

YOU AND ME COUNSELLING

England & Wales · Charity number 1163561

Details

Other names	YOU AND ME COUNSELLING 01, YMC
Status	Registered
Legal form	Charitable company
Company number	08111152
Registered	2015-09-14
Register	View on the Charity Commission register

Contact

Address	24 North Street Hornchurch RM11 1QX
Phone	01708477663
Email	info@youandmecounselling.org.uk
Website	www.youandmecounselling.org.uk

Activities

Objects: THE CHARITY'S OBJECTS ARE FOR THE BENEFIT OF CHILDREN AND YOUNG PEOPLE IN AND THROUGHOUT LONDON AGED BETWEEN 5 TO 25 YEARS.(1)THE RELIEF OF PSYCHOLOGICAL DISTRESS AMONG YOUNG PEOPLE BY THE PROVISION OF ADVICE, COACHING, MENTORING AND COUNSELLING SERVICES;(2)THE ADVANCEMENT IN LIFE OF YOUNG PEOPLE BY PROVIDING SUPPORT WHICH DEVELOPS THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS;(3)THE PRESERVATION OF PUBLIC ORDER BY PROVIDING COUNSELLING SERVICES FOR THE REHABILITATION OF YOUNG OFFENDERS.

Activities: - Counselling- Bereavement- Anger management- Parental Separation/Divorce- Anti-social and truancy behaviour- One-to-one and group parental counselling- Bullying and gangs focus in counselling towards psychological adjustment- Adaptation programme for young offenders - Help and support for runaway children- Truancy patrol alongside the police in the community

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

Geography

- Barking And Dagenham
- Havering
- Redbridge

Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-28	£491,266	£385,112	-	-
2024-02-29	£424,098	£305,942	-	-
2023-02-28	£217,710	£286,042	-	-
2022-02-28	£251,634	£251,949	-	-
2021-02-28	£299,722	£204,228	-	-

Trustees

Name	Role	Appointed
Chisomo Mbango		2024-06-27
Inderdeep Singh Chhokar		2025-07-24
Joseph Roth		2025-07-24
Marvin Oladapo Hamilton		2025-03-10
OMOYAJOWO ADEPOJU ADEKUNLE		2025-05-03
Robert Littlewood		2025-07-24

YOU AND ME COUNSELLING

England & Wales - Charity number 1163561

Accounts

REGISTERED COMPANY NUMBER: 08111152 (England and Wales)
REGISTERED CHARITY NUMBER: 1163561

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2025
FOR
YOU AND ME COUNSELLING
(A COMPANY LIMITED BY GUARANTEE)

PRACTICAL ACCOUNTANT
(Chartered Accountants)
1000 Great West Road
Brentford
Middlesex
TW8 9DW

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for the Year Ended 28 February 2025

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YOU AND ME COUNSELLING

REPORT OF THE TRUSTEES

for the Year Ended 28 February 2025

The year 2024 has been our most successful to date, with growth enabling us to expand our services into additional boroughs across London, reaching more young people and their families. This progress has also attracted new funding streams alongside the existing funds, allowing You & Me Counselling to partner with more schools and extend our support to young people and their surrounding communities.

You & Me Counselling continues to demonstrate strong and sustained growth marked by a significant increase in both income and service demand. To support this positive trajectory, our team has expanded strategically, ensuring the organisation remains well-positioned for continued development.

As we look to the future, our focus will be on structured, strategic planning to manage growth effectively and maintain service excellence. This approach will enable us to continue meeting the counselling and psychotherapy needs of young people and their families across all boroughs in which we operate.

2025 Active funds and Initiatives

Children in Need: Supports our work with vulnerable children
NCEL

- **CYPMH Winter Pressures: Hospital Admission Avoidance Fund – Project**
- **Reboot-** CAHMS Referrals initiative continued providing support to children and young people across our catchment areas who are still impacted by Covid-19 while providing early intervention on mental health cases to avoid escalation into hospital admissions to ease off the pressure on the NHS.

Sporting Reboot

- YMC in collaboration with Bailey football Academy launched an initiative that provides sporting opportunities to young people aged 10 and 16 years of age by integrating counselling sessions across Havering and Walthamstow Forest to eradicate antisocial behavioural issues within the demography.

City Bridge- Reboot Redbridge

- YMC recognises most Mental health challenges stem from poverty and economic hardship notwithstanding other contributing factors. City Bridge has enabled us to deliver mental health support young people aged between 11 and 25 years from the minority groups involved in or at risk of becoming involved in anti-social behaviour or crime by offering free counselling sessions

Ongoing Projects

Service Expansion & Funding Growth

- Successfully expanded YMC's reach through a mix of new and existing funding streams.
- Strengthened delivery of support services for young people and families across London and surrounding catchment areas.

Impact & Outcomes

- Demonstrated measurable positive behavioural change among young people.
- Notable reductions in anti-social behaviour and knife crime.
- Fostered open discussions on mental health within families.
- Empowered young people and families to seek help confidently and without stigma.

Monitoring & Evaluation

- Implemented a robust monitoring and evaluation framework to assess service effectiveness.
- Enhanced efficiency and accountability while tracking return on investment.
- Provided clients with clear evidence of progress and positive change.

Funding & Growth Recognition

- Proven success throughout 2024 led to increased funding and stakeholder confidence.
- Positioned YMC for continued growth and service innovation in the coming year.

YOU AND ME COUNSELLING

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, memorandum and articles of association incorporated 19/6/2012, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08111152 (England and Wales)

Registered Charity number

1163561

Registered office

24 North Street
Hornchurch
Essex
RM11 1QX

Trustees

Evita Pintane Christopher
Aloysius Peter
Felicia Boshorin
Michelle Safo

Company Secretary

Independent Examiner

Practical Accountant (Chartered Accountants)
1000 Great West Road, Brentford
Middlesex
TW8 9DW

Approved by order of the board of trustees on 17th November 2025 and signed on its behalf by:

A handwritten signature in black ink, appearing to be 'JO' followed by a stylized flourish.

Joseph Oliver Roth - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOU AND ME COUNSELLING

Independent examiner's report to the trustees of You And Me Counselling ('the Company')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 28 February 2025.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

PRACTICAL ACCOUNTANT

Chartered Accountants
1000 Great West Road, Brentford
Middlesex
TW8 9DW

18th November 2025

YOU AND ME COUNSELLING

STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 28 February 2025

	Notes	Unrestricted Funds £	Restricted Funds £	2025 Total funds	2024 Total funds
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	136,142	317,664	453,806	416,333
Other trading activities	3	37,460	-	37,460	7,765
Total		173,602	317,664	491,266	424,098
EXPENDITURE ON					
Charitable activities					
Rent and service charges		7,312	10,969	18,281	6,080
Light and heat		2,121	-	2,121	1,331
DBS check		-	429	429	189
Wages		106,475	159,713	266,188	201,373
Telephone		773	1,160	1,933	1,565
Printing postage and stationery		598	896	1,494	1,216
Advertising		-	7,448	7,448	117
Travelling		1,896	2,844	4,740	1,187
Public liability insurance		606	-	606	1,562
Repairs and renewals		-	2,965	2,965	80
Office Equipment		370	555	925	540
Computer costs		2,677	4,015	6,692	2,184
Internet costs		160	241	401	500
Sundry expenses		940	1,409	2,349	1,297
Accountancy		1,326	1,988	3,314	2,793
Bad debt		-	115	115	(300)
Clinical supervision		592	2,368	2,960	2,100
Professional fees		12,266	18,398	30,664	52,342
Training costs		2,554	-	2,554	2,554
Trade subscriptions		1,118	-	1,053	1,118
Materials for Therapy Sessions		232	-	232	232
Credit card		617	-	617	617
Depn of computer equipment		456	-	456	456
Website costs		218	326	544	475
Licences		129	-	129	151
Input VAT		(50)	-	(50)	2,064
Pension		25,892	-	25,892	22,063
Bank charges		60	-	60	26
Venue Hire		-	-	-	-
Total		169,273	215,839	385,112	305,942
NET INCOME/(EXPENDITURE)		4,329	101,825	106,154	118,155
RECONCILIATION OF FUNDS					
Total funds brought forward		208,136	99,171	307,307	

The notes form part of these financial statements

YOU AND ME COUNSELLING

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 28 February 2025

	Unrestricted	Restricted	2025 Total	2024 Total
	fund	funds	funds	Funds
	£	£	£	£
Notes				
TOTAL FUNDS CARRIED FORWARD	212,465	200,996	413,461	307,307

The notes form part of these financial statements

YOU AND ME COUNSELLING

BALANCE SHEET 28 February 2025

	Notes	Unrestricted Funds £	Restricted Funds £	2025 Total funds	2024 Total funds
FIXED ASSETS					
Tangible assets	8	1,367	-	1,367	3,092
CURRENT ASSETS					
Debtors	9	2,330	-	2,330	15,557
Cash at bank and in hand		419,787	6,345	426,132	338,998
		<u>422,117</u>	<u>6,345</u>	428,462	<u>354,575</u>
CREDITORS					
Amounts falling due within one year	10	(13,094)	(3,274)	(16,368)	(47,268)
NET CURRENT ASSETS		<u>409,023</u>	<u>3,071</u>	412,058	<u>307,307</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		410,390	3,071	413,461	307,307
NET ASSETS		410,390	3,071	413,461	<u>307,307</u>
FUNDS					
Unrestricted funds	12				212,465
Restricted funds					200,996
TOTAL FUNDS					413,461

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28 February 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 28 February 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

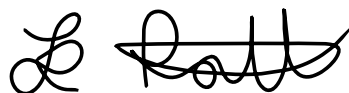
The notes form part of these financial statements

YOU AND ME COUNSELLING

BALANCE SHEET - continued **28 February 2025**

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

The financial statements were approved by the Board of Trustees and authorised for issue on 17th November 2025 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'J. Roth', with a stylized flourish at the end.

Joseph Oliver Roth - Trustee

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 28 February 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.
Computer equipment - 25% on reducing balance

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 28 February 2025**

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	363,853	332,783
Grants	-	-
Counselling Income	89,953	82,245
Training income	-	1,305
	<u>453,806</u>	<u>416,333</u>

3. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Unclassified Income	-	-
Supervisory income	10,260	7,415
Adjustments	26,367	-
Bank interest received	833	350
	<u>37,460</u>	<u>7,765</u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation - owned assets	<u>456</u>	<u>456</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 28 February 2025 nor for the year ended 29 February 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 28 February 2025 nor for the year ended 29 February 2024.

