

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**

	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 17
Detailed Statement of Financial Activities	18 to 19

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 YMS 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.

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	10	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 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>

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