

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**

	Page
Report of the Trustees	1 to 2
Independent Examiner's Report	3
Statement of Financial Activities	4 to 5
Balance Sheet	6 to 7
Notes to the Financial Statements	8 to 16
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.

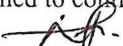
We are particularly grateful to our numerous funders, without whom we would not be doing what we are doing. Some of the funders and the projects are highlighted below.

- 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

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

Notes

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

- 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 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	124,491	133,308	257,799
Total funds brought forward			
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)

