

# INTERIM

England & Wales · Charity number 1165114

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2016-01-11

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Beech Cottage  
Eastshaw Lane  
Woolbeding  
Midhurst  
GU29 0PZ

**Phone** 07827932167

**Email** [enquiries@weareinterim.com](mailto:enquiries@weareinterim.com)

**Website** [www.weareinterim.com](http://www.weareinterim.com)

## Activities

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**Objects:** 3) THE ADVANCEMENT OF HEALTH OR THE SAVING OF LIVES BY RELIEVING THE MENTAL AND PHYSICAL SICKNESS AND DISTRESS OF PERSONS IN NEED IN PARTICULAR BUT NOT LIMITED TO THE FORMER BY THE PROVISION OF A COUNSELLING AND PSYCHOTHERAPY SUPPORT SERVICE4) TO FURTHER SUCH CHARITABLE PURPOSES FOR THE PUBLIC BENEFIT AS ARE WHOLLY CHARITABLE ACCORDING TO THE LAWS OF ENGLAND AND WALES AS THE TRUSTEES MAY FROM TIME TO TIME DETERMINE

**Activities:** Our objectives are to provide a comprehensive range of therapeutic services that facilitate healing and recovery. These services are available to all members of the public.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- Throughout England

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-11	£32,683	£23,165	-	-
2024-01-11	£34,278	£27,717	-	-
2023-01-11	£29,195	£25,592	-	-
2022-01-11	£26,552	£19,888	-	-
2021-01-11	£19,000	£14,675	-	-

## Trustees

Name	Role	Appointed
Edward M Balmforth	Chair	2022-12-20
JULIETTE GAFSEN		2016-01-11
LOUISE WEBB		2016-01-11
Linzi Swindon		2024-02-14

**INTERIM**

England & Wales - Charity number 1165114

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# Accounts

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## Annual Report 2024/2025

Welcome to our Annual Report for 2025.

Our strategy as a registered Charity remains to secure sufficient funding to enable the Charity to meet its objectives, which are:

3) The advancement of health or the saving of lives by relieving the mental and physical sickness and distress of persons in need in particular but not limited to the former by the provision of a counselling and psychotherapy support service

4) To further such charitable purposes for the public benefit as are wholly charitable according to the laws of England and Wales as the trustees may from time to time determine

We have again improved and updated our website to ensure what we do is clear and to highlight the good work we are able to carry out with the funding we receive.

The Governing Document, a Constitution, was produced on the 11th January 2016, and amended on the 18th April 2018. Trustees carried out a review to identify whether the charity was reaching as many beneficiaries as possible and as a result decided to broaden the age range. Subsequently, changes were made to the charitable objects and submitted to the Charity Commission who produced a draft amendment, which Trustees agreed and was approved on the 18th April 2018. This has enabled the Charity to meet the changing needs of beneficiaries.

The organisational structure is a Charitable Incorporated Company (CIO), granted charitable status and registered and regulated by the Charity Commission. We chose a CIO as a structure because it is a new form of charitable organization, only available from 2013 for non-profit organizations in the United Kingdom. As with a company, it has the benefits of incorporation, which is the creation of a 'legal personality' but does not need separate registration with companies House nor regulation under company

law. Trustees have some protection as they have limited liability and any claim is made against the CIO rather than individual Trustees.

The Charity is governed by a Chair of Trustees appointed on the 20<sup>th</sup> December 2022 and two first Trustees. A further new Trustee Linzi Swindon was appointed on 14<sup>th</sup> February 2024. Trustees bring a rich and varied experience to meeting INTERIM's objectives and are dedicated to its success. Although the Trustees are legally responsible for all the activities of the Charity, Sally Floyd has delegated responsibility for the day to day running of the Charity. Sally is directly accountable to the trustees and attends trustee meetings.

The current first Trustees were appointed on inception of the Charity on the 11th January 2016:

Louise Webb – Trustee

Juliette Gafsen - Trustee

Governance remains strong and under the 2018 General Data Protection Regulation (GDPR) we remain committed to safeguarding privacy and protecting the personal information provided. A comprehensive set of policies and procedures govern the Charity with safeguarding a strength of the Charity.

There are formal procedures for the recruitment and appointment of Trustees and the Charity has a formal induction and training policy and procedure. Trustees are very aware of their responsibilities and decision making is jointly carried out during Trustee meetings.

Trustees have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers and duties. They have the necessary skills and experience to ensure the Charity is efficient and professionally administered, acting with care and awareness of their duty to avoid conflicts of Interest and personal benefit.

The accounts and financial statements have been prepared in accordance with the following:

The Charity's governing document;

Accounting and Reporting by Charities: Statement of Recommended Practice

The Financial Reporting Standard for Smaller Entities (FRSSE)

The Charities Act 2022

UK Generally Accepted Practice insofar as they apply to the Charity and its Trustees' Annual Report & Financial Statements

The Charity has £2,000 in reserves and there is a reserves policy in place. It is because as a small charity to obtain unrestricted funds. It would be transformational to be able to secure additional unrestricted funds. It is to this end that trustees continue to work to diversify income streams and to establish an effective and sustainable fundraising path.

There are no designated funds or material funds and materially the Charity is not in deficit.

Trustees have reviewed the risks that the charity faces. The main risk is that there is insufficient income to cover expenditure. Since expenditure is almost entirely related to counselling and psychotherapy sessions and room rental, which do not go ahead without funding being in place or for which clients pay, this is considered a low risk. However, not having unrestricted funds is a risk. Risks are reviewed on an ongoing basis.

**Achievements and Performance of the Charity during the year in relation to its objects:**

Trustees have overseen a number of funding applications and are aware of the unrelenting need to develop a mixed and more diverse income stream.

We have provided sessions to approximately 30 families this year.

### Unrestricted Grants:

16<sup>th</sup> April 2025 The Midhurst and Petworth Rotary Club awarded a further grant of £1,000 (£2,500 was awarded in October 2024) (This has been used for sessions)

The Annual East Hampshire Community Lottery takings are £13.50.

26<sup>th</sup> August 2025 Allied World Insurance Company awarded a grant of £2,000

### Restricted Grants were awarded on:

5<sup>th</sup> January 2025 the Albert Hunt Trust awarded a grant of £4,000

3<sup>rd</sup> April 2025 St. James Place awarded a grant of £2,450

4<sup>th</sup> April The Focus Foundation awarded a grant of £1,800 (A further £1,800 is still to be received)

29<sup>th</sup> May 2025 Tesco Stronger Starts awarded a grant of £1,000

The Charity is continuing to take referrals from a number of sources. The Charity is also receiving return referrals from a range of sources linked to advertising and through word of mouth.

### Future plans

Going forward, the charity will carry on its counselling and psychotherapy activities and continue to pursue a more diverse mix of funding.

The charity remains in discussion with a number of different funders with a view to securing further funding.

The Charity will continue drawing on the findings from the experiences of beneficiaries, since these individuals know the challenges, they face better than anyone and our findings suggest better understanding of those challenges, (mental health and related physical conditions) and better self-management resources (know-how, skills, confidence) to manage their condition, will play a part in what the future looks like regarding health and illness. Therefore, it seems, developing changes that promote improved mental and physical health, that are credible, usable and effective, not only support the individuals involved and their families, but may bring closer alignment with the local community for the longer term.