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 28 February 2025

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2025	2024
Counsellors managers and support staff	14	10
The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:	1	1
£90,001 - £100,000	1	1

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted Fund £	Restricted Fund £	Total Funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	94,547	115,557	210,104
Other trading activities	7,606	-	7,606
Total	102,153	115,557	217,710
EXPENDITURE ON			
Charitable activities			
Rent and service charges	2,405	6,845	9,250
Light and heat	1,460	-	1,460
Health and safety costs	-	-	-
DBS check	-	622	622
Wages	51,858	147,596	199,454
Telephone	517	1,473	1,990
Printing postage and stationery	376	1,070	1,446
Travelling	222	631	853
Public liability insurance	1,152	-	1,152
Repairs and renewals	-	-	-
Office Equipment	-	164	221
	57		
Computer costs	238	678	916
Internet costs	-	-	-
Sundry expenses	248	701	947
Bookkeeping	-	-	-
Accountancy	729	2,076	2,805
Clinical supervision	611	1,739	2,350
Professional fees	12,560	35,748	48,309
Training costs	1,229	-	1,229
Trade subscriptions	280	-	280
Materials for Therapy Sessions	298	-	298
Credit card	746	-	746
Depn of computer equipment	456	-	456
Website costs	103	295	398
Input VAT	-	-	-
Pension	10,735	-	10,735
Bank charges	125	-	125
Venue Hire	-	-	-
Total	86,405	199,638	286,042

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 28 February 2025

COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
NET INCOME	31,864	86,291	118,155
RECONCILIATION OF FUNDS	176,272	12,880	189,152
Total funds brought forward			
TOTAL FUNDS CARRIED FORWARD	208,136	99,171	307,307

8. TANGIBLE FIXED ASSETS

	Computer Equipment £
COST	
At 1 March 2024	8,193
Additions	-
Adjustment	(6,370)
At 28 February 2025	1,822
DEPRECIATION	
At 1 March 2024	5,101
Charge for year	456
Adjustment	(5,101)
At 28 February 2025	456
NET BOOK VALUE	
At 28 February 2025	1,366
At 29 February 2024	3,092

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 28 February 2025**9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2025	2024
	£	£
Trade debtor	2,330	15,577
Other debtors	2,330	15,577

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Bank loans and overdrafts (see note 11)	-	-
Trade creditors	5,156	1,612
Social security and other taxes	3,358	25,892
Pension	-	13,824
Deposits held	4,200	4,200
Accrued expenses	-	1,740
Provision for accountancy fee	3,654	-
	16,368	47,268

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 28 February 2025

11. MOVEMENT IN FUNDS

	At 1.3.24	Net movement in funds	At 28.2.25
	£	£	£
Unrestricted funds			
General fund	208,136	4,329	212,465
Restricted funds			
NCEL – Strong Minds	49,641	6,848	11,050
NCEL – Reboot	49,641	8,400	10,775
Civil Society Roots 3 Programme	21,165	9,450	19,305
NHS – Havering ClearMinds	6,000	(6,000)	-
Redbridge Safer Neighbourhood (CVS)	3,200	2,200	10,400
Together for London – London Community Fund	9,948	(9,948)	-
NHS – ClearMinds Redbridge	87,368	8,200	23,100
BBC – Children in Need	8,961	2,300	12,875
First Give	-	1,000	1,000
NHSE – CAMHS Havering CYP – ClearMinds	-	71,475	71,475
National Lottery-Stronger Together	55,650	2,700	10,141
Go! London Sporting Reboot	25,047	2,950	12,425
City bridge – Reboot Redbridge	11,525	2,250	18,450
	<u>99,171</u>	<u>101,825</u>	<u>200,996</u>
TOTAL FUNDS	<u>307,307</u>	<u>106,154</u>	<u>413,461</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 28 February 2025

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	173,602	(169,273)	4,329
Restricted funds			
	-	21,050	(21,050)
NCEL – Strong Minds	-	21,775	(21,775)
NCEL – Reboot	-	19,305	(19,305)
Civil Society Roots 3 Programme	-	17,300	(17,300)
NHS – Havering ClearMinds	-	-	-
Redbridge Safer Neighbourhood (CVS)	27,900	7,080	20,820
Together for London – London Community Fund	-	-	-
NHS – ClearMinds Redbridge	55,000	(42,125)	-
First Give	1,000	-	-
NHSE – CAMHS Havering CYP – ClearMinds	71,475	-	-
BBC – Children in Need	89,864	(70,723)	9,005
National Lottery-Stronger Together	24,800	12,820	-
Go! London Sporting Reboot	47,625	(23,550)	-
City bridge – Reboot Redbridge			
TOTAL FUNDS	491,266	(385,112)	34,154

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2024

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	Net movement		
	At 1.3.24	in funds	28.2.25
	£	£	£
Unrestricted funds			
General fund	176,272	(31,864)	208,136
Restricted funds			
People's Health Trust	-	-	-
BBC Children in Need	-	-	-
Easy Fundraising	-	-	-
Young Londoners Fund 1 Havering	(3,993)	56,000	8,540
London Community Foundation	-	-	-
Young Londoners Fund 2 Dagenham	8,549	18,000	17,465
National Lottery	67,133	27,519	38,000
Evening Standard	-	-	-
CAF Resilience Fund	-	-	-
Youth Endowment Fund	1,996	12,500	21,285
LCRF Covid19	23,277	36,000	13,890
	<u>12,880</u>	<u>150,019</u>	<u>99,171</u>
TOTAL FUNDS	<u>189,152</u>	<u>118,155</u>	<u>307,307</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	176,272	31,864	208,136
Restricted funds			
NCEL – Strong Minds	-	9,641	49,641
NCEL – Reboot	-	4,706	49,641
Civil Society Roots 3 Programme	(17,914)	39,079	21,165
NHS – Havering ClearMinds	-	6,000	6,000
Redbridge Safer Neighbourhood (CVS)	-	3,200	3,200
Together for London – London Community Fund	(7,642)	7,590	9,948
NHS – ClearMinds Redbridge	(10,497)	3,995	87,368
BBC – Children in Need	(13,324)	2,633	8,961
Reboot Havering Active London	47,844	3,494	55,650
National Lottery-Stronger Together	(8,803)	3,196	25,047
Go! London Sporting Reboot	<u>48,200</u>	<u>2,397</u>	<u>11,525</u>
	<u>12,882</u>	<u>86,281</u>	<u>99,171</u>
	<u>189,152</u>	<u>118,155</u>	<u>307,307</u>

YOU AND ME COUNSELLING

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 28 February 2024**

11. MOVEMENT IN FUNDS - continued	
TOTAL FUNDS	(68,332)

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2024

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.3.24	Net movement in funds	At 28.2.25
	£	£	£
Unrestricted funds			
General fund	208,136	(22,038)	186,098
Restricted funds			
Civil Society Roots 3 Programme	(16,429)	(8,500)	25,600
Together for London – London Community Fund	10,045	(12,300)	12,750
Young Londoners Fund 1 Havering	50,488	(14,750)	28,037
Young Londoners Fund 2 Dagenham	(29,304)	(16,200)	39,500
National Lottery	48,340	(17,800)	20,000
CAF Resilience Fund	11,999	(18,900)	8,500
LCRF Covid19	41,641	(19,764)	48,000
	92,782	(108,214)	182,387
TOTAL FUNDS	300,918	86,176	387,094

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2024

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	147,235	(22,038)	125,197
Restricted funds			
Civil Society Roots 3 Programme	12,300	9,300	21,000
Together for London – London Community Fund	41,500	26,000	16,500
Young Londoners Fund 1	110,214	45,013	3,450
Young Londoners Fund 2	6,800	14,500	31,000
National Lottery	9,750	4,200	2,100
CAF Resilience Fund	52,900	18,000	45,013
LCRF Covid19	84,200	6,850	4,800
	317,664	123,863	237,877
TOTAL FUNDS	464,899	101,825	363,074

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 28 February 2025.

YOU AND ME COUNSELLING

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 28 February 2025

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	-	1,003
Grants	-	-
Funding	363,853	331,779
Counselling Income	89,953	82,245
Training income	-	1,305
	<u>453,806</u>	<u>416,332</u>
Other trading activities		
Supervisory income	10,260	7,415
Unclassified Income	-	-
Adjustments	26,367	-
Bank interest received	833	350
Total incoming resources	<u>491,266</u>	<u>424,097</u>
EXPENDITURE		
Charitable activities		
Wages	266,188	201,373
Pension	25,892	22,063
	<u>292,080</u>	<u>223,436</u>
Support costs Management		
Clinical supervision	2805	2,100
Rent and service charges	9,250	6,080
Light and heat	1,460	1,331
Telephone	1,990	1,565
Postage and stationery	1,446	1,216
Travelling	853	1,187
	<u>17,804</u>	<u>13,479</u>
Finance		
Bank charges	125	26
Other		
Health and safety costs	-	-
DBS check	622	189
Public liability insurance	1,152	1,562
Repairs and renewals	-	-
	<u>1,774</u>	<u>1,777</u>

This page does not form part of the statutory financial statements

YOU AND ME COUNSELLING

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 28 February 2025

	2025 £	2024 £
Other		
Other 2		
Computer costs	221	2,793
Office Equipment	1,152	540
Internet costs	916	500
Sundries	-	1,327
Bookkeeping	-	-
Accountancy	947	2,793
Professional fees	48,309	52,342
Venue Hire	-	-
	<u>51,545</u>	<u>60,295</u>
Other 3		
Training costs	918	2,554
Trade subscriptions	1,229	1,118
Materials for Therapy Sessions	280	232
Credit card charges	298	617
Bad debts written off	-	(300)
Input VAT	-	2,064
Membership fees	-	-
Website costs	398	475
Depreciation of tangible fixed assets	456	456
	<u>3,579</u>	<u>7,216</u>
Total resources expended	385,112	305,912
Net (expenditure)/income	106,154	111,766

This page does not form part of the statutory financial statements

YOU AND ME COUNSELLING

England & Wales - Charity number 1163561

Accounts

REGISTERED COMPANY NUMBER: 08111152 (England and Wales)
REGISTERED CHARITY NUMBER: 1163561

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 29 FEBRUARY 2024
FOR
YOU AND ME COUNSELLING
(A COMPANY LIMITED BY GUARANTEE)

PRACTICAL ACCOUNTANT
(Chartered Accountants)
1000 Great West Road
Brentford
Middlesex
TW8 9DW

**CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 29 February 2024**

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YOU AND ME COUNSELLING

REPORT OF THE TRUSTEES for the Year Ended 29 February 2024

2023 has been the most successful year to date with growth that expanded our services to more boroughs across London serving young people and their families. Due to YMC growth, we attracted more funding streams allowing YMC take on additional schools to support its young people and surrounding communities.

