

FOUNTAINS COUNSELLING SERVICE

England & Wales · Charity number 1166723

Details

Status Registered

Legal form CIO

Registered 2016-04-25

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

Contact

Address 3 The Mount
Mount Lane
Market Drayton
TF9 1AG

Phone 07980387847

Email info@fountainscounselling.org.uk

Website www.fountainscounselling.org.uk

Activities

Objects: TO PRESERVE AND PROTECT GOOD MENTAL HEALTH IN STAFFORDSHIRE AND THE SURROUNDING AREAS BY THE PROVISION OF A CONFIDENTIAL COUNSELLING SERVICE.

Activities: Volunteer counselling services

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Staffordshire
- Stoke-on-trent City

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£703	£1,099	-	-
2023-09-30	£313	£248	-	-
2022-09-30	£846	£431	-	-
2021-09-30	£1,274	£2,668	-	-
2020-09-30	£3,349	£4,255	-	-

Trustees

Name	Role	Appointed
Professor Charles Lindsay Bashford	Chair	2019-02-25
ROB BELCHER		2015-01-15
SANDRA DAVIS		2015-10-22
Sarah Watson		2022-01-31

FOUNTAINS COUNSELLING SERVICE

England & Wales - Charity number 1166723

Accounts

Section A: Reference and administration details

Charity name

FOUNTAINS COUNSELLING SERVICE

Registered charity number

1166723

Charity's principal address

c/o 3 The Mount, Mount Lane,
Market Drayton,
Shropshire
TF9 1AG

Names of the charity trustees

Trustee name	Office (if any)	Dates acted if not for whole year
Lindsay Bashford	Chair	
Rob Belcher	Treasurer	
Wendy Bishop		Until June 2024
Sandra Davis		

Section B: Structure, governance and management

Description of the charity's trusts

Type of governing document

Constitution

How the charity is constituted

Charitable Incorporated Organisation

Trustee selection methods

New trustees are selected and appointed by the Charity's Trustees

Additional governance issues
(optional information)

None

Section C: Objectives and activities

The object of the charity set out in the governing document

To preserve and protect good mental health in Staffordshire and the surrounding areas by the provision

of a confidential counselling service.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Fountains Counselling Service is a voluntary organisation staffed by professionally qualified volunteer counsellors. It continues to offer counselling support to adults experiencing a variety of life challenges including anxiety, stress and depression, loss and bereavement, anger, abuse and relationship difficulties.

The Service is accessible to all and does not charge a fee for counselling sessions (although a donation is welcomed from those clients who are able to make a contribution towards sustaining the service).

We confirm that the trustees have had regard to the Charity Commission's guidance on public benefit.

Additional details of objectives and activities (*optional information*)

None

Section D: Achievements and performance

Summary of the main achievements of the charity during the year

Following detailed discussions, Fountains Counselling entered into a formal partnership with Reach Christian Counselling. Under the partnership Reach receive and allocate requests for counselling and ensure Counsellors provide a safe and appropriate service; Fountains recruit and support Counsellors in Staffordshire and surrounding areas.

In order to promote the work of Fountains, the chair liaised with United Christian Broadcasters and gave an in depth interview which had a particular focus on our work and its Christian context.

Fountains continues to promote its activities by liaising with local churches in Stafford and in Stoke and maintaining an active website.

Section E: Financial review

Brief statement of the charity's policy on reserves

At present Fountains Counselling Service does not have an explicit policy on financial reserves. However, this is on the agenda to address in 2024/25 as part of a review of its wider Finance Policy and Procedures.

Details of any funds materially in deficit

None

Further financial review details
(optional information)

The headline points are:

- The Service ceased banking with Barclays and in November 2023 opened a new Charity and Community Bank Account with the Cooperative Bank.
- At 30 September 2024 (close of annual accounts) the Service had total funds of £24,942.48, a small decrease of £395.20 on the previous year;
- The Service's counselling activities recommenced in the 2023/24 financial year as Fountains entered a partnership with Reach Counselling (Merseyside). Consequently, both expenditure and income transactions started to show a slow and steady increase.

Income

- Overall income remained relatively low (£703.38) although increased significantly from the previous year;
- Although limited, the Service once more started to receive client donations due to counselling services restarting;
- We also continue to receive church donations (£615);
- There were no fundraising activities during the year.

Expenditure

- As the Service recommenced activities, expenditure during 2023/24 more than quadrupled on the previous year to 1,098.58. In line with our new partnership with Reach Counselling, we started paying them a £250/month management administration fee for the last 3 months of the financial year (£750). This was the most significant outgoing in the year.
- Other significant costs in 2023/24 were counsellor payments (£140) and our annual membership of the relevant professional body (£152.25).