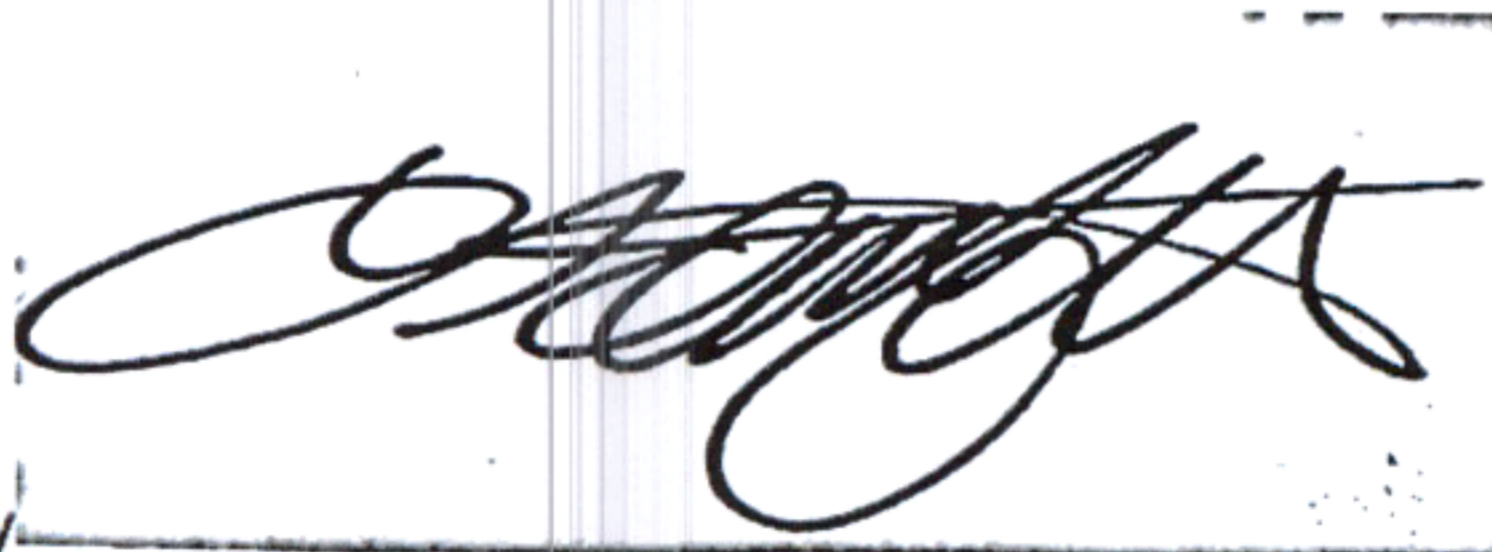
The Charity knows that not only is it important to work with individuals already suffering with a mental health condition but to identify those at higher risk of developing mental health problems, such as isolated people and those who already have a long-term health condition. The Charity has assessed what is available in the community and will continue building onto available community resources.

Regarding design, development and delivery, the Charity will work to demonstrate to produce a desired outcome for beneficiaries.

The Charity is engaging with new stakeholders all the time and knows there is a need for its activities and what is needed. We have appropriately considered aspects of diversity to ensure the Charity meets the needs of beneficiaries and we have and will continue to monitor the impact of interventions, which are flexible enough to adapt if required.

The Charity carefully considers context and knows interventions need to be robust to take account of the many competing external influences and so as not to waste resources, money and effort.

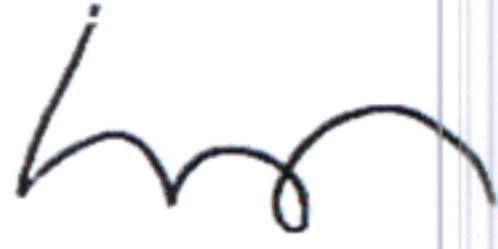
Signed by



Date September 30 2025

Chair of Trustees: Edward M Balmforth

Signed by



Date

September 30/2025

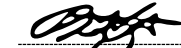
Trustee: Louise Webb

**Interim Charity  
Factual Profit & Loss Summary**

	2026	2025	2024	2023	2022	2021	2020	2019	2018	2017
	£	£	£	£	£	£	£	£	£	£
<b>Turnover</b>										
Sales	4	32,684	16,625	29,195	26,552	19,034	14,726	1,186	10,820	9,907
	<u>4</u>	<u>32,684</u>	<u>16,625</u>	<u>29,195</u>	<u>26,552</u>	<u>19,034</u>	<u>14,726</u>	<u>1,186</u>	<u>10,820</u>	<u>9,907</u>
Bank Balance as of Start of Year	16,219	6,499	17,653	14,018	7,354	2,995	49	8,978	4,716	-
<b>Cost Of Sales</b>										
Purchases	-	23,165	27,717	25,592	19,888	14,675	11,101	9,865	6,960	3,960
	<u>-</u>	<u>23,165</u>	<u>27,717</u>	<u>25,592</u>	<u>19,888</u>	<u>14,675</u>	<u>11,101</u>	<u>9,865</u>	<u>6,960</u>	<u>3,960</u>
<b>Gross Profit</b>	<u>16,223</u>	<u>16,018</u>	<u>6,561</u>	<u>17,622</u>	<u>14,018</u>	<u>7,354</u>	<u>3,675</u>	<u>299</u>	<u>8,576</u>	<u>5,947</u>
<b>Less Expenses:</b>										
Room rent	-	-	-	-	-	-	-	-	-	1,230
Stationery	-	302	62	-	-	-	-	70	737	-
Software/Subscriptions	-	211	-	-	-	-	-	-	-	-
Depreciation	-	22	33	50	74	111	165	-	-	-
Accountancy	-	251	228	208	180	180	180	180	180	-
	<u>-</u>	<u>786</u>	<u>323</u>	<u>258</u>	<u>254</u>	<u>291</u>	<u>345</u>	<u>250</u>	<u>917</u>	<u>1,230</u>
<b>Profit/(Loss)</b>	<u>16,223</u>	<u>15,232</u>	<u>6,238</u>	<u>17,364</u>	<u>13,764</u>	<u>7,063</u>	<u>3,281</u>	<u>- 8,929</u>	<u>2,943</u>	<u>4,717</u>
<b>Capital Allowances: AIA</b>							500	-	-	-
<b>Taxable Profit</b>	<u>16,223</u>	<u>15,232</u>	<u>6,238</u>	<u>17,364</u>	<u>13,764</u>	<u>7,063</u>	<u>2,781</u>	<u>- 8,929</u>	<u>2,943</u>	<u>4,717</u>
	<u>16,223</u>	<u>15,232</u>	<u>6,238</u>	<u>17,364</u>	<u>13,764</u>	<u>7,063</u>	<u>2,781</u>	<u>- 8,929</u>	<u>2,943</u>	<u>4,717</u>

**Client Approval Certificate**

I approve this income and expenditure summary for the year ended 31st January 2025 and confirm that I have made available all relevant records and information for their preparation and give my authority for them to be submitted to HM Revenue and Customs.