2023 Active funds and Initiatives

NHSE-CAHMS:

- YMC attracted more funding this year enabling YMC to increase its free services while working with CAHMS and Social Workers to implement **Clear Minds Initiative** across our catchment areas supporting young people aged 5-18 years who might not meet CAHMS criteria but needs access to mental health support.
- **Change Through Choice** a targeted initiative for young people aged 8 to 18 years displaying antisocial behaviours with mild mental issues to mitigate escalation through early intervention

National Lottery:

- Stronger Together supports families faced with behavioural issues, violence and knife crime working with young people aged 9-18 years and their families across our catchment areas. This initiative has been successful with support from National Lottery funding. Since its inception, YMC has continued to offer free counselling support to young people, parents and family as a whole

NCEL CYP:

- Strong Minds Initiative aids YMC not only did it focus on addressing behavioural and mental health initiative aiding positive behaviour development and reduce crime rates in our catchment areas, we also focused on addressing racial inequalities and improve the mental health in children and young people aged 5 to 25 years across our catchment areas thereby realising access to mental health support by those affected.
- Reboot- CAHMS Referrals initiative continued providing support to children and young people across our catchment areas who are still impacted by Covid-19 while providing early intervention on mental health cases to avoid escalation into hospital admissions to ease off the pressure on the NHS.

Sporting Reboot

- YMC in collaboration with Bailey football Academy launched an initiative that provides sporting opportunities to young people aged 10 and 16 years of age by integrating counselling sessions across Havering and Walthamstow Forest to eradicate antisocial behavioural issues within the demography.

Civil Society

- This fund has made provision of mental health support to BAME group (young people, family units as well as couples) in Havering to ensure free access mental health support for such.

City Bridge Reboot

- YMC recognises most Mental health challenges stems from poverty and economic hardship notwithstanding other contributing factors. City Bridge has enabled us to deliver mental health support young people aged between 11 and 25 years from the minority groups involved in or at risk of becoming involved in anti-social behaviour or crime by offering free counselling sessions

Redbridge United

- This fund supports YMC free workshops on knife crime prevention and the risks of carrying a knife to 8- to 11-year-olds provisioning in school around Redbridge. This ensures the realisation of knife crime reduction and refocus young people on achieving academic excellence

Ongoing Projects

The year in focus not only did we expand our reach and services through new funding streams alongside existing funding, YMC successfully supported young people and their families through existing initiatives to ensure service continuation and change reinforcement across London and our catchment areas.

YOU AND ME COUNSELLING

The success of these projects across our catchment areas has been evident with change in behaviour in young people, a reduction in anti-social behaviours and knife crimes. These projects have provided an open platform for mental health open discussions to be had within families while empowering young people and families seek much needed support without prejudice

YMC implemented a robust service monitoring and evaluation strategy to measure service effectiveness in meeting desired outcomes and where necessary introduce changes that aid service effectiveness, efficiency against return on investment at the same time, this strategy allowed our clients to see the effect and positive changes since they started accessing our services. It is with this reason YMC attracted more funding to support our work due to the success we have had in 2023.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, memorandum and articles of association incorporated 19/6/2012, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08111152 (England and Wales)

Registered Charity number

1163561

Registered office

24 North Street
Hornchurch
Essex
RM11 1QX

Trustees

Evita Pintane Christopher
Aloysius Peter
Felicia Boshorin
Michelle Safo

Company Secretary

Independent Examiner

Practical Accountant (Chartered Accountants)
1000 Great West Road, Brentford
Middlesex
TW8 9DW

Approved by order of the board of trustees on 30th October 2024 and signed on its behalf by:



Aloysius Peter - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOU AND ME COUNSELLING

Independent examiner's report to the trustees of You And Me Counselling ('the Company')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 29 February 2024.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

PRACTICAL ACCOUNTANT

Chartered Accountants
1000 Great West Road, Brentford
Middlesex
TW8 9DW
30th October 2024

YOU AND ME COUNSELLING

STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 29 February 2024

	Notes	Unrestricted Funds £	Restricted Funds £	2024 Total funds	2023 Total funds
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	163,965	252,367	416,333	210,104
Other trading activities	3	7,765	-	7,765	7,606
Total		171,730	252,367	424,098	217,710
EXPENDITURE ON					
Charitable activities					
Rent and service charges		2,432	3,648	6,080	9,250
Light and heat		1,331	-	1,331	1,460
BS check		-	189	189	622
Wages		80,290	121,083	201,373	199,454
Telephone		626	931	1,565	1,990
Printing postage and stationery		486	730	1,216	1,446
Advertising		-	117	117	-
Travelling		475	712	1,187	853
Public liability insurance		1,562	-	1,562	1,152
Repairs and renewals		-	80	80	-
Office Equipment		216	324	540	221
Computer costs		754	1,430	2,184	916
Internet costs		200	300	500	-
Sundry expenses		359	968	1,297	947
Accountancy		1,117	1,676	2,793	2,805
Bad debt		-	(300)	(300)	-
Clinical supervision		840	1,260	2,100	2,350
Professional fees		20,937	31,405	52,342	48,309
Training costs		2,554	-	2,554	1,229
Trade subscriptions		1,118	-	1,118	280
Materials for Therapy Sessions		232	-	232	298
Credit card		617	-	617	746
Depn of computer equipment		456	-	456	456
Website costs		190	285	475	398
Licences		156	-	151	-
Input VAT		826	1,238	2,064	-
Pension		22,063	-	22,063	10,735
Bank charges		26	-	26	125
Venue Hire		-	-	-	-
Total		139,866	166,076	305,942	286,042
NET INCOME/(EXPENDITURE)		31,864	86,291	118,155	(68,332)
RECONCILIATION OF FUNDS					
Total funds brought forward		176,272	12,880	189,152	

The notes form part of these financial statements

YOU AND ME COUNSELLING

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 29 February 2024

	Unrestricted	Restricted	2024 Total	2023 Total
	fund	funds	funds	Funds
	£	£	£	£
Notes				
TOTAL FUNDS CARRIED FORWARD	208,136	99,171	307,307	189,152

The notes form part of these financial statements

YOU AND ME COUNSELLING

BALANCE SHEET 29 February 2024

	Notes	Unrestricted Funds £	Restricted Funds £	2024 Total funds	2023 Total funds
FIXED ASSETS					
Tangible assets	8	3,092	-	3,092	3,548
CURRENT ASSETS					
Debtors	9	9,346	6,231	15,577	4,672
Cash at bank and in hand		336,335	2,663	338,998	223,307
		<u>347,711</u>	<u>3,626</u>	354,575	<u>227,979</u>
CREDITORS					
Amounts falling due within one year	10	(6,074)	(41,194)	(47,268)	(42,375)
NET CURRENT ASSETS		<u>341,637</u>	<u>(37,423)</u>	307,307	<u>185,604</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		344,729	(37,423)	307,307	189,152
NET ASSETS		344,729	(37,423)	307,307	<u>189,152</u>
FUNDS					
Unrestricted funds	12				208,136
Restricted funds					99,171
TOTAL FUNDS					<u>307,307</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 29 February 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 29 February 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

YOU AND ME COUNSELLING

BALANCE SHEET - continued **29 February 2024**

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

The financial statements were approved by the Board of Trustees and authorised for issue on 30th October 2024 and were signed on its behalf by:

A handwritten signature in dark ink, appearing to be 'AP' with a flourish.

Aloysius Peter - Trustee

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 29 February 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.
Computer equipment - 25% on reducing balance

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 29 February 2024

2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	332,783	120,694
Grants	-	-
Counselling Income	82,245	87,760
Training income	1,305	1,650
	<u>416,333</u>	<u>210,104</u>

Grants received, included in the above, are as follows:

	2024	2023
	£	£
Other grants	<u>-</u>	<u>-</u>

3. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Unclassified Income	-	5,848
Supervisory income	7,415	7,575
Bank interest received	350	31
	<u>7,765</u>	<u>13,454</u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation - owned assets	<u>456</u>	<u>456</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 29 February 2024 nor for the year ended 28 February 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 29 February 2024 nor for the year ended 28 February 2023.

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 29 February 2024

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2024	2023
Counsellors managers and support staff	<u>10</u>	<u>10</u>
The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:	<u>1</u>	<u>1</u>
£90,001 - £100,000	<u>1</u>	<u>1</u>

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted Fund £	Restricted Fund £	Total Funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	94,547	115,557	210,104
Other trading activities	7,606	-	7,606
Total	<u>102,153</u>	<u>115,557</u>	<u>217,710</u>
EXPENDITURE ON			
Charitable activities			
Rent and service charges	2,405	6,845	9,250
Light and heat	1,460	-	1,460
Health and safety costs	-	-	-
DBS check	-	622	622
Wages	51,858	147,596	199,454
Telephone	517	1,473	1,990
Printing postage and stationery	376	1,070	1,446
Travelling	222	631	853
Public liability insurance	1,152	-	1,152
Repairs and renewals	-	-	-
Office Equipment	-	164	221
	57		
Computer costs	238	678	916
Internet costs	-	-	-
Sundry expenses	248	701	947
Bookkeeping	-	-	-
Accountancy	729	2,076	2,805
Clinical supervision	611	1,739	2,350
Professional fees	12,560	35,748	48,309
Training costs	1,229	-	1,229
Trade subscriptions	280	-	280
Materials for Therapy Sessions	298	-	298
Credit card	746	-	746
Depn of computer equipment	456	-	456
Website costs	103	295	398
Input VAT	-	-	-
Pension	10,735	-	10,735
Bank charges	125	-	125
Venue Hire	-	-	-
Total	<u>86,405</u>	<u>199,638</u>	<u>286,042</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 29 February 2024

COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
NET INCOME	15,748	(84,080)	(68,332)
RECONCILIATION OF FUNDS			
Total funds brought forward	160,524	96,960	257,484
TOTAL FUNDS CARRIED FORWARD	176,272	12,880	189,152

