

Activities

Objects: TO PROMOTE ANY CHARITABLE PURPOSES FOR THE BENEFIT OF THE COMMUNITY IN THE AREA OF BENEFIT AND BY THE ADVANCEMENT OF EDUCATION, THE FURTHERANCE OF HEALTH AND THE RELIEF OF POVERTY DISTRESS AND SICKNESS.

Activities: SCS provides counselling and psychological therapy services in and around the City of Sunderland and the North of England to relieve suffering and distress, due to bereavement, loss or other life issues. We provide counselling and talking therapy services for adults, young people and children, and specialist services for survivors of rape and sexual abuse and people with life limiting illnesses.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£6,648,645	£6,153,586	£5,239,150	168
2024-03-31	£5,424,050	£6,121,138	£4,744,091	165
2023-03-31	£5,453,976	£4,825,422	£5,441,179	146
2022-03-31	£6,205,675	£3,973,497	£4,812,625	136
2021-03-31	£4,563,407	£3,687,778	£2,580,447	130

Trustees

Name	Role	Appointed
ANNE LOADMAN		2011-01-25
CARL SKETCHLEY		2010-09-30
Dr Kim Gilligan		2021-02-01
EILEEN WATT		2011-11-01
GORDON MARK SPEER		2023-12-11
Laura Helen Bruton		2014-11-04

SUNDERLAND COUNSELLING SERVICE

England & Wales - Charity number 1159057

Accounts

Charity registration number 1159057 (England and Wales)

Company registration number 03315039

**SUNDERLAND COUNSELLING SERVICE
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

SUNDERLAND COUNSELLING SERVICE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr C Sketchley Ms L H Bruton Mrs E M Watt Mrs A Loadman Dr K Gilligan Mr G M Speer
Chief Executive	Mr Toby Sweet
Charity number	1159057
Company number	03315039
Registered office	51 John Street Sunderland SR1 1QN
Auditor	Davies Tracey Swan House Westpoint Road Teesdale Business Park Stockton on Tees TS17 6BP
Bankers	HSBC Bank plc Unit 49-51 The Bridges Shopping Centre Market Square Sunderland SR1 3LE
Solicitors	BHP Law Westgate House Faverdale Darlington DL3 0PZ

SUNDERLAND COUNSELLING SERVICE

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SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

As defined in our governing document our charitable purposes are to provide counselling and psychological therapy services in and around the City of Sunderland and the North of England in order to relieve suffering and distress.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

In pursuance of this mission Sunderland Counselling Service exists to:

- Promote and improve mental health and emotional wellbeing for adults.
- Provide services which assist in relieving suffering from emotional and / or mental distress.
- Improve the lives of men and women who have experienced sexual abuse and sexual violence in childhood and / or adulthood.
- Promote and improve positive mental health and emotional wellbeing for children and young people.
- Enable and empower users of our service to live independently in the community as valued citizens.
- Develop and maintain a professional and suitably qualified workforce.
- Maintain services that meet the needs of our clients.
- Work in partnership with other services in the statutory and voluntary sectors.
- Work to provide any other relevant and related service for which there is a genuine demand and inadequate provision.

In working to achieve these aims Sunderland Counselling Service currently provides the following services:-

- **NHS Sunderland Talking Therapies:** Working in partnership with Cumbria Northumberland Tyne & Wear NHS Foundation Trust to deliver the NHS Sunderland Talking Therapies service, providing a stepped care model of interventions for people suffering from common mental health problems, including anxiety and depression. Our focus is on low intensity CBT at step 2 of the stepped care model and high intensity support for people whose mental health and emotional wellbeing are affected by their caring responsibilities.
- **Sunderland Primary Care Counselling Service:** providing individual time limited counselling as part of the NHS Sunderland Talking Therapies pathway.
- **NHS Northumberland Talking Therapies:** Working in partnership with Mental Health Matters to deliver the NHS Northumberland Talking Therapies service, providing a stepped care model of interventions for people suffering from common mental health problems, including anxiety and depression. Our focus is on low intensity CBT and high intensity counselling elements of the service.
- **NHS North Tyneside Talking Therapies:** provision of two counselling pathways in the NHS North Tyneside Talking Therapies service, working at both steps 2 and 3 of the stepped care model.
- **NHS Durham & Darlington Talking Therapies:** provision of two counselling pathways in the NHS Durham and Darlington Talking Therapies service, working at both steps 1 and 3 of the stepped care model.
- **Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA):** provides individual counselling to men and women who have experienced childhood sexual abuse or sexual violence in adulthood in Sunderland; and to male clients across the Northumbria police force area.
- **REACH Counselling Service:** counselling provision for male and female victims of recent sexual assault across the Northumbria police force area, working as part of the Northumbria Sexual Assault Referral Centre.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

- **Cancer Counselling Service (ended September 2025):** provides individual counselling for adults suffering from any form of cancer who are receiving treatment in Sunderland, and for their adult family members / carers.
- **St Benedict's Hospice Service:** providing individual counselling and other forms of support for patients and family members, carers and children of patients at St Benedict's Hospice in Sunderland.
- **Bereavement Support:** provision of bereavement support groups for Sunderland residents.
- **Sunderland Community Children and Young People's Mental Health Service:** provides individual counselling to children and young people in Sunderland, as part of the Sunderland Community Children and Young People's Mental Health Service, in partnership with South Tyneside & Sunderland NHS Foundation Trust; we also provide part of the team of Children's Wellbeing Practitioners in the service.
- **Good Vibes:** working in collaboration with Sunderland All Together youth consortium, we deliver individual counselling to young people accessing youth projects across the city.
- **Schools-based Counselling Services:** we are directly commissioned by several schools across Sunderland to provide individual counselling for their pupils.
- **Employee Counselling Services:** under contract to Sunderland City Council, providing occupational health counselling to council employees.
- **CTT Counselling:** providing one to one counselling for patients accessing secondary care community mental health services in Sunderland and South Tyneside.
- **Link work projects:** we deliver several link work projects in and around Sunderland including:
 - **Listening Ear:** for parents of children and young people who are accessing Sunderland Community Children and Young Peoples Mental Health Service, who are themselves experiencing mental health difficulties.
 - **Maternal Mental Health Link Work:** for new and expectant mothers in Sunderland who are experiencing mental health difficulties..
 - **Community Mental Health Link Work:** for adults in Sunderland experiencing mental health difficulties.
 - **Children & Young People Link Work:** for children and young people who are waiting for treatment from Sunderland Community Children and Young People's Mental Health Service.
 - **PLT Link Work service:** providing additional support to patients with mental health difficulties who are in contact with the Psychiatric Liaison Team at Sunderland Royal Hospital.
- **Supervision and Professional Development:** the service provides trainee placement and volunteering opportunities for psychology students, trainee counsellors and other psychological therapists. We provide clinical counselling supervision, training and professional development to our staff and volunteers; we also provide these services to other agencies.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Philosophy

Counselling, therapy and support services are informed by a person-centred philosophy where clients are at the heart of the therapeutic intervention. Key to our approach are the qualities of empathy, acceptance and congruence. The service adheres to the Ethical Framework for the Counselling Professions laid down by the British Association of Counselling & Psychotherapy (BACP) which emphasises principles of fidelity, autonomy, beneficence, non-maleficence, justice and self-respect. We maintain our service accreditation with BACP for the majority of our counselling services for adults and for children. By providing a safe and supportive environment for clients to explore their issues, it is hoped that they will achieve a better ability to function individually and within society and achieve a greater degree of autonomy and resourcefulness.

Equalities Statement

Sunderland Counselling Service is committed to making our services accessible to those who need them. Therefore, we operate an Equal Opportunities Policy, which applies equally to clients accessing our services as well as to prospective employees and volunteers.

We undertake not to discriminate against any potential client in ensuring that they receive services appropriate to their needs. We will assess individual need and provide services to meet this need wherever possible. This may include making reasonable adaptations to service delivery, such as providing accessible venues, interpreter provision, literature in a range of languages and meeting any preference on gender of therapist where available. We make no charge to our clients for any of the services we provide.

We further undertake not to discriminate against any prospective or current employee or volunteer for any reason. We will do all we can to ensure that our staff and volunteer teams are representative of the communities we exist to serve, that they are treated fairly and on the basis of merit and will do our best to provide positive opportunities for underrepresented groups.

We recognise that certain groups in society often experience discrimination – for example, due to their age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, gender, sex or sexual orientation. We recognise, respect and value the contributions made by individuals and support them to deliver their work in a fair and equitable manner. We aim to create a working environment free of bullying, harassment, victimisation and unlawful discrimination. We will not collude with acts of discrimination or harassment and will challenge systemic and structural discrimination wherever we encounter it.

Sunderland Counselling Service is an established and respected voluntary sector organisation, committed to the promotion of volunteering while ensuring safe professional practice and a productive working environment. Operating according to the Volunteer Policy, underpinned by the Equal Opportunities Policy, all volunteers are provided with the opportunity to access training and supervision appropriate to their role and which will assist them in their personal and professional development. Volunteer roles are evidenced at all levels throughout the service, as are the high number of volunteers who have achieved paid posts both within the service and with many other agencies in the statutory and voluntary sectors across our region.

Strategic report

The description under the headings "Achievements and performance" and "Financial review" meet the company law requirements for the trustees to present a strategic report.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Achievements and performance

During the last year the charity has worked towards its objectives as described above and continues to provide excellent services to the people of the northeast of England.

NHS Talking Therapies services:

- Our contracts with CNTW for the provision of Sunderland's Primary Care Counselling service and NHS Sunderland Talking Therapies are securely in place until March 2025, with an extension to March 2026.
- NHS Sunderland Talking Therapies met the national recovery target for 10 out of 12 months in the year, with our Psychological Wellbeing Practitioners and Carers Therapist meeting the target every month.
- The Primary Care Counselling service met the national recovery target every month, with reliable improvement figures consistently well above targets, demonstrating the positive impact that our services have for the people who use them.
- The contract for NHS Northumberland Talking Therapies, in place until August 2024, was then extended to March 2026.
- The Northumberland service as a whole met national targets for recovery for the year, and our PWPs and counsellors also achieved these as distinct modalities.
- In NHS North Tyneside Talking Therapies our counsellors at step 2 continued to deliver recovery rates well above the required targets and our new step 3 counselling pathway also met the target. Both pathways delivered reliable improvement figures above 80%.
- Our contract for NHS Durham & Darlington Talking Therapies ended in March 2025; during the year, we were successfully able to negotiate a new three year contract to March 2028.
- A common issue facing all Talking Therapies services, both regionally and nationally, is the drive to reduce waiting times for therapy and we continued to work hard with all partners to improve this.
- Our Chief Executive served as chair of the North East & North Cumbria Talking Therapies Oversight & Delivery Group, helping to foster a collaborative approach to service delivery and development across the region.
- We helped co-ordinate, led and contributed to two events during the year to boost recruitment into Talking Therapies services across the region.

Sexual Violence:

- The NHS contract for our Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA) service was extended for a further year until March 2025, as was the contract for the REACH service.
- Our successful bid to the Northumbria PCC for three year funding from 2023-26 gives the CASSVA service a further element of stability and enhanced capacity.

Cancer and palliative care:

- We continued to provide counselling for cancer patients in Sunderland this year, with a much appreciated grant from Sunderland NHS commissioners. This grant meant that the service was secure until September 2025; sadly we were unable to secure ongoing funding, which meant the service came to an end in September 2025, after 14 years of life changing work.
- Counselling provision at St Benedict's Hospice was agreed until March 2025 and continues to deliver great benefits for patients, family members, carers and their children.

Children and young people:

- The contract for our elements of the Sunderland Community Children and Young People's Mental Health Service was again extended for a further year until March 2025 with additional funding allowing us to create additional capacity to reduce waiting lists and waiting times.
- Our Listening Ear project, providing short term practical and emotional support to parents and carers of young people, has delivered demonstrable benefits to families across Sunderland this year, with funding secured until March 2025.
- Our social prescribing project for children and young people went live in September 2023 as part of a national research project led by University College London, called "Wellbeing While Waiting". The study will report in late 2025, but initial results this year already suggest improvements in resilience and wellbeing for young people, with reductions in numbers needing formal treatment.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

- Our Good Vibes project, a collaboration with the Sunderland All Together youthwork consortium to deliver counselling in youth projects across Sunderland, was funded by Sunderland commissioners to August 2024. A successful bid to the Big Lottery Fund means the project is now secure until August 2026.
- The Beacon of Light school commissioned us to provide counselling for their pupils from November 2024, meaning we are now commissioned by seven schools in Sunderland.

Link Work and other services:

- Our Community Mental Health link work project, originally a pilot, is now successfully embedded into mental health service pathways in Sunderland, with funding secured until March 2025.
- Our Maternal Mental Health link work project continued this year with support from the Sunderland family hub programme. During the year we collaborated with the Maternal Mental Health Alliance on a successful bid to the Pilgrim Trust, meaning we will be able to expand the service in future years.
- We have agreed to participate in a research study with the University of York, aimed at improving perinatal support for young mothers and birthing parents; recruitment of participants was due to start in April 2025.
- Our link work project aimed at patients accessing the Psychiatric Liaison Team at the Sunderland Royal Hospital, which went live in January 2024, was paused in July 2024, due to staffing issues; we hope to revive this project in future.
- Our project to place counsellors into secondary care community treatment teams expanded from Sunderland to include the South Tyneside teams from January 2025.
- Our bereavement support groups continued to offer valuable support to bereaved Sunderland residents throughout the year.
- Our occupational health counselling service continued to provide support to employees of the city council throughout the year, under the leadership and guidance of our new lead counsellor.
- We were asked by the North East & North Cumbria NHS Staff Wellbeing Hub to provide counselling support to NHS staff referred into their service.

Developing our organisation and our profession:

- The student we supported through a bursary scheme with Sunderland University successfully completed their Counselling BA Honours degree.
- Under the pilot NHS Psychotherapeutic Counselling training programme, our trainees in the Durham & Darlington service embarked on the third and final year of the programme.
- We recruited five volunteer counsellors in training, all of whom have successfully completed their placement and four are continuing to volunteer with us. We also recruited two qualified volunteers, one with a specialism in bereavement. These new volunteers join our existing cohort of three qualified volunteers who remain from last year's cohort. This year, five of our qualified volunteers started paid employment with us.
- We maintained our service accreditations with BACP, our professional governing body, for our adult and young people's counselling services.
- We maintained service accreditation with the Male Survivors Partnership, a national group of organisations that work with male survivors of sexual violence and abuse.
- We successfully submitted our NHS Data Security Protection Toolkit and maintained Cyber Essentials accreditation.
- We maintained accreditation as a Mindful Employer.
- Our client engagement forum continued to meet on a quarterly basis.
- In April, we commissioned a full day training event for all of our counsellors and link workers on supporting people with autism.
- Our Equality and Diversity guest speaker programme continued
- We delivered a two day in house training on working with clients who have experienced sexual violence and abuse, as well as offering opportunities for staff to attend training in sight loss, LGBTQ+ awareness, Domestic Abuse, working at end of life and suicide prevention
- 18 PWP's completed their training in low intensity CBT this year, from our Sunderland and Northumberland services.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

- 9 counsellors completed training in Person Centred Experiential Counselling for Depression this year, from services in Sunderland, Northumberland, North Tyneside and County Durham & Darlington.
- We operate a hybrid model across the majority of our services. We provide support in person, by telephone and by secure video platform, making our services more accessible and convenient for our clients.

Financial review

Financial position

The charity had net assets of £5,239,150 at 31 March 2025, having generated a surplus of £495,059 in the year then ended (of which £141,843 related to restricted funds). Net current assets amounted to £4,910,838 which included cash at bank of £3,396,247. Unrestricted funds totalled £3,792,656 and restricted funds totalled £1,446,494.

Reserves policy

The management committee revised its reserves policy so that unrestricted funds, not committed or invested in tangible fixed assets, held by the charity should now be at least 6 months of the resources expended, which equates to reserves on unrestricted funds of approximately £2,640,000. The general fund reserve at 31 March 2025 amounted to £3,465,298. The management committee considers that the level of reserves held (approximately 8 months) is reasonable and appropriate so as to enable the charity to best function in the currently challenging economic times.

Principal funding sources

Against a backdrop of insecurity over funding in some service areas the charity has worked hard to sustain existing services and where possible develop additional services. The management committee and staff have worked hard to generate a positive financial outcome for the year.

The principal funding sources are:

- NHS North East and North Cumbria ICB
- Mental Health Matters
- St. Benedict's Hospice Charity
- NHS England WTE (formerly Health Education England)
- Northumbria Police and Crime Commissioner
- Northumbria Healthcare Foundation Trust
- Sunderland City Council
- Tees Esk & Wear Valley NHS Foundation Trust
- Sunderland All Together Consortium
- Sunderland Family Hub
- Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

Risk management

The trustees have conducted a review of major risks to which the charity is exposed, including risks pertaining to information governance. Systems and procedures have been established to mitigate those risks identified.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Future plans for 2025 - 26

Plans for the coming financial year are as follows:

NHS Talking Therapies services:

- We will work with commissioners and colleagues in Talking Therapies services in Northumberland, Durham & Darlington, North Tyneside and Sunderland to meet revised national targets with a particular focus on reducing waiting times for therapy whilst maintaining reliable recovery and reliable improvement across all modalities.
- In particular we will demonstrate the value and effectiveness of counselling and low intensity CBT within these services, the significant contribution these modalities make to achieving recovery targets, and the benefit of investing adequately in these teams.
- Through our involvement with the Talking Therapies Oversight & Delivery Group, we will ensure we are able to influence and participate in service developments across the region, which are likely to focus on workforce development and digital innovation, for the benefit of our client groups.
- Where possible and appropriate, we will seek to increase the size and capacity of our teams through access to what is known as "autumn statement" expansion funding.
- We will collaborate with colleagues in other services, universities and commissioners to address the common problems faced by Talking Therapies around recruitment and retention of staff. Further recruitment events are already planned for the summer of 2025.
- As we know that our contracts for services in Sunderland, Northumberland and North Tyneside are all due to end in March 2026, we will work with partners and commissioners to ensure we are able to keep delivering these services.

Sexual Violence:

- Given the challenges we face in maintaining funding for working with victims of sexual violence, we will continue to try and secure adequate long term funding for this invaluable area of work. As our current PCC grant is due to end in March 2026, we will make a further application to the PCC for grant funding during the year.
- We will explore opportunities for specialist pathways for survivors of sexual violence who have learning difficulties, given the vulnerability to abuse we know these people often experience.

Cancer and palliative care:

- Sadly, we were unable to secure funding for our cancer counselling service beyond September 2025, meaning we had to close that service. However we will look for any further opportunities to reinstate that service if possible.
- Counselling provision at St Benedict's Hospice is agreed until March 2026 and so we will work closely with the St Benedict's Hospice Charity board to secure ongoing funding beyond that date, on an annual rolling basis.

Children and Young People:

- Having secured additional funding to expand our counselling capacity in the Sunderland Community Children and Young People's Mental Health Service, we will make good use of it to significantly reduce waiting times for children and young people.
- We will work with colleagues in STSFT to make the case that this expanded service offer should be made permanent with recurring funding.
- As funding for the Good Vibes project is due to end in August 2026, we will pro-actively look for further sources of funding, to ensure this valuable work continues.
- We will continue to work with research colleagues at University College London to demonstrate the impact and value of social prescribing interventions for children and young people in Sunderland. We will complete work on the "Wellbeing While Waiting" study and plan to take part in the "INACT" study, which will look at the impact of social prescribing on children and young people experiencing loneliness.
- We will expand the availability of social prescribing for children and young people beyond Sunderland, based on our positive results to date.
- We will also expand the availability of Listening Ear support for their parents and carers.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Link Work and other services:

- We will revive and revitalise the link work project aimed at patients accessing the Psychiatric Liaison Team at the Sunderland Royal Hospital, following a hiatus last year.
- We will sustain and develop our counselling service for people who are supported by the community treatment teams in Sunderland and South Tyneside, enhancing the range of talking therapies available within those teams.
- Following our successful bid to the Pilgrim Trust, we will expand the capacity and remit of our Maternal Mental Health link work project.
- The contract for our occupational health counselling service for Sunderland City Council was due to end in October 2025; we will bid for and aim to retain this contract.
- We will build on our positive relationship and successful work with the NENC Staff Wellbeing Hub and aim to increase the range of our service offer to health and social care staff across the region.

Sustaining and developing our organisation:

- We will continue to develop our workforce, investing in suitable training for existing staff and volunteers and recruiting trainee staff as appropriate.
- In particular we will make good use of NHS funded training opportunities in recognised evidence-based therapies, such as low intensity CBT, Counselling for Depression and the NHS Psychotherapeutic Counselling training programme.
- We will explore further opportunities for collaboration with the universities in our region and potential involvement in research.
- We will maintain our service accreditations with BACP and the Male Survivors Partnership.
- We will maintain accreditation as a Living Wage employer.
- We will further develop our plans to reduce our environmental impact and carbon footprint.
- We will further develop our plans to improve our approach to issues of equality, diversity and inclusion, with a particular focus on how we adapt and deliver services for people with autism and neurodiverse client groups.
- We will review our approach to communications and marketing, including updating our website, building our social media presence and making our communications more accessible and inclusive.

Structure, governance and management

The organisation is a charitable company limited by guarantee, incorporated on 7 February 1997. The company is governed by its Memorandum and Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr C Sketchley

Ms L H Bruton

Mrs E M Watt

Mrs A Loadman

Mr B Greener

(Resigned 6 October 2025)

Dr K Gilligan

Mr G M Speer

In addition to responding to advertisements placed in the media, people with a genuine interest in the work of Sunderland Counselling Service may approach the service seeking opportunities to volunteer and become a trustee, wishing to contribute worthwhile activity to the community. People who have benefited from the service provision often return at a later date wishing to give something back and offer their services as volunteers, which is evidenced at all levels throughout the organisation. Prospective trustees are requested to apply in writing to the Chair of the management committee including a curriculum vitae. After having been supplied with information about the service the applicant will be then invited to meet with the management committee for an interview, during which the expectations of both applicant and committee will be discussed. The applicant will then be informed of the outcome of the interview within seven days.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Organisational structure

Sunderland Counselling Service has a management committee of a minimum of 3 members who meet monthly and are responsible for the strategic direction of the charity. A chief executive officer is appointed by the committee and is responsible for all aspects of the charity's operations, including obtaining adequate funding to finance the charity's services.

Key management remuneration

The pay of all staff is reviewed annually by the board of trustees and normally increased in line with average earnings. In view of the nature, size and growth of the charity, salaries for senior staff are benchmarked against charities of similar size, complexity and reach. NHS salary scales for comparable roles are considered, given the large amount of collaboration and partnership working we do with NHS organisations. Affordability is a key factor, as well as growth of the charity in the preceding year and any significant changes in individual job roles, scale or remit.

Statement of trustees' responsibilities

The trustees, who are also the directors of Sunderland Counselling Service for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

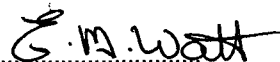
In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.



Mrs E M Watt

Chair of Board of Trustees

Dated: 1/12/25

SUNDERLAND COUNSELLING SERVICE

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF SUNDERLAND COUNSELLING SERVICE

Opinion

We have audited the financial statements of Sunderland Counselling Service (the 'charity') for the year ended 31 March 2025 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report and the strategic report prepared for the purposes of company law, is consistent with the financial statements; and
- the strategic report and the directors' report included within the trustees' report have been prepared in accordance with applicable legal requirements.