  
 Interim Charity  
 Chair of Trustees

Date

**Independent examiner's report to the trustees of Interim  
Charity no:1165114**

**Independent examiner's statement:**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that the accounts are incorrect.

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 to enable a proper understanding of the accounts to be reached,

R. Allan  
*R.Allan*

On behalf of Taxsense Accountants Ltd

203 West Street  
 Fareham  
 Hampshire  
 PO16 0EN  
 15th April 2025

**INTERIM**

England & Wales - Charity number 1165114

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# Accounts

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## Annual Report 2023/2024

Our strategy as a registered Charity remains to secure sufficient funding to enable the Charity to meet its objectives, which are:

- 3) The advancement of health or the saving of lives by relieving the mental and physical sickness and distress of persons in need in particular but not limited to the former by the provision of a counselling and psychotherapy support service
- 4) To further such charitable purposes for the public benefit as are wholly charitable according to the laws of England and Wales as the trustees may from time to time determine

The Governing Document, a Constitution, was produced on the 11th January 2016, amended on the 18th April 2018 and last amended on the 4<sup>th</sup> December 2023. Trustees carried out reviews to identify whether the charity was reaching as many beneficiaries as possible. As a result, it was decided to broaden the age range and remove Objects 1 and 2 because the charity has not been in a financial position since inception to grant scholarships or education and research.

Subsequently, the Charity Commission produced a draft amendment, which Trustees agreed and was approved on the 4<sup>th</sup> December 2023. This has enabled the Charity to focus more fully on the needs of beneficiaries.

The organisational structure is a Charitable Incorporated Company (CIO), granted charitable status and registered and regulated by the Charity Commission. We chose a CIO as a structure because it is a new form of charitable organization, only available from 2013 for non-profit organizations in the United Kingdom. As with a company, it

has the benefits of incorporation, which is the creation of a 'legal personality' but does not need separate registration with companies House nor regulation under company law. Trustees have some protection as they have limited liability and any claim is made against the CIO rather than individual Trustees.

The Charity is governed by a chair of trustees, Edward Balmforth, two first Trustees and a newly recruited Trustee. The third first Trustee resigned on the 20<sup>th</sup> November 2023 after being with the charity since registration, some 7 years. Trustees bring a rich and varied experience to meeting INTERIM's objectives and are dedicated to its success. Although the trustees are legally responsible for all the activities of the Charity, Sally Floyd has delegated responsibility for the day to day running of the Charity. Sally is directly accountable to the trustees and attends trustee meetings.

The current first two Trustees were appointed on inception of the Charity on the 11th January 2016:

Louise Webb – Trustee

Juliette Gafsen – Trustee

Linzi Swindon – New Trustee

Governance remains strong and under the 2018 General Data Protection Regulation (GDPR) we remain committed to safeguarding privacy and protecting the personal information provided. A comprehensive set of policies and procedures govern the Charity with safeguarding a strength of the Charity.

There are formal procedures for the recruitment and appointment of Trustees and the Charity has a formal induction and training policy and procedure. Trustees are very aware of their responsibilities and decision making is jointly carried out during Trustee meetings.

Trustees have complied with their duty to have due regard to the guidance on public

benefit published by the Charity Commission in exercising their powers and duties. They have the necessary skills and experience to ensure the Charity is efficient and professionally administered, acting with care and awareness of their duty to avoid conflicts of Interest and personal benefit.

The accounts and financial statements have been prepared in accordance with the following:

The Charity's governing document;

Accounting and Reporting by Charities: Statement of Recommended Practice

The Financial Reporting Standard for Smaller Entities (FRSSE)

The Charities Act 2022

UK Generally Accepted Practice insofar as they apply to the Charity and its Trustees' Annual Report & Financial Statements

The Charity has no reserves and therefore has no reserves policy in place. This is because it is difficult as a small charity to obtain unrestricted funds. It would be transformational to be able to secure unrestricted funds. It is to this end that trustees continue to work to diversify income streams and to establish an effective and sustainable fundraising path.

There are no designated funds or material funds and materially the Charity is not in deficit.

Trustees have reviewed the risks that the charity faces. The main risk is that there is insufficient income to cover expenditure. Since expenditure is almost entirely related to counselling and psychotherapy sessions and room rental, which do not go ahead without funding being in place, this is considered a low risk. However, not having unrestricted funds is a risk. Risks are reviewed on an ongoing basis.

Achievements and Performance of the Charity during the year in relation to its objects:

Trustees have overseen a number of funding applications and are aware of the unrelenting need to develop a mixed and more diverse income stream. In August 2021 East Hampshire District Council Supporting Communities Fund 2021 awarded the Charity a grant of £30,000 payable over 3 years at £10,000 per year, this was completed in July 2024. Over the course of the funding 542.5 sessions were provided.

In March 2024 the Big Lottery Community Fund (BLCF) awarded a grant of £19,950 for 285 Counselling and Psychoeducation sessions.

We have so far provided sessions to approximately 50 families this year.

East Hampshire District Council awarded £851.97 for three new chairs for the therapy room.

The unrestricted funds the Charity has received over the year are as follows:

East Hampshire Community Lottery £120

Birthday Party Donations £325

Pizza Masterclass £720

Raffle £465

Pasta Masterclass £610

The Charity is continuing to take referrals from a number of sources. The Charity is also receiving return referrals from a range of sources linked to advertising and through word of mouth.

### Future plans

Going forward, the charity will carry on its counselling and psychotherapy activities and continue to pursue a more diverse mix of funding.

The charity remains in discussion with a number of different funders with a view to securing further funding.

The Charity will continue drawing on the findings from the experiences of beneficiaries, since these individuals know the challenges, they face better than anyone and our findings suggest better understanding of those challenges, (mental health and related physical conditions) and better self-management resources (know-how, skills, confidence) to manage their condition, will play a part in what the future looks like regarding health and illness. Therefore, it seems, developing changes that promote improved mental and physical health, that are credible, usable and effective, not only support the individuals involved and their families, but may bring closer alignment with the local community for the longer term.

The Charity knows that not only is it important to work with individuals already suffering with a mental health condition but to identify those at higher risk of developing mental health problems, such as isolated people and those who already have a long-term health condition. The Charity has assessed what is available in the community and will continue building onto available community resources.

Regarding design, development and delivery, the Charity will work to demonstrate and produce a desired outcome for beneficiaries.

The Charity's new website is now live.

The Charity is engaging with new stakeholders all the time and knows there is a need for its activities and what is needed. We have appropriately considered aspects of diversity to ensure the Charity meets the needs of beneficiaries and we have and will continue to monitor the impact of interventions, which are flexible enough to adapt if required.

The Charity carefully considers context and knows interventions need to be robust to take account of the many competing external influences and so as not to waste

resources, money and effort.

