

**Report of the Trustees  
and  
Financial Statements  
for the Year Ended 31 March 2022  
for  
Wessex Psychotherapy and Counselling CIO**

**Charity Number: 1159779**

**Wessex Psychotherapy and Counselling CIO**

**Index to the Financial Statements  
For the Year Ended 31 March 2022**

	<b>Page</b>
Report of the Trustees	1 – 3
Receipts and Payments Account	4
Report of the Reporting Accountant	5

## **Wessex Psychotherapy and Counselling CIO**

### **Report of the Trustees for the Year ended 31 March 2022**

The Trustees hereby present their report with the financial statements of the Charitable Incorporated Organisation for the year ended 31<sup>st</sup> March 2022

#### **Trust Information, Structure, Governance and Management:**

**Constitution:** The charitable incorporated organisation was established on 5 January 2015 and is governed by its constitution

**Registered Charity Number:** 1159779

**Trustees:** The appointment of trustees is by simple majority of the existing trustees in accordance with paragraph 12 of the constitution. The trustees during the period under review are:

Rev A Budgell  
Mrs C A Cole  
Mr P G Gibson (Chair)  
Mr J J Hepburn

**Correspondent:** Mr D C Sinclair

**Address:** Hare Cottage  
20 Woodlands  
Hazelbury Bryan  
Sturminster Newton  
Dorset DT10 2DD

**Independent Examiner:** Sue Wintle  
Independent Examiner  
27 Bascott Road  
Bournemouth  
Dorset BH11 8RJ

**Bankers:** Co-operative Bank plc  
PO Box 101  
1 Balloon Street  
Manchester M60 4EP

#### **Governance**

The Charitable Incorporated Organisation is run by the Trustees on a voluntary basis.

Day to day management and control is exercised by the Service Manager.

## **Wessex Psychotherapy and Counselling CIO**

### **Report of the Trustees for the Year ended 31 March 2022 Continued**

#### **Risk Management**

The Trustees are aware of their responsibility for managing risk and seek professional advice and where appropriate put insurance cover in place.

#### **Reserves**

The charity maintains reserves equivalent to one month's expenditure.

#### **Oversight**

The Trustees meet with the Service Manager at roughly quarterly intervals to be kept up to date with monthly activity statistics and accounts and discuss the future direction of the charity.

#### **Objectives and Activities**

The object and principal activity of the Charitable Incorporated Organisation is to promote for the public benefit the mental, emotional, spiritual and physical health of persons resident in Dorset and (at the discretion of the Charity Trustees) other counties by providing psychotherapy and counselling and by such other means as the Charity Trustees may from time to time decide including supervision and training.

#### **Achievements and performance**

Two trainee counsellors qualified during the year and chose to work for other organisations upon registration. They were not replaced. Although the smaller team of 2 (2021:4) counsellors had reduced capacity it still managed to deliver 285 (2021: 513) counselling hours (56% compared to the year ending in 2021) helping 10 (2021:17) individuals and 2 (2021:3) couples. The team continue to counsel nationally, remotely, online from counsellors' homes but are also counselling people face to face again.

#### **Financial Review**

The financial statements are exempt from the audit requirements of Section 144(2) Charities Act 2011 but have been subjected to an Independent Examination.

In the year under review the charity generated income from counselling of £7,835 (2021: £13,046) (58% compared to the year ending in 2021) at a cost of £9,263 (2021: £13,676). The charity also received donations of £1,689 (2021: £1,480) including related income tax recoverable.

**Wessex Psychotherapy and Counselling CIO**

**Report of the Trustees  
for the Year ended 31 March 2022  
Continued**

**Public Benefit**

We confirm that the trustees have paid due regard to the Charities Commission guidance on public benefit in planning the activities the charity should undertake.

**Trustees' responsibilities in relation to financial statements**

The trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

The trustees are required to prepare financial statements for each financial year in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the charity and of its incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed; 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 accounting records which 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 applicable law, regulations and the trust deed. 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.

**Independent Examiner**

Sue Wintle, Independent Examiner, has expressed her willingness to continue as "Independent Examiner" of the charitable incorporated organisation.

**Approved by the trustees and signed on their behalf by:**

Anne Budgell - Trustee



Dated: 26 April 2022



# Wessex Psychotherapy and Counselling CIO

## Receipts and Payments Account for the Year ended 31 March 2022


	y/e 31-3-22			y/e 31-3-21		
Counselling Fees			7835			13046
Donations non-gift aided		1689			937	
gift aided		0	<u>1689</u>		543	<u>1480</u>
			9524			14526
<b>Costs of generating funds</b>						
Subcontractor's fees	5900			7925		
Supervision fees	2499			4710		
Travelling		8399			12635	
<b>Charitable Activities</b>						
Training				60		
Advertising & Marketing		53		186		
Affiliation fees						
Communications		102		72		
Phone		178		176		
Printing		120		104		
Postage		5		52		
Insurance		122		107		
Administration						
Welfare						
Room Hire						
Sundries					756	
<b>Governance Costs</b>						
Independent Examiner's Fee	250			250		
Information Commissioners Office	<u>35</u>	<u>285</u>	<u>9263</u>	<u>35</u>	<u>285</u>	<u>13676</u>
<b>Excess/(Deficit) of receipts over payments</b>			261			850
Bank balance as at 31 March 2021			<u>1643</u>			<u>793</u>
Bank balance as at 31 March 2022			<u>1904</u>			<u>1643</u>
<b>Liabilities</b>						
Independent Examiner's Fee			250			250

These accounts were approved by the Board of Trustees on 26 April 2022 and signed on its behalf

Chair  
Peter Gibson



Trustee  
Anne Budgell



**Wessex Psychotherapy and Counselling CIO**

**Independent Examiner's Report to the Trustees of  
Wessex Psychotherapy and Counselling CIO**

I report on the accounts of Wessex Psychotherapy and Counselling CIO for the period ended 31 March 2022, which are set out on page four.

**Respective Responsibilities of Trustees and Examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144 (2) of the Charities Act 2011 (the Act)), and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 145 of the Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under Section 145 (5) (b) of the Act); and
- to state whether particular matters have come to my attention.

***Basis of Independent Examiner's Report***

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently I do not express an audit opinion on the accounts.

***Independent Examiner's Statement***

In connection with my examination, no matter has come to my attention:

- Which gives me reasonable cause to believe that, in any material respect, the requirements:
    - a. to keep proper accounting records in accordance with Section 130 of the Act; and
    - b. to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Charities Act 2011 and the regulations made there under have not been met;
- or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Sue Wintle  
Independent Examiner  
27 Bascott Road  
Bournemouth  
Dorset BH11 8RJ



Dated: 18.5.2022