

**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**

### **CONTENTS OF THE FINANCIAL STATEMENTS for the Year Ended 28 February 2022**

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

## **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 £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	96,077	150,267	246,344	293,937
Other trading activities	3	5,290	-	5,290	5,785
<b>Total</b>		<b>101,367</b>	<b>150,267</b>	<b>251,634</b>	<b>299,722</b>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
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	-
<b>Total</b>		<b>65,334</b>	<b>186,615</b>	<b>251,949</b>	<b>204,228</b>
<b>NET INCOME/(EXPENDITURE)</b>		<b>36,033</b>	<b>(36,348)</b>	<b>(315)</b>	<b>95,494</b>
<b>RECONCILIATION OF FUNDS</b>					
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				
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b><u>160,524</u></b>	<b><u>96,960</u></b>	<b><u>257,484</u></b>	<b><u>257,799</u></b>

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

- (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

**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:

	<b>2022</b>	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:

	<b>2022</b>	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 £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	108,405	185,532	293,937
Other trading activities	5,785	-	5,785
<b>Total</b>	<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
<b>Total</b>	<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 £
<b>NET INCOME</b>	18,764	76,730	95,494
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	105,727	56,578	162,305
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>124,491</u>	<u>133,308</u>	<u>257,799</u>

#### 8. TANGIBLE FIXED ASSETS

	Computer equipment £
<b>COST</b>	
At 1 March 2021	5,170
Additions	3,023
At 28 February 2022	<u>8,193</u>
<b>DEPRECIATION</b>	
At 1 March 2021	2,854
Charge for year	1,335
At 28 February 2022	<u>4,189</u>
<b>NET BOOK VALUE</b>	
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
	£	£	£
<b>Unrestricted funds</b>			
General fund	124,491	36,031	160,522
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	101,367	(65,336)	36,031
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	105,727	18,764	124,491
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	114,190	(95,426)	18,764
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	105,727	54,795	160,522
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	215,557	(160,762)	54,795
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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.