Signed by



Date

Chair of Trustees: Edward M Balmforth

Signed by



Date

Trustee: Louise Webb



LOTTERY FUNDED

Interim Charity  
Factual Profit & Loss Summary

	YTD 2025	2024	2023	2022	2021	2020	2019	2018	2017
	£	£	£	£	£	£	£	£	£
<b>Income</b>									
Restricted Grants & Unrestricted Donations	20,500	16,825	29,195	26,532	19,034	14,726	1,188	10,820	9,907
	20,500	16,825	29,195	26,532	19,034	14,726	1,188	10,820	9,907
Bank Balance as of Start of Year	6,499	17,953	14,018	7,354	2,995	49	8,978	4,716	-
<b>Cost Of Sales</b>									
Restricted Funds	-	27,717	25,592	19,888	14,675	11,101	9,865	6,960	3,980
	-	27,717	25,592	19,888	14,675	11,101	9,865	6,960	3,980
<b>Gross Profits</b>	<b>26,999</b>	<b>6,561</b>	<b>17,622</b>	<b>14,018</b>	<b>7,354</b>	<b>3,675</b>	<b>299</b>	<b>8,578</b>	<b>5,947</b>
<b>Less Expenses:</b>									
Room rent	-	62	-	-	-	-	70	737	1,230
Stationery	-	33	50	74	111	165	180	180	-
Depreciation	-	228	208	180	180	180	180	180	-
Accountancy	-	-	-	-	-	-	-	-	-
	-	323	258	254	291	345	250	917	1,230
<b>Net Profits</b>	<b>26,999</b>	<b>6,238</b>	<b>17,364</b>	<b>13,764</b>	<b>7,063</b>	<b>3,330</b>	<b>49</b>	<b>7,669</b>	<b>4,717</b>

Client Approval Certificate

I approve this income and expenditure summary for the year ended 31st January 2024 and confirm that I have made available all relevant records and information for their preparation and give my authority for them to be submitted to HM Revenue and Customs.



Interim Charity

10/05/24

Date

Independent examiner's report to the trustees of Interim  
Charity no:1185114

Independent examiner's statement:

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R. Allan

R. Allan

On behalf of Taxsense Accountants Ltd

203 West Street  
Fareham  
Hampshire  
PO16 0EN  
10th May 2023

**Interim Charity  
Factual Profit & Loss Summary**

	YTD 2025	2024	2023	2022	2021	2020	2019	2018	2017
	£	£	£	£	£	£	£	£	£
<b>Income</b>									
Restricted Grants & Unrestricted Donations	20,500	16,825	29,195	26,532	19,034	14,726	1,188	10,820	9,907
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Accountancy	-	-	-	-	-	-	-	-	-
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Interim Charity

10/05/24

Date

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R. Allan

R. Allan

On behalf of Taxsense Accountants Ltd

203 West Street  
Fareham  
Hampshire  
PO16 0EN  
10th May 2023

**INTERIM**

England & Wales - Charity number 1165114

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# Accounts

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Website: [www.weareinterim.com](http://www.weareinterim.com)  
Registered Charity No. 1165114  
Email: [enquiries@weareinterim.com](mailto:enquiries@weareinterim.com)  
Mobile: 07827932167

## Annual Report 2022/2023

Our strategy as a registered Charity remains to secure sufficient funding to enable the Charity to meet its objectives, which are:

- 1) For the public benefit to promote the education and training (in counselling and psychotherapy) of people living in Great Britain, on a limited income and including those with a history of mental illness/emotional distress (who are able to reflect on and use their experiences, treatment and recovery as a strength for others) in such ways as the charity trustees think fit, including by awarding to such persons' scholarships and grants tenable at any university, college or institution recognised to provide counselling and psychotherapy education and training; and maintenance toward course requirements (including travel, books and other course expenses)
- 2) To advance the education of the public in general (and amongst counsellors and psychotherapists) on the subject of counselling and psychotherapy and its relation to mental and social health and to promote research for the public benefit in all aspects and to publish the useful results
- 3) The advancement of health or the saving of lives by relieving the mental and physical sickness and distress of persons in need in particular but not limited to the former by the provision of a counselling and psychotherapy support service
- 4) To further such charitable purposes for the public benefit as are wholly charitable according to the laws of England and Wales as the trustees may from time to time determine



The Governing Document, a Constitution, was produced on the 11th January 2016, and amended on the 18th April 2018. Trustees carried out a review to identify whether the charity was reaching as many beneficiaries as possible and as a result decided to broaden the age range. Subsequently, changes were made to the charitable objects and submitted to the Charity Commission who produced a draft amendment, which Trustees agreed and was approved on the 18th April 2018. This has enabled the Charity to meet the changing needs of beneficiaries.

The organisational structure is a Charitable Incorporated Company (CIO), granted charitable status and registered and regulated by the Charity Commission. We chose a CIO as a structure because it is a new form of charitable organization, only available from 2013 for non-profit organizations in the United Kingdom. As with a company, it has the benefits of incorporation, which is the creation of a 'legal personality' but does not need separate registration with companies House nor regulation under company law. Trustees have some protection as they have limited liability and any claim is made against the CIO rather than individual Trustees.

The Charity is governed by a new chair of trustees and three first Trustees. The new chair of trustees Edward M Balmforth was appointed on the 20th December 2022. The fourth first Trustee resigned on the 16th August 2022 after being with the charity since registration, some 6 years. Trustees are in the process of recruiting a new trustee. Trustees bring a rich and varied experience to meeting INTERIM's objectives and are dedicated to its success. Although the trustees are legally responsible for all the activities of the Charity, Sally Floyd has delegated responsibility for the day to day running of the Charity. Sally is directly accountable to the trustees and attends trustee meetings.

The current first Trustees were all appointed on inception of the Charity on the 11th January 2016:

Louise Webb – Trustee

Juliette Gafsen - Trustee

Mina Holland – Trustee

Governance remains strong and under the 2018 General Data Protection Regulation (GDPR) we remain committed to safeguarding privacy and protecting the personal information provided. A comprehensive set of policies and procedures govern the Charity with safeguarding a strength of the Charity.

There are formal procedures for the recruitment and appointment of Trustees and the Charity has a formal induction and training policy and procedure. Trustees are very aware of their responsibilities and decision making is jointly carried out during Trustee meetings.

Trustees have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers and duties. They have the necessary skills and experience to ensure the Charity is efficient and professionally administered, acting with care and awareness of their duty to avoid conflicts of Interest and personal benefit.

The accounts and financial statements have been prepared in accordance with the following:

The Charity's governing document;

Accounting and Reporting by Charities: Statement of Recommended Practice

The Financial Reporting Standard for Smaller Entities (FRSSE)

The Charities Act 2022

UK Generally Accepted Practice insofar as they apply to the Charity and its Trustees'  
Annual Report & Financial Statements

The Charity has no reserves and therefore has no reserves policy in place. This is because it is so hard as a small charity to obtain unrestricted funds. It would be transformational to be able to secure unrestricted funds. It is to this end that trustees continue to work to diversify income streams and to establish an effective and sustainable fundraising path.

There are no designated funds or material funds and materially the Charity is not in deficit.

