

**Report of the Trustees
and
Financial Statements
for the Year Ended 31 March 2024
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 2024

The Trustees hereby present their report with the financial statements of the Charitable Incorporated Organisation for the year ended 31st March 2024

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 (resigned 29 April 2024)
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 2024 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.

Name Change

Having received the consent of the Charity Commission to change the name of the charity to Wessex Pastoral Counselling CIO to better reflect the wider range of help it offers and carries out the Trustees ratified this decision on 9 May 2024.

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

The counselling team was joined by a placement trainee between September 2023 and January 2024. The team of 3 (2023:2) counsellors delivered 120 (2023: 256) counselling hours 47% compared to the year ending in 2023) helping 14 (2023:13) individuals and 1 (2023:3) couple(s). 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 £5,483 (2023: £10,403) (53% compared to the year ending in 2023) at a cost of £5,939 (2023: £11,729) (51% compared to the year ending in 2023). The charity also received donations of £724 (2023: £816) including related income tax recoverable.

Wessex Psychotherapy and Counselling CIO

Report of the Trustees for the Year ended 31 March 2024 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 June 2024

Wessex Psychotherapy and Counselling CIO

Receipts and Payments Account for the Year ended 31 March 2024

	y/e 31-3-24			y/e 31-3-23		
Counselling Fees			5483			10403
Donations non-gift aided	724			816		
gift aided	0	<u>724</u>		0	<u>816</u>	
		6207			11219	
Costs of generating funds						
Subcontractor's fees	4445			8050		
Supervision fees	0			108		
Travelling	<u>103</u>	4548		<u>0</u>	8158	
Charitable Activities						
Office Equipment	0			2145		
Communications	105			131		
Phone	166			199		
Printing	122			120		
Postage	51			60		
Stationery				4		
Insurance	122			122		
Administration	500			500		
Welfare				5		
Sundries	<u>40</u>	1106		<u>3286</u>		
Governance Costs						
Independent Examiner's Fee	250			250		
Information Commissioners Office	<u>35</u>	<u>285</u>	<u>5939</u>	<u>35</u>	<u>285</u>	<u>11729</u>
Excess/(Deficit) of receipts over payments			268			(510)
Bank balance as at 31 March 2023			<u>1394</u>			<u>1904</u>
Bank balance as at 31 March 2024			<u>1662</u>			<u>1394</u>
Liabilities						
Independent Examiner's Fee			250			250

These accounts were approved by the Board of Trustees on 25 June 2024 and signed on its behalf by:

Chair

Peter Gibson

Trustee

Carol Cole

Wessex Psychotherapy and Counselling CIO

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees of Wessex Psychotherapy and Counselling CIO, on accounts for the year ended 31st March 2024

Respective responsibilities of Trustees and examiner

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 Commission (under section 145(5)(b) of the Act), and
- To state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commission. 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 no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that, in any material respect, the Members of the PCC have not met the requirements to ensure that:
 - a. Proper accounting records are kept (in accordance with section 41 of the Act); and
 - b. Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed... *Sue W*

Date... 28/08/2024.....

Sue Wintle
Association of Charity Independent Examiners
27 Bascott Road
Bournemouth
Dorset BH11 8RJ