8. TANGIBLE FIXED ASSETS

	Computer Equipment £
COST	
At 1 March 2023	8,193
Additions	-
At 29 February 2024	8,193
DEPRECIATION	
At 1 March 2023	4,645
Charge for year	456
At 29 February 2024	5,101
NET BOOK VALUE	
At 29 February 2024	3,092
At 28 February 2023	3,548

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 29 February 2024****9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2024	2023
	£	£
Trade debtor	15,577	4,672
	<u>15,577</u>	<u>4,672</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Bank loans and overdrafts (see note 11)	-	-
Trade creditors	1,612	14,238
Social security and other taxes	25,892	14,844
Pension	13,824	8,891
Deposits held	4,200	2,661
Accrued expenses	1,740	1,740
	<u>47,268</u>	<u>42,374</u>

11. LOANS

An analysis of the maturity of loans is given below:

	2024	2023
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	-	-

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 29 February 2024

12. MOVEMENT IN FUNDS

	At 1.3.23	Net movement in funds	At 29.2.24
	£	£	£
Unrestricted funds			
General fund	176,272	31,864	208,136
Restricted funds			
NCEL – Strong Minds	-	9,641	49,641
NCEL – Reboot	-	4,706	49,641
Civil Society Roots 3 Programme	(17,914)	39,079	21,165
NHS – Havering ClearMinds	-	6,000	6,000
Redbridge Safer Neighbourhood (CVS)	-	3,200	3,200
Together for London – London Community Fund	(7,642)	7,590	9,948
NHS – ClearMinds Redbridge	(10,497)	3,995	87,368
BBC – Children in Need	(13,324)	2,633	8,961
National Lottery-Stronger Together	47,844	3,494	55,650
Go! London Sporting Reboot	(8,803)	3,196	25,047
City bridge – Reboot Redbridge	23,219	2,397	11,525
	<u>12,882</u>	<u>86,291</u>	<u>99,171</u>
TOTAL FUNDS	<u>189,152</u>	<u>118,155</u>	<u>307,307</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 29 February 2024

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	171,730	(139,866)	31,864
Restricted funds			
	-	49,641	49,641
NCEL – Strong Minds	-	49,641	49,641
NCEL – Reboot	-	21,165	21,165
Civil Society Roots 3 Programme	-	6,000	6,000
NHS – Havering ClearMinds	61,486	(41,511)	3,200
Redbridge Safer Neighbourhood (CVS)	7,378	(4,981)	9,948
Together for London – London Community Fund	12,297	(8,302)	87,368
NHS – ClearMinds Redbridge	49,189	(33,209)	8,961
BBC – Children in Need	98,379	(66,418)	55,650
National Lottery-Stronger Together	7,378	(6,642)	25,047
Go! London Sporting Reboot	48,200	(4,981)	11,525
City bridge – Reboot Redbridge			
TOTAL FUNDS	417,667	(305,912)	318,198

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 29 February 2024

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	Net movement		
	At 1.3.23	in funds	29.2.24
	£	£	£
Unrestricted funds			
General fund	160,522	15,750	176,272
Restricted funds			
People's Health Trust	-	1,969	-
BBC Children in Need	-	(12,740)	-
Easy Fundraising	-	(15)	-
Young Londoners Fund 1 Havering	(3,993)	(18,008)	(3,993)
London Community Foundation	-	(5,587)	-
Young Londoners Fund 2 Dagenham	8,549	6,067	8,549
National Lottery	67,133	(1,254)	(67,133)
Evening Standard	-	(15,901)	-
CAF Resilience Fund	-	(7,083)	-
Youth Endowment Fund	1,996	-	1,996
LCRF Covid19	23,277	-	23,277
	<u>96,962</u>	<u>(52,552)</u>	<u>12,880</u>
TOTAL FUNDS	<u>257,484</u>	<u>(68,322)</u>	<u>189,152</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	102,153	(86,405)	15,748
Restricted funds			
People's Health Trust	-	-	-
BBC Children in Need	-	-	-
Easy Fundraising	-	-	-
Young Londoners Fund 1 Havering	6,624	(26,534)	(19,910)
London Community Foundation	-	-	-
Young Londoners Fund 2 Dagenham	9,948	(17,590)	(7,642)
National Lottery	9,351	(15,855)	(6,504)
Evening Standard	-	-	-
CAF Resilience Fund	16,050	(37,923)	(21,873)
Reboot Havering Active London	9,013	(28,302)	(19,289)
Youth Endowment Fund	16,371	(25,174)	(8,803)
LCRF Covid19	<u>48,200</u>	<u>(48,259)</u>	<u>(59)</u>
	<u>115,557</u>	<u>(199,637)</u>	<u>(84,080)</u>
	<u>217,710</u>	<u>(286,042)</u>	<u>(68,332)</u>

YOU AND ME COUNSELLING

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 29 February 2024**

12. MOVEMENT IN FUNDS - continued	
TOTAL FUNDS	(315)

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 29 February 2024

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.3.24	Net movement in funds	At 29.2.23
	£	£	£
Unrestricted funds			
General fund	176,272	31,864	208,136
Restricted funds			
Civil Society Roots 3 Programme	(19,910)	19,975	(16,429)
Together for London – London Community Fund	(7,642)	2,397	10,045
Young Londoners Fund 1 Havering	(10,497)	3,995	50,488
Young Londoners Fund 2 Dagenham	(13,324)	15,980	(29,304)
National Lottery	47,844	31,960	48,340
CAF Resilience Fund	(8,803)	3,196	11,999
LCRF Covid19	23,218	2,397	41,641
	<u>12,882</u>	<u>(79,901)</u>	<u>92,782</u>
TOTAL FUNDS	<u>189,152</u>	<u>(111,766)</u>	<u>300,918</u>

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 29 February 2024

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	208,136	176,272	31,864
Restricted funds			
Civil Society Roots 3 Programme	(16,429)	(3,993)	(19,910)
Together for London – London Community Fund	10,045	-	(7,642)
Young Londoners Fund 1 Havering	50,488	8,549	(6,504)
Young Londoners Fund 2 Dagenham	(29,304)	1,996	(21,873)
National Lottery	48,340	(67,133)	(19,289)
CAF Resilience Fund	11,999	23,277	(8,803)
LCRF Covid19	41,641	(59)	(59)
	<u>92,781</u>	<u>12,880</u>	<u>(79,901)</u>
TOTAL FUNDS	<u>300,917</u>	<u>189,152</u>	<u>111,766</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 29 February 2024.

YOU AND ME COUNSELLING

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 29 February 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	1,003	540
Grants	-	-
Funding	331,779	114,306
Counselling Income	82,245	87,760
Training income	1,305	1,650
	<u>416,332</u>	<u>204,256</u>
Other trading activities		
Supervisory income	7,415	7,575
Unclassified Income	-	5,848
Bank interest received	350	31
Total incoming resources	<u>424,097</u>	<u>217,710</u>
EXPENDITURE		
Charitable activities		
Wages	201,373	186,618
Pension	22,063	10,735
	<u>223,436</u>	<u>197,353</u>
Support costs Management		
Clinical supervision	2,100	2,350
Rent and service charges	6,080	9,250
Light and heat	1,331	1,460
Telephone	1,565	1,990
Postage and stationery	1,216	1,446
Travelling	1,187	853
	<u>13,479</u>	<u>17,349</u>
Finance		
Bank charges	26	125
Other		
Health and safety costs	-	-
DBS check	189	622
Public liability insurance	1,562	13,988
Repairs and renewals	-	-
	<u>1,777</u>	<u>14,735</u>

This page does not form part of the statutory financial statements

YOU AND ME COUNSELLING

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 29 February 2024

	2024 £	2023 £
Other		
Other 2		
Computer costs	2,793	916
Office Equipment	540	221
Internet costs	500	-
Sundries	1,327	1,155
Bookkeeping	-	-
Accountancy	2,793	2,805
Professional fees	52,342	48,309
Venue Hire	-	-
	<u>60,295</u>	<u>53,406</u>
Other 3		
Training costs	2,554	1,229
Trade subscriptions	1,118	28
Materials for Therapy Sessions	232	0
		148
Credit card charges	617	746
Bad debts written off	(300)	(1,778)
Input VAT	2,064	1,570
Membership fees	-	150
Website costs	475	398
Depreciation of tangible fixed assets	456	456
	<u>7,216</u>	<u>3,199</u>
Total resources expended	305,912	286,041
Net (expenditure)/income	111,766	(68,331)

This page does not form part of the statutory financial statements

YOU AND ME COUNSELLING

England & Wales - Charity number 1163561

Accounts

REGISTERED COMPANY NUMBER: 08111152 (England and Wales)
REGISTERED CHARITY NUMBER: 1163561

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2023
FOR
YOU AND ME COUNSELLING
(A COMPANY LIMITED BY GUARANTEE)

PRACTICAL ACCOUNTANT
(Chartered Accountants)
1000 Great West Road
Brentford
Middlesex
TW8 9DW

**CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 28 February 2023**

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Detailed Statement of Financial Activities	17 to 18

YOU AND ME COUNSELLING

REPORT OF THE TRUSTEES for the Year Ended 28 February 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 28 February 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, memorandum and articles of association incorporated 19/6/2012, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08111152 (England and Wales)

Registered Charity number

1163561

Registered office

24 North Street
Hornchurch
Essex
RM11 1QX

Trustees

Anne Jarrett – resigned 30th December 2022
Evita Pintane – appointed 26th January 2023
Aloysius Peter
Felicia Boshorin
Michelle Safo

Company Secretary

Independent Examiner

Practical Accountant (Chartered Accountants)
1000 Great West Road, Brentford
Middlesex
TW8 9DW

YOU AND ME COUNSELLING

REPORT OF THE TRUSTEES

The Trustees are very pleased to present the annual Report together with the financial statements of the Charity for the year ending 28 February 2023.

In the face of the growing challenges and surge in demand for Counselling services in the aftermath of the pandemic, we are grateful that You and Me Counselling delivered much-needed services to community members.

We are grateful to the CEO, Bolaji Olagunju, the management staff and the volunteers for their professionalism. The Charity continued to grow and flourish throughout the year thanks to the dedication of our staff and volunteers working under Bolaji's leadership. Once again, we provided placement opportunities for many student counsellors.

You & Me Counselling has continued to go from strength to strength. Though the aggregate income slightly dipped compared to last year, overall business activity has increased. Our staff member capacity has expanded to accommodate continuous and healthy growth. At this stage, there is a need to look at the plan for our expansion and manage our development to ensure that we continue to meet the counselling and psychotherapy needs of the young people and their families in services.

