

**Report of the Trustees
and
Financial Statements
for the Year Ended 31 March 2023
for
Wessex Psychotherapy and Counselling CIO**

Charity Number: 1159779

Wessex Psychotherapy and Counselling CIO

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Wessex Psychotherapy and Counselling CIO

Report of the Trustees for the Year ended 31 March 2023

The Trustees hereby present their report with the financial statements of the Charitable Incorporated Organisation for the year ended 31st March 2023

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 2023 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 four monthly 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

One team member left at the end of April to focus on her own practice. She was replaced in September. The team of 2 (2022:2) counsellors deliver 256 (2022: 285) counselling hours (90% compared to the year ending in 2022) helping 13 (2022:10) individuals and 3 (2022:2) couples. The team continue to counsel nationally, remotely, online from counsellors' homes as well as face to face locally.

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 £10,403 (2022: £7,835) (133% compared to the year ending in 2022) at a cost of £11,729 (2022: £9263). The charity also received donations of £816 (2022: £1,689) including related income tax recoverable.

Wessex Psychotherapy and Counselling CIO

**Report of the Trustees
for the Year ended 31 March 2023
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:



Carol Cole - Trustee

Dated: 25 April 2023

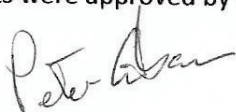
Wessex Psychotherapy and Counselling CIO

Receipts and Payments Account for the Year ended 31 March 2023

	y/e 31-3-23	y/e 31-3-22
Counselling Fees	10403	7835
Donations non-gift aided	816	1689
gift aided	0 <u>816</u>	0 <u>1689</u>
	11219	9524
Costs of generating funds		
Subcontractor's fees	8050	5900
Supervision fees	108	2499
Travelling	0	8399
Charitable Activities		
Advertising & Marketing		53
Office Equipment	2145	
Communications	131	102
Phone	199	178
Printing	120	120
Postage	60	5
Stationery	4	
Insurance	122	122
Administration	500	
Welfare	5	
Room Hire		
Sundries		579
Governance Costs		
Independent Examiner's Fee	250	250
Information Commissioners Office	<u>35</u> <u>285</u> <u>11729</u>	<u>35</u> <u>285</u> <u>9263</u>
Excess/(Deficit) of receipts over payments	(510)	261
Bank balance as at 31 March 2022	<u>1904</u>	<u>1643</u>
Bank balance as at 31 March 2023	<u>1394</u>	<u>1904</u>
Liabilities		
Independent Examiner's Fee	250	250

These accounts were approved by the Board of Trustees on 25 April 2023 and signed on its behalf by:

Chair
Peter Gibson



Trustee
Carol Cole



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 2023, 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: 8-8-2023