SUNDERLAND COUNSELLING SERVICE

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF SUNDERLAND COUNSELLING SERVICE

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the strategic report or the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is the extent to which an audit conducted under ISAs (UK) is capable of detecting irregularities, including fraud. Our procedures include:

- obtaining an understanding of the legal and regulatory frameworks applicable to the charity, such as the Companies Act 2006 and relevant charity and tax legislation, and obtaining an understanding of how the charity complies with those frameworks;
- assessing the susceptibility of the charity's financial statements to material misstatement, including how fraud might occur, with audit procedures including: considering internal controls; testing supporting documentation; enquiring of the charity's management; reviewing minutes of trustees' meetings; and obtaining written confirmations.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation. We are not responsible for preventing fraud or non-compliance with laws and regulations and cannot be expected to detect all fraud and non-compliance with laws and regulations.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

SUNDERLAND COUNSELLING SERVICE

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF SUNDERLAND COUNSELLING SERVICE

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Craig McBride (Senior Statutory Auditor)

For and on behalf of Davies Tracey

Chartered Accountants and Statutory Auditors

Swan House

Westpoint Road

Teesdale Business Park

Stockton on Tees

TS17 6BP

Date: 1/12/25

SUNDERLAND COUNSELLING SERVICE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:							
Donations and legacies	3	406	-	406	1,207	-	1,207
<u>Charitable activities</u>							
Provision of counselling service	4	5,600,807	1,017,313	6,618,120	5,254,670	143,113	5,397,783
Investments	5	30,119	-	30,119	25,060	-	25,060
Total income		<u>5,631,332</u>	<u>1,017,313</u>	<u>6,648,645</u>	<u>5,280,937</u>	<u>143,113</u>	<u>5,424,050</u>
Expenditure on:							
<u>Charitable activities</u>							
Provision of counselling service	6	5,278,116	875,470	6,153,586	5,062,318	1,058,820	6,121,138
Total expenditure		<u>5,278,116</u>	<u>875,470</u>	<u>6,153,586</u>	<u>5,062,318</u>	<u>1,058,820</u>	<u>6,121,138</u>
Net income/(expenditure)		353,216	141,843	495,059	218,619	(915,707)	(697,088)
Transfers between funds		(2,252)	2,252	-	(200)	200	-
Net movement in funds		350,964	144,095	495,059	218,419	(915,507)	(697,088)
Reconciliation of funds:							
Fund balances at 1 April 2024		3,441,692	1,302,399	4,744,091	3,223,273	2,217,906	5,441,179
Fund balances at 31 March 2025		<u>3,792,656</u>	<u>1,446,494</u>	<u>5,239,150</u>	<u>3,441,692</u>	<u>1,302,399</u>	<u>4,744,091</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

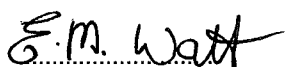
SUNDERLAND COUNSELLING SERVICE

BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025		2024	
		£	£	£	£
Fixed assets					
Tangible assets	12		328,312		340,411
Current assets					
Debtors	13	1,726,043		1,506,285	
Cash at bank and in hand		3,396,247		3,169,914	
		5,122,290		4,676,199	
Creditors: amounts falling due within one year	14	(211,452)		(272,519)	
Net current assets			4,910,838		4,403,680
Total assets less current liabilities			5,239,150		4,744,091
The funds of the charity					
Restricted income funds	15	1,446,494		1,302,399	
Unrestricted funds		3,792,656		3,441,692	
		5,239,150		4,744,091	

The financial statements were approved by the trustees on 1/12/25 and were signed on their behalf by:



Mrs E M Watt
Chair of Board of Trustees

Company registration number 03315039 (England and Wales)

SUNDERLAND COUNSELLING SERVICE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	20		214,843		(609,189)
Investing activities					
Purchase of tangible fixed assets		(18,629)		(30,246)	
Investment income received		30,119		25,060	
Net cash generated from/(used in) investing activities			11,490		(5,186)
Net cash generated from financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			226,333		(614,375)
Cash and cash equivalents at beginning of year			3,169,914		3,784,289
Cash and cash equivalents at end of year			<u>3,396,247</u>		<u>3,169,914</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Charity information

Sunderland Counselling Service is a private company limited by guarantee incorporated in England and Wales. The registered office is 51 John Street, Sunderland, SR1 1QN.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum and Articles, the Companies Act 2006, Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

All income is recognised in the Statement of Financial Activities when all of the following criteria are met:

- the charity has entitlement to the funds;
- any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Service contract fees are accounted for on an accruals basis. Income received in advance of the provision of the specified services is deferred until the criteria for income recognition are met.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

Donated goods and services are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. On receipt, donated services and facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure on charitable activities includes the costs of the provision of counselling services and the associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	over 50 years on a straight line basis
Fixtures and fittings	15% reducing balance/20% on cost
Equipment	15%-33% reducing balance/20-25% on cost

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Taxation

The charity is exempt from corporation tax on its charitable activities.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

The charity operates a defined contribution pension scheme. The charity makes a contribution to this pension scheme and a salary sacrifice option is offered to employees. The assets of the scheme are held separately from those of the charity and the charity acts as agent in collecting and paying over the employees' pension contributions. The employer's contributions made for the accounting period are treated as an expense.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations and gifts	406	1,207

Donated goods and services

In addition to recorded incoming resources the charity received the benefit of many thousands of voluntary hours and unclaimed out of pocket expenses contributed by its supporters. It would be impossible to place a value on all these services and expenses, without which much of the work undertaken could not be achieved and for which the charity is extremely grateful.

4 Income from charitable activities

	Provision of counselling service 2025 £	Provision of counselling service 2024 £
Services provided under contract	6,618,120	5,397,783
Analysis by fund		
Unrestricted funds	5,600,807	5,254,670
Restricted funds	1,017,313	143,113
	6,618,120	5,397,783

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

4 Income from charitable activities (Continued)

Charitable trading income

Cancer Counselling Service

The provision of individual counselling to people with any form of cancer.

Sunderland Community Children and Young People's Mental Health Service

Contract held with NHS Sunderland ICB for the provision of individual counselling support to children and young people and interventions delivered by CWP's, in Sunderland.

Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA)

Contract held with NHS Sunderland ICB for the provision of individual counselling for male and female survivors of rape and sexual abuse in Sunderland.

CTT Counselling

A pilot project to provide counselling in the community treatment teams in Sunderland and South Tyneside.

CYP Social Prescribing

A pilot project to deliver social prescribing for children and young people in Sunderland.

Durham & Darlington Talking Therapies

Under contract to TEWW NHS Foundation Trust, provision of counselling at steps 1 and 3 in the Talking Therapies service covering County Durham & Darlington.

Good Vibes

A project funded by the Big Lottery Fund and led by the Sunderland All Together youth consortium; we deliver counselling in youth projects across the city.

GP Project

Contract held with CNTW for the provision of counselling in GP practices in Sunderland.

North Tyneside Talking Therapies

Under contract to NHS Northumbria Healthcare Foundation Trust for the provision of the counselling element of North Tyneside's Talking Therapies service.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

4 Income from charitable activities

(Continued)

GP Project

Contract held with CNTW for the provision of counselling in GP practices in Sunderland.

North Tyneside Talking Therapies

Under contract to NHS Northumbria Healthcare Foundation Trust for the provision of the counselling element of North Tyneside's Talking Therapies service.

Northumberland Talking Therapies

Under sub-contract to MHM, delivery of Northumberland's Talking Therapies service.

Northumbria Police and Crime Commissioner

Grant funding from the Northumbria PCC, with which we augment our service provision within the CASSVA service to increase overall service capacity and address gaps in service provision for male rape victims in the region.

Occupational Health

Contract held with Sunderland City Council for employee counselling, as part of their Occupational Health service.

REACH

A service provided under contract to provide counselling services for recent victims of sexual violence across the Northumbria Police Force area.

Schools

A service to provide an effective school-based counselling service for children and young people in the City of Sunderland.

St Benedicts Hospice

Providing individual counselling and other forms of support for patients and family members, carers and children of patients at St Benedict's Hospice in Sunderland.

Sunderland Talking Therapies

Contract funding from CNTW allocated to the provision of step 2 interventions within Sunderland's Talking Therapies service; and provision of therapy for people whose mental health and emotional wellbeing are affected by their caring responsibilities.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

5 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	30,119	25,060

6 Expenditure on charitable activities

	Provision of counselling service 2025 £	Provision of counselling service 2024 £
Direct costs		
Staff costs	4,923,390	4,999,411
Telephone	30,662	26,345
Direct service costs	377,660	478,350
Advertising	753	1,784
Printing, postage and stationary	3,869	5,659
Training and supervision	50,498	50,951
Travel and volunteer expenses	14,070	12,183
Other costs	78,420	39,524
	<u>5,479,322</u>	<u>5,614,207</u>
Share of support and governance costs (see note 7)		
Support	659,994	489,891
Governance	14,270	17,040
	<u>6,153,586</u>	<u>6,121,138</u>
Analysis by fund		
Unrestricted funds	5,278,116	5,062,318
Restricted funds	875,470	1,058,820
	<u>6,153,586</u>	<u>6,121,138</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

7 Support costs allocated to activities	2025	2024
	£	£
Staff costs	484,395	305,146
Depreciation	30,728	27,534
Rates and water	1,925	660
Insurance	18,881	15,228
Light and heat	7,617	6,327
Rent	19,979	20,303
Repairs and maintenance	68,529	85,243
Accountancy	14,140	11,520
Legal and professional fees	13,738	17,370
Bank charges	62	60
Governance costs	14,270	17,540
	<u>674,264</u>	<u>506,931</u>
Analysed between:		
Provision of counselling service	<u>674,264</u>	<u>506,931</u>

Basis of apportionment

Staff costs - time spent
Depreciation and other overheads - usage

8 Auditor's remuneration

Fees payable to the charity's auditor and associates:	2025	2024
	£	£
For audit services		
Audit of the charity's annual accounts	<u>5,000</u>	<u>4,500</u>
For other services		
All other non-audit services	<u>14,140</u>	<u>11,520</u>

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

10 Employees

The average monthly number of employees during the year was:

	2025	2024
	Number	Number
Counselling and support	156	153
Administration	12	12
Total	<u>168</u>	<u>165</u>

Employment costs	2025	2024
	£	£
Wages and salaries	4,606,784	4,708,584
Social security costs	432,561	454,822
Other pension costs	368,940	141,651
	<u>5,408,285</u>	<u>5,305,057</u>

During 2025 many employees have taken advantage of the company's pension scheme salary sacrifice arrangement.

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2025	2024
	Number	Number
£60,001 - £70,000	1	1
£80,001 - £90,000	1	1

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2025	2024
	£	£
Aggregate compensation	<u>291,984</u>	<u>292,603</u>

11 Taxation

The company is exempt from tax under Sections 466 to 493 Corporation Taxes Act 2010 as long as income is applied for charitable purposes only.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

12 Tangible fixed assets

	Freehold land and buildings	Fixtures and fittings	Equipment	Total
	£	£	£	£
Cost				
At 1 April 2024	338,267	31,119	193,713	563,099
Additions	-	-	18,629	18,629
At 31 March 2025	338,267	31,119	212,342	581,728
Depreciation and impairment				
At 1 April 2024	55,249	30,867	136,572	222,688
Depreciation charged in the year	6,765	38	23,925	30,728
At 31 March 2025	62,014	30,905	160,497	253,416
Carrying amount				
At 31 March 2025	276,253	214	51,845	328,312
At 31 March 2024	283,018	252	57,141	340,411

13 Debtors

	2025	2024
	£	£
Amounts falling due within one year:		
Other debtors	1,284,206	1,298,031
Prepayments and accrued income	441,837	208,254
	1,726,043	1,506,285

Included in the above is accrued income of £397,989 (2024: £165,461).

14 Creditors: amounts falling due within one year

	2025	2024
	£	£
Other taxation and social security	78,368	87,166
Trade creditors	93,652	177,136
Accruals and deferred income	39,432	8,217
	211,452	272,519

Included in the above is deferred income of £Nil (2024 : £Nil).

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2025 £
	-	-	-	-	-
Cancer Counselling Service	174,400	25,632	(112,941)	-	87,091
South Tyneside GP Project	3,048	-	-	-	3,048
Bereavement Support	(2,252)	-	-	2,252	-
CCAMHS	550,759	-	(320,363)	(112,000)	118,396
Good Vibes	10,072	28,552	(44,465)	-	(5,841)
Covid 19 Community Fund	6,333	-	(334)	(5,999)	-
Adult transformation	100,000	-	-	(100,000)	-
IAPT Network Funding	9,371	-	-	-	9,371
Northern Cancer Alliance	50,000	-	-	-	50,000
Northumbria Police and Crime Commissioner	455	40,000	(47,191)	-	(6,736)
Listening Ear	-	270,000	(44,816)	-	225,184
MMHS	49,604	48,942	(47,006)	-	51,540
CMHF	6,727	110,186	(87,876)	105,999	135,036
CTT Counselling	90,866	142,000	(44,749)	-	188,117
CYP	169,521	144,000	(98,200)	112,000	327,321
PLT/ED	83,495	208,000	(27,528)	-	263,967
	<u>1,302,399</u>	<u>1,017,313</u>	<u>(875,470)</u>	<u>2,252</u>	<u>1,446,494</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

15 Restricted funds (Continued)

Previous year:	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2024 £
Cancer Counselling Service	268,189	-	(93,788)	-	174,401
South Tyneside GP Project	3,048	-	-	-	3,048
Bereavement Support	(2,072)	-	(180)	-	(2,252)
Ministry of Justice Male Rape Support Fund/BTS	(139)	-	-	139	-
CCAMHS	1,025,791	-	(375,032)	(100,000)	550,759
Good Vibes	850	13,011	(103,789)	100,000	10,072
Covid 19 Community Fund	6,762	-	(429)	-	6,333
Adult transformation	100,000	-	-	-	100,000
IAPT Network Funding	9,371	-	-	-	9,371
Northern Cancer Alliance	50,000	-	-	-	50,000
Northumbria Police and Crime Commissioner	-	48,512	(48,057)	-	455
MMHS	14,795	81,590	(46,781)	-	49,604
CMHF	125,696	-	(118,969)	-	6,727
CTT Counselling	192,738	-	(101,872)	-	90,866
CYP	299,606	-	(130,085)	-	169,521
PTSMHP	21,325	-	(21,386)	61	-
PLT/ED	101,946	-	(18,451)	-	83,495
	<u>2,217,906</u>	<u>143,113</u>	<u>(1,058,820)</u>	<u>200</u>	<u>1,302,399</u>

16 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 March 2025:			
Tangible assets	327,358	954	328,312
Current assets/(liabilities)	3,465,298	1,445,540	4,910,838
	<u>3,792,656</u>	<u>1,446,494</u>	<u>5,239,150</u>
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:			
Tangible assets	338,649	1,762	340,411
Current assets/(liabilities)	3,103,043	1,300,637	4,403,680
	<u>3,441,692</u>	<u>1,302,399</u>	<u>4,744,091</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

17 Financial commitments, guarantees and contingent liabilities

Grants receivable and similar funding may be repayable if certain associated conditions are not, or have not been, met.

18 Operating lease commitments

Lessee

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2025	2024
	£	£
Within one year	1,252	427
Between two and five years	1,146	748
	<u>2,398</u>	<u>1,175</u>

19 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).

20 Cash generated from/(absorbed by) operations

	2025	2024
	£	£
Surplus/(deficit) for the year	495,059	(697,088)
Adjustments for:		
Investment income recognised in statement of financial activities	(30,119)	(25,060)
Depreciation and impairment of tangible fixed assets	30,728	27,534
Movements in working capital:		
(Increase) in debtors	(219,758)	(36,550)
(Decrease)/increase in creditors	(61,067)	121,975
Cash generated from/(absorbed by) operations	<u>214,843</u>	<u>(609,189)</u>

21 Analysis of changes in net funds

The charity had no material debt during the year.

22 Company limited by guarantee

The liability of the members of the company is limited by guarantee. Each member has undertaken to contribute an amount not exceeding £1 towards any deficit arising in the event of the company being wound up.

SUNDERLAND COUNSELLING SERVICE

England & Wales - Charity number 1159057

Accounts

Charity registration number 1159057

Company registration number 03315039 (England and Wales)

SUNDERLAND COUNSELLING SERVICE
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

SUNDERLAND COUNSELLING SERVICE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr C Sketchley Ms L H Bruton Mrs E M Watt Mrs A Loadman Mr B Greener Dr K Gilligan Mr G M Speer
Chief Executive	Mr Toby Sweet
Secretary	Mr B Greener
Charity number	1159057
Company number	03315039
Registered office	51 John Street Sunderland SR1 1QN
Auditor	Davies Tracey Swan House Westpoint Road Teesdale Business Park Stockton on Tees TS17 6BP
Bankers	Unit 49-51 The Bridges Shopping Centre Market Square Sunderland SR1 3LE
Solicitors	BHP Law Westgate House Faverdale Darlington DL3 0PZ

SUNDERLAND COUNSELLING SERVICE

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SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

As defined in our governing document our charitable purposes are to provide counselling and psychological therapy services in and around the City of Sunderland and the North of England in order to relieve suffering and distress.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

In pursuance of this mission Sunderland Counselling Service exists to:

- Promote and improve mental health and emotional wellbeing for adults.
- Provide services which assist in relieving suffering from emotional and / or mental distress.
- Improve the lives of men and women who have experienced sexual abuse and sexual violence in childhood and / or adulthood.
- Promote and improve positive mental health and emotional wellbeing for children and young people.
- Enable and empower users of our service to live independently in the community as valued citizens.
- Develop and maintain a professional and suitably qualified workforce.
- Maintain services that meet the needs of our clients.
- Work in partnership with other services in the statutory and voluntary sectors.
- Work to provide any other relevant and related service for which there is a genuine demand and inadequate provision.

In working to achieve these aims Sunderland Counselling Service currently provides the following services:

- **NHS Sunderland Talking Therapies:** Working in partnership with Cumbria Northumberland Tyne & Wear NHS Foundation Trust to deliver the NHS Sunderland Talking Therapies service, providing a stepped care model of interventions for people suffering from common mental health problems, including anxiety and depression. Our focus is on low intensity CBT at step 2 of the stepped care model.
- **Sunderland GP / Primary Care Counselling Service:** providing individual time limited counselling in GP surgeries in Sunderland; part of the NHS Sunderland Talking Therapies pathway.
- **Carers Counselling Service:** As part of the NHS Sunderland Talking Therapies provision, a counselling service for people whose mental health and emotional wellbeing are affected by their caring responsibilities.
- **NHS Northumberland Talking Therapies:** Working in partnership with Mental Health Matters to deliver the NHS Northumberland Talking Therapies service, providing a stepped care model of interventions for people suffering from common mental health problems, including anxiety and depression. Our focus is on low intensity CBT and high intensity counselling elements of the service.
- **NHS North Tyneside Talking Therapies:** provision of two counselling pathways in the NHS North Tyneside Talking Therapies service, working at both steps 2 and 3 of the stepped care model.
- **NHS Durham & Darlington Talking Therapies:** provision of two counselling pathways in the NHS Durham and Darlington Talking Therapies service, working at both steps 1 and 3 of the stepped care model.
- **Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA):** provides individual counselling to men and women who have experienced childhood sexual abuse or sexual violence in adulthood in Sunderland; and to male clients from across the north east.
- **REACH Counselling Service:** counselling provision for male and female victims of recent sexual assault across the Northumbria police force area, working as part of the Northumbria Sexual Assault Referral Centre.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

- **Cancer Counselling Service:** provides individual counselling for adults suffering from any form of cancer who are receiving treatment in Sunderland, and for their adult family members / carers.
- **St Benedict's Hospice Service:** providing individual counselling and other forms of support for patients and family members, carers and children of patients at St Benedict's Hospice in Sunderland.
- **Bereavement Support:** provision of bereavement support groups for Sunderland residents.
- **Community CAMHS Counselling Service:** provides individual counselling to children and young people in Sunderland, as part of the Community CAMHS service, in partnership with South Tyneside & Sunderland NHS Foundation Trust; we also employ half of the team of Children's Wellbeing Practitioners in the Community CAMHS Service.
- **Good Vibes:** working in collaboration with youth projects across Sunderland, we deliver individual counselling to young people accessing those youth projects.
- **Schools-based Counselling Services:** we are directly commissioned by several schools across Sunderland to provide individual counselling for their pupils.
- **Employee Counselling Services:** under contract to Sunderland City Council, providing occupational health counselling to council employees.
- **CTT Counselling:** providing one to one counselling for patients accessing secondary care community mental health services in Sunderland and South Tyneside; launched April 2023.
- **Link work projects:** we deliver several social prescribing and link work projects in and around Sunderland including:
 - **CAMHS Listening Ear service:** for parents of children and young people who are accessing Sunderland's CAMHS service, who are themselves experiencing mental health difficulties; launched January 2022.
 - **Maternal Mental Health Link Work service:** for new and expectant mothers in Sunderland who are experiencing mental health difficulties; launched June 2022.
 - **Community Mental Health Link Work service:** for adults in Sunderland experiencing mental health difficulties; launched June 2022.
 - **CYP Social Prescribing service:** for children and young people who are waiting for a formal treatment intervention from Sunderland's CCAMHS service; launched June 2023.
 - **PLT Link Work service:** providing additional support to patients with mental health difficulties who are in contact with the Psychiatric Liaison Team at Sunderland Royal Hospital; launched November 2023.
- **Supervision and Professional Development:** the service provides trainee placement and volunteering opportunities for psychology students, trainee counsellors and other psychological therapists and provides clinical counselling supervision, training and professional development to its staff and volunteers; we also provide these services to other agencies.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Philosophy

Counselling, therapy and support services are informed by a person-centred philosophy where clients are at the heart of the therapeutic intervention. Key to our approach are the qualities of empathy, acceptance and congruence. The service adheres to the Ethical Framework for the Counselling Professions laid down by the British Association of Counselling & Psychotherapy (BACP) which emphasises principles of fidelity, autonomy, beneficence, non-maleficence, justice and self-respect. We maintain our service accreditation with BACP for the majority of our counselling services for adults and for children. By providing a safe and supportive environment for clients to explore their issues, it is hoped that they will achieve a better ability to function individually and within society and achieve a greater degree of autonomy and resourcefulness.

Equalities Statement

Sunderland Counselling Service is committed to making our services accessible to those who need them. Therefore, we operate an Equal Opportunities Policy, which applies equally to clients accessing our services as well as to prospective employees and volunteers.

We undertake not to discriminate against any potential client in ensuring that they receive services appropriate to their needs. We will seek to assess individual need and provide services to meet this need wherever possible. This may include making reasonable adaptations to service delivery, such as providing accessible venues, interpreter provision, literature in a range of languages and meeting any preference on gender of therapist where available. We make no charge to our clients for any of the services we provide.

We further undertake not to discriminate against any prospective or current employee or volunteer for any reason. We will do all we can to ensure that our staff and volunteer teams are representative of the communities we exist to serve, that they are treated fairly and on the basis of merit and will do our best to provide positive opportunities for underrepresented groups.

We recognise that certain groups in society often experience discrimination – for example, due to their age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, gender, sex or sexual orientation. We seek to recognise, respect and value the contributions made by individuals and support them to deliver their work in a fair and equitable manner. We seek to create a working environment free of bullying, harassment, victimisation and unlawful discrimination. We will not collude with acts of discrimination or harassment and will challenge systemic and structural discrimination wherever we encounter it.

Sunderland Counselling Service is an established and respected voluntary sector organisation which is committed to the promotion of volunteering while ensuring safe professional practice and a productive working environment. Operating according to the Volunteer Policy, underpinned by the Equal Opportunities Policy, all volunteers are provided with the opportunity to access training and supervision appropriate to their role and which will also assist them in their personal and professional development. Volunteer roles are evidenced at all levels throughout the service, as are the high number of volunteers who have achieved paid posts both within the service and with many other agencies in the statutory and voluntary sectors across our region.

Strategic report

The description under the headings "Achievements and performance" and "Financial review" meet the company law requirements for the trustees to present a strategic report.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance

During the last year the charity has worked towards its objectives as described above and continues to provide excellent services to the people of the northeast of England.