During the last financial year, in addition to a growing number of self-referrals, we also have developed a working relationship with the Child and Adult Mental Health (CAMHS) Team in Havering, Barking and Dagenham, Redbridge and Waltham Forest. The number of schools requiring counselling services has also increased, and we have been engaging with several schools in Havering and other boroughs.

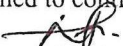
We are particularly grateful to our numerous funders, without whom we would not be doing what we are doing. Some of the funders and the projects are highlighted below.

- We have received from the London Community Foundation to provide Counselling for the cost of leaving crisis.
- Three years ago, we received Funding from the National Lottery to work with children/young people and their families suffering from mental health issues or behavioural problems in Havering for five years.
- We have received round 1 and 2 funding from the Young Londoners Fund. This has enabled You and Me Counselling to expand to Barking & Dagenham and Redbridge London Boroughs, which ended by December 2022.
- Funding from the GLA (Civil Society Roots) – 18 months from September 2022 to March 2024 to provide for the BME in Havering.
- LCRF – Covid-19 Relief, which ended in August 2022

You and Me Counselling's ability to attract business from other London Boroughs was greatly enhanced when the organisation received the status of London Youth Accreditation at the beginning of 2023. This accolade means other London Boroughs can now be assured that You and Me Counselling meets the criteria needed, having been inspected by the London Youth Organisation.

You and Me Counselling has grown and evolved over the past few years. I can only see this continuing, especially now that we have increased our service delivery beyond Havering and our capacity to deliver. In the year under review, the Trustees of You and Me Counselling held regular meetings and reviewed several policies of the Charity to manage its expected expansion. We are also pleased to report that we welcomed a new trustee to the Board, which made the Board more diverse and increased our range of skills, experience, and knowledge to meet the demanding needs of the Charity. Unfortunately, Anne Jarrett has resigned as a trustee and You and Me Counselling's Chair, while sadly, Geoff Hartnell, the first chairman of You and Me Counselling, passed away. May his soul rest in peace.

Again, the Board is grateful to the CEO and the You and Me Counselling Team, who have kept the Charity going in challenging circumstances. We look forward to working together to adapt to new working practices and meet the mental health needs of our target groups to the best of our ability. We want to ensure that our whole team is fully supported and trained to continue delivering first-class services to community members.


Pastor Aloysius Peter
For the Board of Trustees

YOU AND ME COUNSELLING

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOU AND ME COUNSELLING

Independent examiner's report to the trustees of You And Me Counselling ('the Company')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 28 February 2023.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

PRACTICAL ACCOUNTANT

Chartered Accountants
1000 Great West Road, Brentford
Middlesex
TW8 9DW
29 December 2023

YOU AND ME COUNSELLING

STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 28 February 2023

	Notes	Unrestricted Funds £	Restricted Funds £	2023 Total funds	2022 Total Funds
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	94,547	115,557	210,104	246,344
Other trading activities	3	7,606	-	7,606	5,290
Total		102,153	115,557	217,710	251,634
EXPENDITURE ON					
Charitable activities					
Rent and service charges		2,405	6,845	9,250	7,400
Light and heat		1,460	-	1,460	1,198
Health and safety costs		-	-	-	21
DBS check		-	622	622	93
Wages		51,858	147,596	199,454	162,862
Telephone		517	1,473	1,990	1,809
Printing postage and stationery		376	1,070	1,446	668
Travelling		222	631	853	827
Public liability insurance		1,152	-	1,152	1,023
Repairs and renewals		-	-	-	858
Office Equipment		57	164	221	-
Computer costs		238	678	916	1,844
Internet costs		-	-	-	446
Sundry expenses		248	701	947	1,057
Bookkeeping		-	-	-	2,479
Accountancy		729	2,076	2,805	3,859
Clinical supervision		611	1,739	2,350	2,000
Professional fees		12,560	35,748	48,309	52,263
Training costs		1,229	-	1,229	660
Trade subscriptions		280	-	280	-
Materials for Therapy Sessions		298	-	298	327
Credit card		746	-	746	645
Depn of computer equipment		456	-	456	1,335
Website costs		103	295	398	1,076
Input VAT		-	-	-	1,831
Pension		10,735	-	10,735	-
Bank charges		125	-	125	123
Venue Hire		-	-	-	5,200
Total		86,405	199,637	286,042	251,949
NET INCOME/(EXPENDITURE)		15,748	(84,080)	(68,332)	(315)
RECONCILIATION OF FUNDS					
Total funds brought forward		160,524	96,960	257,484	

The notes form part of these financial statements

YOU AND ME COUNSELLING

STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 28 February 2023

	Notes	Unrestricted	Restricted	2023 Total	2022 Total
		fund £	funds £	funds £	Funds £
TOTAL FUNDS CARRIED FORWARD		176,272	12,880	189,152	257,484

The notes form part of these financial statements

YOU AND ME COUNSELLING

BALANCE SHEET 28 February 2023

	Notes	Unrestricted Funds £	Restricted Funds £	2023 Total funds	2022 Total funds
FIXED ASSETS					
Tangible assets	8	3,548	-	3,548	4,004
CURRENT ASSETS					
Debtors	9	3,125	1,547	4,672	37,864
Cash at bank and in hand		145,150	78,157	223,307	251,226
		<u>148,275</u>	<u>79,704</u>	<u>227,979</u>	<u>289,090</u>
CREDITORS					
Amounts falling due within one year	10	(5,509)	(36,867)	(42,375)	(35,610)
NET CURRENT ASSETS		<u>142,766</u>	<u>42,839</u>	<u>185,604</u>	<u>253,480</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		146,314	42,839	189,152	257,484
NET ASSETS		146,314	42,839	<u>189,152</u>	<u>257,484</u>
FUNDS					
Unrestricted funds	12				176,272
Restricted funds					12,880
TOTAL FUNDS					<u>189,152</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28 February 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 28 February 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

YOU AND ME COUNSELLING

BALANCE SHEET - continued **28 February 2023**

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

The financial statements were approved by the Board of Trustees and authorised for issue on 28 December 2023 and were signed on its behalf by:

A handwritten signature in black ink, appearing to be 'AP', with a large loop at the end.

Aloysius Peter
Chairman, Board of Trustees

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS for the Year Ended 28 February 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.
Computer equipment - 25% on reducing balance

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 28 February 2023

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	120,694	157,026
Grants	-	1,530
Counselling Income	87,760	86,593
Training income	1,650	1,195
	<u>210,104</u>	<u>246,344</u>

Grants received, included in the above, are as follows:

	2023	2022
	£	£
Other grants	<u>-</u>	<u>1,530</u>

3. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Unclassified Income	5,848	-
Supervisory income	7,575	5,290
Bank interest received	31	-
	<u>13,454</u>	<u>5,290</u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation - owned assets	<u>456</u>	<u>1,335</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 28 February 2023 nor for the year ended 28 February 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 28 February 2023 nor for the year ended 28 February 2022.

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 28 February 2023

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2023	2022
Counsellors managers and support staff	<u>10</u>	<u>8</u>
The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:	1	1

	2023	2022
£90,001 - £100,000	<u>1</u>	<u>1</u>

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted Fund £	Restricted Fund £	Total Funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	96,077	150,267	246,344
Other trading activities	5,290	-	5,290
Total	<u>101,367</u>	<u>150,267</u>	<u>251,634</u>
EXPENDITURE ON			
Charitable activities			
Rent and service charges	3,076	4,324	7,400
Light and heat	-	1,198	1,198
Health and safety costs	21	-	21
DBS check	-	93	93
Wages	17,454	145,408	162,862
Telephone	186	1,623	1,809
Printing postage and stationary	211	457	668
Travelling	50	777	827
Public liability insurance	1,023	-	1,023
Repairs and renewals	280	578	858
Computer costs	533	1,311	1,844
Internet costs	217	229	446
Sundry expenses	536	521	1,057
Bookkeeping	2,479	-	2,479
Accountancy	3,674	185	3,859
Clinical supervision	150	1,850	2,000
Professional fees	29,528	22,735	52,263
Training costs	660	-	660
Trade subscriptions	372	-	372
Credit card	645	-	645
Depn of computer equipment	1,335	-	1,335
Website costs	950	126	1,076
Pension	1,831	-	1,831
Venue Hire	-	5,200	5,200
Bank charges	123	-	123
Total	<u>65,334</u>	<u>186,615</u>	<u>251,949</u>

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2023

COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
NET INCOME	36,033	(36348)	(315)
RECONCILIATION OF FUNDS			
Total funds brought forward	124,491	133,308	257,799
TOTAL FUNDS CARRIED FORWARD	160,524	96,960	257,484

8. TANGIBLE FIXED ASSETS

	Computer Equipment £
COST	
At 1 March 2022	8,193
Additions	-
At 28 February 2023	8,193
DEPRECIATION	
At 1 March 2022	4,189
Charge for year	456
At 28 February 2023	4,645
NET BOOK VALUE	
At 28 February 2023	3,548
At 28 February 2022	4,004

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 28 February 2023

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade debtors	4,672	37,864
	<u>4,672</u>	<u>37,864</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Bank loans and overdrafts (see note 11)	-	-
Trade creditors	14,238	14,694
Social security and other taxes	14,844	14,844
Pension	8,891	-
Deposits held	2,661	685
Net wages	-	2,465
Accrued expenses	1,740	2,922
	<u>42,374</u>	<u>35,610</u>

11. LOANS

An analysis of the maturity of loans is given below:

	2023	2022
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	-	-

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 28 February 2023

12. MOVEMENT IN FUNDS

	At 1.3.22	Net movement in funds	At 28.2.23
	£	£	£
Unrestricted funds			
General fund	160,522	15,748	176,270
Restricted funds			
Civil Society Roots 3 Programme	-	(19,910)	(19,910)
Together for London – London Community Fund	-	(7,642)	(7,642)
Young Londoners Fund 1 Havering	(3,993)	(6,504)	(10,497)
Young Londoners Fund 2 Dagenham	8,549	(21,873)	(13,324)
National Lottery	67,133	(19,289)	47,844
CAF Resilience Fund	-	(8,803)	(8,803)
LCRF Covid19	23,277	(59)	23,218
	<u>96,962</u>	<u>(84,080)</u>	<u>12,882</u>
TOTAL FUNDS	<u><u>257,484</u></u>	<u><u>(68,332)</u></u>	<u><u>189,152</u></u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 28 February 2023

