

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

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

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

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**for the Year Ended 28 February 2025**

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## **YOU AND ME COUNSELLING**

### **REPORT OF THE TRUSTEES**

#### **for the Year Ended 28 February 2025**

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

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

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

#### **2025 Active funds and Initiatives**

**Children in Need:** Supports our work with vulnerable children  
**NCEL**

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

#### **Sporting Reboot**

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

#### **City Bridge- Reboot Redbridge**

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

#### **Ongoing Projects**

##### **Service Expansion & Funding Growth**

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

##### **Impact & Outcomes**

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

##### **Monitoring & Evaluation**

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

##### **Funding & Growth Recognition**

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

## **YOU AND ME COUNSELLING**

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **Governing document**

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

### **REFERENCE AND ADMINISTRATIVE DETAILS**

#### **Registered Company number**

08111152 (England and Wales)

#### **Registered Charity number**

1163561

#### **Registered office**

24 North Street  
Hornchurch  
Essex  
RM11 1QX

#### **Trustees**

Evita Pintane Christopher  
Aloysius Peter  
Felicia Boshorin  
Michelle Safo

#### **Company Secretary**

#### **Independent Examiner**

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

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

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

Joseph Oliver Roth - Trustee

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

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

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

### **Responsibilities and basis of report**

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

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

### **Independent examiner's statement**

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

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

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

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

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

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

### **Responsibilities and basis of report**

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

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

## **PRACTICAL ACCOUNTANT**

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

18<sup>th</sup> November 2025

## YOU AND ME COUNSELLING

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

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

The notes form part of these financial statements

**YOU AND ME COUNSELLING**

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

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

The notes form part of these financial statements

## YOU AND ME COUNSELLING

### BALANCE SHEET 28 February 2025

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

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

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

The trustees acknowledge their responsibilities for

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

The notes form part of these financial statements

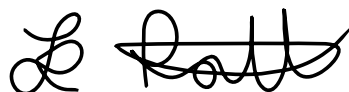


## YOU AND ME COUNSELLING

### **BALANCE SHEET - continued** **28 February 2025**

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

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

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

Joseph Oliver Roth - Trustee

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

#### 1. ACCOUNTING POLICIES

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### **Income**

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

##### **Expenditure**

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

##### **Tangible fixed assets**

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

##### **Taxation**

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

##### **Fund accounting**

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

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

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

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

**2. DONATIONS AND LEGACIES**

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

**3. OTHER TRADING ACTIVITIES**

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

**4. NET INCOME/(EXPENDITURE)**

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

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

**5. TRUSTEES' REMUNERATION AND BENEFITS**

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

**Trustees' expenses**

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

## YOU AND ME COUNSELLING

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

#### 6. STAFF COSTS

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

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

#### 7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted Fund £	Restricted Fund £	Total Funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	94,547	115,557	210,104
Other trading activities	7,606	-	7,606
<b>Total</b>	<u>102,153</u>	<u>115,557</u>	<u>217,710</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
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	-	-	-
<b>Total</b>	<u>86,405</u>	<u>199,638</u>	<u>286,042</u>

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

**COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

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

**8. TANGIBLE FIXED ASSETS**

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

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

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Trade debtor	<b>2,330</b>	<b>15,577</b>
Other debtors	<b>2,330</b>	<b>15,577</b>

**10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

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

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

**11. MOVEMENT IN FUNDS**

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

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

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

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



## YOU AND ME COUNSELLING

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

#### 11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

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

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

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

**YOU AND ME COUNSELLING**

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

<b>11. MOVEMENT IN FUNDS - continued</b>	
<b>TOTAL FUNDS</b>	<b>(68,332)</b>

## YOU AND ME COUNSELLING

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

#### 11. MOVEMENT IN FUNDS - continued

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

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

## YOU AND ME COUNSELLING

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

#### 11. MOVEMENT IN FUNDS - continued

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

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

#### 12. RELATED PARTY DISCLOSURES

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

## YOU AND ME COUNSELLING

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

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

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## YOU AND ME COUNSELLING

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

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

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