Highlights and achievements of the year

A significant year:

2023 marked Sunderland Counselling Service's 40th anniversary and we marked the occasion in numerous ways:

- In March 2023, we sponsored BACP's annual student conference.
- In August 2023, we launched a scheme of small grants, worth up to £10,000 each, to support other smaller charities working in the areas we cover, who share our aims and who may reach people we do not. We intended to make 4 grants of £10,000 each but in the event, our trustees made five awards to these organisations:
 - International Community of Sunderland
 - Keep Active (Sunderland)
 - Learning Disability North East (North Tyneside)
 - Mind and Sole (Alnwick)
 - Building Self Belief (County Durham)
- In September 2023, we set up a bursary scheme to support one student undertaking the Counselling BA degree programme at Sunderland University.
- In November 2023, we held our first "in person" annual general meeting and staff gathering since prior to the COVID pandemic.
- Over the course of the year, we reviewed and improved our staff remuneration and benefits packages, as we are keen to reward our staff for the wonderful work they do and to maintain our reputation as an employer of choice:
 - We honoured and matched the 2023/24 NHS pay award, both consolidated and non-consolidated elements, for all of our employees, whether they work in NHS commissioned services or not.
 - We reviewed and significantly improved our maternity / paternity / parental support offer.
 - We instituted a salary sacrifice scheme, and covered all employee pension contributions.
 - We set up new benefits packages, including critical illness cover and a death in service benefit.

NHS Talking Therapies services (formerly known as IAPT):

- From April 2022, our contracts for the provision of Sunderland's Primary Care Counselling service and NHS Sunderland Talking Therapies moved over to CNTW, to whom we now act as a sub-contractor; these contracts are securely in place until March 2025.
- NHS Sunderland Talking Therapies met the national recovery target for every month of the year, with our Psychological Wellbeing Practitioners and Carers Therapist playing a major role in this achievement.
- The Primary Care Counselling service also met the national recovery target in nine out of twelve months, achieving the target for the year overall. Reliable improvement outcomes were consistently strong, demonstrating the positive impact that our services have for the people who use them.
- The single point of access for counselling and talking therapies in Sunderland went live in April 2023.
- The contract for NHS Northumberland Talking Therapies remains in place from August 2021 to August 2024. The service as a whole met national targets for recovery for the year, and our PWPs and counsellors achieved these as distinct modalities.
- In NHS North Tyneside Talking Therapies our counsellors at step 2 continued to deliver recovery rates well above the required targets. Based on this, our pilot project to deliver a counselling pathway at step 3 of the model was made a permanent part of the contract and service offer from April 2023.
- Delivery of counselling in NHS Durham & Darlington Talking Therapies was expanded during the year at both step 1 and step 3. Our step 3 counsellors consistently met recovery targets for every month of the year.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

- Under the pilot training programme for counsellors in the NHS, our four trainees in the Durham & Darlington service completed the first year of their training and embarked on their second year.
- Common issues facing all Talking Therapies services, both regionally and nationally, are the need to increase access figures and reduce waiting times for therapy and we continued to work hard with all partners to improve these positions.
- Our Chief Executive served for a second year as the North East & North Cumbria Clinical Lead for NHS Talking Therapies.
- We helped co-ordinate, led and contributed to two events during the year to boost recruitment into Talking Therapies services across the region.

Sexual Violence:

- Our Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA) service, funded by Sunderland NHS commissioners, had the contract extended for a further year until March 2024.
- Sunderland commissioners also commissioned the REACH service, acting on behalf of health commissioners in the Northumbria Police Force area and extended the contract to March 2024.
- Our successful bid to the Northumbria PCC for three year funding from 2023-26 gives the CASSVA service a further element of stability, although this is at a reduced level.

Cancer and palliative care:

- We have continued to provide counselling for cancer patients in Sunderland with much appreciated support from Sunderland NHS commissioners this year. This grant means this service is secure until March 2025 and has meant that we have expanded our offer to support family members and carers of cancer patients in the city.
- Counselling provision at St Benedict's Hospice is agreed until March 2024 and continues to deliver great benefits for patients, family members, carers and their children.
- We worked with the regional collaborative project led by the Northern Cancer Alliance to improve mental wellbeing for people affected by cancer across the north east.

Children and young people:

- The contract for our Sunderland Community CAMHS Counselling Service was again extended for a further year until March 2024.
- The main challenge has been to keep waiting lists and waiting times as low as possible in the face of escalating need and so we are delighted that the agreement with our commissioners to expand the service capacity in 2022-23 was extended until March 2025. This has allowed us to recruit more counsellors and to create a new Senior Children's Wellbeing Practitioner role.
- Our Listening Ear project, which provides short term practical and emotional support to parents and carers of young people who are receiving services from Community CAMHS, has delivered demonstrable benefits over the course of the year. Sunderland commissioners agreed to support this project for a further two years from April 2023, until March 2025.
- Our Good Vibes project, a collaboration with the Sunderland All Together youthwork consortium to deliver counselling in youth projects across Sunderland, reached the end of the initial Big Lottery grant in August 2023. We were therefore delighted that Sunderland commissioners agreed to fund the project for a further year, to August 2024, which then gave time for a further bid to be submitted to the Big Lottery Fund, which has been successful.

Link Work and other services in Sunderland:

- As part of work to transform community mental health services, we made a successful bid for a pilot project to provide social prescribing and link work for people with mental health problems in Sunderland. This service launched in June 2022 and funding has been secured to sustain the project until March 2025.
- Our maternal mental health link work project also launched in June 2022, with initial funding agreed until March 2024. During the year, we were delighted to secure a further year's funding from the Sunderland family hub programme, meaning the project is secure until March 2025.
- External evaluation on this project, commissioned by the project lead Ways to Wellness, clearly demonstrates the need and benefits delivered by this model of working.
- The social prescribing project for children and young people went live in September 2023 and is part of a national research project led by University College London.
- Our link work project aimed at patients accessing the Psychiatric Liaison Team at the Sunderland Royal Hospital went live in January 2024.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

- Our pilot project to place counsellors into secondary care community treatment teams in Sunderland and South Tyneside went live in January 2023. Although this project has faced some recruitment and staffing challenges, we hope to be able to scale this up in future.
- Our bereavement support groups continued to offer valuable support to bereaved Sunderland residents throughout the year.
- Our occupational health counselling service continued to provide support to employees of the city council throughout the year, under the leadership and guidance of a new lead counsellor.

Developing our organisation:

- During the year we have enhanced our volunteer process with a focus on recruitment, induction, ongoing support and supervision. We recruited five volunteer counsellors, three of whom have so far successfully completed their counselling placement with us and two continue to volunteer. Two of these have now secured paid positions with us.
- We also benefited from the input of four students from Sunderland University who have helped us with a range of projects, including developing a social media strategy and evaluating our Cancer Counselling service.
- We maintained our service accreditations with BACP, our professional governing body, for our adult and young people's counselling services; this is in place until November 2024.
- We maintained service accreditation with the Male Survivors Partnership, a national group of organisations that work with male survivors of sexual violence and abuse; this is in place until June 2024.
- We successfully submitted our NHS Data Security Protection Toolkit and maintained Cyber Essentials accreditation.
- We maintained accreditation as a Mindful Employer.
- Our client engagement forum continued to meet on a quarterly basis.
- Our Equality and Diversity working group has met regularly and has instigated a series of training and development activities, open to all staff. This year, we commissioned a full day training event for all of our counsellors and link workers on supporting people with ADHD and plan a similar event on working with autistic people.
- We operate a hybrid model across the majority of our services. We provide support in person, by telephone and by secure video platform, making our services more accessible and convenient for our clients.

Financial review

Financial position

The charity had net assets of £4,744,091 at 31 March 2024, having incurred a deficit of £697,088 in the year then ended (of which £915,707 related to restricted funds). Net current assets amounted to £4,403,680 which included cash at bank of £3,169,914. Unrestricted funds totalled £3,441,692 and restricted funds totalled £1,302,399.

The deficit in the year of £915,707 relating to restricted funds arose due to grant and similar funding being received by the charity on or prior to 31 March 2023 (and recognised in full when received as income in the financial statements in accordance with accounting standards) not being spent until on or after 1 April 2023 on projects for which the grant and other funding had been provided.

Reserves policy

The management committee revised its reserves policy so that unrestricted funds, not committed or invested in tangible fixed assets, held by the charity should now be at least 6 months of the resources expended, which equates to reserves on unrestricted funds of approximately £2,530,000. The general fund reserve at 31 March 2024 amounted to £3,103,043. The management committee considers that the level of reserves held (approximately 7 months) is reasonable and appropriate so as to enable the charity to best function in the currently challenging economic times.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Principal funding sources

Against a backdrop of insecurity over funding in some service areas the charity has worked hard to sustain existing services and where possible develop additional services. The management committee and staff have worked hard to generate a positive financial outcome for the year.

The principal funding sources are:

- NHS North East and North Cumbria ICB
- Mental Health Matters
- St. Benedict's Hospice Charity
- NHS England WTE (formerly Health Education England)
- Northumbria Police and Crime Commissioner
- Northumbria Healthcare Foundation Trust
- Sunderland City Council
- Tees Esk & Wear Valley NHS Foundation Trust
- Sunderland All Together Consortium
- Ways to Wellness
- Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

Risk management

The trustees have conducted a review of major risks to which the charity is exposed, including risks pertaining to information governance. Systems and procedures have been established to mitigate those risks identified.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Future plans for 2024 - 25

Plans for the coming financial year are as follows:

NHS Talking Therapies services (formerly known as IAPT):

- We will work with commissioners and colleagues in Talking Therapies services in Northumberland, Durham & Darlington, North Tyneside and Sunderland to meet revised national targets with a particular focus on reducing waiting times for therapy whilst maintaining reliable recovery and reliable improvement across all modalities.
- In particular we will demonstrate the value and effectiveness of counselling within these services and the benefit of investing adequately in the counselling teams.
- Through our involvement with the Talking Therapies regional network, we will collaborate with colleagues in other services, universities and commissioners to address the common problems faced by Talking Therapies around recruitment and retention of staff. Further recruitment events are already planned for the summer of 2024.

Sexual Violence:

- Given the challenges we face in maintaining funding for working with victims of sexual violence, we will continue to try and secure adequate long term funding for this invaluable area of work.
- We will achieve reaccreditation with the Male Survivors Partnership, due in June 2024, demonstrating our commitment to making sexual violence services equally accessible to male and female survivors, whilst paying attention to the specific needs of male clients.

Cancer and palliative care:

- We will maintain our enhanced service offer to support patients, family members and carers of cancer patients in the city of Sunderland and explore opportunities for expanding our service offer into neighbouring areas where similar services may not be available.
- Given that our current grant funding for the Cancer Counselling Service is due to end in March 2025, we will source further funding to ensure this project is secure for the future.
- Counselling provision at St Benedict's Hospice is agreed until March 2024 and so we will work closely with the St Benedict's Hospice Charity board to secure ongoing funding beyond that date.
- We will continue our involvement in the regional collaborative project led by the Northern Cancer Alliance to improve mental wellbeing for people affected by cancer, which will include contributions from our specialist cancer services and our Talking Therapies services.

Children and Young People:

- Having secured additional funding to expand the CAMHS service, we will make good use of it to significantly reduce waiting times for children and young people.
- We will work with colleagues in STSFT to make the case that this expanded service offer should be made permanent and to secure recurring funding for the expanded parts of the service.
- We will work with research colleagues at University College London to demonstrate the impact and value of our innovative new social prescribing project for children and young people in Sunderland.

Link Work and other services in Sunderland:

- Having launched the link work project aimed at patients accessing the Psychiatric Liaison Team at the Sunderland Royal Hospital, we will work with colleagues in CNTW to demonstrate the value of this project and the need for ongoing funding.
- We will continue and develop our pilot counselling service for people who are supported by the community treatment teams in Sunderland and South Tyneside, enhancing the range of talking therapies available within those teams.
- We will work hard to evidence the impact and value of the pilot projects that we have launched in this and preceding years and source sufficient funds to ensure their continuation; this includes the maternal mental health link work project, the community mental health link work project, the PLT link work project, CYP Social Prescribing, the CAMHS Listening Ear project and the CTT counselling project.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Developing our organisation:-

- We will continue to develop our workforce, investing in suitable training for existing staff and volunteers and recruiting trainee staff as appropriate. In particular we will encourage as many of our counsellors as possible to undertake training in recognised evidence-based therapies, such as Counselling for Depression.
- We will develop further placement opportunities for psychology degree students in collaboration with Sunderland University.
- We will explore other opportunities for collaboration with the universities in our region and potential involvement in research.
- We will maintain our service accreditations with BACP (due November 2024) and the Male Survivors Partnership (due June 2024).
- We will maintain accreditation as a Living Wage employer.
- We will further develop our plans to reduce our environmental impact and carbon footprint.
- We will further develop our plans to improve our approach to issues of equality, diversity and inclusion, with a particular focus on how we adapt and deliver services for people with autism and neurodiverse client groups.
- We will review our approach to communications and marketing, including updating our website and building our social media presence.

Structure, governance and management

The organisation is a charitable company limited by guarantee, incorporated on 7 February 1997. The company is governed by its Memorandum and Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr C Sketchley
Ms L H Bruton
Mrs E M Watt
Mrs A Loadman
Mr B Greener
Dr K Gilligan
Mr G M Speer

(Appointed 11 December 2023)

In addition to responding to advertisements placed in the media, people with a genuine interest in the work of Sunderland Counselling Service may approach the service seeking opportunities to volunteer and become a trustee, wishing to contribute worthwhile activity to the community. People who have benefited from the service provision often return at a later date wishing to give something back and offer their services as volunteers, which is evidenced at all levels throughout the organisation. Prospective trustees are requested to apply in writing to the Chair of the management committee including a curriculum vitae. After having been supplied with information about the service the applicant will be then invited to meet with the management committee for an interview, during which the expectations of both applicant and committee will be discussed. The applicant will then be informed of the outcome of the interview within seven days.

Organisational structure

Sunderland Counselling Service has a management committee of a minimum of 3 members who meet monthly and are responsible for the strategic direction of the charity. A chief executive officer is appointed by the committee and is responsible for all aspects of the charity's operations, including obtaining adequate funding to finance the charity's services.

Key management remuneration

The pay of all staff is reviewed annually by the board of trustees and normally increased in line with average earnings. In view of the nature, size and growth of the charity, salaries for senior staff are benchmarked against charities of similar size, complexity and reach. NHS salary scales for comparable roles are considered, given the large amount of collaboration and partnership working we do with NHS organisations. Affordability is a key factor, as well as growth of the charity in the preceding year and any significant changes in individual job roles, scale or remit.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT AND STRATEGIC REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Statement of trustees' responsibilities

The trustees, who are also the directors of Sunderland Counselling Service for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

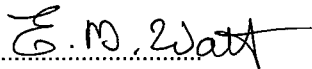
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In accordance with the company's articles, a resolution proposing that Davies Tracey be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.



Mrs E M Watt

Chair of Board of Trustees

Dated: 9/12/2024

SUNDERLAND COUNSELLING SERVICE

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF SUNDERLAND COUNSELLING SERVICE

Opinion

We have audited the financial statements of Sunderland Counselling Service (the 'charity') for the year ended 31 March 2024 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report and the strategic report prepared for the purposes of company law, is consistent with the financial statements; and
 - the strategic report and the directors' report included within the trustees' report have been prepared in accordance with applicable legal requirements.
-

SUNDERLAND COUNSELLING SERVICE

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF SUNDERLAND COUNSELLING SERVICE

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the strategic report or the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is the extent to which an audit conducted under ISAs (UK) is capable of detecting irregularities, including fraud. Our procedures include:

- obtaining an understanding of the legal and regulatory frameworks applicable to the charity, such as the Companies Act 2006 and relevant charity and tax legislation, and obtaining an understanding of how the charity complies with those frameworks;
- assessing the susceptibility of the charity's financial statements to material misstatement, including how fraud might occur, with audit procedures including: considering internal controls; testing supporting documentation; enquiring of the charity's management; reviewing minutes of trustees' meetings; and obtaining written confirmations.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation. We are not responsible for preventing fraud or non-compliance with laws and regulations and cannot be expected to detect all fraud and non-compliance with laws and regulations.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

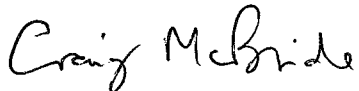
SUNDERLAND COUNSELLING SERVICE

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF SUNDERLAND COUNSELLING SERVICE

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Craig McBride (Senior Statutory Auditor)

for and on behalf of Davies Tracey

Chartered Accountants and Statutory Auditors

Swan House

Westpoint Road

Teesdale Business Park

Stockton on Tees

TS17 6BP

9/12/2024

SUNDERLAND COUNSELLING SERVICE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	3	1,207	-	1,207	62,245	660,458	722,703
<u>Charitable activities</u>							
Provision of counselling service	4	5,254,670	143,113	5,397,783	4,598,681	130,534	4,729,215
Investments	5	25,060	-	25,060	2,058	-	2,058
Total income		<u>5,280,937</u>	<u>143,113</u>	<u>5,424,050</u>	<u>4,662,984</u>	<u>790,992</u>	<u>5,453,976</u>
Expenditure on:							
<u>Charitable activities</u>							
Provision of counselling service	6	5,062,318	1,058,820	6,121,138	4,150,204	675,218	4,825,422
Total expenditure		<u>5,062,318</u>	<u>1,058,820</u>	<u>6,121,138</u>	<u>4,150,204</u>	<u>675,218</u>	<u>4,825,422</u>
Net income/(expenditure)		218,619	(915,707)	(697,088)	512,780	115,774	628,554
Transfers between funds		(200)	200	-	-	-	-
Net movement in funds		218,419	(915,507)	(697,088)	512,780	115,774	628,554
Reconciliation of funds:							
Fund balances at 1 April 2023		<u>3,223,273</u>	<u>2,217,906</u>	<u>5,441,179</u>	<u>2,710,493</u>	<u>2,102,132</u>	<u>4,812,625</u>
Fund balances at 31 March 2024		<u>3,441,692</u>	<u>1,302,399</u>	<u>4,744,091</u>	<u>3,223,273</u>	<u>2,217,906</u>	<u>5,441,179</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

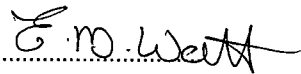
SUNDERLAND COUNSELLING SERVICE

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	12		340,411		337,699
Current assets					
Debtors	13	1,506,285		1,469,735	
Cash at bank and in hand		3,169,914		3,784,289	
		<u>4,676,199</u>		<u>5,254,024</u>	
Creditors: amounts falling due within one year	14	<u>(272,519)</u>		<u>(150,544)</u>	
Net current assets			<u>4,403,680</u>		<u>5,103,480</u>
Total assets less current liabilities			<u>4,744,091</u>		<u>5,441,179</u>
The funds of the charity					
Restricted income funds	15	1,302,399		2,217,906	
Unrestricted funds		3,441,692		3,223,273	
		<u>4,744,091</u>		<u>5,441,179</u>	

The financial statements were approved by the trustees on 9/12/2024 and were signed on their behalf by:



Mrs E M Watt

Chair of Board of Trustees

Company registration number 03315039 (England and Wales)

SUNDERLAND COUNSELLING SERVICE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Cash flows from operating activities					
Cash (absorbed by)/generated from operations	20		(609,189)		168,822
Investing activities					
Purchase of tangible fixed assets		(30,246)		(27,575)	
Investment income received		25,060		2,058	
Net cash used in investing activities			(5,186)		(25,517)
Net cash used in financing activities			-		-
Net (decrease)/increase in cash and cash equivalents			(614,375)		143,305
Cash and cash equivalents at beginning of year			3,784,289		3,640,984
Cash and cash equivalents at end of year			<u>3,169,914</u>		<u>3,784,289</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

Sunderland Counselling Service is a private company limited by guarantee incorporated in England and Wales. The registered office is 51 John Street, Sunderland, SR1 1QN.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum and Articles, the Companies Act 2006, Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

All income is recognised in the Statement of Financial Activities when all of the following criteria are met:

- the charity has entitlement to the funds;
- any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Service contract fees are accounted for on an accruals basis. Income received in advance of the provision of the specified services is deferred until the criteria for income recognition are met.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

Donated goods and services are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. On receipt, donated services and facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure on charitable activities includes the costs of the provision of counselling services and the associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	over 50 years on a straight line basis
Fixtures and fittings	15% reducing balance/20% on cost
Equipment	15%-33% reducing balance/20-25% on cost

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies (Continued)

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Taxation

The charity is exempt from corporation tax on its charitable activities.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity. The charity now makes a contribution of 3% of salary to this pension scheme and acts as agent in collecting and paying over employee pension contributions. The employer's contributions made for the accounting period are treated as an expense and were £141,651 (2023 - £106,199).

At 31 March 2024 total employer and employee contributions of £741 were outstanding (2023 - £21,653).

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds	Restricted funds	Total
	2024	2023	2023	2023
	£	£	£	£
Donations and gifts	1,207	60	-	60
Grants receivable	-	62,185	660,458	722,643
	<u>1,207</u>	<u>62,245</u>	<u>660,458</u>	<u>722,703</u>
Grants receivable for core activities				
CCAMHS Expansion	-	-	394,512	394,512
CYP Social Prescribing	-	-	26,000	26,000
CMHT	-	-	100,000	100,000
PLT/ED	-	-	101,946	101,946
Other	-	62,185	38,000	100,185
	<u>-</u>	<u>62,185</u>	<u>660,458</u>	<u>722,643</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

3 Donations and legacies (Continued)

Donated goods and services

In addition to recorded incoming resources the charity received the benefit of many thousands of voluntary hours and unclaimed out of pocket expenses contributed by its supporters. It would be impossible to place a value on all these services and expenses, without which much of the work undertaken could not be achieved and for which the charity is extremely grateful.

4 Income from charitable activities

	Provision of counselling service 2024 £	Provision of counselling service 2023 £
Services provided under contract	5,397,783	4,729,215
Analysis by fund		
Unrestricted funds	5,254,670	4,598,681
Restricted funds	143,113	130,534
	<u>5,397,783</u>	<u>4,729,215</u>

Charitable trading income

Cancer Counselling Service

The provision of individual counselling to people with any form of cancer.

Community CAMHS Counselling Service

Contract held with NHS Sunderland ICB for the provision of individual counselling support to children and young people and interventions delivered by CWP's, in Sunderland.

Community Transformation (Adult Transformation, CMHT, CMHF)

Grant funding from Sunderland CCG to support the transformation of mental health services.

Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA)

Contract held with NHS Sunderland ICB for the provision of individual counselling for male and female survivors of rape and sexual abuse in Sunderland.

CTT Counselling

A pilot project to provide counselling in the community treatment teams in Sunderland and South Tyneside.

CYP Social Prescribing

A pilot project to deliver social prescribing for children and young people in Sunderland.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

4 Income from charitable activities

(Continued)

Durham & Darlington Talking Therapies

Under contract to TEWW NHS Foundation Trust, provision of counselling at steps 1 and 3 in the Talking Therapies service covering County Durham & Darlington.

Good Vibes

A project funded by the Big Lottery Fund and led by the Sunderland All Together youth consortium; we deliver counselling in youth projects across the city.

GP Project

Contract held with CNTW for the provision of counselling in GP practices in Sunderland.

North Tyneside Talking Therapies

Under contract to NHS Northumbria Healthcare Foundation Trust for the provision of the counselling element of North Tyneside's Talking Therapies service.

Northumberland Talking Therapies

Under sub-contract to MHM, delivery of Northumberland's Talking Therapies service.

Northumbria Police and Crime Commissioner

Grant funding from the Northumbria PCC, with which we augment our service provision within the CASSVA service to increase overall service capacity and address gaps in service provision for male rape victims in the region.

Occupational Health

Contract held with Sunderland City Council for employee counselling, as part of their Occupational Health service.

REACH

A service provided under contract to provide counselling services for recent victims of sexual violence across the Northumbria Police Force area.

Schools

A service to provide an effective school-based counselling service for children and young people in the City of Sunderland.