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	102,153	(86,405)	15,748
Restricted funds			
Civil Society Roots 3 Programme	6,624	(26,534)	(19,910)
Together for London – London Community Fund	9,948	(17,590)	(7,642)
Young Londoners Fund 1 Havering	9,351	(15,855)	(6,504)
Young Londoners Fund 2 Dagenham	16,050	(37,923)	(21,873)
National Lottery	9,013	(28,302)	(19,289)
CAF Resilience Fund	16,371	(25,174)	(8,803)
LCRF Covid19	48,200	(48,259)	(59)
	<u>115,557</u>	<u>(199,637)</u>	<u>84,080</u>
TOTAL FUNDS	<u><u>217,710</u></u>	<u><u>286,042</u></u>	<u><u>(68,332)</u></u>

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2023

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	Net movement At		
	At 1.3.21	in funds	28.2.22
	£	£	£
Unrestricted funds			
General fund	124,291	36,021	160,522
Restricted funds			
People's Health Trust	(1,969)	1,969	-
BBC Children in Need	12,740	(12,740)	-
Easy Fundraising	15	(15)	-
Young Londoners Fund 1 Havering	14,015	(18,008)	(3,993)
London Community Foundation	5,587	(5,587)	-
Young Londoners Fund 2 Dagenham	1,942	6,067	8,549
National Lottery	68,387	(1,254)	67,133
Evening Standard	15,901	(15,901)	-
CAF Resilience Fund	7,007	(7,007)	-
Youth Endowment Fund	9,683	(7,687)	1,996
LCRF Covid19	-	23,277	23,277
	133,308	(36,346)	(96,962)
TOTAL FUNDS	257,799	(315)	257,484

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	101,367	(65,336)	36,031
Restricted funds			
People's Health Trust	-	1,969	1,969
BBC Children in Need	-	(12,740)	(12,740)
Easy Fundraising	-	(15)	(15)
Young Londoners Fund 1 Havering	17,483	(35,491)	(18,008)
London Community Foundation	-	(5,587)	(5,587)
Young Londoners Fund 2 Dagenham	42,420	(35,813)	6,607
National Lottery	27,825	(29,079)	(1,254)
Evening Standard	-	(15,901)	(15,901)
CAF Resilience Fund	(1)	(7,006)	(7,006)
Reboot Havering Active London	11,980	(11,980)	-
Youth Endowment Fund	4,770	(12,457)	(7,687)
LCRF Covid19	45,790	(22,513)	23,277
	150,267	(186,613)	(36,346)
	251,634	(251,949)	(315)
TOTAL FUNDS	95,494		

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2023

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.3.22	Net movement in funds	At 28.2.23
	£	£	£
Unrestricted funds			
General fund	160,522	15,748	176,270
Restricted funds			
Civil Society Roots 3 Programme	-	(19,910)	(19,910)
Together for London – London Community Fund	-	(7,642)	(7,642)
Young Londoners Fund 1 Havering	(3,993)	(6,504)	(10,497)
Young Londoners Fund 2 Dagenham	8,549	(21,873)	(13,324)
National Lottery	67,133	(19,289)	47,844
CAF Resilience Fund	-	(8,803)	(8,803)
LCRF Covid19	23,277	(59)	23,218
	<u>96,962</u>	<u>(84,080)</u>	<u>12,882</u>
TOTAL FUNDS	<u><u>257,484</u></u>	<u><u>(68,332)</u></u>	<u><u>189,152</u></u>

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2022

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	54,795	15,748	15,748
Restricted funds			
Civil Society Roots 3 Programme	(15)	-	(19,910)
Together for London – London Community Fund	(14,397)	-	(7,642)
Young Londoners Fund 1 Havering	(5,587)	(3,993)	(6,504)
Young Londoners Fund 2 Dagenham	4,132	8,549	(21,873)
National Lottery	48,717	67,133	(19,289)
CAF Resilience Fund	(19,632)	23,277	(8,803)
LCRF Covid19	-	(59)	(59)
	<u>40,384</u>	<u>96,962</u>	<u>(84,080)</u>
TOTAL FUNDS	<u><u>95,179</u></u>	<u><u>257,484</u></u>	<u><u>(68,332)</u></u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 28 February 2023.

YOU AND ME COUNSELLING

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 28 February 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	540	157,026
Grants	-	1,530
Funding	114,306	-
Counselling Income	87,760	86,593
Training income	1,650	1,195
	204,256	246,344
Other trading activities		
Supervisory income	7,575	5,290
Unclassified Income	5,848	-
Bank interest received	31	-
Total incoming resources	<u>217,710</u>	<u>251,634</u>
EXPENDITURE		
Charitable activities		
Wages	186,618	162,862
Pension	10,735	1,831
	197,353	164,693
Support costs Management		
Clinical supervision	2,350	2,000
Rent and service charges	9,250	7,400
Light and heat	1,460	1,198
Telephone	1,990	1,734
Postage and stationery	1,446	668
Travelling	853	827
	17,349	13,827
Finance		
Bank charges	125	123
Other		
Health and safety costs	-	21
DBS check	622	93
Public liability insurance	13,988	653
Repairs and renewals	-	1,303
	<u>14,735</u>	<u>2,070</u>

This page does not form part of the statutory financial statements

YOU AND ME COUNSELLING

DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 28 February 2023

	2023	2022
	£	£
Other		
Other 2		
Computer costs	916	1,844
Office Equipment	221	-
Internet costs	-	446
Sundries	1,155	1,057
Bookkeeping	-	2,479
Accountancy	2,805	3,859
Professional fees	48,309	52,263
Venue Hire	-	5,200
	<u>53,406</u>	<u>67,148</u>
Other 3		
Training costs	1,229	660
Trade subscriptions	280	372
Materials for Therapy Sessions	148	-
Credit card charges	746	645
Bad debts written off	(1,778)	-
Input VAT	1,570	-
Membership fees	150	-
Website costs	398	1,076
Depreciation of tangible fixed assets	456	1,335
	<u>3,199</u>	<u>4,088</u>
Total resources expended	286,041	251,949
Net (expenditure)/income	(68,331)	(315)

YOU AND ME COUNSELLING

England & Wales - Charity number 1163561

Accounts

REGISTERED COMPANY NUMBER: 08111152 (England and Wales)
REGISTERED CHARITY NUMBER: 1163561

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2022
FOR
YOU AND ME COUNSELLING
(A COMPANY LIMITED BY GUARANTEE)

Stephen Farra Associates Limited
98 Hornchurch Road
Hornchurch
Essex
RM11 1JS

YOU AND ME COUNSELLING

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YOU AND ME COUNSELLING (REGISTERED NUMBER: 08111152)

REPORT OF THE TRUSTEES for the Year Ended 28 February 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 28 February 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, memorandum and articles of association incorporated 19/6/2012, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08111152 (England and Wales)

Registered Charity number

1163561

Registered office

24 North Street
Hornchurch
Essex
RM11 1QX

Trustees

Anne Jarrett
Colin Dodd Left 6/4/21
Aloysius Peter
Felicia Boshorin
Michelle Safo

Company Secretary

Independent Examiner

Stephen Farra Associates Limited
98 Hornchurch Road
Hornchurch
Essex
RM11 1JS

Approved by order of the board of trustees on 3 November 2022 and signed on its behalf by:

Ms A Jarrett - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOU AND ME COUNSELLING

Independent examiner's report to the trustees of You And Me Counselling ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 28 February 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of 98 Hornchurch Road, Hornchurch, Essex, RM11 1JS which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Stephen Farra Associates
98 Hornchurch Road, Hornchurch, Essex, RM11 1JS
Stephen Farra Associates Limited
98 Hornchurch Road
Hornchurch
Essex
RM11 1JS

3 November 2022

YOU AND ME COUNSELLING

STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 28 February 2022

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	96,077	150,267	246,344	293,937
Other trading activities	3	5,290	-	5,290	5,785
Total		101,367	150,267	251,634	299,722
EXPENDITURE ON					
Charitable activities					
Rent and service charges		3,076	4,324	7,400	4,400
Light and heat		-	1,198	1,198	942
Health and safety costs		21	-	21	-
DBS check		-	93	93	136
Wages		17,454	145,408	162,862	182,012
Telephone		186	1,623	1,809	827
Printing postage and stationary		211	457	668	58
Travelling		50	777	827	479
Public liability insurance		1,023	-	1,023	653
Repairs and renewals		280	578	858	721
Computer costs		533	1,311	1,844	1,224
Internet costs		217	229	446	613
Sundry expenses		536	521	1,057	145
Bookkeeping		2,479	-	2,479	764
Accountancy		3,674	185	3,859	2,840
Clinical supervision		150	1,850	2,000	1,950
Professional fees		29,528	22,735	52,263	2,178
Training costs		660	-	660	250
Trade subscriptions		372	-	372	-
Credit card		645	-	645	-
Depn of computer equipment		1,335	-	1,335	872
Website costs		950	126	1,076	1,066
Pension		1,831	-	1,831	1,541
Bank charges		123	-	123	557
Venue Hire		-	5,200	5,200	-
Total		65,334	186,615	251,949	204,228
NET INCOME/(EXPENDITURE)		36,033	(36,348)	(315)	95,494
RECONCILIATION OF FUNDS					
Total funds brought forward		124,491	133,308	257,799	162,305

The notes form part of these financial statements

YOU AND ME COUNSELLING

STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 28 February 2022

		Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
	Notes				
TOTAL FUNDS CARRIED FORWARD		<u>160,524</u>	<u>96,960</u>	<u>257,484</u>	<u>257,799</u>

The notes form part of these financial statements

YOU AND ME COUNSELLING (REGISTERED NUMBER: 08111152)

BALANCE SHEET

28 February 2022

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	8	4,004	-	4,004	2,316
CURRENT ASSETS					
Debtors	9	19,215	18,649	37,864	29,984
Cash at bank and in hand		141,618	109,608	251,226	278,431
		160,833	128,257	289,090	308,415
CREDITORS					
Amounts falling due within one year	10	(4,315)	(31,295)	(35,610)	(52,932)
NET CURRENT ASSETS		156,518	96,962	253,480	255,483
TOTAL ASSETS LESS CURRENT LIABILITIES		160,522	96,962	257,484	257,799
NET ASSETS FUNDS	12	160,522	96,962	257,484	257,799
Unrestricted funds				160,522	124,491
Restricted funds				96,962	133,308
TOTAL FUNDS				257,484	257,799

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28 February 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 28 February 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

BALANCE SHEET - continued

28 February 2022

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

The financial statements were approved by the Board of Trustees and authorised for issue on 3 November 2022 and were signed on its behalf by:

Ms A Jarrett - Trustee

NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 28 February 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on reducing balance

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2022

2. DONATIONS AND LEGACIES

	2022	2021
	£	£
Donations	157,026	215,898
Grants	1,530	6,652
Counselling Income	86,593	70,937
Training income	1,195	450
	<u>246,344</u>	<u>293,937</u>

Grants received, included in the above, are as follows:

	2022	2021
	£	£
Other grants	<u>1,530</u>	<u>6,652</u>

3. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Supervisory income	<u>5,290</u>	<u>5,785</u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation - owned assets	<u>1,335</u>	<u>872</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 28 February 2022 nor for the year ended 28 February 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 28 February 2022 nor for the year ended 28 February 2021.