Summary

In 2023/24 counselling activities recommenced towards the end of the year. Our partnership with Reach Counselling means that we have started working in a different way to previously. From a financial perspective, we have commenced paying Reach a monthly management and administration fee. We pay counsellors for each patient session undertaken in our area, and share received client donations equally with Reach.

Our accounts currently remain in a healthy state.

Section F: Other optional information

None

Section G: Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

Signature:

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Full name:

Professor Charles Lindsay Bashford

Position:

Chair of Trustees

Date:

2025-09-23

FOUNTAINS COUNSELLING SERVICE
ACCOUNTS FOR YEAR ENDED 30/09/2024

		2023	2024
		£	£
<u>(1) Unrestricted Funds</u>			
<u>Receipts</u>			
Donations etc	Church donations	293.02	615.00
	Client donations	0.00	60.00
	Individual donations	20.00	20.00
	Charitable donations and grants	0.00	0.00
Other	Gift Aid rebate	0.00	0.00
	Fundraising activities	0.00	0.00
	Other	0.00	8.38
Total		<u>313.02</u>	<u>703.38</u>
<u>Payments</u>			
General	Administration service costs	0.00	750.00
	Counsellors' payments	0.00	140.00
Other	Professional membership	0.00	152.25
	Telephone costs	147.76	28.84
	Insurance	0.00	0.00
	Website hosting	100.66	0.00
	Promotion expenses	0.00	27.49
	Miscellaneous	0.00	0.00
Total		<u>248.42</u>	<u>1,098.58</u>
Net of receipts (payments)		<u>64.60</u>	<u>-395.20</u>
Cash fund last year end		25,273.08	25,337.68
Cash fund this year end		£25,337.68	£24,942.48

(2) Statement of Assets and Liabilities at 30th September 2024

Monetary Assets

Bank and Cash balances (no cash held or cash transactions)		year end	year end
		30.09.23	30.09.24
	Total held in bank account	25,337.68	24,942.48
	minus value of unpresented cheques at year end	0.00	0.00
	plus value of unbanked receipts	0.00	0.00
	total	<u>£25,337.68</u>	<u>£24,942.48</u>

Other assets (non-endowed)

None

No other accounts held, no other funds held, no liabilities.

For and on behalf of Fountains Counselling Service Management Committee

Rob Belcher (Treasurer)

FOUNTAINS COUNSELLING SERVICE

England & Wales - Charity number 1166723

Accounts

Trustees' Annual Report

1st October 2022 to 30th September 2023

Section A: Reference and administration details

Charity name	FOUNTAINS COUNSELLING SERVICE
Registered charity number	1166723
Charity's principal address	c/o 3 The Mount, Mount Lane, Market Drayton, Shropshire TF9 1AG

Names of the charity trustees

Trustee name	Office (if any)	Dates acted if not for whole year
Lindsay Bashford	Chair	
Rob Belcher	Treasurer	
Wendy Bishop		
Sandra Davis		
Sarah Watson		

Section B: Structure, governance and management

Description of the charity's trusts

Type of governing document	Constitution
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods	New trustees are selected and appointed by the Charity's Trustees
Additional governance issues (optional information)	None

Section C: Objectives and activities

The object of the charity set out in the governing document

To preserve and protect good mental health in Staffordshire and the surrounding areas by the provision of a confidential counselling service.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Fountains Counselling Service is a voluntary organisation staffed by professionally qualified volunteer counsellors. It continues to offer counselling support to adults experiencing a variety of life challenges including anxiety, stress and depression, loss and bereavement, anger, abuse and relationship difficulties.

The Service is accessible to all and does not charge a fee for counselling sessions (although a donation is welcomed from those clients who are able to make a contribution towards sustaining the service).

We confirm that the trustees have had regard to the Charity Commission's guidance on public benefit.

Additional details of objectives and activities (optional information)

None

Section D: Achievements and performance

Summary of the main achievements of the charity during the year

2022/23 was another quiet year for Fountains Counselling Service. Counselling activities continued to be suspended while we sought a sustainable mode of operation to enable us to fulfil our vision in accordance with our values.

There is an ever-increasing need for the services that Fountains provides and with thanks to financial donations, it remains in a strong position to adopt new ways of working.

We started a conversation with another organisation, Reach Christian Counselling, to develop a partnership that would enable both organisations to run effectively in their local areas. We foresee a model in which the professional and business aspects are managed by Reach whereas the service in Staffordshire is funded and supported by Fountains. Progress has been good and we look forward to relaunching Fountains services in Staffordshire in 2024.