St Benedicts Hospice

Providing individual counselling and other forms of support for patients and family members, carers and children of patients at St Benedict's Hospice in Sunderland.

Sunderland Talking Therapies

Contract funding from CNTW allocated to the provision of step 2 interventions within Sunderland's Talking Therapies service; and provision of therapy for people whose mental health and emotional wellbeing are affected by their caring responsibilities.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	25,060	2,058

6 Expenditure on charitable activities

	Provision of counselling service 2024 £	Provision of counselling service 2023 £
Direct costs		
Staff costs	4,999,411	3,927,293
Telephone	26,345	22,971
Direct service costs	478,350	320,280
Advertising	1,784	2,276
Printing, postage and stationary	5,659	5,200
Training and supervision	50,951	31,206
Travel and volunteer expenses	12,183	6,305
Other costs	39,524	27,966
	<u>5,614,207</u>	<u>4,343,497</u>
Share of support and governance costs (see note 7)		
Support	489,891	477,525
Governance	17,040	4,400
	<u>6,121,138</u>	<u>4,825,422</u>
Analysis by fund		
Unrestricted funds	5,062,318	4,150,204
Restricted funds	1,058,820	675,218
	<u>6,121,138</u>	<u>4,825,422</u>

Direct service costs in 2024 include grants totalling £44,902 made to smaller charities sharing the aims of Sunderland Counselling Service and a bursary of £9,250 to support a student undertaking a counselling degree at a local university.

Governance costs in 2024 include £12,540 in relation to developments in pension, employment, data protection and similar regulations.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

7 Support costs allocated to activities

	2024	2023
	£	£
Staff costs	305,146	304,646
Depreciation	27,534	26,173
Rates and water	660	336
Insurance	15,228	8,375
Light and heat	6,327	4,679
Rent	20,303	13,444
Repairs and maintenance	85,243	88,709
Accountancy	11,520	10,938
Legal and professional fees	17,370	20,165
Bank charges	60	60
Governance costs	17,540	4,400
	<u>506,931</u>	<u>481,925</u>
Analysed between:		
Provision of counselling service	<u>506,931</u>	<u>481,925</u>

Basis of apportionment

Staff costs - time spent
Depreciation and other overheads - usage

8 Auditor's remuneration

	2024	2023
	£	£
Fees payable to the charity's auditor and associates:		
For audit services		
Audit of the charity's annual accounts	<u>4,500</u>	<u>3,900</u>
For other services		
All other non-audit services	<u>11,520</u>	<u>10,938</u>

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

10 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Counselling and support	153	134
Administration	12	12
Total	<u>165</u>	<u>146</u>

Employment costs

	2024 £	2023 £
Wages and salaries	4,708,584	3,769,552
Social security costs	454,822	356,688
Other pension costs	141,651	106,199
	<u>5,305,057</u>	<u>4,232,439</u>

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2024 Number	2023 Number
£60,001 - £70,000	1	-
£80,001- £90,000	1	1

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024 £	2023 £
Aggregate compensation	<u>292,603</u>	<u>258,701</u>

11 Taxation

The company is exempt from tax under Sections 466 to 493 Corporation Taxes Act 2010 as long as income is applied for charitable purposes only.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

12 Tangible fixed assets	Freehold land and buildings £	Fixtures and fittings £	Equipment £	Total £
Cost				
At 1 April 2023	338,267	31,119	163,467	532,853
Additions	-	-	30,246	30,246
At 31 March 2024	<u>338,267</u>	<u>31,119</u>	<u>193,713</u>	<u>563,099</u>
Depreciation and impairment				
At 1 April 2023	48,484	30,823	115,847	195,154
Depreciation charged in the year	6,765	44	20,725	27,534
At 31 March 2024	<u>55,249</u>	<u>30,867</u>	<u>136,572</u>	<u>222,688</u>
Carrying amount				
At 31 March 2024	<u>283,018</u>	<u>252</u>	<u>57,141</u>	<u>340,411</u>
At 31 March 2023	<u>289,783</u>	<u>296</u>	<u>47,620</u>	<u>337,699</u>

13 Debtors	2024 £	2023 £
Amounts falling due within one year:		
Other debtors	1,298,031	1,332,741
Prepayments and accrued income	208,254	136,994
	<u>1,506,285</u>	<u>1,469,735</u>

14 Creditors: amounts falling due within one year	2024 £	2023 £
Other taxation and social security	87,166	87,102
Trade creditors	177,136	34,314
Accruals and deferred income	8,217	29,128
	<u>272,519</u>	<u>150,544</u>

Included in the above is deferred income of £Nil (2023 : £Nil).

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
	-	-	-	-	-
Cancer Counselling Service	268,189	-	(93,788)	-	174,401
South Tyneside GP Project	3,048	-	-	-	3,048
Bereavement Support	(2,072)	-	(180)	-	(2,252)
Ministry of Justice Male Rape Support Fund/BTS	(139)	-	-	139	-
CCAMHS	1,025,791	-	(375,032)	(100,000)	550,759
Good Vibes	850	13,011	(103,789)	100,000	10,072
Covid 19 Community Fund	6,762	-	(429)	-	6,333
Adult transformation	100,000	-	-	-	100,000
IAPT Network Funding	9,371	-	-	-	9,371
Northern Cancer Alliance	50,000	-	-	-	50,000
Northumbria Police and Crime Commissioner	-	48,512	(48,057)	-	455
MMHS	14,795	81,590	(46,781)	-	49,604
CMHF	125,696	-	(118,969)	-	6,727
CTT Counselling	192,738	-	(101,872)	-	90,866
CYP	299,606	-	(130,085)	-	169,521
PTSMHP	21,325	-	(21,386)	61	-
PLT/ED	101,946	-	(18,451)	-	83,495
	<u>2,217,906</u>	<u>143,113</u>	<u>(1,058,820)</u>	<u>200</u>	<u>1,302,399</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

15 Restricted funds	(Continued)				
Previous year:	At 1 April 2022	Incoming resources	Resources expended	Transfers	At 31 March 2023
	£	£	£	£	£
Cancer Counselling Service	336,729	-	(68,540)	-	268,189
South Tyneside GP Project	3,048	-	-	-	3,048
Bereavement Support	(206)	-	(1,866)	-	(2,072)
Ministry of Justice Male Rape Support Fund/BTS	(139)	-	-	-	(139)
CCAMHS	898,914	394,512	(259,806)	(7,829)	1,025,791
Good Vibes	2,336	39,039	(40,525)	-	850
Covid 19 Community Fund	21,487	-	(14,725)	-	6,762
Adult transformation	100,000	-	-	-	100,000
IAPT Network Funding	9,371	-	-	-	9,371
Northern Cancer Alliance	50,000	-	-	-	50,000
Northumbria Police and Crime Commissioner	314	91,495	(91,809)	-	-
Listening Ear	30,419	-	(38,248)	7,829	-
MMHS	8,935	38,000	(32,140)	-	14,795
CMHF	126,664	100,000	(100,968)	-	125,696
CTT Counselling	192,788	-	(50)	-	192,738
CYP	279,958	26,000	(6,352)	-	299,606
PTSMHP	41,514	-	(20,189)	-	21,325
PLT/ED	-	101,946	-	-	101,946
	<u>2,102,132</u>	<u>790,992</u>	<u>675,218</u>	<u>-</u>	<u>2,217,906</u>

16 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:			
Tangible assets	338,649	1,762	340,411
Current assets/(liabilities)	3,103,043	1,300,637	4,403,680
	<u>3,441,692</u>	<u>1,302,399</u>	<u>4,744,091</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

16 Analysis of net assets between funds (Continued)

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 March 2023:			
Tangible assets	334,781	2,918	337,699
Current assets/(liabilities)	2,888,492	2,214,988	5,103,480
	<u>3,223,273</u>	<u>2,217,906</u>	<u>5,441,179</u>

17 Financial commitments, guarantees and contingent liabilities

Grants receivable and similar funding may be repayable if certain associated conditions are not, or have not been, met.

18 Operating lease commitments

Lessee

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2024 £	2023 £
Within one year	427	1,046
Between two and five years	748	1,175
	<u>1,175</u>	<u>2,221</u>

19 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

	2024 £	2023 £
Cash generated from operations		
(Deficit)/surplus for the year	(697,088)	628,554
Adjustments for:		
Investment income recognised in statement of financial activities	(25,060)	(2,058)
Depreciation and impairment of tangible fixed assets	27,534	26,173
Movements in working capital:		
(Increase) in debtors	(36,550)	(253,748)
Increase/(decrease) in creditors	121,975	(230,099)
Cash (absorbed by)/generated from operations	<u>(609,189)</u>	<u>168,822</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

21 Analysis of changes in net funds

The charity had no material debt during the year.

22 Company limited by guarantee

The liability of the members of the company is limited by guarantee. Each member has undertaken to contribute an amount not exceeding £1 towards any deficit arising in the event of the company being wound up.

SUNDERLAND COUNSELLING SERVICE

England & Wales - Charity number 1159057

Accounts

Charity registration number 1159057

Company registration number 03315039 (England and Wales)

SUNDERLAND COUNSELLING SERVICE
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

SUNDERLAND COUNSELLING SERVICE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr C Sketchley Ms L H Bruton Mrs E M Watt Mrs A Loadman Mr B Greener Dr K Gilligan
Chief Executive	Mr Toby Sweet
Secretary	Mr B Greener
Charity number	1159057
Company number	03315039
Registered office	51 John Street Sunderland SR1 1QN
Auditor	Davies Tracey Swan House Westpoint Road Teesdale Business Park Stockton on Tees TS17 6BP
Bankers	HSBC Bank plc Unit 49-51 The Bridges Shopping Centre Market Square Sunderland SR1 3LE
Solicitors	BHP Law Westgate House Faverdale Darlington DL3 0PZ

SUNDERLAND COUNSELLING SERVICE

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SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

As defined in our governing document our charitable purposes are to provide counselling and psychological therapy services in and around the City of Sunderland and the North of England in order to relieve suffering and distress.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

In pursuance of this mission Sunderland Counselling Service exists to:

- Promote and improve mental health and emotional wellbeing for adults.
- Provide services which assist in relieving suffering from emotional and / or mental distress.
- Improve the lives of men and women who have experienced sexual abuse and sexual violence in childhood and / or adulthood.
- Promote and improve positive mental health and emotional wellbeing for children and young people.
- Enable and empower users of our service to live independently in the community as valued citizens.
- Develop and maintain a professional and suitably qualified workforce.
- Maintain services that meet the needs of our clients.
- Work in partnership with other services in the statutory and voluntary sectors.
- Work to provide any other relevant and related service for which there is a genuine demand and inadequate provision.

In working to achieve these aims Sunderland Counselling Service currently provides the following services:

- **GP / Primary Care Counselling Service:** providing individual time limited counselling in GP surgeries in Sunderland.
- **Bereavement Support:** provision of bereavement support groups for Sunderland residents.
- **Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA):** provides individual counselling to men and women who have experienced childhood sexual abuse or sexual violence in adulthood in Sunderland; and to male clients from across the north east.
- **REACH Counselling Service:** The counselling element of the Rape Examination Advice Counselling & Help (REACH) service provided by Northumbria Police Force for male and female victims of recent sexual assault across the Northumbria force area.
- **Cancer Counselling Service:** provides individual time limited counselling for adults suffering from any form of cancer who are receiving treatment in Sunderland, and for their adult family members / carers.
- **St Benedict's Hospice Service:** providing individual counselling and other forms of support for patients and family members, carers and children of patients at St Benedict's Hospice in Sunderland.
- **Community CAMHS Counselling Service:** provides individual counselling to children and young people in Sunderland, as part of the Community CAMHS service, in partnership with South Tyneside & Sunderland NHS Foundation Trust; we also employ half of the team of Children's Wellbeing Practitioners in the Community CAMHS Service.
- **Good Vibes:** working in collaboration with youth projects across Sunderland, we deliver individual counselling to young people accessing those youth projects.
- **Schools based Counselling Services:** we are directly commissioned by several schools across Sunderland to provide individual counselling for their pupils.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

- **Employee Counselling Services:** under contract to Sunderland City Council, providing occupational health counselling to council employees.
- **Sunderland Talking Therapies:** Working in partnership with Cumbria Northumberland Tyne & Wear NHS Foundation Trust to deliver Sunderland's Talking Therapies service, providing a stepped care model of interventions for people suffering from common mental health problems, including anxiety and depression. Our focus is on low intensity CBT at step 2 of the stepped care model.
- **Carers Counselling Service:** As part of Sunderland's Talking Therapies provision, a counselling service for people whose mental health and emotional wellbeing are affected by their caring responsibilities.
- **Northumberland Talking Therapies:** Working in partnership with Mental Health Matters to deliver Northumberland's Talking Therapies service, providing a stepped care model of interventions for people suffering from common mental health problems, including anxiety and depression. Our focus is on low intensity CBT and counselling elements of the service.
- **North Tyneside Talking Therapies:** provision of the counselling pathway of North Tyneside's Talking Therapies service, working at both steps 2 and 3 of the stepped care model.
- **Durham & Darlington Talking Therapies:** provision of the counselling pathway of Durham and Darlington's Talking Therapies service, at both steps 1 and 3 of the stepped care model.
- **CTT Counselling:** providing one to one counselling for patients accessing secondary care community mental health services in Sunderland and South Tyneside; launched April 2023.
- **Link work projects:** we deliver several social prescribing and link work projects in and around Sunderland including:
 - **Maternal Mental Health Link Work service:** for new and expectant parents in Sunderland who are experiencing mental health difficulties; launched June 2022.
 - **Community Mental Health Link Work service:** for adults in Sunderland experiencing mental health difficulties; launched June 2022.
 - **CAMHS Listening Ear service:** for parents of children and young people who are accessing Sunderland's CAMHS service, who are themselves experiencing mental health difficulties; launched January 2022.
 - **CYP Social Prescribing service:** for children and young people who are waiting for a formal treatment intervention from Sunderland's CCAMHS service; launched June 2023.
 - **PLT Link Work service:** providing additional support to patients with mental health difficulties who are in contact with the Psychiatric Liaison Team at Sunderland Royal Hospital; launched November 2023.
- **Maternal Mental Health Link Work service:** for new and expectant parents in Sunderland who are experiencing mental health difficulties; launched June 2022.
- **Community Mental Health Link Work service:** for adults in Sunderland experiencing mental health difficulties; launched June 2022.
- **CAMHS Listening Ear service:** for parents of children and young people who are accessing Sunderland's CAMHS service, who are themselves experiencing mental health difficulties; launched January 2022.
- **CYP Social Prescribing service:** for children and young people who are waiting for a formal treatment intervention from Sunderland's CCAMHS service; launched June 2023.
- **PLT Link Work service:** providing additional support to patients with mental health difficulties who are in contact with the Psychiatric Liaison Team at Sunderland Royal Hospital; launched November 2023.
- **Supervision and Professional Development:** the service provides trainee placement and volunteering opportunities for psychology students, trainee counsellors and other psychological therapists and provides clinical counselling supervision, training and professional development to its staff and volunteers; we also provide these services to other agencies.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Philosophy

Counselling, therapy and support services are informed by a person-centred philosophy where clients are at the heart of the therapeutic intervention. Key to counselling are the qualities of empathy, acceptance and congruence. The service adheres to the Ethical Framework for the Counselling Professions laid down by the British Association of Counselling & Psychotherapy (BACP) which emphasises principles of fidelity, autonomy, beneficence, non-maleficence, justice and self-respect. We maintain our service accreditation with BACP for the majority of our counselling services for adults and for children. By providing a safe and supportive environment for clients to explore their issues, it is hoped that they will achieve a better ability to function individually and within society and achieve a greater degree of autonomy and resourcefulness.

Equalities Statement

Sunderland Counselling Service is committed to making our services accessible to those who need them. Therefore, we operate an Equal Opportunities Policy, which applies equally to clients accessing our services as well as to prospective employees and volunteers.

We undertake not to discriminate against any potential client in ensuring that they receive services appropriate to their needs. We will seek to assess individual need and provide services to meet this need wherever possible. This may include making reasonable adaptations to service delivery, such as providing accessible venues, interpreter provision, literature in a range of languages and meeting any preference on gender of therapist where available. We make no charge to our clients for any of the services we provide.

We further undertake not to discriminate against any prospective or current employee or volunteer for any reason. We will do all we can to ensure that our staff and volunteer teams are representative of the communities we exist to serve, that they are treated fairly and on the basis of merit and will do our best to provide positive opportunities for underrepresented groups.

We recognise that certain groups in society often experience discrimination – for example, due to their age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, gender, sex or sexual orientation. We seek to recognise, respect and value the contributions made by individuals and support them to deliver their work in a fair and equitable manner. We seek to create a working environment free of bullying, harassment, victimisation and unlawful discrimination. We will not collude with acts of discrimination or harassment and will challenge systemic and structural discrimination wherever we encounter it.

Sunderland Counselling Service is an established and respected voluntary sector organisation which is committed to the promotion of volunteering while ensuring safe professional practice and a productive working environment. Operating according to the Volunteer Policy, underpinned by the Equal Opportunities Policy, all volunteers are provided with the opportunity to access training and supervision appropriate to their role and which will also assist them in their personal and professional development. Volunteer roles are evidenced at all levels throughout the service, as are the high number of volunteers who have achieved paid posts both within the service and with many other agencies in the statutory and voluntary sectors across our region.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance

During the last year the charity has worked towards its objectives as described above and continues to provide excellent services to the people of the northeast of England.

Highlights and achievements of the year

NHS Talking Therapies services (formerly known as IAPT):

- From 1st April 2022, our contracts for the provision of Sunderland's Primary Care Counselling service and our elements of the NHS Sunderland Talking Therapies service moved over to CNTW, to whom we now act as a sub-contractor; these contracts are securely in place until March 2025.
- NHS Sunderland Talking Therapies met the national recovery target in almost every month of the year and met the target for the whole year, with our Psychological Wellbeing Practitioners and Carers Therapist playing a major role in this achievement.
- The Primary Care Counselling service also met the national recovery target nearly every month of the year and achieved the target for the whole year. Reliable improvement outcomes were consistently strong, demonstrating the positive impact that our services have for the people who use them.
- Plans to integrate primary care counselling services in Sunderland into the service offer available through NHS Sunderland Talking Therapies, accessible via a single point of access, made further progress, with implementation planned for 1st April 2023. This work was supported by successful approval of the business case which ensures increased capacity within this new integrated model.
- The contract for NHS Northumberland Talking Therapies remains in place from August 2021 to August 2024. The service as a whole met national targets for recovery for the year, and our PWP's and counsellors achieved these as distinct modalities.
- In NHS North Tyneside Talking Therapies our counsellors at step 2 continued to deliver recovery rates well above the required targets. Based on this, we agreed plans with Northumbria Healthcare to expand our counselling provision to include a counselling pathway at step 3 of the model on a one-year pilot basis from April 2022. This has proved so successful that the arrangement has been made a permanent part of the contract from April 2023.
- Delivery of counselling in NHS Durham & Darlington Talking Therapies was expanded during the year at both step 1 and step 3. Our step 3 counsellors began to consistently meet recovery targets.
- Following our work with colleagues from NHS England, Health Education England and across the psychological professions to develop a new pilot training programme for counsellors in the NHS, we were delighted to welcome 4 trainees to the Durham & Darlington service in September 2022.
- Common issues facing all Talking Therapies services, both regionally and nationally, are the need to increase access figures and reduce waiting times for therapy and we continued to work hard with all partners to improve these positions.
- We worked with the North East & North Cumbria Staff Wellbeing hub to offer bereavement counselling for NHS and social care staff who were receiving support from that service.
- Our Chief Executive was appointed as the North East & North Cumbria Clinical Lead for NHS Talking Therapies from April 2022, co-ordinating collaboration, service improvement and the sharing of best practice between all services in our region.

Sexual Violence:

- Our Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA) service, funded by Sunderland NHS commissioners, had the contract extended for a further year until 31st March 2023.
- From 1st January 2022, Sunderland commissioners also took on the commissioning of the REACH service, acting on behalf of all health commissioners in the Northumbria Police Force area and extended the contract to March 2023.
- We kept all services for victims of sexual violence running effectively, and so we maintained our waiting lists at the lowest levels we have achieved in several years.
- Once again, we secured additional funding from the Northumbria Police and Crime Commissioner and the Ministry of Justice, to support our work in the CASSVA and REACH projects.
- Our bid to the Northumbria PCC for three year funding from 2023-26 was successful, giving the service a further element of stability, although this will be at a reduced level.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Cancer and palliative care:

- We have continued to provide counselling for cancer patients in Sunderland with much appreciated support from Sunderland NHS commissioners this year. This grant means this service is secure until March 2025 and has meant that we were able to expand our offer to support family members and carers of cancer patients in the city during the year.
- Counselling provision at St Benedict's Hospice is agreed until March 2024 and continues to deliver great benefits for patients, family members, carers and their children.
- We joined the Cancern network and also joined a regional collaborative project led by the Northern Cancer Alliance to improve mental wellbeing for people affected by cancer.

Children and young people:

- The contract for our Sunderland Community CAMHS Counselling Service was again extended for a further year until 31st March 2023.
- The main challenge has been to keep waiting lists and waiting times as low as possible in the face of escalating need and so we are delighted that we reached agreement with our commissioners to expand the service capacity in 2022-23. This has allowed us to recruit more counsellors and to create a new Senior Children's Wellbeing Practitioner role.
- In January 2022, we launched a new Listening Ear project, to provide short term practical and emotional support to parents and carers of young people who are receiving services from Community CAMHS, which has started to deliver real benefits over the course of the year. Sunderland commissioners agreed to support this project for a further two years from April 2023.
- Our Good Vibes project, a collaboration with the Sunderland All Together youthwork consortium to deliver counselling in youth projects across Sunderland, reached its second anniversary in August 2022 and demonstrates the need for having services available in places that are accessible to young people. With Big Lottery Funds due to end in August 2023, we were delighted that Sunderland commissioners agreed to fund the project for a further year, which then gave time for a further bid to be submitted to the Big Lottery Fund, which has been successful.

Link Work and other services in Sunderland:

- As part of work to transform community mental health services, we made a successful bid for a pilot project to provide social prescribing and link work for people with mental health problems in Sunderland. This service launched in June 2022.
- Our maternal mental health link work project also launched in June 2022.
- Planning continued for a social prescribing project for children and young people, planned to launch in April 2023.
- We entered into successful discussions with CNTW and Sunderland commissioners for a link work project aimed at patients accessing the Psychiatric Liaison Team at the Sunderland Royal Hospital, with the aim of launching this project in 2023-24.
- We entered into successful discussions with CNTW to place counsellors into their community treatment teams in Sunderland and South Tyneside, with the aim of launching this project in 2023-24.
- Our bereavement support groups continued to offer valuable support to bereaved Sunderland residents throughout the year.
- Our occupational health counselling service continued to provide support to employees of the city council throughout the year.
- During the year we have revised and enhanced a robust volunteer process with a focus on recruitment, induction, ongoing support and supervision. We recruited 5 volunteer counsellors, 3 of whom have so far successfully completed their counselling placement with us and 2 continue to volunteer. We also recruited an administrative apprentice who has since been offered a paid role with us.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Quality and standards:

- We maintained our service accreditations with BACP, our professional governing body, for our adult and young people's counselling services.
- We maintained service accreditation with the Male Survivors Partnership, a national group of organisations that work with male survivors of sexual violence and abuse.
- We successfully submitted our NHS Data Security Protection Toolkit and achieved Cyber Essentials accreditation.
- We achieved accreditation as a Mindful Employer.
- Our client engagement forum continued to meet on a quarterly basis.
- Our Equality and Diversity working group has met regularly and has instigated a series of quarterly training and development activities, open to all staff.
- We operate a hybrid model across the majority of our services. We provide support in person, by telephone and by secure video platform, making our services more accessible and convenient for our clients.
- Many of our managers and leaders have been trained in NHS Talking Therapies Leadership approaches. Staff have been supported through training in evidence-based modalities such as low intensity CBT and Person Centred Experiential Counselling for Depression. We have also offered localised training to meet the needs of our services including group work delivery, effective case note writing, and risk management.

