

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



LOTTERY FUNDED



Interim Charity
Income & Expenditure Summary 2022/23

	2023 £	2022 £	2021 £	2020 £	2019 £	2018 £	2017 £
Turnover							
Sales	29,195	26,552	19,034	14,726	1,186	10,820	9,907
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Cost Of Sales							
Purchases	25,592	19,888	14,675	11,101	9,865	6,960	3,960
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Gross Profit	3,604	6,664	4,359	3,626	8,679	3,860	5,947
GP%	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

Date

Chair of Trustees
22.5.23

Independent examiner's report to the trustees of Interim
Charity no:165114

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

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