

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

YOU AND ME COUNSELLING

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

	Page
Report of the Trustees	1
Independent Examiner's Report	2
Statement of Financial Activities	3 to 4
Balance Sheet	5 to 6
Notes to the Financial Statements	7 to 15

**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	29,984	34,153

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
	52,932	37,115

11. LOANS

An analysis of the maturity of loans is given below:

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

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>162,305</u>	<u>95,494</u>	<u>257,799</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>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 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>

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 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
	<hr/> 36,601	<hr/> 96,707	<hr/> 133,308
TOTAL FUNDS	<hr/> <hr/> 104,135	<hr/> <hr/> 153,664	<hr/> <hr/> 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.