Financial review

Financial position

The charity had net assets of £5,441,179 at 31 March 2023, having generated a surplus of £628,554 in the year then ended (of which £115,774 related to restricted funds). Net current assets amounted to £5,103,480 which included cash at bank of £3,784,289. Unrestricted funds totalled £3,223,273 and restricted funds totalled £2,217,906.

Reserves policy

The management committee revised its reserves policy so that unrestricted funds, not committed or invested in tangible fixed assets, held by the charity should now be at least 6 months of the resources expended, which equates to reserves on unrestricted funds of approximately £2,080,000. The general fund reserve at 31 March 2023 amounted to £2,888,492. The management committee considers that the level of reserves held (approximately 8 months) is reasonable and appropriate so as to enable the charity to best function in the currently challenging economic times.

Principal funding sources

Against a backdrop of insecurity over funding in some service areas the charity has worked hard to sustain existing services and where possible develop additional services. The management committee and staff have worked hard to generate a positive financial outcome for the year.

The principal funding sources are:

- NHS North East and North Cumbria ICB
- Northumberland Clinical Commissioning Group
- St. Benedict's Hospice Charity
- NHS England
- Health Education England
- Northumbria Police and Crime Commissioner
- Northumbria Healthcare Foundation Trust
- Sunderland City Council
- Tees Esk & Wear Valley NHS Foundation Trust
- Sunderland All Together Consortium
- Ways to Wellness
- Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
- NHS County Durham CCG
- Together for Children

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Risk management

The trustees have conducted a review of major risks to which the charity is exposed, including risks pertaining to information governance. Systems and procedures have been established to mitigate those risks identified.

Future plans for 2023 - 24

Plans for the coming financial year are as follows:

NHS Talking Therapies services (formerly known as IAPT):

- We will work with commissioners and colleagues in Talking Therapies services in Northumberland, Durham & Darlington, North Tyneside and Sunderland to meet national targets with a particular focus on reducing waiting times for therapy whilst maintaining strong recovery and reliable improvement across all modalities.
- In particular we will demonstrate the value and effectiveness of counselling within these services and the benefit of investing adequately in the counselling teams.
- Through our involvement with the Talking Therapies clinical network, we will collaborate with colleagues in other services, universities and commissioners to try and address the common problems faced by Talking Therapies around recruitment and retention of staff.

Sexual Violence:

- Given the challenges we have faced in maintaining funding for working with victims of sexual violence, we will continue to try and secure adequate long term funding for this invaluable area of work.
- We will retain our service accreditation with the Male Survivors Partnership, demonstrating our commitment to making sexual violence services equally accessible to male and female survivors, whilst paying attention to the specific needs of male clients.

Cancer and palliative care:

- We will maintain our enhanced service offer to support patients, family members and carers of cancer patients in the city.
- Counselling provision at St Benedict's Hospice is agreed until March 2024 and so we will aim to secure further funding for the service beyond that date.
- We will continue our involvement in the regional collaborative project led by the Northern Cancer Alliance to improve mental wellbeing for people affected by cancer, which will include contributions from our specialist cancer services and our Talking Therapies services.

Children and Young People:

- Having secured additional funding to expand the CAMHS Counselling service, we will make good use of it to significantly reduce waiting times for children and young people.
- We will collaborate with commissioners and partners in the review and transformation of child and adolescent mental health services in Sunderland, including ways in which young people and families access and engage with services.
- We will launch an innovative new social prescribing project for children and young people in Sunderland.

Link Work and other services in Sunderland:

- We will launch the link work project aimed at patients accessing the Psychiatric Liaison Team at the Sunderland Royal Hospital.
- We will launch our pilot counselling service for people who are supported by the community treatment teams in Sunderland and South Tyneside, enhancing the range of talking therapies available within those teams.
- We will work hard to evidence the impact and value of the pilot projects that we have set up in this and preceding years and source sufficient funds to ensure their continuation; this includes the maternal mental health link work project, the community mental health link work project, the PLT link work project and the CTT counselling project.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Developing our organisation:

- We will continue to develop our workforce, investing in suitable training for existing staff and volunteers and recruiting trainee staff as appropriate. In particular we will encourage as many of our counsellors as possible to undertake training in recognised evidence-based therapies, such as Counselling for Depression.
- We will develop new placement opportunities for psychology degree students in collaboration with Sunderland University.
- We recognise the challenges faced by our staff and clients during the current economic crisis and will look for ways to support them as much as we can, including providing and developing new services that we may previously not have delivered.
- We will review our staff benefits offer, in our efforts to remain an attractive and supportive employer.
- We will achieve accreditation as a Living Wage employer.
- We will further develop our plans to reduce our environmental impact and carbon footprint.
- We will further develop our plans to improve our approach to issues of equality, diversity and inclusion, with a particular focus on how we adapt and deliver services for people with autism and neurodiverse client groups.
- As 2023 marks our 40th anniversary we will launch several new schemes to celebrate that fact, including a counselling student bursary scheme in collaboration with Sunderland University and a small grants programme for other charities who share our aims and who may reach people we do not.

Structure, governance and management

The organisation is a charitable company limited by guarantee, incorporated on 7 February 1997. The company is governed by its Memorandum and Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr C Sketchley

Ms L H Bruton

Mrs E M Watt

Ms L Morris

(Resigned 31 October 2022)

Mrs A Loadman

Mr B Greener

Dr K Gilligan

In addition to responding to advertisements placed in the media, people with a genuine interest in the work of Sunderland Counselling Service may approach the service seeking opportunities to volunteer and become a trustee, wishing to contribute worthwhile activity to the community. People who have benefited from the service provision often return at a later date wishing to give something back and offer their services as volunteers, which is evidenced at all levels throughout the organisation. Prospective trustees are requested to apply in writing to the Chair of the management committee including a curriculum vitae. After having been supplied with information about the service the applicant will be then invited to meet with the management committee for an interview, during which the expectations of both applicant and committee will be discussed. The applicant will then be informed of the outcome of the interview within seven days.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Organisational structure

Sunderland Counselling Service has a management committee of a minimum of 3 members who meet monthly and are responsible for the strategic direction of the charity. A chief executive officer is appointed by the committee and is responsible for all aspects of the charity's operations, including obtaining adequate funding to finance the charity's services.

Key management remuneration

The pay of all staff is reviewed annually by the board of trustees and normally increased in line with average earnings. In view of the nature, size and growth of the charity, salaries for senior staff are benchmarked against charities of similar size, complexity and reach. NHS salary scales for comparable roles are considered, given the large amount of collaboration and partnership working we do with NHS organisations. Affordability is a key factor, as well as growth of the charity in the preceding year and any significant changes in individual job roles, scale or remit.

Statement of trustees' responsibilities

The trustees, who are also the directors of Sunderland Counselling Service for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

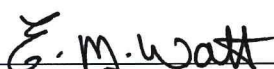
Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

Mrs E M Watt

Chair of Board of Trustees

Dated: 30 November 2023



SUNDERLAND COUNSELLING SERVICE

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF SUNDERLAND COUNSELLING SERVICE

Opinion

We have audited the financial statements of Sunderland Counselling Service (the 'charity') for the year ended 31 March 2023 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

SUNDERLAND COUNSELLING SERVICE

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF SUNDERLAND COUNSELLING SERVICE

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is the extent to which an audit conducted under ISAs (UK) is capable of detecting irregularities, including fraud. Our procedures include:

- obtaining an understanding of the legal and regulatory frameworks applicable to the charity, such as the Companies Act 2006 and relevant charity and tax legislation, and obtaining an understanding of how the charity complies with those frameworks;
- assessing the susceptibility of the charity's financial statements to material misstatement, including how fraud might occur, with audit procedures including: considering internal controls; testing supporting documentation; enquiring of the charity's management; reviewing minutes of trustees' meetings; and obtaining written confirmations.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation. We are not responsible for preventing fraud or non-compliance with laws and regulations and cannot be expected to detect all fraud and non-compliance with laws and regulations.

SUNDERLAND COUNSELLING SERVICE

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF SUNDERLAND COUNSELLING SERVICE

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Craig McBride (Senior Statutory Auditor)
for and on behalf of Davies Tracey
Chartered Accountants and Statutory Auditors
Swan House
Westpoint Road
Teesdale Business Park
Stockton on Tees
TS17 6BP

30 November 2023

SUNDERLAND COUNSELLING SERVICE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:							
Donations and legacies	3	62,245	660,458	722,703	428	1,829,036	1,829,464
Charitable activities							
Provision of counselling service	4	4,598,681	130,534	4,729,215	4,313,787	62,015	4,375,802
Investments	5	2,058	-	2,058	409	-	409
Total income		<u>4,662,984</u>	<u>790,992</u>	<u>5,453,976</u>	<u>4,314,624</u>	<u>1,891,051</u>	<u>6,205,675</u>
Expenditure on:							
Charitable activities							
Provision of counselling service	6	4,150,204	675,218	4,825,422	3,581,505	391,992	3,973,497
Total charitable expenditure		<u>4,150,204</u>	<u>675,218</u>	<u>4,825,422</u>	<u>3,581,505</u>	<u>391,992</u>	<u>3,973,497</u>
Net income for the year/ Net movement in funds		512,780	115,774	628,554	733,119	1,499,059	2,232,178
Fund balances at 1 April 2022		<u>2,710,493</u>	<u>2,102,132</u>	<u>4,812,625</u>	<u>1,977,374</u>	<u>603,073</u>	<u>2,580,447</u>
Fund balances at 31 March 2023		<u><u>3,223,273</u></u>	<u><u>2,217,906</u></u>	<u><u>5,441,179</u></u>	<u><u>2,710,493</u></u>	<u><u>2,102,132</u></u>	<u><u>4,812,625</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

SUNDERLAND COUNSELLING SERVICE

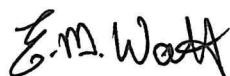
BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	12		337,699		336,297
Current assets					
Debtors	13	1,469,735		1,215,987	
Cash at bank and in hand		3,784,289		3,640,984	
		5,254,024		4,856,971	
Creditors: amounts falling due within one year	14	(150,544)		(380,643)	
Net current assets			5,103,480		4,476,328
Total assets less current liabilities			5,441,179		4,812,625
Income funds					
Restricted funds	15		2,217,906		2,102,132
Unrestricted funds			3,223,273		2,710,493
			5,441,179		4,812,625

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

The financial statements were approved by the Board of Trustees on 30 November 2023 and were signed on its behalf by:



Mrs E M Watt
Chair of Board of Trustees

Company registration number 03315039

SUNDERLAND COUNSELLING SERVICE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023		2022	
		£	£	£	£
Cash flows from operating activities					
Cash generated from operations	20		168,822		1,833,540
Investing activities					
Purchase of tangible fixed assets		(27,575)		(19,954)	
Investment income received		2,058		409	
Net cash used in investing activities			(25,517)		(19,545)
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			143,305		1,813,995
Cash and cash equivalents at beginning of year			3,640,984		1,826,989
Cash and cash equivalents at end of year			<u>3,784,289</u>		<u>3,640,984</u>

H.W.M.S.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

Sunderland Counselling Service is a private company limited by guarantee incorporated in England and Wales. The registered office is 51 John Street, Sunderland, SR1 1QN.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum and Articles, the Companies Act 2006, Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

All income is recognised in the Statement of Financial Activities when all of the following criteria are met:

- the charity has entitlement to the funds;
- any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Service contract fees are accounted for on an accruals basis. Income received in advance of the provision of the specified services is deferred until the criteria for income recognition are met.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

Donated goods and services are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. On receipt, donated services and facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure on charitable activities includes the costs of the provision of counselling services and the associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	over 50 years on a straight line basis
Fixtures and fittings	15% reducing balance/20% on cost
Equipment	15%-33% reducing balance/20-25% on cost

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Taxation

The charity is exempt from corporation tax on its charitable activities.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity. The charity now makes a contribution of 3% of salary to this pension scheme and acts as agent in collecting and paying over employee pension contributions. The employer's contributions made for the accounting period are treated as an expense and were £106,199 (2022 - £90,071).

At 31 March 2023 total employer and employee contributions of £21,653 were outstanding (2022 - £18,893).

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	60	-	60	428	-	428
Grants receivable	62,185	660,458	722,643	-	1,829,036	1,829,036
	<u>62,245</u>	<u>660,458</u>	<u>722,703</u>	<u>428</u>	<u>1,829,036</u>	<u>1,829,464</u>
Grants receivable for core activities						
Cancer Counselling Service	-	-	-	-	361,476	361,476
CCAMHS Expansion	-	394,512	394,512	-	586,914	586,914
CYP Social Prescribing	-	26,000	26,000	-	279,958	279,958
CMHT	-	100,000	100,000	-	112,000	112,000
CTT Counselling	-	-	-	-	192,788	192,788
CMHF	-	-	-	-	126,664	126,664
PLT/ED	-	101,946	101,946	-	-	-
Other	62,185	38,000	100,185	-	169,236	169,236
	<u>62,185</u>	<u>660,458</u>	<u>722,643</u>	<u>-</u>	<u>1,829,036</u>	<u>1,829,036</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

3 Donations and legacies (Continued)

Donated goods and services

In addition to recorded incoming resources the charity received the benefit of many thousands of voluntary hours and unclaimed out of pocket expenses contributed by its supporters. It would be impossible to place a value on all these services and expenses, without which much of the work undertaken could not be achieved and for which the charity is extremely grateful.

4 Charitable activities

	Provision of counselling service 2023 £	Provision of counselling service 2022 £
Services provided under contract	4,729,215	4,375,802
Analysis by fund		
Unrestricted funds	4,598,681	4,313,787
Restricted funds	130,534	62,015
	<u>4,729,215</u>	<u>4,375,802</u>

Charitable trading income

Bereavement Support

Grant funding received from Awards for All, for the purposes of developing and delivering support groups for people affected by bereavement.

Cancer Counselling Service

The provision of individual counselling to people with any form of cancer.

Community CAMHS Counselling Service

Contract held with NHS Sunderland CCG for the provision of individual counselling support to children and young people and interventions delivered by CWPs, in Sunderland.

Community Transformation (Adult Transformation, CMHT, CMHF)

Grant funding from Sunderland CCG to support the transformation of mental health services.

Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA)

Contract held with NHS Sunderland CCG for the provision of individual counselling for male and female survivors of rape and sexual abuse in Sunderland.

CTT Counselling

A pilot project to provide counselling in the community treatment teams in Sunderland and South Tyneside.

CYP Social Prescribing

A pilot project to deliver social prescribing for children and young people in Sunderland.

Durham & Darlington Talking Therapies

Under contract to TEWW NHS Foundation Trust, provision of counselling at steps 1 and 3 in the Talking Therapies service covering County Durham & Darlington.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

4 Charitable activities

(Continued)

Good Vibes

A project funded by the Big Lottery Fund and led by the Sunderland All Together youth consortium; we deliver counselling in youth projects across the city.

GP Project

Contract held with CNTW for the provision of counselling in GP practices in Sunderland.

North Tyneside Talking Therapies

Under contract to NHS Northumbria Healthcare for the provision of the counselling element of North Tyneside's Talking Therapies service.

Northumberland Talking Therapies

In partnership with MHM, delivery of Northumberland's Talking Therapies service.

Northumbria Police and Crime Commissioner

Grant funding from the Northumbria PCC, with which we augment our service provision within the CASSVA service to increase overall service capacity and address gaps in service provision for male rape victims in the region.

Occupational Health

Contract held with Sunderland City Council for employee counselling, as part of their Occupational Health service.

REACH

A service provided under contract to provide counselling services for recent victims of sexual violence across the Northumbria Police Force area.

Schools

A service to provide an effective school-based counselling service for children and young people in the City of Sunderland.

St Benedicts Hospice

Providing individual counselling and other forms of support for patients and family members, carers and children of patients at St Benedict's Hospice in Sunderland.

Sunderland Talking Therapies

Contract funding from CNTW allocated to the provision of step 2 interventions within Sunderland's Talking Therapies service; and provision of therapy for people whose mental health and emotional wellbeing are affected by their caring responsibilities.

5 Investments

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Interest receivable	2,058	409

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

6 Charitable activities

	Provision of counselling service 2023 £	Provision of counselling service 2022 £
Staff costs	3,927,293	3,230,713
Telephone	22,971	19,767
Direct service costs	320,280	82,919
Advertising	2,276	1,249
Printing, postage and stationery	5,200	1,790
Training and supervision	31,206	134,542
Travel and volunteers expenses	6,305	366
Other costs	27,966	44,056
	<u>4,343,497</u>	<u>3,515,402</u>
Share of support costs (see note 7)	477,525	451,340
Share of governance costs (see note 7)	4,400	6,755
	<u>4,825,422</u>	<u>3,973,497</u>
Analysis by fund		
Unrestricted funds	4,150,204	3,581,505
Restricted funds	675,218	391,992
	<u>4,825,422</u>	<u>3,973,497</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

7 Support costs

	Support costs	Governance costs	2023	Support costs	Governance costs	2022
	£	£	£	£	£	£
Staff costs	304,646	500	305,146	316,959	500	317,459
Depreciation	26,173	-	26,173	23,323	-	23,323
Rates and water	336	-	336	396	-	396
Insurance	8,375	-	8,375	8,382	-	8,382
Light and heat	4,679	-	4,679	4,751	-	4,751
Rent	13,444	-	13,444	8,846	-	8,846
Repairs and maintenance	88,709	-	88,709	53,133	-	53,133
Accountancy	10,938	-	10,938	8,978	-	8,978
Legal and professional fees	20,165	-	20,165	26,590	2,555	29,145
Bank charges	60	-	60	(18)	-	(18)
Audit fees	-	3,900	3,900	-	3,700	3,700
	<u>477,525</u>	<u>4,400</u>	<u>481,925</u>	<u>451,340</u>	<u>6,755</u>	<u>458,095</u>
Analysed between						
Charitable activities	<u>477,525</u>	<u>4,400</u>	<u>481,925</u>	<u>451,340</u>	<u>6,755</u>	<u>458,095</u>

Basis of apportionment

Staff costs - time spent

Depreciation and other overheads - usage

8 Auditor's remuneration

Fees payable to the charity's auditor and associates:

	2023	2022
	£	£
Audit of the charity's annual accounts	<u>3,900</u>	<u>3,700</u>
Non-audit services		
All other non-audit services	<u>10,938</u>	<u>8,978</u>

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

10 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Counselling and support	134	125
Administration	12	11
Total	<u>146</u>	<u>136</u>

Employment costs

	2023 £	2022 £
Wages and salaries	3,769,552	3,177,575
Social security costs	356,688	280,526
Other pension costs	106,199	90,071
	<u>4,232,439</u>	<u>3,548,172</u>

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2023 Number	2022 Number
£70,001 - £75,000	-	1
£75,001 - £80,000	1	-
	<u>1</u>	<u>1</u>

11 Taxation

The company is exempt from tax under Sections 466 to 493 Corporation Taxes Act 2010 as long as income is applied for charitable purposes only.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

12 Tangible fixed assets

	Freehold land and buildings	Fixtures and fittings	Equipment	Total
	£	£	£	£
Cost				
At 1 April 2022	338,267	31,119	135,892	505,278
Additions	-	-	27,575	27,575
At 31 March 2023	338,267	31,119	163,467	532,853
Depreciation and impairment				
At 1 April 2022	41,719	29,648	97,614	168,981
Depreciation charged in the year	6,765	1,175	18,233	26,173
At 31 March 2023	48,484	30,823	115,847	195,154
Carrying amount				
At 31 March 2023	289,783	296	47,620	337,699
At 31 March 2022	296,548	1,471	38,278	336,297

13 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Other debtors	1,332,741	1,174,766
Prepayments and accrued income	136,994	41,221
	1,469,735	1,215,987

14 Creditors: amounts falling due within one year

	2023	2022
	£	£
Other taxation and social security	87,102	75,702
Trade creditors	34,314	27,393
Accruals and deferred income	29,128	277,548
	150,544	380,643

Included in the above is deferred income of £Nil (2022 : £251,180).

SUNDERLAND COUNSELLING SERVICE
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

15 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2021		Movement in funds		Transfers		Balance at 1 April 2022		Movement in funds		Revaluations, gains and losses		Balance at 31 March 2023	
	£	£	£	£	£	£	£	£	£	£	£	£	£	£
Cancer Counselling Service	75,536	362,963	(51,770)	(50,000)	336,729	-	(68,540)	-	268,189	-	-	-	-	268,189
South Tyneside GP Project	3,048	-	-	-	3,048	-	-	-	3,048	-	-	-	-	3,048
Bereavement Support	1,320	-	(1,526)	-	(206)	-	(1,866)	-	(2,072)	-	-	-	-	(2,072)
Ministry of Justice Male Rape Support Fund/BTS	(138)	21,495	(21,496)	-	(139)	-	-	-	(139)	-	-	-	-	(139)
CCAMHS	200,000	698,914	-	-	898,914	394,512	(259,806)	(7,829)	1,025,791	-	-	-	-	1,025,791
Good Vibes	1,957	39,033	(38,654)	-	2,336	39,039	(40,525)	-	850	-	-	-	-	850
Covid 19 Community Fund	106,350	-	(84,863)	-	21,487	-	(14,725)	-	6,762	-	-	-	-	6,762
Adult transformation	100,000	-	-	-	100,000	-	-	-	100,000	-	-	-	-	100,000
IAPT Network Funding	115,000	-	(105,629)	-	9,371	-	-	-	9,371	-	-	-	-	9,371
Northern Cancer Alliance	-	-	-	50,000	50,000	-	-	-	50,000	-	-	-	-	50,000
Northumbria Police and Crime Commissioner	-	81,356	(81,042)	-	314	91,495	(91,809)	-	-	-	-	-	-	-
Listening Ear	-	37,366	(6,947)	-	30,419	-	(38,248)	7,829	-	-	-	-	-	-
MMHS	-	9,000	(65)	-	8,935	38,000	(32,140)	-	14,795	-	-	-	-	14,795
CMHF	-	126,664	-	-	126,664	100,000	(100,968)	-	125,696	-	-	-	-	125,696
CTT Counselling	-	192,788	-	-	192,788	-	(50)	-	192,738	-	-	-	-	192,738
CYP	-	279,958	-	-	279,958	26,000	(6,352)	-	299,606	-	-	-	-	299,606
PTSMHP	-	41,514	-	-	41,514	-	(20,189)	-	21,325	-	-	-	-	21,325
PLT/ED	-	-	-	-	-	101,946	-	-	101,946	-	-	-	-	101,946
	603,073	1,891,051	(391,992)	-	2,102,132	790,992	(675,218)	-	2,217,906	-	-	-	-	2,217,906

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

16 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 March 2023 are represented by:						
Tangible assets	334,781	2,918	337,699	333,065	3,232	336,297
Current assets/(liabilities)	2,888,492	2,214,988	5,103,480	2,377,428	2,098,900	4,476,328
	<u>3,223,273</u>	<u>2,217,906</u>	<u>5,441,179</u>	<u>2,710,493</u>	<u>2,102,132</u>	<u>4,812,625</u>

17 Financial commitments, guarantees and contingent liabilities

Grants receivable and similar funding may be repayable if certain associated conditions are not, or have not been, met.

18 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2023 £	2022 £
Within one year	1,046	1,252
Between two and five years	1,175	3,046
	<u>2,221</u>	<u>4,298</u>

19 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2023 £	2022 £
Aggregate compensation	<u>258,701</u>	<u>223,490</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

20	Cash generated from operations	2023 £	2022 £
	Surplus for the year	628,554	2,232,178
	Adjustments for:		
	Investment income recognised in statement of financial activities	(2,058)	(409)
	Depreciation and impairment of tangible fixed assets	26,173	23,323
	Movements in working capital:		
	(Increase) in debtors	(253,748)	(680,103)
	(Decrease)/increase in creditors	(230,099)	258,551
	Cash generated from operations	<u>168,822</u>	<u>1,833,540</u>

21 Analysis of changes in net funds
The charity had no debt during the year.

22 Company limited by guarantee

The liability of the members of the company is limited by guarantee. Each member has undertaken to contribute an amount not exceeding £1 towards any deficit arising in the event of the company being wound up.