Trustees have reviewed the risks that the charity faces. The main risk is that there is insufficient income to cover expenditure. Since expenditure is almost entirely related to counselling and psychotherapy sessions and room rental, which do not go ahead without funding being in place or for which clients pay, this is considered a low risk. However, not having unrestricted funds is a risk. Risks are reviewed on an ongoing basis.

### Achievements and Performance of the Charity during the year in relation to its objects:

Covid 19 continues to impact beneficiaries and the charity in terms of numbers and types of referrals. Many beneficiaries are suffering with anxiety and depression, family relationships and financial difficulties. Sessions continue to be face to face and via online video. Numbers of sessions have increased and beneficiaries are requiring a higher number of sessions.

Trustees have overseen a number of funding applications and are aware of the unrelenting need to develop a mixed and more diverse income stream. In August 2021 East Hampshire District Council Supporting Communities Fund 2021 awarded the Charity a grant of £30,000 payable over 3 years at £10,000 per year for 600 Counselling

and Psychoeducation sessions, that is 200 per year. East Hampshire District Council agreed to a request from the charity to increase the fee from £40 to £50 plus the £10 room rental. This means the numbers of sessions are now 166. In February 2022 the Sussex Community Fund (SCF) awarded a grant of £5,000 for 100 Counselling and Psychoeducation sessions. In addition, in December 2022 the Big Lottery Community Fund (BLCF) awarded a grant of £9,940 for 142 Counselling and Psychoeducation sessions. And in September 2023 the Albert Hunt Trust awarded a grant of £4,000 for 66 Counselling and Psychoeducation sessions.

We have provided sessions to approximately 50 families this year.

The only unrestricted funds the Charity has is £70.50 which has come from the East Hampshire Community Lottery and £183 from a Coffee Morning.

The Charity is continuing to take referrals from a number of sources. The Charity is also receiving return referrals from a range of sources linked to advertising and through word of mouth.

## Future plans

Going forward, the charity will carry on its counselling and psychotherapy activities and continue to pursue a more diverse mix of funding.

The charity remains in discussion with a number of different funders with a view to securing further funding.

The Charity will continue drawing on the findings from the experiences of beneficiaries, since these individuals know the challenges, they face better than anyone and our findings suggest better understanding of those challenges, (mental health and related physical conditions) and better self-management resources (know-how, skills, confidence) to manage their condition, will play a part in what the future looks like regarding health and illness. Therefore, it seems, developing changes that promote improved mental and physical health, that are credible, usable and effective, not only

improved mental and physical health, that are credible, usable and effective, not only support the individuals involved and their families, but may bring closer alignment with the local community for the longer term.

The Charity knows that not only is it important to work with individuals already suffering with a mental health condition but to identify those at higher risk of developing mental health problems, such as isolated people and those who already have a long-term health condition. The Charity has assessed what is available in the community and will continue building onto available community resources.

Regarding design, development and delivery, the Charity will work to demonstrate to produce a desired outcome for beneficiaries.

The Charity has a new website designed and ready to go live.

The Charity is engaging with new stakeholders all the time and knows there is a need for its activities and what is needed. We have appropriately considered aspects of diversity to ensure the Charity meets the needs of beneficiaries and we have and will continue to monitor the impact of interventions, which are flexible enough to adapt if required.

The Charity carefully considers context and knows interventions need to be robust to take account of the many competing external influences and so as not to waste resources, money and effort.

Signed by

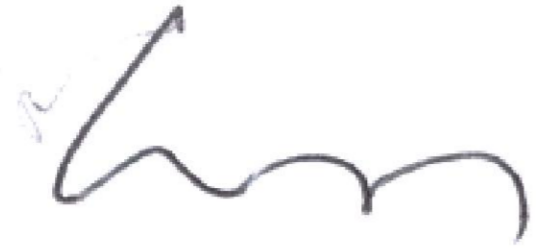


Date

21/10/2023

Chair of Trustees: Edward M Balmforth

Signed by



Date

21/10/2023

Trustee: Louise Webb

Interim Charity  
Income & Expenditure Summary 2022/23

	2023	2022	2021	2020	2019	2018	2017
	£	£	£	£	£	£	£
Turnover	29,195	26,552	19,034	14,726	1,186	10,820	9,907
Sales	29,195	26,552	19,034	14,726	1,186	10,820	9,907
Cost Of Sales	25,592	19,888	14,675	11,101	9,865	6,960	3,960
Purchases	25,592	19,888	14,675	11,101	9,865	6,960	3,960
Gross Profit	3,604	6,664	4,359	3,626	8,679	3,860	5,947
GPM%	12%	25%	23%	25%	-772%	36%	60%
Less Expenses:							
Room rent	-	-	-	-	-	-	1,230
Stationery	50	74	111	165	70	737	-
Depreciation	208	180	180	180	180	180	-
Accountancy	257	254	291	345	250	917	1,230
Profit/(Loss)	3,346	6,410	4,068	3,281	8,929	2,943	4,717
Capital Allowances: AIA	-	-	-	500	-	-	-
Taxable Profit	3,346	6,410	4,068	2,781	8,929	2,943	4,717

Client Approval Certificate

I approve this income and expenditure summary for the year ended 31st January 2023 and confirm that I have made available all relevant records and information for their preparation and give my authority for them to be submitted to HM Revenue and Customs.

Interim Charity

*Chair of Trustees*  
22.5.23

Date

Independent examiner's report to the trustees of Interim  
Charity no:1165114

Independent examiner's statement:

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that the accounts are incorrect.

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 to enable a proper understanding of the accounts to be reached.

R. Allan

R. Allan

On behalf of Taxsense Accountants Ltd

203 West Street  
Fareham  
Hampshire  
PO16 0EN  
10th May 2023

Interim Charity  
Income & Expenditure Summary 2022/23

	2023	2022	2021	2020	2019	2018	2017
	£	£	£	£	£	£	£
<b>Turnover</b>							
Sales	29,195	26,552	19,034	14,726	1,186	10,820	9,907
	29,195	26,552	19,034	14,726	1,186	10,820	9,907
<b>Cost Of Sales</b>							
Purchases	25,592	19,888	14,675	11,101	9,865	6,960	3,960
	25,592	19,888	14,675	11,101	9,865	6,960	3,960
<b>Gross Profit</b>	3,604	6,664	4,359	3,626	8,679	3,860	5,947
GP%	12%	25%	23%	25%	-772%	36%	60%
<b>Less Expenses:</b>							
Room rent	-	-	-	-	-	-	1,230
Stationery	50	74	111	165	70	737	-
Depreciation	208	180	180	180	180	180	-
Accountancy	257	254	291	345	250	917	1,230
<b>Profit/(Loss)</b>	<u>3,346</u>	<u>6,410</u>	<u>4,068</u>	<u>3,281</u>	<u>- 8,929</u>	<u>2,943</u>	<u>4,717</u>
<b>Capital Allowances: AIA</b>	-	-	-	500	-	-	-
<b>Taxable Profit</b>	<u>3,346</u>	<u>6,410</u>	<u>4,068</u>	<u>2,781</u>	<u>- 8,929</u>	<u>2,943</u>	<u>4,717</u>

Client Approval Certificate

I approve this income and expenditure summary for the year ended 31st January 2023 and confirm that I have made available all relevant records and information for their preparation and give my authority for them to be submitted to HM Revenue and Customs.