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2022

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2022	2021
Counsellors managers and support staff	<u>8</u>	<u>8</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2022	2021
£90,001 - £100,000	<u>1</u>	<u>1</u>

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	108,405	185,532	293,937
Other trading activities	5,785	-	5,785
Total	<u>114,190</u>	<u>185,532</u>	<u>299,722</u>

EXPENDITURE ON

Charitable activities

Rent and service charges	638	3,762	4,400
Light and heat	(225)	1,167	942
DBS check	136	-	136
Wages	82,439	99,573	182,012
Telephone	-	827	827
Printing postage and stationary	27	31	58
Travelling	76	403	479
Public liability insurance	253	400	653
Repairs and renewals	721	-	721
Computer costs	998	226	1,224
Internet costs	-	613	613
Sundry expenses	145	-	145
Bookkeeping	764	-	764
Accountancy	2,840	-	2,840
Clinical supervision	150	1,800	1,950
Professional fees	2,178	-	2,178
Training costs	250	-	250
Depn of computer equipment	872	-	872
Website costs	1,066	-	1,066
Pension	1,541	-	1,541
Bank charges	557	-	557
Total	<u>95,426</u>	<u>108,802</u>	<u>204,228</u>

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2022

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
NET INCOME	18,764	76,730	95,494
RECONCILIATION OF FUNDS			
Total funds brought forward	105,727	56,578	162,305
TOTAL FUNDS CARRIED FORWARD	<u>124,491</u>	<u>133,308</u>	<u>257,799</u>

8. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 March 2021	5,170
Additions	3,023
At 28 February 2022	<u>8,193</u>
DEPRECIATION	
At 1 March 2021	2,854
Charge for year	1,335
At 28 February 2022	<u>4,189</u>
NET BOOK VALUE	
At 28 February 2022	<u>4,004</u>
At 28 February 2021	<u>2,316</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	<u>37,864</u>	<u>29,984</u>

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2022

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Bank loans and overdrafts (see note 11)	-	4,121
Trade creditors	14,694	20,379
Social security and other taxes	14,844	20,368
Pension	-	435
Deposits held	685	685
Net wages	2,465	2,465
Accrued expenses	2,922	4,479
	<u>35,610</u>	<u>52,932</u>

11. LOANS

An analysis of the maturity of loans is given below:

	2022	2021
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	<u>-</u>	<u>4,121</u>

12. MOVEMENT IN FUNDS

	At 1.3.21	Net movement in funds	At 28.2.22
	£	£	£
Unrestricted funds			
General fund	124,491	36,031	160,522
Restricted funds			
People's Health Trust	(1,969)	1,969	-
BBC Children in Need	12,740	(12,740)	-
Easy Fundraising	15	(15)	-
Young Londoners Fund 1 Havering	14,015	(18,008)	(3,993)
London Community Foundation	5,587	(5,587)	-
Young Londoners Fund 2 Dagenham	1,942	6,607	8,549
National Lottery	68,387	(1,254)	67,133
Evening Standard	15,901	(15,901)	-
CAF Resilience Fund	7,007	(7,007)	-
Youth Endowment Fund	9,683	(7,687)	1,996
LCRF Covid19	-	23,277	23,277
	<u>133,308</u>	<u>(36,346)</u>	<u>96,962</u>
TOTAL FUNDS	<u>257,799</u>	<u>(315)</u>	<u>257,484</u>

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2022

12. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	101,367	(65,336)	36,031
Restricted funds			
People's Health Trust	-	1,969	1,969
BBC Children in Need	-	(12,740)	(12,740)
Easy Fundraising	-	(15)	(15)
Young Londoners Fund 1 Havering	17,483	(35,491)	(18,008)
London Community Foundation	-	(5,587)	(5,587)
Young Londoners Fund 2 Dagenham	42,420	(35,813)	6,607
National Lottery	27,825	(29,079)	(1,254)
Evening Standard	-	(15,901)	(15,901)
CAF Resilience Fund	(1)	(7,006)	(7,007)
Reboot Havering Active London	11,980	(11,980)	-
Youth Endowment Fund	4,770	(12,457)	(7,687)
LCRF Covid19	45,790	(22,513)	23,277
	<u>150,267</u>	<u>(186,613)</u>	<u>(36,346)</u>
TOTAL FUNDS	<u>251,634</u>	<u>(251,949)</u>	<u>(315)</u>

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2022

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.3.20 £	Net movement in funds £	At 28.2.21 £
Unrestricted funds			
General fund	105,727	18,764	124,491
Restricted funds			
People's Health Trust	(4,673)	2,704	(1,969)
BBC Children in Need	2,780	9,960	12,740
Easy Fundraising	15	-	15
Young Londoners Fund 1 Havering	10,404	3,611	14,015
London Community Foundation	5,587	-	5,587
Young Londoners Fund 2 Dagenham	4,417	(2,475)	1,942
National Lottery	18,416	49,971	68,387
Evening Standard	19,632	(3,731)	15,901
CAF Resilience Fund	-	7,007	7,007
Youth Endowment Fund	-	9,683	9,683
	<u>56,578</u>	<u>76,730</u>	<u>133,308</u>
TOTAL FUNDS	<u>162,305</u>	<u>95,494</u>	<u>257,799</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	114,190	(95,426)	18,764
Restricted funds			
People's Health Trust	2,718	(14)	2,704
BBC Children in Need	9,960	-	9,960
Young Londoners Fund 1 Havering	37,298	(33,687)	3,611
Young Londoners Fund 2 Dagenham	25,451	(27,926)	(2,475)
National Lottery	57,624	(7,653)	49,971
Evening Standard	-	(3,731)	(3,731)
CAF Resilience Fund	28,651	(21,644)	7,007
Youth Endowment Fund	23,830	(14,147)	9,683
	<u>185,532</u>	<u>(108,802)</u>	<u>76,730</u>
TOTAL FUNDS	<u>299,722</u>	<u>(204,228)</u>	<u>95,494</u>

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2022

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.3.20 £	Net movement in funds £	At 28.2.22 £
Unrestricted funds			
General fund	105,727	54,795	160,522
Restricted funds			
People's Health Trust	(4,673)	4,673	-
BBC Children in Need	2,780	(2,780)	-
Easy Fundraising	15	(15)	-
Young Londoners Fund 1 Havering	10,404	(14,397)	(3,993)
London Community Foundation	5,587	(5,587)	-
Young Londoners Fund 2 Dagenham	4,417	4,132	8,549
National Lottery	18,416	48,717	67,133
Evening Standard	19,632	(19,632)	-
Youth Endowment Fund	-	1,996	1,996
LCRF Covid19	-	23,277	23,277
	<u>56,578</u>	<u>40,384</u>	<u>96,962</u>
TOTAL FUNDS	<u>162,305</u>	<u>95,179</u>	<u>257,484</u>

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2022

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	215,557	(160,762)	54,795
Restricted funds			
People's Health Trust	2,718	1,955	4,673
BBC Children in Need	9,960	(12,740)	(2,780)
Easy Fundraising	-	(15)	(15)
Young Londoners Fund 1 Havering	54,781	(69,178)	(14,397)
London Community Foundation	-	(5,587)	(5,587)
Young Londoners Fund 2 Dagenham	67,871	(63,739)	4,132
National Lottery	85,449	(36,732)	48,717
Evening Standard	-	(19,632)	(19,632)
CAF Resilience Fund	28,650	(28,650)	-
Reboot Havering Active London	11,980	(11,980)	-
Youth Endowment Fund	28,600	(26,604)	1,996
LCRF Covid19	45,790	(22,513)	23,277
	<u>335,799</u>	<u>(295,415)</u>	<u>40,384</u>
TOTAL FUNDS	<u>551,356</u>	<u>(456,177)</u>	<u>95,179</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 28 February 2022.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.

YOU AND ME COUNSELLING

England & Wales - Charity number 1163561

Accounts

REGISTERED COMPANY NUMBER: 08111152 (England and Wales)
REGISTERED CHARITY NUMBER: 1163561

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 28 FEBRUARY 2021
FOR
YOU AND ME COUNSELLING
(A COMPANY LIMITED BY GUARANTEE)

Stephen Farra Associates Limited
98 Hornchurch Road
Hornchurch
Essex
RM11 1JS

**CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 28 February 2021**

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**REPORT OF THE TRUSTEES
for the Year Ended 28 February 2021**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 28 February 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, memorandum and articles of association incorporated 19/6/2012, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08111152 (England and Wales)

Registered Charity number

1163561

Registered office

24 North Street
Hornchurch
Essex
RM11 1QX

Trustees

Geoff Martin Hartnell Left 31/08/2020
Anne Jarrett
Steve Chandler Left 31/12/2020
Collin Dodd
Aloysius Peter

Company Secretary

Independent Examiner

Stephen Farra Associates Limited
98 Hornchurch Road
Hornchurch
Essex
RM11 1JS

Approved by order of the board of trustees on 25 November 2021 and signed on its behalf by:

Ms A Jarrett - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOU AND ME COUNSELLING

Independent examiner's report to the trustees of You And Me Counselling ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 28 February 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of 98 Hornchurch Road, Hornchurch, Essex, RM11 1JS which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act;
or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Stephen Farra Associates
98 Hornchurch Road, Hornchurch, Essex, RM11 1JS
Stephen Farra Associates Limited
98 Hornchurch Road
Hornchurch
Essex
RM11 1JS