SUNDERLAND COUNSELLING SERVICE

England & Wales - Charity number 1159057

Accounts

Charity registration number 1159057

Company registration number 03315039 (England and Wales)

SUNDERLAND COUNSELLING SERVICE
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

SUNDERLAND COUNSELLING SERVICE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr C Sketchley Ms L H Bruton Mrs E M Watt Mrs A Loadman Mr B Greener Dr K Gilligan
Chief Executive	Mr Toby Sweet
Secretary	Mr B Greener
Charity number	1159057
Company number	03315039
Registered office	51 John Street Sunderland SR1 1QN
Auditor	Davies Tracey Swan House Westpoint Road Teesdale Business Park Stockton on Tees TS17 6BP
Bankers	HSBC Bank plc Unit 49-51 The Bridges Shopping Centre Market Square Sunderland SR1 3LE
Solicitors	BHP Law Westgate House Faverdale Darlington DL3 0PZ

SUNDERLAND COUNSELLING SERVICE

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SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their annual report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

As defined in our governing document our charitable purposes are to provide counselling and psychological therapy services in and around the City of Sunderland and the North of England in order to relieve suffering and distress.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

In pursuance of this mission Sunderland Counselling Service exists to:

- Promote and improve mental health and emotional wellbeing for adults.
- Provide services which assist in relieving suffering from emotional and / or mental distress.
- Improve the lives of men and women who have experienced sexual abuse and sexual violence in childhood and / or adulthood.
- Promote and improve positive mental health and emotional wellbeing for children and young people.
- Enable and empower users of our service to live independently in the community as valued citizens.
- Develop and maintain a professional and suitably qualified workforce.
- Maintain services that meet the needs of our clients.
- Work in partnership with other services in the statutory and voluntary sectors.
- Work to provide any other relevant and related service for which there is a genuine demand and inadequate provision.

In working to achieve these aims Sunderland Counselling Service currently provides the following services:

- **GP / Primary Care Counselling Service:** providing individual time limited counselling in GP surgeries in Sunderland.
- **Bereavement Support:** provision of bereavement support groups for Sunderland residents.
- **Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA):** provides individual counselling to men and women who have experienced childhood sexual abuse or sexual violence in adulthood in Sunderland; and to male clients from across the north east.
- **REACH Counselling Service:** The counselling element of the Rape Examination Advice Counselling & Help (REACH) service provided by Northumbria Police Force for male and female victims of recent sexual assault across the Northumbria force area.
- **Cancer Counselling Service:** provides individual time limited counselling for adults suffering from any form of cancer who are receiving treatment in Sunderland.
- **St Benedict's Hospice Service:** providing individual counselling and other forms of support for patients and family members, carers and children of patients at St Benedict's Hospice in Sunderland.
- **Community CAMHS Counselling Service:** provides individual counselling to children and young people in Sunderland, as part of the Community CAMHS service, in partnership with South Tyneside & Sunderland NHS Foundation Trust; we also employ half of the team of Children's Wellbeing Practitioners in the Community CAMHS Service.
- **Listening Ear Service:** provides practical and short-term emotional support to parents and carers of children and young people who are accessing services with Community CAMHS.
- **Employee Counselling Services:** under contract to Sunderland City Council, providing occupational health counselling to council employees.
- **Sunderland Psychological Wellbeing Service:** Working in partnership with Cumbria Northumberland Tyne & Wear NHS Foundation Trust to deliver Sunderland's IAPT service, providing a stepped care model of interventions for people suffering from common mental health problems, including anxiety and depression. Our focus is on low intensity CBT at step 2 of the stepped care model.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

- **Carers Counselling Service:** As part of Sunderland's IAPT provision, a counselling service for people whose mental health and emotional wellbeing are affected by their caring responsibilities.
- **Talking Matters Northumberland:** Working in partnership with Mental Health Matters to deliver Northumberland's IAPT service, providing a stepped care model of interventions for people suffering from common mental health problems, including anxiety and depression. Our focus is on low intensity CBT and counselling elements of the service.
- **North Tyneside Talking Therapies:** provision of the counselling element of North Tyneside's IAPT service.
- **Talking Changes (County Durham & Darlington):** provision of the counselling elements of County Durham and Darlington's IAPT service, at both steps 1 and 3 of the stepped care model.
- **COVID Counselling:** We provide signposting, advice, support and counselling for residents of Sunderland who feel their mental health has been affected or exacerbated by the impact of COVID-19.
- **Supervision and Professional Development:** the service provides trainee placement and volunteering opportunities for counsellors and other psychological therapists and provides clinical counselling supervision, training and professional development to its staff and volunteers; we also provide these services to other agencies.

Philosophy

Counselling and therapy services are informed by a person-centred philosophy where clients are at the heart of the therapeutic intervention. Key to counselling are the qualities of empathy, acceptance and congruence. The service adheres to the Ethical Framework for the Counselling Professions laid down by the British Association of Counselling & Psychotherapy (BACP) which emphasises principles of fidelity, autonomy, beneficence, non-maleficence, justice and self-respect. We maintain our service accreditation with BACP for the majority of our counselling services for adults and for children. By providing a safe and supportive environment for clients to explore their issues, it is hoped that they will achieve a better ability to function individually and within society and achieve a greater degree of autonomy and resourcefulness.

Equalities Statement

Sunderland Counselling Service is committed to making our services accessible to those who need them. Therefore, we operate an Equal Opportunities Policy, which applies equally to clients accessing our services as well as to prospective employees and volunteers.

We undertake not to discriminate against any potential client in ensuring that they receive services appropriate to their needs. We will seek to assess individual need and provide services to meet this need wherever possible. This may include making reasonable adaptations to service delivery, such as providing accessible venues, interpreter provision, literature in a range of languages and meeting any preference on gender of therapist where available. We make no charge to our clients for any of the services we provide.

We further undertake not to discriminate against any prospective or current employee or volunteer for any reason. We will do all we can to ensure that our staff and volunteer teams are representative of the communities we exist to serve, that they are treated fairly and on the basis of merit and will do our best to provide positive opportunities for underrepresented groups.

We recognise that certain groups in society often experience discrimination – for example, due to their age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation. We seek to recognise, respect and value the contributions made by individuals and support them to deliver their work in a fair and equitable manner. We seek to create a working environment free of bullying, harassment, victimisation and unlawful discrimination. We will not collude with acts of discrimination or harassment and will challenge systemic and structural discrimination wherever we encounter it.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Sunderland Counselling Service is an established and respected voluntary sector organisation which is committed to the promotion of volunteering while ensuring safe professional practice and a productive working environment. Operating according to the Volunteer Policy, underpinned by the Equal Opportunities Policy, all volunteers are provided with the opportunity to access training and supervision appropriate to their role and which will also assist them in their personal and professional development. Volunteer roles are evidenced at all levels throughout the service, as are the high number of volunteers who have achieved paid posts both within the service and with many other agencies in the statutory and voluntary sectors.

Achievements and performance

During the last year the charity has worked towards its objectives as described above and continues to provide excellent services to the people of the northeast of England.

Highlights and achievements of the year:

Services in Sunderland:

- All of our services commissioned by Sunderland Clinical Commissioning Group had their contracts extended for a further year until 31st March 2022. These are the GP / Primary Care Counselling Service; Community CAMHS Counselling Service; Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA); and our elements of the Sunderland Psychological Wellbeing Service, including the Carers Service.
- From 1st January 2022, Sunderland CCG also took on the commissioning of the Reach service, acting on behalf of all health commissioners in the Northumbria Police Force area and extended the contract to March 2023.
- Due to our ability to keep all services operational during the COVID 19 pandemic and social distancing measures, we continued to keep waiting times and waiting lists low throughout the year, ensuring prompt access to services for our clients, on average well under 4 weeks across the year.
- We received further significant support from Sunderland CCG which allowed us to provide specialist advice, support and counselling for people in Sunderland affected by the COVID 19 pandemic.
- For the second year running, the GP service met the national recovery target in every month of the year and this performance has been sustained in almost every month to date in 2022 – 2023, demonstrating the positive impact that our services have for the people who use them.
- Plans to integrate the primary care counselling services in Sunderland into the service offer available through Sunderland Psychological Wellbeing Service, accessible via a single point of access, made good progress, with implementation planned for 1st April 2022. This work was supported by successful approval of the business case which will ensure increased capacity within this new integrated service.
- We successfully tendered for the occupational health counselling contract for Sunderland City Council which expired in September 2021. We will continue to deliver this service under the new contract until September 2025.
- As part of work to transform community mental health services, we made a successful bid to Sunderland CCG for a pilot project to provide social prescribing and link work for people with mental health problems in Sunderland. This service is planned to launch in 2022 – 23.
- A successful bid to Blue Stone Consortium means we will also be providing maternal mental health link work services in Sunderland for 2022 – 23.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance

Improving Access to Psychological Therapies:

- Sunderland Psychological Wellbeing Service comfortably met the national recovery target in every month of the year, with our Psychological Wellbeing Practitioners playing a major role in this achievement. Work continued for the new single point of access and integrated service to launch on 1st April 2022, underpinned by new contracting arrangements with CNTW.
- A new contract was put in place for Talking Matters Northumberland from August 2021 to August 2024. The service met all national targets for waiting times and recovery, supported by our PWPs and counsellors.
- The contract for counselling in North Tyneside ended in March 2021; we successfully bid for the new contract, meaning we retain this service for a further four years. Our counsellors continued to deliver recovery rates well above the required targets. Based on this, we agreed plans with Northumbria Healthcare to expand our counselling provision within this service to include counselling at step 3 of the model as well as at step 2, which will start in 2022 – 23.
- Delivery of counselling in Talking Changes, the IAPT service which covers County Durham and Darlington, entered its third year and we secured additional funds to increase our counselling provision at both step 1 and step 3.

Sexual Violence:

- We kept all services for victims of sexual violence running effectively, and so we maintained our waiting lists at the lowest level we have achieved in several years.
- Once again, we secured additional funding from the Northumbria Police and Crime Commissioner and the Ministry of Justice, to support our work in the CASSVA and REACH projects.

Cancer and palliative care:

- We have continued to provide counselling for cancer patients in Sunderland with much appreciated support from Sunderland CCG and the Northern Cancer Alliance for 2021 – 2022. We also received a further grant from Sunderland CCG meaning this service is secure until March 2025 and we will be able to expand our offer to support family members and carers of cancer patients in the city.
- Counselling provision at St Benedict's Hospice for patients and family members, carers and children of patients was agreed until March 2024.

Children and young people:

- We continued to work closely with our partners in South Tyneside & Sunderland NHS Foundation Trust to provide Sunderland's Community CAMHS service, focussing on keeping waiting lists and waiting times as low as possible in the face of escalating need. We reached agreement with commissioners to expand the service capacity in 2022-23, which will include creating a new Senior Children's Wellbeing Practitioner role.
- We launched a new Listening Ear project, to provide short term practical and emotional support to parents and carers of young people who are receiving services from Community CAMHS.
- Although delayed by the COVID pandemic, our collaboration with the Sunderland All Together youthwork consortium to deliver counselling in youth projects across Sunderland reached its first anniversary in August 2021 and demonstrates the need for having services available in places that are accessible to young people.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Quality and standards:

- We maintained our service accreditations with BACP, our professional governing body, for our adult and young people's counselling services.
- We maintained service accreditation with the Male Survivors Partnership, a national group of organisations that work with male survivors of sexual violence and abuse.
- We successfully submitted our NHS Data Security Protection Toolkit and achieved Cyber Essentials accreditation.
- Our client engagement forum continued to meet on a quarterly basis.
- We set up an Equality and Diversity working group which has instigated a series of quarterly training and development activities, open to all staff.
- As a result of changes to working practices, accelerated by the COVID pandemic, we now operate a hybrid model across the majority of our services. We provide support in person, by telephone and by secure video platform, making our services more accessible and convenient for our clients.
- We worked with colleagues from NHS England, Health Education England and across the psychological professions as part of a group developing a new pilot training programme for counsellors in the NHS; this pilot programme will launch in September 2022 and we were delighted to be allocated 4 training places on this course.

Financial review

Financial position

The charity had net assets of £4,812,625 at 31 March 2022, having generated a surplus of £2,232,178 in the year then ended (of which £1,499,059 related to restricted funds). Net current assets amounted to £4,476,328 which included cash at bank of £3,640,984. Unrestricted funds totalled £2,710,493 and restricted funds totalled £2,102,132.

Reserves policy

The management committee revised its reserves policy so that unrestricted funds, not committed or invested in tangible fixed assets, held by the charity should now be at least 6 months of the resources expended, which equates to reserves on unrestricted funds of approximately £1,790,000. The general fund reserve at 31 March 2022 amounted to £2,377,428. The management committee considers that the level of reserves held (approximately 8 months) is reasonable and appropriate so as to enable the charity to best function in the currently challenging economic times.

Principal funding sources

Against a backdrop of insecurity over funding in some service areas the charity has worked hard to sustain existing services and where possible develop additional services. The management committee and staff have worked hard to generate a positive financial outcome for the year.

The principal funding sources are:

- Sunderland Clinical Commissioning Group
- Northumberland Clinical Commissioning Group
- St. Benedict's Hospice Charity
- NHS England
- Health Education England
- Northumbria Police and Crime Commissioner
- Northumbria Healthcare Foundation Trust
- Sunderland City Council
- Tees Esk & Wear Valley NHS Foundation Trust
- Sunderland All Together Consortium
- Blue Stone Collaborative
- Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
- NHS County Durham CCG
- Together for Children

Risk management

The trustees have conducted a review of major risks to which the charity is exposed, including risks pertaining to information governance. Systems and procedures have been established to mitigate those risks identified.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Plans for future periods

Future plans for 2022 - 23

The COVID 19 pandemic has of course produced many challenges for all of our services but we will retain measures to make sure that we are able to operate safely and with as little disruption as possible for all of our client groups. We will offer face to face therapy for those clients who need it, in ways that keep both clients and staff safe, in line with our own risk assessments and any relevant government guidance. We will also make continued use of telephone and video therapy to make our services as accessible as possible. We will work with funders and commissioners to make sure that we have sufficient capacity to respond to the ongoing increase in mental health needs that we are seeing as a result of the pandemic and current economic situation.

Plans for the coming financial year are as follows:

Services in Sunderland:

- Having completed the work to integrate counselling pathways into Sunderland's IAPT provision and to develop a single point of access, we will work with our partners to implement this model during 2022 - 23.
- We will contribute to the transformation of community mental health services in Sunderland and launch our new community mental health link work project.
- Having secured 3 years' worth of funding for our cancer service, we will expand the service offer to include carers and family members of cancer patients in Sunderland.
- We will launch our new maternal mental health link work service.

Improving Access to Psychological Therapies:

- We will work with commissioners and colleagues in Talking Matters Northumberland, Talking Changes Durham & Darlington, North Tyneside Talking Therapies and Sunderland Psychological Wellbeing Service to further expand and enhance IAPT services to meet increased national access targets, and to achieve the associated necessary expansion in the workforce.
- In particular we will seek to demonstrate the value and effectiveness of counselling within IAPT services and the need to increase the size of our counselling teams across all services.
- Having successfully retained the contract for counselling within North Tyneside Talking Therapies and shown the effectiveness of counselling at step 2, we will implement a counselling pathway at step 3 of this service.
- We will work with the North East & North Cumbria Staff Wellbeing hub to offer bereavement counselling for NHS and social care staff who receive support from that service.
- We will work with Cumbria Northumberland Tyne & Wear NHS Trust to develop a counselling service for people who are supported by the community treatment teams in Sunderland and South Tyneside, enhancing the range of talking therapies available within those teams.
- Our Chief Executive will take up a leadership role within the NENC Integrated Care System, leading the delivery and oversight of IAPT services across the region.

Sexual Violence:

- Given the challenges we have faced in maintaining funding for working with victims of sexual violence, we will continue to try and secure long term funding for this invaluable area of work.
- We will retain our service accreditation with the Male Survivors Partnership, demonstrating our commitment to making sexual violence services equally accessible to male and female survivors, whilst paying attention to the specific needs of male clients.

Children and Young People:

- We will collaborate with commissioners and partners in the review and transformation of child and adolescent mental health services in Sunderland, including ways in which young people and families access and engage with services.
- We will secure and mobilise additional capacity within our teams to meet this need.
- We will continue our counselling provision in schools in Sunderland and contribute to the continued development of Mental Health Support Teams in Sunderland schools.
- We will ensure the successful delivery of the Good Vibes youth counselling project, and look for ways to sustain this service beyond its projected end date of August 2023.
- We will look for ways to sustain our CCAMHS Listening Ear service.
- We will collaborate with commissioners and partners to launch an innovative new social prescribing project for children and young people in Sunderland.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Developing our organisation:

- We will continue to develop our workforce, investing in suitable training for existing staff and volunteers and recruiting trainee staff as appropriate. In particular we will encourage as many of our counsellors as possible to undertake training in recognised evidence-based therapies, such as Counselling for Depression.
- Making use of our existing links at local, regional and national levels, alongside our involvement with BACP, we will advocate for the effectiveness of counselling as an intervention and for counsellors as a professional group, including the development of sustainable career paths for counsellors within health care settings.
- We will be proud to participate in the launch of the new fully funded NHS counselling training pilot programme.
- We will recognise the challenges faced by our staff and clients during the current economic crisis and look for ways to support them as much as we can, including providing and developing new services that we may previously not have delivered.
- We will further develop our plans to reduce our environmental impact and carbon footprint.
- We will further develop our plans to improve our approach to issues of equality, diversity and inclusion.

Structure, governance and management

The organisation is a charitable company limited by guarantee, incorporated on 7 February 1997. The company is governed by its Memorandum and Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr C Sketchley

Ms L H Bruton

Mrs E M Watt

Ms L Morris

(Resigned 31 October 2022)

Mrs A Loadman

Mr B Greener

Dr K Gilligan

In addition to responding to advertisements placed in the media, people with a genuine interest in the work of Sunderland Counselling Service may approach the service seeking opportunities to volunteer and become a trustee, wishing to contribute worthwhile activity to the community. People who have benefited from the service provision often return at a later date wishing to give something back and offer their services as volunteers, which is evidenced at all levels throughout the organisation. Prospective trustees are requested to apply in writing to the Chair of the management committee including a curriculum vitae. After having been supplied with information about the service the applicant will be then invited to meet with the management committee for an interview, during which the expectations of both applicant and committee will be discussed. The applicant will then be informed of the outcome of the interview within seven days.

Organisational structure

Sunderland Counselling Service has a management committee of a minimum of 3 members who meet monthly and are responsible for the strategic direction of the charity. A chief executive officer is appointed by the committee and is responsible for all aspects of the charity's operations, including obtaining adequate funding to finance the charity's services.

Key management remuneration

The pay of all staff is reviewed annually by the board of trustees and normally increased in line with average earnings. In view of the nature, size and growth of the charity, salaries for senior staff are benchmarked against charities of similar size, complexity and reach. NHS salary scales for comparable roles are considered, given the large amount of collaboration and partnership working we do with NHS organisations. Affordability is a key factor, as well as growth of the charity in the preceding year and any significant changes in individual job roles, scale or remit.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Statement of trustees' responsibilities

The trustees, who are also the directors of Sunderland Counselling Service for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.


The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The trustees' report was approved by the Board of Trustees and signed on its behalf by:



Mrs E M Watt

Chair of Board of Trustees

Date: 21/11/2022

SUNDERLAND COUNSELLING SERVICE

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF SUNDERLAND COUNSELLING SERVICE

Opinion

We have audited the financial statements of Sunderland Counselling Service (the 'charity') for the year ended 31 March 2022 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

SUNDERLAND COUNSELLING SERVICE

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF SUNDERLAND COUNSELLING SERVICE

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is the extent to which an audit conducted under ISAs (UK) is capable of detecting irregularities, including fraud. Our procedures include:

- obtaining an understanding of the legal and regulatory frameworks applicable to the charity, such as the Companies Act 2006 and relevant charity and tax legislation, and obtaining an understanding of how the charity complies with those frameworks;
- assessing the susceptibility of the charity's financial statements to material misstatement, including how fraud might occur, with audit procedures including: considering internal controls; testing supporting documentation; enquiring of the charity's management; reviewing minutes of trustees' meetings; and obtaining written confirmations.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation. We are not responsible for preventing fraud or non-compliance with laws and regulations and cannot be expected to detect all fraud and non-compliance with laws and regulations.

SUNDERLAND COUNSELLING SERVICE

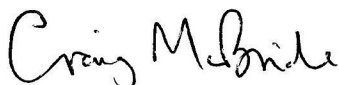
INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF SUNDERLAND COUNSELLING SERVICE

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Craig McBride (Senior Statutory Auditor)
for and on behalf of Davies Tracey
Chartered Accountants and Statutory Auditors
Swan House
Westpoint Road
Teesdale Business Park
Stockton on Tees
TS17 6BP

21/11/22

SUNDERLAND COUNSELLING SERVICE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Income from:							
Donations and legacies	3	428	1,829,036	1,829,464	236	627,000	627,236
Charitable activities							
Provision of counselling service	4	4,313,787	62,015	4,375,802	3,827,436	108,735	3,936,171
Investments	5	409	-	409	-	-	-
Total income		4,314,624	1,891,051	6,205,675	3,827,672	735,735	4,563,407
Expenditure on:							
Charitable activities							
Provision of counselling service	6	3,581,505	391,992	3,973,497	3,549,147	138,631	3,687,778
Total charitable expenditure		3,581,505	391,992	3,973,497	3,549,147	138,631	3,687,778
Net income for the year/ Net movement in funds		733,119	1,499,059	2,232,178	278,525	597,104	875,629
Fund balances at 1 April 2021		1,977,374	603,073	2,580,447	1,698,849	5,969	1,704,818
Fund balances at 31 March 2022		2,710,493	2,102,132	4,812,625	1,977,374	603,073	2,580,447

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

SUNDERLAND COUNSELLING SERVICE

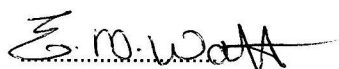
BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	12		336,297		339,666
Current assets					
Debtors	13	1,215,987		535,884	
Cash at bank and in hand		3,640,984		1,826,989	
		<u>4,856,971</u>		<u>2,362,873</u>	
Creditors: amounts falling due within one year	14	<u>(380,643)</u>		<u>(122,092)</u>	
Net current assets			<u>4,476,328</u>		<u>2,240,781</u>
Total assets less current liabilities			<u><u>4,812,625</u></u>		<u><u>2,580,447</u></u>
Income funds					
Restricted funds	15	2,102,132		603,073	
Unrestricted funds		2,710,493		1,977,374	
		<u>4,812,625</u>		<u>2,580,447</u>	

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

The financial statements were approved by the Board of Trustees on 21/11/22 and were signed on its behalf by:



Mrs E M Watt

Chair of Board of Trustees

Company registration number 03315039

SUNDERLAND COUNSELLING SERVICE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Cash flows from operating activities					
Cash generated from operations	20		1,833,540		815,952
Investing activities					
Purchase of tangible fixed assets		(19,954)		(22,117)	
Investment income received		409		-	
Net cash used in investing activities			(19,545)		(22,117)
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			1,813,995		793,835
Cash and cash equivalents at beginning of year			1,826,989		1,033,154
Cash and cash equivalents at end of year			<u>3,640,984</u>		<u>1,826,989</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

Sunderland Counselling Service is a private company limited by guarantee incorporated in England and Wales. The registered office is 51 John Street, Sunderland, SR1 1QN.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum and Articles, the Companies Act 2006, Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

All income is recognised in the Statement of Financial Activities when all of the following criteria are met:

- the charity has entitlement to the funds;
- any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Service contract fees are accounted for on an accruals basis. Income received in advance of the provision of the specified services is deferred until the criteria for income recognition are met.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies (Continued)

Donated goods and services are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. On receipt, donated services and facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure on charitable activities includes the costs of the provision of counselling services and the associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	over 50 years on a straight line basis
Fixtures and fittings	15% reducing balance/20% on cost
Equipment	15%-33% reducing balance/20-25% on cost

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies (Continued)

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Taxation

The charity is exempt from corporation tax on its charitable activities.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity. The charity now makes a contribution of 3% of salary to this pension scheme and acts as agent in collecting and paying over employee pension contributions. The employer's contributions made for the accounting period are treated as an expense and were £90,071 (2021 - £84,523).