Interim Charity

*Chair of Trustees*  
22.5.23

Date

Independent examiner's report to the trustees of Interim  
Charity no: 1165114

Independent examiner's statement:

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that the accounts are incorrect.

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 to enable a proper understanding of the accounts to be reached.

R. Allan

R. Allan

On behalf of Taxsense Accountants Ltd

203 West Street  
Fareham  
Hampshire  
PO16 0EN  
10th May 2023

**INTERIM**

England & Wales - Charity number 1165114

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# Accounts

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Website: [www.weareinterim.com](http://www.weareinterim.com)  
Registered Charity No. 1165114  
Email: [enquiries@weareinterim.com](mailto:enquiries@weareinterim.com)  
Mobile: 07827932167

## Annual Report 2021/2022

Our strategy as a registered Charity remains to secure sufficient funding to enable the Charity to meet its objectives, which are:

- 1) For the public benefit to promote the education and training (in counselling and psychotherapy) of people living in Great Britain, on a limited income and including those with a history of mental illness/emotional distress (who are able to reflect on and use their experiences, treatment and recovery as a strength for others) in such ways as the charity trustees think fit, including by awarding to such persons' scholarships and grants tenable at any university, college or institution recognised to provide counselling and psychotherapy education and training; and maintenance toward course requirements (including travel, books and other course expenses)
- 2) To advance the education of the public in general (and amongst counsellors and psychotherapists) on the subject of counselling and psychotherapy and its relation to mental and social health and to promote research for the public benefit in all aspects and to publish the useful results
- 3) The advancement of health or the saving of lives by relieving the mental and physical sickness and distress of persons in need in particular but not limited to the former by the provision of a counselling and psychotherapy support service
- 4) To further such charitable purposes for the public benefit as are wholly charitable according to the laws of England and Wales as the trustees may from time to time determine



The Governing Document, a Constitution, was produced on the 11th January 2016, and amended on the 18th April 2018. Trustees carried out a review to identify whether the charity was reaching as many beneficiaries as possible and as a result decided to broaden the age range. Subsequently, changes were made to the charitable objects and submitted to the Charity Commission who produced a draft amendment, which Trustees agreed and was approved on the 18th April 2018. This has enabled the Charity to meet the changing needs of beneficiaries.

The organisational structure is a Charitable Incorporated Company (CIO), granted charitable status and registered and regulated by the Charity Commission. We chose a CIO as a structure because it is a new form of charitable organization, only available from 2013 for non-profit organizations in the United Kingdom. As with a company, it has the benefits of incorporation, which is the creation of a 'legal personality' but does not need separate registration with companies House nor regulation under company law. Trustees have some protection as they have limited liability and any claim is made against the CIO rather than individual Trustees.

The Charity is governed by three first Trustees, the fourth first Trustee resigned on the 16th August 2022 after being with the charity since registration, some 6 years. Trustees are in the process of recruiting a new trustee. Trustees bring a rich and varied experience to meeting INTERIM's objectives and are dedicated to its success. Although the trustees are legally responsible for all the activities of the Charity, Sally Floyd has delegated responsibility for the day to day running of the Charity. Sally is directly accountable to the trustees and attends trustee meetings.

The current first Trustees were all appointed on inception of the Charity on the 11th January 2016:

Louise Webb – Chair of Trustees

Juliette Gafsen - Trustee

Mina Holland – Trustee

Governance remains strong and under the 2018 General Data Protection Regulation (GDPR) we remain committed to safeguarding privacy and protecting the personal information provided. A comprehensive set of policies and procedures govern the Charity with safeguarding a strength of the Charity.

There are formal procedures for the recruitment and appointment of Trustees and the Charity has a formal induction and training policy and procedure. Trustees are very aware of their responsibilities and decision making is jointly carried out during Trustee meetings.

Trustees have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers and duties. They have the necessary skills and experience to ensure the Charity is efficient and professionally administered, acting with care and awareness of their duty to avoid conflicts of Interest and personal benefit.

The accounts and financial statements have been prepared in accordance with the following:

The Charity's governing document;

Accounting and Reporting by Charities: Statement of Recommended Practice

The Financial Reporting Standard for Smaller Entities (FRSSE)

The Charities Act 2022

UK Generally Accepted Practice insofar as they apply to the Charity and its Trustees' Annual Report & Financial Statements

The Charity has no reserves and therefore has no reserves policy in place. This is because it is so hard as a small charity to obtain unrestricted funds. It would be transformational to be able to secure unrestricted funds. It is to this end that trustees continue to work to diversify income streams and to establish an effective and sustainable fundraising path.

There are no designated funds or material funds and materially the Charity is not in deficit.

Trustees have reviewed the risks that the charity faces. The main risk is that there is insufficient income to cover expenditure. Since expenditure is almost entirely related to counselling and psychotherapy sessions and room rental, which do not go ahead without funding being in place or for which clients pay, this is considered a low risk. However, not having unrestricted funds is a risk. Risks are reviewed on an ongoing basis.

**Achievements and Performance of the Charity during the year in relation to its objects:**

Covid 19 continues to have a significant impact in terms of numbers and types of referrals. Many beneficiaries are suffering with anxiety and depression, family relationships and financial difficulties. Sessions have returned to face to face and online sessions continue. Numbers of sessions have increased.

Trustees have overseen a number of funding applications and are aware of the unrelenting need to develop a mixed and more diverse income stream. In August 2021 East Hampshire District Council Supporting Communities Fund 2021 awarded the Charity a grant of £30,000 payable over 3 years at £10,000 per year for 600 Counselling and Psychoeducation sessions, that is 200 per year. In addition, in December 2021 the

Big Lottery Community Fund (BLCF) awarded a grant of £5,000 for 100 Counselling and Psychoeducation sessions. In December 2021 the Hampshire and Isle of Wight Community Fund (HiWCF) awarded a grant of £5,000 for 100 Counselling and Psychoeducation sessions. In February 2022 the Sussex Community Fund (SCF) awarded a grant of £5,000 for 100 Counselling and Psychoeducation sessions. And in April 2022 the Albert Hunt Trust awarded a grant of £4,000 for 73 Counselling and Psychoeducation sessions. And we have provided sessions to approximately 60 families this year.

Redford Village Hall Coffee Morning raised £183 unrestricted funds.

The only unrestricted funds the Charity has is £123.50 which has come from the East Hampshire Community Lottery.

The Charity is continuing to take referrals from a number of sources. The Charity is also receiving return referrals, from a range of sources linked to advertising and through word of mouth.

### Future plans

Going forward, the charity will carry on its counselling and psychotherapy activities and continue to pursue a more diverse mix of funding.

The charity will continue in discussion with a number of different funders with a view to securing further funding.

The Charity will continue drawing on the findings from the experiences of beneficiaries, since these individuals know the challenges, they face better than anyone and our findings suggest better understanding of those challenges, (mental health and related physical conditions) and better self-management resources (know-how, skills, confidence) to manage their condition, will play a part in what the future looks like regarding health and illness. Therefore, it seems, developing changes that promote improved mental and physical health, that are credible, usable and effective, not only

support the individuals involved and their families, but may bring closer alignment with the local community for the longer term.