25 November 2021

YOU AND ME COUNSELLING

STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 28 February 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	108,405	185,532	293,937	243,936
Other trading activities	3	5,785	-	5,785	50
Total		114,190	185,532	299,722	243,986
EXPENDITURE ON					
Charitable activities					
Rent and service charges		638	3,762	4,400	7,400
Light and heat		(225)	1,167	942	1,691
DBS check		136	-	136	284
Wages		82,439	99,573	182,012	146,261
Telephone		-	827	827	1,136
Printing postage and stationary		27	31	58	1,281
Travelling		76	403	479	457
Motor expenses		-	-	-	580
Public liability insurance		253	400	653	1,305
Repairs and renewals		721	-	721	483
Computer costs		998	226	1,224	1,026
Internet costs		-	613	613	452
Sundry expenses		145	-	145	3,390
Bookkeeping		764	-	764	584
Accountancy		2,840	-	2,840	2,989
Clinical supervision		150	1,800	1,950	1,550
Professional fees		2,178	-	2,178	3,680
Training costs		250	-	250	4,350
Trade subscriptions		-	-	-	259
Depn of computer equipment		872	-	872	1,129
Website costs		1,066	-	1,066	3,722
Pension		1,541	-	1,541	1,551
Staff welfare		-	-	-	226
Bank charges		557	-	557	30
Total		95,426	108,802	204,228	185,816
NET INCOME		18,764	76,730	95,494	58,170
RECONCILIATION OF FUNDS					
Total funds brought forward		105,727	56,578	162,305	104,135

The notes form part of these financial statements

YOU AND ME COUNSELLING

STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 28 February 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
TOTAL FUNDS CARRIED FORWARD		124,491	133,308	257,799	162,305

The notes form part of these financial statements

BALANCE SHEET
28 February 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	8	2,316	-	2,316	3,188
CURRENT ASSETS					
Debtors	9	11,335	18,649	29,984	34,153
Cash at bank and in hand		158,434	119,997	278,431	162,079
		169,769	138,646	308,415	196,232
CREDITORS					
Amounts falling due within one year	10	(47,594)	(5,338)	(52,932)	(37,115)
NET CURRENT ASSETS		122,175	133,308	255,483	159,117
TOTAL ASSETS LESS CURRENT LIABILITIES		124,491	133,308	257,799	162,305
NET ASSETS		124,491	133,308	257,799	162,305
FUNDS	12				
Unrestricted funds				124,491	105,727
Restricted funds				133,308	56,578
TOTAL FUNDS				257,799	162,305

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28 February 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 28 February 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

BALANCE SHEET - continued
28 February 2021

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

The financial statements were approved by the Board of Trustees and authorised for issue on 25 November 2021 and were signed on its behalf by:

Ms A Jarrett - Trustee

**NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 28 February 2021**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on reducing balance

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2021

2. DONATIONS AND LEGACIES

	2021	2020
	£	£
Donations	215,898	108,795
Grants	6,652	-
Counselling Income	70,937	135,141
Training income	450	-
	<u>293,937</u>	<u>243,936</u>

Grants received, included in the above, are as follows:

	2021	2020
	£	£
Other grants	<u>6,652</u>	<u>-</u>

3. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Supervisory income	<u>5,785</u>	<u>50</u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation - owned assets	872	1,128
Other operating leases	-	226
	<u>-</u>	<u>1,354</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

	2021	2020
	£	£
Trustees' salaries	-	36,406
Trustees' social security	-	2,695
Trustees' pension contributions to defined benefit schemes	-	800
	<u>-</u>	<u>39,901</u>

Trustees' expenses

There were no trustees' expenses paid for the year ended 28 February 2021 nor for the year ended 29 February 2020.

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2021

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2021	2020
Counsellors	8	8

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2021	2020
£90,001 - £100,000	1	-

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	135,140	108,796	243,936
Other trading activities	50	-	50
Total	135,190	108,796	243,986

EXPENDITURE ON

Charitable activities

Rent and service charges	4,135	3,265	7,400
Light and heat	1,016	675	1,691
DBS check	284	-	284
Wages	67,687	78,574	146,261
Telephone	440	696	1,136
Printing postage and stationary	1,038	243	1,281
Travelling	47	410	457
Motor expenses	65	515	580
Public liability insurance	1,055	250	1,305
Repairs and renewals	456	27	483
Computer costs	1,026	-	1,026
Internet costs	240	212	452
Sundry expenses	3,390	-	3,390
Bookkeeping	584	-	584
Accountancy	2,989	-	2,989
Clinical supervision	450	1,100	1,550
Professional fees	1,030	2,650	3,680
Training costs	4,350	-	4,350
Trade subscriptions	259	-	259
Depn of computer equipment	1,129	-	1,129
Website costs	3,722	-	3,722
Pension	1,551	-	1,551
Staff welfare	25	201	226

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2021

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
Bank charges	30	-	30
Total	96,998	88,818	185,816
NET INCOME	38,192	19,978	58,170

RECONCILIATION OF FUNDS

Total funds brought forward	67,534	36,601	104,135
TOTAL FUNDS CARRIED FORWARD	105,726	56,579	162,305

8. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 March 2020 and 28 February 2021	5,170
DEPRECIATION	
At 1 March 2020	1,982
Charge for year	872
At 28 February 2021	2,854
NET BOOK VALUE	
At 28 February 2021	2,316
At 29 February 2020	3,188

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2021

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Trade debtors	<u>29,984</u>	<u>34,153</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021	2020
	£	£
Bank loans and overdrafts (see note 11)	4,121	4,673
Trade creditors	20,379	9,667
Social security and other taxes	20,368	15,942
Pension	435	303
Deposits held	685	1,280
Net wages	2,465	2,465
Accrued expenses	4,479	2,785
	<u>52,932</u>	<u>37,115</u>

11. LOANS

An analysis of the maturity of loans is given below:

	2021	2020
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	<u>4,121</u>	<u>4,673</u>

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2021

12. MOVEMENT IN FUNDS

	At 1.3.20 £	Net movement in funds £	At 28.2.21 £
Unrestricted funds			
General fund	105,727	18,764	124,491
Restricted funds			
People's Health Trust	(4,673)	2,704	(1,969)
BBC Children in Need	2,780	9,960	12,740
Easy Fundraising	15	-	15
Young Londoners Fund 1 Havering	10,404	3,611	14,015
London Community Foundation	5,587	-	5,587
Young Londoners Fund 2 Dagenham			
	4,417	(2,475)	1,942
National Lottery	18,416	49,971	68,387
Evening Standard	19,632	(3,731)	15,901
CAF Resilience Fund	-	7,007	7,007
Youth Endowment Fund	-	9,683	9,683
	<u>56,578</u>	<u>76,730</u>	<u>133,308</u>
TOTAL FUNDS	<u><u>162,305</u></u>	<u><u>95,494</u></u>	<u><u>257,799</u></u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	114,190	(95,426)	18,764
Restricted funds			
People's Health Trust	2,718	(14)	2,704
BBC Children in Need	9,960	-	9,960
Young Londoners Fund 1 Havering	37,298	(33,687)	3,611
Young Londoners Fund 2 Dagenham			
	25,451	(27,926)	(2,475)
National Lottery	57,624	(7,653)	49,971
Evening Standard	-	(3,731)	(3,731)
CAF Resilience Fund	28,651	(21,644)	7,007
Youth Endowment Fund	23,830	(14,147)	9,683
	<u>185,532</u>	<u>(108,802)</u>	<u>76,730</u>
TOTAL FUNDS	<u><u>299,722</u></u>	<u><u>(204,228)</u></u>	<u><u>95,494</u></u>

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2021

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.3.19 £	Net movement in funds £	At 29.2.20 £
Unrestricted funds			
General fund	67,534	38,193	105,727
Restricted funds			
People's Health Trust	-	(4,673)	(4,673)
BBC Children in Need	-	2,780	2,780
Easy Fundraising	15	-	15
Young Londoners Fund 1 Havering	15,465	(5,061)	10,404
London Community Foundation	11,259	(5,672)	5,587
Young Londoners Fund 2 Dagenham	-	4,417	4,417
National Lottery	-	18,416	18,416
Evening Standard	9,862	9,770	19,632
	<u>36,601</u>	<u>19,977</u>	<u>56,578</u>
TOTAL FUNDS	<u>104,135</u>	<u>58,170</u>	<u>162,305</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	135,190	(96,997)	38,193
Restricted funds			
People's Health Trust	6,796	(11,469)	(4,673)
BBC Children in Need	9,960	(7,180)	2,780
Young Londoners Fund 1 Havering	37,298	(42,359)	(5,061)
London Community Foundation	-	(5,672)	(5,672)
Young Londoners Fund 2 Dagenham	8,483	(4,066)	4,417
National Lottery	27,714	(9,298)	18,416
Evening Standard	18,545	(8,775)	9,770
	<u>108,796</u>	<u>(88,819)</u>	<u>19,977</u>
TOTAL FUNDS	<u>243,986</u>	<u>(185,816)</u>	<u>58,170</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 28 February 2021

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.3.19 £	Net movement in funds £	At 28.2.21 £
Unrestricted funds			
General fund	67,534	56,957	124,491
Restricted funds			
People's Health Trust	-	(1,969)	(1,969)
BBC Children in Need	-	12,740	12,740
Easy Fundraising	15	-	15
Young Londoners Fund 1 Havering	15,465	(1,450)	14,015
London Community Foundation	11,259	(5,672)	5,587
Young Londoners Fund 2 Dagenham	-	1,942	1,942
National Lottery	-	68,387	68,387
Evening Standard	9,862	6,039	15,901
CAF Resilience Fund	-	7,007	7,007
Youth Endowment Fund	-	9,683	9,683
	36,601	96,707	133,308
TOTAL FUNDS	104,135	153,664	257,799

YOU AND ME COUNSELLING

NOTES TO THE FINANCIAL STATEMENTS - continued for the Year Ended 28 February 2021

12. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	249,380	(192,423)	56,957
Restricted funds			
People's Health Trust	9,514	(11,483)	(1,969)
BBC Children in Need	19,920	(7,180)	12,740
Young Londoners Fund 1 Havering	74,596	(76,046)	(1,450)
London Community Foundation	-	(5,672)	(5,672)
Young Londoners Fund 2 Dagenham			
	33,934	(31,992)	1,942
National Lottery	85,338	(16,951)	68,387
Evening Standard	18,545	(12,506)	6,039
CAF Resilience Fund	28,651	(21,644)	7,007
Youth Endowment Fund	23,830	(14,147)	9,683
	<u>294,328</u>	<u>(197,621)</u>	<u>96,707</u>
TOTAL FUNDS	<u>543,708</u>	<u>(390,044)</u>	<u>153,664</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 28 February 2021.