At 31 March 2022 total employer and employee contributions of £18,893 were outstanding (2021 - £19,677).

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations and gifts	428	-	428	236	-	236
Grants receivable	-	1,829,036	1,829,036	-	627,000	627,000
	<u>428</u>	<u>1,829,036</u>	<u>1,829,464</u>	<u>236</u>	<u>627,000</u>	<u>627,236</u>
Donations and gifts						
Donations - Core service	-	-	-	236	-	236
Other	428	-	428	-	-	-
	<u>428</u>	<u>-</u>	<u>428</u>	<u>236</u>	<u>-</u>	<u>236</u>
Grants receivable for core activities						
Cancer Counselling Service	-	361,476	361,476	-	112,000	112,000
CCAMHS Expansion	-	586,914	586,914	-	200,000	200,000
Covid 19 Community Fund	-	-	-	-	100,000	100,000
Adult transformation	-	-	-	-	100,000	100,000
IAPT Network Funding	-	-	-	-	115,000	115,000
CYP Social Prescribing	-	279,958	279,958	-	-	-
CMHT	-	112,000	112,000	-	-	-
CTT Counselling	-	192,788	192,788	-	-	-
CMHF	-	126,664	126,664	-	-	-
Other	-	169,236	169,236	-	-	-
	<u>-</u>	<u>1,829,036</u>	<u>1,829,036</u>	<u>-</u>	<u>627,000</u>	<u>627,000</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

3 Donations and legacies

(Continued)

Donated goods and services

In addition to recorded incoming resources the charity received the benefit of many thousands of voluntary hours and unclaimed out of pocket expenses contributed by its supporters. It would be impossible to place a value on all these services and expenses, without which much of the work undertaken could not be achieved and for which the charity is extremely grateful.

4 Charitable activities

	Provision of counselling service 2022 £	Provision of counselling service 2021 £
Services provided under contract	4,375,802	3,936,171
Analysis by fund		
Unrestricted funds	4,313,787	3,827,436
Restricted funds	62,015	108,735
	<u>4,375,802</u>	<u>3,936,171</u>

Charitable trading income

Bereavement Support

Grant funding received from Awards for All, for the purposes of developing and delivering support groups for people affected by bereavement.

Cancer Counselling Service

The provision of individual counselling to people with any form of cancer.

Community CAMHS Counselling Service

Contract held with NHS Sunderland CCG for the provision of individual counselling support to children and young people and interventions delivered by CWPs, in Sunderland.

Community Transformation (Adult Transformation, CMHT, CMHF)

Grant funding from Sunderland CCG to support the transformation of mental health services.

Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA)

Contract held with NHS Sunderland CCG for the provision of individual counselling for male and female survivors of rape and sexual abuse in Sunderland.

COVID Counselling

We provide signposting, advice, support and counselling for residents of Sunderland who feel their mental health has been affected or exacerbated by the impact of COVID-19.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

4 Charitable activities

(Continued)

CTT Counselling

A pilot project to provide counselling in the community treatment teams in Sunderland and South Tyneside.

CYP Social Prescribing

A pilot project to deliver social prescribing for children and young people in Sunderland.

Good Vibes

A project funded by the Big Lottery Fund and led by the Sunderland All Together youth consortium; we deliver counselling in youth projects across the city.

GP Project

Contract held with NHS Sunderland CCG for the provision of counselling in GP practices in Sunderland.

IAPT Network funding

In collaboration with the IAPT clinical network, developing and commissioning training and CPD activities for IAPT services across the north east.

North Tyneside Talking Therapies

Under contract to NHS Northumbria Healthcare for the provision of the counselling element of North Tyneside's IAPT service.

Northumbria Police and Crime Commissioner

Grant funding from the Northumbria PCC, with which we augment our service provision within the CASSVA service to increase overall service capacity and address gaps in service provision for male rape victims in the region.

Occupational Health

Contract held with Sunderland City Council for employee counselling, as part of their Occupational Health service.

REACH

A service provided under contract to provide counselling services for recent victims of sexual violence across the Northumbria Police Force area.

Schools

A service to provide an effective school-based counselling service for children and young people in the City of Sunderland.

St Benedicts Hospice

Providing individual counselling and other forms of support for patients and family members, carers and children of patients at St Benedict's Hospice in Sunderland.

Sunderland Psychological Wellbeing Service (IAPT)

Contract funding from NHS Sunderland CCG allocated to the provision of step 2 interventions within Sunderland's IAPT service; provision of therapy for people whose mental health and emotional wellbeing are affected by their caring responsibilities.

Talking Changes

Under contract to TEWW NHS Foundation Trust, provision of counselling at steps 1 and 3 in the IAPT service covering County Durham & Darlington.

Talking Matters Northumberland

In partnership with MHM, delivery of Northumberland's IAPT service.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

5 Investments

	Unrestricted funds	Total
	2022 £	2021 £
Interest receivable	409	-

6 Charitable activities

	Provision of counselling service 2022 £	Provision of counselling service 2021 £
Staff costs	3,230,713	3,064,293
Telephone	19,767	37,329
Direct service costs	82,919	24,599
Advertising	1,249	1,105
Printing, postage and stationery	1,790	1,625
Training and supervision	134,542	37,660
Travel and volunteers expenses	366	708
Other costs	44,056	21,163
	<u>3,515,402</u>	<u>3,188,482</u>
Share of support costs (see note 7)	451,340	490,356
Share of governance costs (see note 7)	6,755	8,940
	<u>3,973,497</u>	<u>3,687,778</u>
Analysis by fund		
Unrestricted funds	3,581,505	3,549,147
Restricted funds	391,992	138,631
	<u>3,973,497</u>	<u>3,687,778</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

7	Support costs	Support costs	Governance costs	2022	Support costs	Governance costs	2021
		£	£	£	£	£	£
	Staff costs	316,959	500	317,459	304,671	500	305,171
	Depreciation	23,323	-	23,323	20,115	-	20,115
	Rates and water	396	-	396	622	-	622
	Insurance	8,382	-	8,382	7,051	-	7,051
	Light and heat	4,751	-	4,751	2,045	-	2,045
	Rent	8,846	-	8,846	9,140	-	9,140
	Repairs and maintenance	53,133	-	53,133	91,083	-	91,083
	Accountancy	8,978	-	8,978	7,210	-	7,210
	Legal and professional fees	26,590	2,555	29,145	48,337	5,040	53,377
	Bank charges	(18)	-	(18)	82	-	82
	Audit fees	-	3,700	3,700	-	3,400	3,400
		<u>451,340</u>	<u>6,755</u>	<u>458,095</u>	<u>490,356</u>	<u>8,940</u>	<u>499,296</u>
	Analysed between						
	Charitable activities	<u>451,340</u>	<u>6,755</u>	<u>458,095</u>	<u>490,356</u>	<u>8,940</u>	<u>499,296</u>

Basis of apportionment

Staff costs - time spent
Depreciation and other overheads - usage

8 Auditor's remuneration

Fees payable to the charity's auditor and associates:	2022	2021
	£	£
Audit of the charity's annual accounts	<u>3,700</u>	<u>3,400</u>
Non-audit services		
All other non-audit services	<u>8,978</u>	<u>7,210</u>

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

10 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Counselling and support	125	119
Administration	11	11
Total	<u>136</u>	<u>130</u>

Employment costs

	2022 £	2021 £
Wages and salaries	3,177,575	3,024,454
Social security costs	280,526	260,487
Other pension costs	90,071	84,523
	<u>3,548,172</u>	<u>3,369,464</u>

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2022 Number	2021 Number
£60,001 - £70,000	-	1
£70,001 - £75,000	1	-
	<u>1</u>	<u>-</u>

11 Taxation

The company is exempt from tax under Sections 466 to 493 Corporation Taxes Act 2010 as long as income is applied for charitable purposes only.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

12 Tangible fixed assets

	Freehold land and buildings £	Fixtures and fittings £	Equipment £	Total £
Cost				
At 1 April 2021	338,267	31,119	115,938	485,324
Additions	-	-	19,954	19,954
At 31 March 2022	338,267	31,119	135,892	505,278
Depreciation and impairment				
At 1 April 2021	34,954	26,452	84,252	145,658
Depreciation charged in the year	6,765	3,196	13,362	23,323
At 31 March 2022	41,719	29,648	97,614	168,981
Carrying amount				
At 31 March 2022	296,548	1,471	38,278	336,297
At 31 March 2021	303,313	4,667	31,686	339,666

13 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Other debtors	1,174,766	501,498
Prepayments and accrued income	41,221	34,386
	1,215,987	535,884

14 Creditors: amounts falling due within one year

	2022 £	2021 £
Other taxation and social security	75,702	74,473
Trade creditors	27,393	20,466
Accruals and deferred income	277,548	27,153
	380,643	122,092

Included in the above is deferred income of £251,180 (2021 - £Nil).

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

15 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			Movement in funds			
	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Cancer Counselling Service	-	143,450	(67,914)	75,536	362,963	(51,770)		(50,000)		336,729
South Tyneside GP Project	3,048	-	-	3,048	-	-		-		3,048
Bereavement Support	2,921	-	(1,601)	1,320	-	(1,526)		-		(206)
Ministry of Justice Male Rape Support Fund/BTS	-	-	(138)	(138)	21,495	(21,496)		-		(139)
CCAMHS	-	200,000	-	200,000	586,914	-		-		786,914
Good Vibes	-	26,022	(24,065)	1,957	39,033	(38,654)		-		2,336
Covid 19 Community Fund	-	151,263	(44,913)	106,350	-	(84,863)		-		21,487
Adult transformation	-	100,000	-	100,000	-	-		-		100,000
IAPT Network Funding	-	115,000	-	115,000	-	(105,629)		-		9,371
Northern Cancer Alliance	-	-	-	-	-	-		50,000		50,000
Northumbria Police and Crime Commissioner	-	-	-	-	81,356	(81,042)		-		314
Listening Ear	-	-	-	-	37,366	(6,947)		-		30,419
CMHT	-	-	-	-	112,000	-		-		112,000
MMHS	-	-	-	-	9,000	(65)		-		8,935
CMHF	-	-	-	-	126,664	-		-		126,664
CTT Counselling	-	-	-	-	192,788	-		-		192,788
CYP	-	-	-	-	279,958	-		-		279,958
PTSMHP	-	-	-	-	41,514	-		-		41,514
	5,969	735,735	(138,631)	603,073	1,891,051	(391,992)		-		2,102,132

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

16 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 March 2022 are represented by:						
Tangible assets	333,065	3,232	336,297	336,401	3,265	339,666
Current assets/(liabilities)	2,377,428	2,098,900	4,476,328	1,640,973	599,808	2,240,781
	<u>2,710,493</u>	<u>2,102,132</u>	<u>4,812,625</u>	<u>1,977,374</u>	<u>603,073</u>	<u>2,580,447</u>

17 Financial commitments, guarantees and contingent liabilities

Grants receivable and similar funding may be repayable if certain associated conditions are not, or have not been, met.

18 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2022 £	2021 £
Within one year	1,252	1,252
Between two and five years	3,046	3,978
In over five years	-	320
	<u>4,298</u>	<u>5,550</u>

19 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2022 £	2021 £
Aggregate compensation	<u>223,490</u>	<u>187,476</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

20	Cash generated from operations	2022 £	2021 £
	Surplus for the year	2,232,178	875,629
	Adjustments for:		
	Investment income recognised in statement of financial activities	(409)	-
	Depreciation and impairment of tangible fixed assets	23,323	20,115
	Movements in working capital:		
	(Increase)/decrease in debtors	(680,103)	11,259
	Increase/(decrease) in creditors	258,551	(91,051)
	Cash generated from operations	<u>1,833,540</u>	<u>815,952</u>

21 Analysis of changes in net funds
The charity had no debt during the year.

22 Company limited by guarantee

The liability of the members of the company is limited by guarantee. Each member has undertaken to contribute an amount not exceeding £1 towards any deficit arising in the event of the company being wound up.

SUNDERLAND COUNSELLING SERVICE

England & Wales - Charity number 1159057

Accounts

Charity Registration No. 1159057

Company Registration No. 03315039 (England and Wales)

SUNDERLAND COUNSELLING SERVICE
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

SUNDERLAND COUNSELLING SERVICE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr C Sketchley Ms L H Bruton Mrs E M Watt Ms L Morris Mrs A Loadman Mr B Greener Dr K Gilligan	(Appointed 22 February 2021)
Chief Executive	Mr Toby Sweet	
Secretary	Mr B Greener	
Charity number	1159057	
Company number	03315039	
Registered office	51 John Street Sunderland SR1 1QN	
Auditor	Davies Tracey Swan House Westpoint Road Teesdale Business Park Stockton on Tees TS17 6BP	
Bankers	HSBC Bank plc Unit 49-51 The Bridges Shopping Centre Market Square Sunderland SR1 3LE	
Solicitors	BHP Law Westgate House Faverdale Darlington DL3 0PZ	

SUNDERLAND COUNSELLING SERVICE

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SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2021

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

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

As defined in our governing document our charitable purposes are to provide counselling and psychological therapy services in and around the City of Sunderland and the North of England in order to relieve suffering and distress.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

In pursuance of this mission Sunderland Counselling Service exists to:

- Promote and improve mental health and emotional wellbeing for adults.
- Provide services which assist in relieving suffering from emotional and / or mental distress.
- Improve the lives of men and women who have experienced sexual abuse and sexual violence in childhood and / or adulthood.
- Promote and improve positive mental health and emotional wellbeing for children and young people.
- Enable and empower users of our service to live independently in the community as valued citizens.
- Develop and maintain a professional and suitably qualified workforce.
- Maintain services that meet the needs of our clients.
- Work in partnership with other services in the statutory and voluntary sectors.
- Work to provide any other relevant and related service for which there is a genuine demand and inadequate provision.

In working to achieve these aims Sunderland Counselling Service currently provides the following services:

- **GP / Primary Care Counselling Service:** providing individual time limited counselling in GP surgeries in Sunderland.
- **Bereavement Support:** provision of bereavement support groups for Sunderland residents.
- **Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA):** provides individual counselling to men and women who have experienced childhood sexual abuse or sexual violence in adulthood in Sunderland; and to male clients from across the north east.
- **REACH Counselling Service:** The counselling element of the Rape Examination Advice Counselling & Help (REACH) service provided by Northumbria Police Force for male and female victims of recent sexual assault across the Northumbria force area.
- **Cancer Counselling Service:** provides individual time limited counselling for adults suffering from any form of cancer who are receiving treatment in Sunderland.
- **St Benedict's Hospice Service:** providing individual counselling and other forms of support for patients and family members, carers and children of patients at St Benedict's Hospice in Sunderland.
- **Community CAMHS Counselling Service:** provides individual counselling to children and young people in Sunderland, in partnership with South Tyneside & Sunderland NHS Foundation Trust; we also employ half of the team of Children's Wellbeing Practitioners in the Community CAMHS Service.
- **Employee Counselling Services:** under contract to Sunderland City Council, providing occupational health counselling to council employees.
- **Sunderland Psychological Wellbeing Service:** Working in partnership with Cumbria Northumberland Tyne & Wear NHS Foundation Trust to deliver Sunderland's IAPT service, providing a stepped care model of interventions for people suffering from common mental health problems, including anxiety and depression.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

- **Carers Counselling Service:** As part of Sunderland's IAPT provision, a counselling service for people whose mental health and emotional wellbeing are affected by their caring responsibilities.
- **Talking Matters Northumberland:** Working in partnership with Mental Health Matters and Efficacy to deliver Northumberland's IAPT service, providing a stepped care model of interventions for people suffering from common mental health problems, including anxiety and depression.
- **North Tyneside Talking Therapies:** provision of the counselling element of North Tyneside's IAPT service.
- **Talking Changes (County Durham & Darlington):** provision of the counselling elements of County Durham and Darlington's IAPT service, at both steps 1 and 3 of the stepped care model.
- **COVID Counselling:** We provide signposting, advice, support and counselling for residents of Sunderland who feel their mental health has been affected or exacerbated by the impact of COVID-19.
- **Supervision and Professional Development:** the service provides trainee placement and volunteering opportunities for counsellors and other psychological therapists and provides clinical counselling supervision, training and professional development to its staff and volunteers; we also provide these services to other agencies.

Philosophy

Counselling and therapy services are informed by a person-centred philosophy where clients are at the heart of the therapeutic intervention. Key to counselling are the qualities of empathy, acceptance and congruence. The service adheres to the Ethical Framework for the Counselling Professions laid down by the British Association of Counselling & Psychotherapy (BACP) which emphasises principles of fidelity, autonomy, beneficence, non-maleficence, justice and self-respect. We now hold service accreditation with BACP for the majority of our counselling services for adults and for children. By providing a safe and supportive environment for clients to explore their issues, it is hoped that they will achieve a better ability to function individually and within society and achieve a greater degree of autonomy and resourcefulness.

Equalities Statement

Sunderland Counselling Service is committed to making our services accessible to those who need them. Therefore, we operate an Equal Opportunities Policy, which applies equally to clients accessing our services as well as to prospective employees and volunteers.

We undertake not to discriminate against any potential client in ensuring that they receive services appropriate to their needs. We will seek to assess individual need and provide services to meet this need wherever possible. This may include making reasonable adaptations to service delivery, such as providing accessible venues, interpreter provision, literature in a range of languages and meeting any preference on gender of therapist where available. We make no charge to our clients for any of the services we provide.

We further undertake not to discriminate against any prospective or current employee or volunteer for any reason. We will do all we can to ensure that our staff and volunteer teams are representative of the communities we exist to serve, that they are treated fairly and on the basis of merit and will do our best to provide positive opportunities for underrepresented groups.

We recognise that certain groups in society often experience discrimination – for example, due to their age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation. We seek to recognise, respect and value the contributions made by individuals and support them to deliver their work in a fair and equitable manner. We seek to create a working environment free of bullying, harassment, victimisation and unlawful discrimination. We will not collude with acts of discrimination or harassment and will challenge systemic and structural discrimination wherever we encounter it.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Sunderland Counselling Service is an established and respected voluntary sector organisation which is committed to the promotion of volunteering while ensuring safe professional practice and a productive working environment. Operating according to the Volunteer Policy, underpinned by the Equal Opportunities Policy, all volunteers are provided with the opportunity to access training and supervision appropriate to their role and which will also assist them in their personal and professional development. Volunteer roles are evidenced at all levels throughout the service, as are the high number of volunteers who have achieved paid posts both within the service and with many other agencies in the statutory and voluntary sectors.

Achievements and performance

During the last year the charity has worked towards its objectives as described above and continues to provide excellent services to the people of the northeast of England.

Highlights and achievements of the year:

COVID 19:

- The COVID 19 pandemic has had a massive impact on us, as on all organisations and services across the country. Our continued focus this year has been on complying with government guidance for keeping our staff, volunteers, clients and communities safe.
- We worked extremely hard to put plans in place at very short notice to allow our staff across all our services to work safely from home when required, utilising telephone and video platforms to continue to support our clients. This means that none of our services stopped operating at any point over the year and we continued to receive referrals and to see clients using remote technology throughout lock downs and periods of restriction. While referral levels did initially drop, our activity did not and we made very positive progress across all services, to reduce waiting lists and waiting times.
- We continue to work safely, with measures in place to protect our staff, volunteers and clients and we are now providing therapy in a variety of ways, including face to face, over the telephone and by secure video platforms. We are doing all we can to make sure that we have enough resources to meet the inevitable increase in demand we anticipate as a result of this pandemic but will also be looking to our commissioners and funders to help us to meet these needs.

Services in Sunderland:

- All of our services commissioned by Sunderland Clinical Commissioning Group had their contracts extended for a further year until 31 March 2021. These are the GP / Primary Care Counselling Service; Community CAMHS Counselling Service; Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA); and our element of the Sunderland Psychological Wellbeing Service, including the Carers Service.
- Due to our ability to keep all services operational during the COVID 19 pandemic and lockdowns, we were able to keep waiting times and waiting lists low throughout the year, ensuring prompt access to services for our clients.
- We received significant support from Sunderland CCG, County Durham Community Foundation and the National Lottery Community Fund, which allowed us to provide specialist advice, support and counselling for people in Sunderland affected by the COVID 19 pandemic.
- The GP service met the national recovery target in every month of the year and this performance has been sustained every month to date in 2021 – 2022, demonstrating the positive impact that our services have for the people who use them.
- Plans to integrate the primary care counselling services in Sunderland into the service offer available through Sunderland Psychological Wellbeing Service, accessible via a single point of access, were delayed by the COVID pandemic; however, we continued to work with partners on a business case to ensure increased capacity within this new integrated service.
- The occupational health counselling contract for Sunderland City Council was again extended until September 2021.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Achievements and performance

Improving Access to Psychological Therapies:

- Sunderland Psychological Wellbeing Service met the national recovery target in every month of the year, with our Psychological Wellbeing Practitioners playing a major role in this achievement. Waiting times also reduced significantly throughout the year.
- The existing Talking Matters Northumberland contract was extended for a further year to August 2021, with plans in place for a subsequent longer-term contract. The service met all national targets for waiting times and recovery, supported by our PWPs and counsellors.
- The contract for counselling in North Tyneside ended in March 2021; we successfully bid for the new contract, meaning we retain this service for a further four years. Our counsellors continued to deliver recovery rates well above the required targets.
- Delivery of counselling in Talking Changes, the IAPT service which covers County Durham and Darlington, entered its second year, making good progress towards reduced waiting lists and achieving recovery targets.

Sexual Violence:

- We were able to keep all services for victims of sexual violence running, despite the COVID 19 pandemic and so we reduced our waiting lists to the lowest level we have achieved in several years.
- Once again, we secured additional funding from the Northumbria Police and Crime Commissioner, to support our work in the CASSVA and REACH projects.

Cancer and palliative care:

- We have continued to provide counselling for cancer patients in Sunderland with much appreciated support from Sunderland Royal Hospital's charitable foundations. During the year, we secured agreement from Sunderland CCG and the Northern Cancer Alliance to fund this service for 2021 – 2022.
- Counselling provision at St Benedict's Hospice for patients and family members, carers and children of patients is secure until March 2022.

Children and young people:

- We continued to work closely with our partners in South Tyneside & Sunderland NHS Foundation Trust to provide Sunderland's Community CAMHS service, focussing on keeping waiting lists and waiting times as low as possible in the face of escalating need.
- Although delayed by the COVID pandemic, our collaboration with the Sunderland All Together youthwork consortium to deliver counselling in youth projects across Sunderland began in August 2021.

Quality and standards:

- Our service accreditation with BACP for adult counselling services remains in place until November 2024.
- We achieved service accreditation with the Male Survivors Partnership, a national group of organisations that work with male survivors of sexual violence and abuse.
- We successfully submitted our NHS Data Security Protection Toolkit and completed work to ensure that we remain compliant with GDPR legislation.
- We launched our new website and support materials.
- We successfully launched our client engagement forum, with the inaugural meeting set for April 2021.