The Charity knows that not only is it important to work with individuals already suffering with a mental health condition but to identify those at higher risk of developing mental health problems, such as isolated people and those who already have a long-term health condition. The Charity has assessed what is available in the community and will continue building onto available community resources.

Regarding design, development and delivery, the Charity will work to demonstrate to produce a desired outcome for beneficiaries.

The Charity is engaging with new stakeholders all the time and knows there is a need for its activities and what is needed. We have appropriately considered aspects of diversity to ensure the Charity meets the needs of beneficiaries and we have and will continue to monitor the impact of interventions, which are flexible enough to adapt if required.

The Charity carefully considers context and knows interventions need to be robust to take account of the many competing external influences and so as not to waste resources, money and effort.

Signed by *LOUISE WEBB*

Date *25/10/22* 

Chair of Trustees: Louise Webb

Signed by

Date 25-10-2022

Trustee: Juliette Gafsen



**Interim Charity  
Income & Expenditure Summary 2021/22**

	2022	2021	2020	2019	2018	2017
	£	£	£	£	£	£
<b>Turnover</b>						
Sales	26,552	19,034	14,726	1,186	10,820	9,907
	26,552	19,034	14,726	1,186	10,820	9,907
<b>Cost Of Sales</b>						
Purchases	19,888	14,675	11,101	9,865	6,960	3,950
	19,888	14,675	11,101	9,865	6,960	3,950
<b>Gross Profit</b>	6,664	4,359	3,626	8,679	3,860	5,947
60%	25%	23%	25%	73%	35%	60%
<b>Less Expenses:</b>						
Room rent	-	-	-	-	-	1,230
Stationery	74	111	165	70	737	-
Depreciation	180	180	180	180	180	-
Accountancy	254	291	345	250	917	1,230
<b>Profit/(Loss)</b>	6,410	4,068	3,281	8,929	2,943	4,717
<b>Capital Allowances: AIA</b>	-	-	500	-	-	-
<b>Taxable Profit</b>	6,410	4,068	2,781	8,929	2,943	4,717

**Client Approval Certificate**

I approve this income and expenditure summary for the year ended 5th April 2022 and confirm that I have made available all relevant records and information for their **S. P. D. O. Y. D.** and give my authority for them to be submitted to HM Revenue and Customs. **22/04/2022 16:13:17**

*Sally Floyd*  
Interim Charity  
Date 22/04/22

Independent examiner's report to the trustees of Interim  
Charity no: 1165114

**Independent examiner's statement:**  
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that the accounts are incorrect.

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 to enable a proper understanding of the accounts to be reached.

V. Digwa  
V. Digwa

On behalf of Taxsense Accountants Ltd

203 West Street  
Fareham  
Hampshire  
PO16 0EN  
11th April 2022

**Interim Charity  
Income & Expenditure Summary 2021/22**

	2022	2021	2020	2019	2018	2017
	£	£	£	£	£	£
<b>Turnover</b>						
Sales	26,552	19,034	14,726	1,186	10,820	9,907
	26,552	19,034	14,726	1,186	10,820	9,907
<b>Cost Of Sales</b>						
Purchases	19,888	14,675	11,101	9,865	6,960	3,950
	19,888	14,675	11,101	9,865	6,960	3,950
<b>Gross Profit</b>	6,664	4,359	3,626	8,679	3,860	5,947
60%	25%	23%	25%	73%	35%	60%
<b>Less Expenses:</b>						
Room rent	-	-	-	-	-	1,230
Stationery	74	111	165	70	737	-
Depreciation	180	180	180	180	180	-
Accountancy	254	291	345	250	917	1,230
<b>Profit/(Loss)</b>	6,410	4,068	3,281	8,929	2,943	4,717
<b>Capital Allowances: AIA</b>	-	-	500	-	-	-
<b>Taxable Profit</b>	6,410	4,068	2,781	8,929	2,943	4,717

**Client Approval Certificate**

I approve this income and expenditure summary for the year ended 5th April 2022 and confirm that I have made available all relevant records and information for their **S. P. D. O. Y. D.** and give my authority for them to be submitted to HM Revenue and Customs.  
**22/04/2022 16:13:17**

*Sally Floyd*  
 Interim Charity  
 Date 22/04/22

Independent examiner's report to the trustees of Interim  
 Charity no: 1165114

**Independent examiner's statement:**  
 I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that the accounts are incorrect.

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 to enable a proper understanding of the accounts to be reached.

V. Digwa  
 V. Digwa

On behalf of Taxsense Accountants Ltd  
 203 West Street  
 Fareham  
 Hampshire  
 PO16 0EN  
 11th April 2022

**INTERIM**

England & Wales - Charity number 1165114

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# Accounts

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Website: [www.weareinterim.com](http://www.weareinterim.com)  
Registered Charity No. 1165114  
Email: [enquiries@weareinterim.com](mailto:enquiries@weareinterim.com)  
Mobile: 07827932167

## Annual Report 2020/2021

Our strategy for the first 5 years of operation as a registered Charity remains to secure sufficient funding to enable the Charity to meet its objectives, which are:

- 1) For the public benefit to promote the education and training (in counselling and psychotherapy) of people living in Great Britain, on a limited income and including those with a history of mental illness/emotional distress (who are able to reflect on and use their experiences, treatment and recovery as a strength for others) in such ways as the charity trustees think fit, including by awarding to such persons' scholarships and grants tenable at any university, college or institution recognised to provide counselling and psychotherapy education and training; and maintenance toward course requirements (including travel, books and other course expenses)
- 2) To advance the education of the public in general (and amongst counsellors and psychotherapists) on the subject of counselling and psychotherapy and its relation to mental and social health and to promote research for the public benefit in all aspects and to publish the useful results
- 3) The advancement of health or the saving of lives by relieving the mental and physical sickness and distress of persons in need in particular but not limited to the former by the provision of a counselling and psychotherapy support service
- 4) To further such charitable purposes for the public benefit as are wholly charitable according to the laws of England and Wales as the trustees may from time to time determine



The Governing Document, a Constitution, was produced on the 11th January 2016, amended on the 18th April 2018. Trustees carried out a review to identify whether the charity was reaching as many beneficiaries as possible and as a result decided to broaden the age range. Subsequently, changes were made to the charitable objects and submitted to the Charity Commission who produced a draft amendment, which Trustees agreed and was approved on the 18th April 2018. This has enabled the Charity to meet the changing needs of beneficiaries.

The organisational structure is a Charitable Incorporated Company (CIO), granted charitable status and registered and regulated by the Charity Commission. We chose a CIO as a structure because it is a new form of charitable organization, only available from 2013 for non-profit organizations' in the United Kingdom. As with a company, it has the benefits of incorporation, which is the creation of a 'legal personality' but does not need separate registration with companies House nor regulation under company law. Trustees have some protection as they have limited liability and any claim is made against the CIO rather than individual Trustees.