Financial review

Financial position

The charity had net assets of £2,580,447 at 31 March 2021, having generated a surplus of £875,629 in the year then ended. Net current assets amounted to £2,240,781 which included cash at bank of £1,826,989. Unrestricted funds totalled £1,977,374 and restricted funds totalled £603,073.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Reserves policy

The management committee revised its reserves policy so that unrestricted funds, not committed or invested in tangible fixed assets, held by the charity should now be at least 6 months of the resources expended, which equates to reserves on unrestricted funds of approximately £1,775,000. The general fund reserve at 31 March 2021 amounted to £1,640,973. It is the management committee's intention to continue to gradually augment the reserve by an annual excess of incoming over outgoing resources until the appropriate level of reserves has been achieved.

Principal funding sources

Against a backdrop of insecurity over funding in some service areas the charity has worked hard to sustain existing services and where possible develop additional services. The management committee and staff have worked hard to generate a positive financial outcome for the year.

The principal funding sources are:

- Sunderland Clinical Commissioning Group
- Northumberland Clinical Commissioning Group
- St. Benedict's Hospice Charity
- Big Lottery Fund Awards for All
- NHS England
- Health Education England
- Northumbria Police and Crime Commissioner
- Northumbria Healthcare Foundation Trust
- Sunderland City Council
- Sunderland Royal Hospital
- Tees Esk & Wear Valley NHS Foundation Trust
- Community Fund
- County Durham Community Foundation

Future plans for 2021 - 22

The COVID 19 pandemic has of course produced many challenges for all of our services but we will continue in our efforts to make sure that we are able to operate safely and with as little disruption as possible for all of our client groups. We will offer face to face therapy for those clients who need it, in ways that keep both clients and staff safe, in line with our own risk assessments and all relevant government guidance. We will also make continued use of telephone and video therapy to make our services as accessible as possible. We will work with funders and commissioners to make sure that we have sufficient capacity to respond to the inevitable increase in mental health needs that we are seeing as a result of the pandemic.

Plans for the coming financial year are as follows:

Services in Sunderland:

- Having started the work to integrate counselling into Sunderland's IAPT provision and to develop a single point of access, we hope to implement this model during 2020 - 21. This work was delayed due to COVID 19 but is a key priority. We will collaborate with commissioners and partners to develop a business case to ensure the new integrated service has sufficient capacity to meet increased demand and national access targets.
- We will work collaboratively with the CCG and with other providers in Sunderland to ensure that efficient, long term and stable contract arrangements are in place for these services.
- We will contribute to the transformation of community mental health services in Sunderland and develop proposals for new services where we believe we can play a useful part in meeting need.
- We will work with the CCG, Northern Cancer Alliance and partners at Sunderland Royal Hospital to ensure the long-term sustainability of the cancer counselling service.
- We will seek support and funding to continue delivery of our COVID support service during 2021 – 2022.
- We will aim to retain the contract for Occupational Health counselling with Sunderland City Council, which is due for expiry in September 2021.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Risk management

The trustees have conducted a review of major risks to which the charity is exposed, including risks pertaining to information governance. Systems and procedures have been established to mitigate those risks identified.

Plans for future periods

Improving Access to Psychological Therapies:

- We will work with commissioners and colleagues in Talking Matters Northumberland, Talking Changes Durham & Darlington and Sunderland Psychological Wellbeing Service to further expand and enhance IAPT services to meet increased national access targets, and to achieve the associated necessary expansion in the workforce.
- In particular we will seek to demonstrate the value and effectiveness of counselling within IAPT services and the need to increase the size of our counselling teams across all services.
- As we know that the extended contract for Talking Matters Northumberland will expire in August 2021, we will work with Mental Health Matters to ensure long term arrangements are in place to ensure the stability of this service.
- Having successfully retained the contract for counselling within North Tyneside Talking Therapies in March 2021, we will continue to work with Northumbria Healthcare NHS Trust to deliver excellent services for the people of North Tyneside.
- We will work with colleagues in Talking Changes Durham and Darlington to ensure that robust long-term arrangements are in place for the future security and enhancement of this service.

Sexual Violence:

- Given the challenges we have faced in maintaining funding for working with victims of sexual violence, we will continue to try and secure additional funding for this invaluable area of work, particularly given the increase in need we expect to see as a result of COVID 19.
- As we expect that the contract for the Reach counselling service will end in March 2022, we will work with commissioners to ensure the longer term sustainability of this crucial service.
- We will retain our service accreditation with the Male Survivors Partnership, demonstrating our commitment to making sexual violence services equally accessible to male and female survivors, whilst paying attention to the specific needs of male clients.

Children and Young People:

- We will collaborate with commissioners and partners in review and transformation of child and adolescent mental health services in Sunderland. As part of this, we will develop proposals for new services where we believe we can play a useful part in meeting need.
- As we are seeing significant impacts on the mental health of children and young people and therefore increases in demand as a result of COVID 19, we will secure additional capacity within our teams to meet this need.
- We will continue our counselling provision in schools in Sunderland and contribute to the development of Mental Health Support Teams in Sunderland schools.
- We will ensure the successful implementation and delivery of the Good Vibes youth counselling project, following delays due to the COVID pandemic.

Developing our organisation:

- We will continue to develop our workforce, investing in suitable training for existing staff and volunteers and recruiting trainee staff as appropriate. In particular we will encourage as many of our counsellors as possible to undertake training in recognised evidence-based therapies, such as Counselling for Depression.
- Making use of our existing links at local, regional and national levels, alongside our involvement with BACP, we will advocate for the effectiveness of counselling as an intervention and for counsellors as a professional group, including the development of sustainable career paths for counsellors within health care settings.
- We will develop and implement plans to reduce our environmental impact and carbon footprint.
- We will develop and implement plans to improve our approach to issues of equality, diversity and inclusion.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Structure, governance and management

The organisation is a charitable company limited by guarantee, incorporated on 7 February 1997. The company is governed by its Memorandum and Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr C Sketchley

Ms L H Bruton

Mrs E M Watt

Ms L Morris

Mrs A Loadman

Mr B Greener

Dr K Gilligan

(Appointed 22 February 2021)

In addition to responding to advertisements placed in the media, people with a genuine interest in the work of Sunderland Counselling Service may approach the service seeking opportunities to volunteer and become a trustee, wishing to contribute worthwhile activity to the community. People who have benefited from the service provision often return at a later date wishing to give something back and offer their services as volunteers, which is evidenced at all levels throughout the organisation. Prospective trustees are requested to apply in writing to the Chair of the management committee including a curriculum vitae. After having been supplied with information about the service the applicant will be then invited to meet with the management committee for an interview, during which the expectations of both applicant and committee will be discussed. The applicant will then be informed of the outcome of the interview within seven days.

Organisational structure

Sunderland Counselling Service has a management committee of a minimum of 3 members who meet monthly and are responsible for the strategic direction of the charity. A chief executive officer is appointed by the committee and is responsible for all aspects of the charity's operations, including obtaining adequate funding to finance the charity's services.

Key management remuneration

The pay of all staff is reviewed annually by the board of trustees and normally increased in line with average earnings. In view of the nature, size and growth of the charity, salaries for senior staff are benchmarked against charities of similar size, complexity and reach. NHS salary scales for comparable roles are considered, given the large amount of collaboration and partnership working we do with NHS organisations. Affordability is a key factor, as well as growth of the charity in the preceding year and any significant changes in individual job roles, scale or remit.

SUNDERLAND COUNSELLING SERVICE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Statement of trustees' responsibilities

The trustees, who are also the directors of Sunderland Counselling Service for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The trustees' report was approved by the Board of Trustees.



Mrs E M Watt
Trustee

Date: 6/12/2021

SUNDERLAND COUNSELLING SERVICE

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF SUNDERLAND COUNSELLING SERVICE

Opinion

We have audited the financial statements of Sunderland Counselling Service (the 'charity') for the year ended 31 March 2021 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

SUNDERLAND COUNSELLING SERVICE

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF SUNDERLAND COUNSELLING SERVICE

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is the extent to which an audit conducted under ISAs (UK) is capable of detecting irregularities, including fraud. Our procedures include:

- obtaining an understanding of the legal and regulatory frameworks applicable to the charity, such as the Companies Act 2006 and relevant charity and tax legislation, and obtaining an understanding of how the charity complies with those frameworks;
- assessing the susceptibility of the charity's financial statements to material misstatement, including how fraud might occur, with audit procedures including: considering internal controls; testing supporting documentation; enquiring of the charity's management; reviewing minutes of trustees' meetings; and obtaining written confirmations.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation. We are not responsible for preventing fraud or non-compliance with laws and regulations and cannot be expected to detect all fraud and non-compliance with laws and regulations.

SUNDERLAND COUNSELLING SERVICE

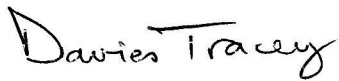
INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF SUNDERLAND COUNSELLING SERVICE

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Craig McBride (Senior Statutory Auditor)
for and on behalf of Davies Tracey
Chartered Accountants and Statutory Auditors

Swan House
Westpoint Road
Teesdale Business Park
Stockton on Tees
TS17 6BP

Date: 10/12/21

SUNDERLAND COUNSELLING SERVICE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total Unrestricted funds 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Income from:							
Donations and legacies	3	236	627,000	627,236	3,018	-	3,018
<u>Charitable activities</u>							
Provision of counselling service	4	3,827,436	108,735	3,936,171	3,426,012	51,005	3,477,017
Investments	5	-	-	-	1,053	-	1,053
Total income		<u>3,827,672</u>	<u>735,735</u>	<u>4,563,407</u>	<u>3,430,083</u>	<u>51,005</u>	<u>3,481,088</u>
Expenditure on:							
<u>Charitable activities</u>							
Provision of counselling service	6	3,549,147	138,631	3,687,778	3,060,734	70,631	3,131,365
Total charitable expenditure		<u>3,549,147</u>	<u>138,631</u>	<u>3,687,778</u>	<u>3,060,734</u>	<u>70,631</u>	<u>3,131,365</u>
Gross transfers between funds		-	-	-	(14,417)	14,417	-
Net income for the year/ Net movement in funds		278,525	597,104	875,629	354,932	(5,209)	349,723
Fund balances at 1 April 2020		<u>1,698,849</u>	<u>5,969</u>	<u>1,704,818</u>	<u>1,343,917</u>	<u>11,178</u>	<u>1,355,095</u>
Fund balances at 31 March 2021		<u><u>1,977,374</u></u>	<u><u>603,073</u></u>	<u><u>2,580,447</u></u>	<u><u>1,698,849</u></u>	<u><u>5,969</u></u>	<u><u>1,704,818</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

SUNDERLAND COUNSELLING SERVICE

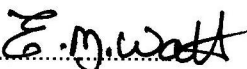
BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021		2020	
		£	£	£	£
Fixed assets					
Tangible assets	12		339,666		337,664
Current assets					
Debtors	13	535,884		547,143	
Cash at bank and in hand		1,826,989		1,033,154	
		<u>2,362,873</u>		<u>1,580,297</u>	
Creditors: amounts falling due within one year	14	<u>(122,092)</u>		<u>(213,143)</u>	
Net current assets			2,240,781		1,367,154
Total assets less current liabilities			<u>2,580,447</u>		<u>1,704,818</u>
Income funds					
Restricted funds	15		603,073		5,969
Unrestricted funds			1,977,374		1,698,849
			<u>2,580,447</u>		<u>1,704,818</u>

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

The financial statements were approved by the Trustees on 6/12/2021



Mrs E M Watt
Trustee

Company Registration No. 03315039

SUNDERLAND COUNSELLING SERVICE

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Cash flows from operating activities					
Cash generated from operations	21		815,952		55,414
Investing activities					
Purchase of tangible fixed assets		(22,117)		(7,539)	
Investment income received		-		1,053	
Net cash used in investing activities			(22,117)		(6,486)
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			793,835		48,928
Cash and cash equivalents at beginning of year			1,033,154		984,226
Cash and cash equivalents at end of year			<u>1,826,989</u>		<u>1,033,154</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

Charity information

Sunderland Counselling Service is a private company limited by guarantee incorporated in England and Wales. The registered office is 51 John Street, Sunderland, SR1 1QN.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum and Articles, the Companies Act 2006, Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

All income is recognised in the Statement of Financial Activities when all of the following criteria are met:

- the charity has entitlement to the funds;
- any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Service contract fees are accounted for on an accruals basis. Income received in advance of the provision of the specified services is deferred until the criteria for income recognition are met.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

Donated goods and services are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. On receipt, donated services and facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure on charitable activities includes the costs of the provision of counselling services and the associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	over 50 years on a straight line basis
Fixtures and fittings	15% reducing balance/20% on cost
Equipment	15%-33% reducing balance/20-25% on cost

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Taxation

The charity is exempt from corporation tax on its charitable activities.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity. The charity now makes a contribution of 3% of salary to this pension scheme and acts as agent in collecting and paying over employee pension contributions. The employer's contributions made for the accounting period are treated as an expense and were £84,523 (2020 - £68,669).

At 31 March 2021 total employer and employee contributions of £19,677 were outstanding (2020 - £18,070).

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds
	2021	2021	2021	2020
	£	£	£	£
Donations and gifts	236	-	236	3,018
Grants receivable	-	627,000	627,000	-
	<u>236</u>	<u>627,000</u>	<u>627,236</u>	<u>3,018</u>
Donations and gifts				
Donations - Core service	236	-	236	1,018
Donations - GP Project	-	-	-	1,000
Donations - North Tyneside Talking Therapies	-	-	-	1,000
	<u>236</u>	<u>-</u>	<u>236</u>	<u>3,018</u>
Grants receivable for core activities				
Cancer Counselling Service	-	112,000	112,000	-
CCAMHS	-	200,000	200,000	-
Covid 19 Community Fund	-	100,000	100,000	-
Adult transformation	-	100,000	100,000	-
IAPT Network Funding	-	115,000	115,000	-
	<u>-</u>	<u>627,000</u>	<u>627,000</u>	<u>-</u>

Donated goods and services

In addition to recorded incoming resources the charity received the benefit of many thousands of voluntary hours and unclaimed out of pocket expenses contributed by its supporters. It would be impossible to place a value on all these services and expenses, without which much of the work undertaken could not be achieved and for which the charity is extremely grateful.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

4 Charitable activities

	Provision of counselling service 2021 £	Provision of counselling service 2020 £
Services provided under contract	3,936,171	3,477,017
Analysis by fund		
Unrestricted funds	3,827,436	3,426,012
Restricted funds	108,735	51,005
	3,936,171	3,477,017

Charitable trading income

Bereavement Support

Grant funding received from Awards for All, for the purposes of developing and delivering support groups for people affected by bereavement.

Cancer Counselling Service

The provision of individual counselling to people with any form of cancer.

Community CAMHS Counselling Service

Contract held with NHS Sunderland CCG for the provision of individual counselling support to children and young people and interventions delivered by CWPs, in Sunderland.

Community Transformation

Grant funding from Sunderland CCG to support the transformation of adult community mental health services.

Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA)

Contract held with NHS Sunderland CCG for the provision of individual counselling for male and female survivors of rape and sexual abuse in Sunderland.

COVID Counselling

We provide signposting, advice, support and counselling for residents of Sunderland who feel their mental health has been affected or exacerbated by the impact of COVID-19.

Good Vibes

A project funded by the Big Lottery Fund and led by the Sunderland All Together youth consortium; we deliver counselling in youth projects across the city.

GP Project

Contract held with NHS Sunderland CCG for the provision of counselling in GP practices in Sunderland.

IAPT Network funding

In collaboration with the IAPT clinical network, developing and commissioning training and CPD activities for IAPT services across the north east.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

4 Charitable activities

(Continued)

North Tyneside Talking Therapies

Under contract to NHS Northumbria Healthcare for the provision of the counselling element of North Tyneside's IAPT service.

Northumbria Police and Crime Commissioner

Grant funding from the Northumbria PCC, with which we augment our service provision within the CASSVA service to increase overall service capacity and address gaps in service provision for male rape victims in the region.

Occupational Health

Contract held with Sunderland City Council for employee counselling, as part of their Occupational Health service.

REACH

A service provided under contract to provide counselling services for recent victims of sexual violence across the Northumbria Police Force area.

Schools

A service to provide an effective school-based counselling service for children and young people in the City of Sunderland.

St Benedicts Hospice

Providing individual counselling and other forms of support for patients and family members, carers and children of patients at St Benedict's Hospice in Sunderland.

Sunderland Psychological Wellbeing Service (IAPT)

Contract funding from NHS Sunderland CCG allocated to the provision of step 2 interventions within Sunderland's IAPT service; provision of therapy for people whose mental health and emotional wellbeing are affected by their caring responsibilities.

Talking Changes

Under contract to TEWW NHS Foundation Trust, provision of counselling at steps 1 and 3 in the IAPT service covering County Durham & Darlington.

Talking Matters Northumberland

In partnership with MHM and Efficacy, delivery of Northumberland's IAPT service.

5 Investments

	Total	Unrestricted funds
	2021	2020
	£	£
Interest receivable	-	1,053
	<u> </u>	<u> </u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

6 Charitable activities

	Provision of counselling service 2021 £	Provision of counselling service 2020 £
Staff costs	3,064,293	2,579,889
Telephone	37,329	21,307
Direct service costs	24,599	55,707
Advertising	1,105	-
Printing, postage and stationery	1,625	6,662
Training and supervision	37,660	34,728
Travel and volunteers expenses	708	28,380
Other costs	21,163	16,644
	<u>3,188,482</u>	<u>2,743,317</u>
Share of support costs (see note 7)	490,356	384,248
Share of governance costs (see note 7)	8,940	3,800
	<u>3,687,778</u>	<u>3,131,365</u>
Analysis by fund		
Unrestricted funds	3,549,147	3,060,734
Restricted funds	138,631	70,631
	<u>3,687,778</u>	<u>3,131,365</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

7 Support costs	Support costs	Governance costs	2021	Support costs	Governance costs	2020
	£	£	£	£	£	£
Staff costs	304,671	500	305,171	285,151	500	285,651
Depreciation	20,115	-	20,115	17,356	-	17,356
Rates and water	622	-	622	619	-	619
Insurance	7,051	-	7,051	6,094	-	6,094
Light and heat	2,045	-	2,045	4,944	-	4,944
Rent	9,140	-	9,140	9,056	-	9,056
Repairs and maintenance	91,083	-	91,083	36,731	-	36,731
Accountancy	7,210	-	7,210	7,800	-	7,800
Legal and professional fees	48,337	5,040	53,377	16,418	-	16,418
Bank charges	82	-	82	79	-	79
Audit fees	-	3,400	3,400	-	3,300	3,300
	<u>490,356</u>	<u>8,940</u>	<u>499,296</u>	<u>384,248</u>	<u>3,800</u>	<u>388,048</u>
Analysed between						
Charitable activities	<u>490,356</u>	<u>8,940</u>	<u>499,296</u>	<u>384,248</u>	<u>3,800</u>	<u>388,048</u>

Basis of apportionment

Staff costs - time spent
Depreciation and other overheads - usage

8 Auditor's remuneration

The analysis of auditor's remuneration is as follows:

Fees payable to the charity's auditor and associates:	2021	2020
	£	£
Audit of the charity's annual accounts	3,400	3,300
Non-audit services		
All other non-audit services	7,210	7,800

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

10 Employees

The average monthly number of employees during the year was:

	2021	2020
	Number	Number
Counselling and support	119	107
Administration	11	11
Total	<u>130</u>	<u>118</u>

Employment costs	2021	2020
	£	£
Wages and salaries	3,024,454	2,577,357
Social security costs	260,487	215,857
Other pension costs	84,523	72,326
	<u>3,369,464</u>	<u>2,865,540</u>

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2021	2020
	Number	Number
£60,001 - £70,000	<u>1</u>	<u>1</u>

11 Taxation

The company is exempt from tax under Sections 466 to 493 Corporation Taxes Act 2010 as long as income is applied for charitable purposes only.

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

12 Tangible fixed assets

	Freehold land and buildings £	Fixtures and fittings £	Equipment £	Total £
Cost				
At 1 April 2020	338,267	31,119	93,821	463,207
Additions	-	-	22,117	22,117
At 31 March 2021	338,267	31,119	115,938	485,324
Depreciation and impairment				
At 1 April 2020	28,189	22,962	74,392	125,543
Depreciation charged in the year	6,765	3,490	9,860	20,115
At 31 March 2021	34,954	26,452	84,252	145,658
Carrying amount				
At 31 March 2021	303,313	4,667	31,686	339,666
At 31 March 2020	310,078	8,157	19,429	337,664

13 Debtors

	2021 £	2020 £
Amounts falling due within one year:		
Other debtors	501,498	453,113
Prepayments and accrued income	34,386	94,030
	535,884	547,143

14 Creditors: amounts falling due within one year

	2021 £	2020 £
Other taxation and social security	74,473	64,590
Trade creditors	20,466	8,066
Accruals and deferred income	27,153	140,487
	122,092	213,143

Included in the above is deferred income of £Nil (2020 - £115,000).

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

15 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2019		Movement in funds		Transfers		Balance at 1 April 2020		Movement in funds		Movement in funds		Balance at 31 March 2021	
	£	£	Incoming resources	Resources expended	£	£	£	£	Incoming resources	Resources expended	£	£	£	£
Cancer Counselling Service	896		31,450	(46,540)	14,194		-	143,450	(67,914)			75,536		
South Tyneside GP Project	3,048		-	-	-	3,048		-	-			3,048		
Bereavement Support	7,234		-	(4,313)	-	2,921		-	(1,601)			1,320		
Big Lottery Fund & ESF Building Better Opportunities Grant	-		11,051	(11,051)	-	-		-	-			-		
Ministry of Justice Male Rape Support Fund/BTS	-		8,504	(8,727)	223			-	(138)			(138)		
CCAMHS	-		-	-	-	-		200,000	-			200,000		
Good Vibes	-		-	-	-	-		26,022	(24,065)			1,957		
Covid 19 Community Fund	-		-	-	-	-		151,263	(44,913)			106,350		
Adult transformation	-		-	-	-	-		100,000	-			100,000		
IAPT Network Funding	-		-	-	-	-		115,000	-			115,000		
	11,178		51,005	(70,631)	14,417	5,969		735,735	(138,631)			603,073		

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

16 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Fund balances at 31 March 2021 are represented by:						
Tangible assets	336,401	3,265	339,666	337,292	372	337,664
Current assets/ (liabilities)	1,640,973	599,808	2,240,781	1,361,557	5,597	1,367,154
	<u>1,977,374</u>	<u>603,073</u>	<u>2,580,447</u>	<u>1,698,849</u>	<u>5,969</u>	<u>1,704,818</u>

17 Financial commitments, guarantees and contingent liabilities

Grants receivable and similar funding may be repayable if certain associated conditions are not, or have not been, met.

18 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2021 £	2020 £
Within one year	1,252	5,125
Between two and five years	3,978	3,507
In over five years	320	-
	<u>5,550</u>	<u>8,632</u>

19 Capital commitments

At 31 March 2021 the charity had capital commitments as follows:

Contracted for but not provided in the financial statements:

	2021 £	2020 £
Acquisition of property, plant and equipment	-	6,276
	<u>-</u>	<u>6,276</u>

SUNDERLAND COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

20 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2021 £	2020 £
Aggregate compensation	187,476	169,314

Transactions with related parties

During the year the charity entered into the following transactions with related parties:

Mrs E M Watt and Mr B Greener acted as guarantors to a lease in the company's name. Rent payable under the terms of the lease was £4,300 per annum.

21 Cash generated from operations	2021 £	2020 £
Surplus for the year	875,629	349,723
Adjustments for:		
Investment income recognised in statement of financial activities	-	(1,053)
Depreciation and impairment of tangible fixed assets	20,115	17,356
Movements in working capital:		
Decrease/(increase) in debtors	11,259	(449,344)
(Decrease)/increase in creditors	(91,051)	138,732
Cash generated from operations	815,952	55,414

22 **Analysis of changes in net funds**
The charity had no debt during the year.

23 Company limited by guarantee

The liability of the members of the company is limited by guarantee. Each member has undertaken to contribute an amount not exceeding £1 towards any deficit arising in the event of the company being wound up.