The Charity is governed by four first Trustees who bring a rich and varied experience to meeting INTERIM's objectives and are dedicated to its success. Although the trustees are legally responsible for all the activities of the Charity, Sally Floyd has delegated responsibility for the day to day running of the Charity. Sally is directly accountable to the trustees and attends trustee meetings.

The current first Trustees were all appointed on inception of the Charity on the 11th January 2016:

Louise Webb – Chair of Trustees

Juliette Gafsen - Trustee



Jacqueline Bishop – Trustee

Mina Holland – Trustee

Governance remains strong and was updated in 2018 to include the new General Data Protection Regulation (GDPR). A comprehensive set of policies and procedures govern the Charity with safeguarding a strength of the Charity.

There are formal procedures for the recruitment and appointment of Trustees and the Charity has a formal induction and training policy and procedure. Trustees are very aware of their responsibilities and decision making is jointly carried out during Trustee meetings.

Trustees have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers and duties. They have the necessary skills and experience to ensure the Charity is efficient and professionally administered, acting with care and awareness of their duty to avoid conflicts of Interest and personal benefit.

The accounts and financial statements have been prepared in accordance with the following:

The Charity's governing document;

Accounting and Reporting by Charities: Statement of Recommended Practice

The Financial Reporting Standard for Smaller Entities (FRSSE)

The Charities Act 2011

UK Generally Accepted Practice insofar as they apply to the Charity and its Trustees' Annual Report & Financial Statements



The Charity has no reserves and therefore has no reserves policy in place.

There are no designated funds or material funds and materially the Charity is not in deficit.

Trustees have reviewed the risks that the charity faces. The main risk is that there is insufficient income to cover expenditure. Since expenditure is almost entirely related to counselling and psychotherapy sessions and room rental, which do not go ahead without funding being in place or for which clients pay, this is considered a low risk. Risks are reviewed on an ongoing basis.

### Achievements and Performance of the Charity during the year in relation to its objects:

Covid 19 continues to have a significant impact in terms of numbers and types of referrals. Many beneficiaries are suffering with anxiety and depression, family relationships and financial difficulties. Sessions have returned to face to face and online sessions continue. Numbers of sessions have increased.

Trustees have overseen a number of funding applications and are aware of the unrelenting need to develop a mixed and more diverse income stream. In February 2021 East Hampshire District Council (EHDC) awarded the charity a grant of £1,500 for 30 Counselling and Psychoeducation sessions and in March 2021 the Big Lottery Community Fund (BLCF) awarded the charity a grant of £5,000 for 100 Counselling and Psychoeducation sessions. In addition, East Hampshire District Council Supporting Communities Fund 2021 awarded the Charity a grant of £30,000 payable over 3 years at £10,000 per year for 600 Counselling and Psychoeducation sessions, that is 200 per year.

The only unrestricted funds the Charity has are £67 which has come from the East Hampshire Community Lottery.



The Charity is continuing to take referrals from Home-Start Butser, the Kings Arms Youth Centre, Simon Says and Bordon Bereavement Fund, who are Registered Charities located in the East Hampshire area. The Charity is also receiving return referrals, referrals via local schools, and a range of sources linked to advertising and through word of mouth.

### Future plans

Going forward, the charity will carry on its counselling and psychotherapy activities and pursue a more diverse mix of funding.

The charity will continue in discussion with a number of different funders with a view to securing further funding.

The Charity will continue drawing on the findings from the experiences of beneficiaries, since these individuals know the challenges, they face better than anyone and our findings suggest better understanding of those challenges, (mental health and related physical conditions) and better self-management resources (know-how, skills, confidence) to manage their condition, will play a part in what the future looks like regarding health and illness. Therefore, it seems, developing changes that promote improved mental and physical health, that are credible, usable and effective, not only support the individuals involved and their families, but may bring closer alignment with the local community for the longer term.

The Charity knows that not only is it important to work with individuals already suffering with a mental health condition but to identify those at higher risk of developing mental health problems, such as isolated people and those who already have a long-term health condition. The Charity has assessed what is available in the community and will continue building onto available community resources.

Regarding design, development and delivery, the Charity will work to demonstrate to produce a desired outcome for beneficiaries.



have a long-term health condition. The Charity has assessed what is available in the community and will continue building onto available community resources.

Regarding design, development and delivery, the Charity will work to demonstrate to produce a desired outcome for beneficiaries.

The Charity is engaging with new stakeholders all the time and knows there is a need for its activities and what is needed. We have appropriately considered aspects of diversity to ensure the Charity meets the needs of beneficiaries and we have and will continue to monitor the impact of interventions, which are flexible enough to adapt if required.

The Charity carefully considers context and knows interventions need to be robust to take account of the many competing external influences and so as not to waste resources, money and effort.

Signed by



Date

16.10.21

Chair of Trustees: Louise Webb

Signed by



Date

21.10.21

Trustee: Juliette Gafsen



Interim Charity  
Income & Expenditure Summary 2020/21

	2021	2020	2019	2018	2017
	£	£	£	£	£
<b>Turnover</b>					
Sales	19,034	14,726	1,186	10,820	9,907
	<u>19,034</u>	<u>14,726</u>	<u>1,186</u>	<u>10,820</u>	<u>9,907</u>
<b>Cost Of Sales</b>					
Purchases	14,675	11,101	9,865	6,960	3,960
	<u>14,675</u>	<u>11,101</u>	<u>9,865</u>	<u>6,960</u>	<u>3,960</u>
<b>Gross Profit</b>	<b>4,359</b>	<b>3,626</b>	<b>- 8,679</b>	<b>3,860</b>	<b>5,947</b>
GPM	23%	25%	-732%	36%	60%
<b>Less Expenses:</b>					
Room rent	-	-	-	-	1,230
Stationery	-	-	70	737	-
Depreciation	111	165			
Accountancy	180	180	180	180	-
	<u>291</u>	<u>345</u>	<u>250</u>	<u>917</u>	<u>1,230</u>
<b>Profit/(Loss)</b>	<b><u>4,068</u></b>	<b><u>3,281</u></b>	<b><u>- 8,929</u></b>	<b><u>2,943</u></b>	<b><u>4,717</u></b>
<b>Capital Allowances: AIA</b>	-	500	-	-	-
<b>Taxable Profit</b>	<b><u>4,068</u></b>	<b><u>2,781</u></b>	<b><u>- 8,929</u></b>	<b><u>2,943</u></b>	<b><u>4,717</u></b>

Client Approval Certificate

I approve this income and expenditure summary for the year ended 5th April 2021 and confirm that I have made available all relevant records and information for their preparation and give my authority for them to be submitted to HM Revenue and Customs.

S. Floyd  
21/04/2021 11:55:06  
Interim Charity  
Sally Floyd

Date

Independent examiner's report to the trustees of Interim  
Charity no:1165114

Independent examiner's statement:

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that the accounts are incorrect.

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 to enable a proper understanding of the accounts to be reached.

M.Shahid  
M. Shahid

On behalf of Taxsense Accountants Ltd

203 West Street  
Fareham  
Hampshire  
PO16 0EN  
21<sup>st</sup> April 2021

S. Goffson  
22-06-2021.

hm  
27-7-2021