We continue to seek to meet the challenges of providing Counselling in a world whose brokenness seems to be growing and whose need for the love and compassion of our Lord never fades.

Section E: Financial review

Brief statement of the charity's

At present Fountains Counselling Service does not have

policy on reserves

an explicit policy on financial reserves. However, this is on the agenda to address in 2023/24 as part of a review of its wider Finance Policy and Procedures.

Details of any funds materially in deficit

None

Further financial review details (optional information)

The headline points are:

- At 30 September 2023 (close of annual accounts) the Service had total funds of £25,337.68, a very small increase of £64.60 on the previous year;
- The Service’s counselling activities continued to be suspended in the 2022/23 financial year and so both expenditure and income transactions were minimal.

Income

- Overall income has been at its lowest (£313.02) for many years due to the lack of activity;
- There have been no client donations due to counselling services being stopped for the time being;
- However, we continue to receive church donations (£293);
- There were no fundraising activities during the year.

Expenditure

- There has been minimal expenditure during 2022/23 (£248.42). What expenditure there has been has consisted of telephone costs (£147.76), and website hosting (£100.66).

Summary

2022/23 has been the second consecutive year that counselling activities were suspended pending consideration of how the service could resume in a different model of provision.

The accounts currently remain in a healthy state.

In September 2023 Fountains’ bank account with Barclays Bank was closed and a new account with the Co-operative Bank was subsequently opened.

Section F: Other optional information

None

Section G: Declaration

The trustees declare that they have approved the trustees’ report above.

Signed on behalf of the charity’s trustees.

Signature:

Lindsay Bashford

Full name:

Professor Charles Lindsay Bashford

Position:

Chair of Trustees

Date:

2024-07-26

FOUNTAINS COUNSELLING SERVICE
ACCOUNTS FOR YEAR ENDED 30/09/2023

		2022	2023
		£	£
<u>(1) Unrestricted Funds</u>			
<u>Receipts</u>			
Donations etc	Church donations	786.00	293.02
	Client donations	0.00	0.00
	Individual donations	60.00	20.00
	Charitable donations and grants	0.00	0.00
Other	Gift Aid rebate	0.00	0.00
	Fundraising activities	0.00	0.00
	Easyfundraising	0.00	0.00
Total		<u>846.00</u>	<u>313.02</u>
<u>Payments</u>			
General	Administration service costs	60.00	0.00
	Counsellors' expenses and supervision	0.00	0.00
Administration	Administrator and other expenses	0.00	0.00
	Telephone costs	144.90	147.76
Other	Insurance	0.00	0.00
	Professional membership	140.00	0.00
	Website hosting	86.26	100.66
	Miscellaneous	0.00	0.00
Total		<u>431.16</u>	<u>248.42</u>
Net of receipts (payments)		<u>414.84</u>	<u>64.60</u>
Cash fund last year end		24,858.24	25,273.08
Cash fund this year end		<u>£25,273.08</u>	<u>£25,337.68</u>

(2) Statement of Assets and Liabilities at 30th September 2023

Monetary Assets

Bank and Cash balances (no cash held or cash transactions)		year end	year end
		30.09.22	30.09.23
	Total held in bank account	25,273.08	25,337.68
	minus value of un-presented cheques at year end	0.00	0.00
	plus value of unbanked receipts	0.00	0.00
	total	<u>£25,273.08</u>	<u>£25,337.68</u>

Other assets (non-endowed)

None

No other accounts held, no other funds held, no liabilities.

For and on behalf of Fountains Counselling Service Management Committee

Rob Belcher (Treasurer)

FOUNTAINS COUNSELLING SERVICE

England & Wales - Charity number 1166723

Accounts

FOUNTAINS COUNSELLING SERVICE
ACCOUNTS FOR YEAR ENDED 30/09/2022

		2021	2022
		£	£
<u>(1) Unrestricted Funds</u>			
<u>Receipts</u>			
Donations etc	Church donations	300.00	786.00
	Client donations	725.00	0.00
	Individual donations	60.00	60.00
	Charitable donations and grants	0.00	0.00
Other	Gift Aid rebate	188.75	0.00
	Fundraising activities	0.00	0.00
	Easyfundraising	0.00	0.00
Total		<u>1,273.75</u>	<u>846.00</u>
<u>Payments</u>			
General	Administration service costs	1,080.00	60.00
	Counsellors' expenses and supervision	560.00	0.00
Administration	Administrator and other expenses	40.50	0.00
	Telephone costs	137.70	144.90
Other	Insurance	168.10	0.00
	Professional membership	0.00	140.00
	Service Review - consultancy costs	595.00	0.00
	Room hire	0.00	0.00
	Website hosting	86.26	86.26
	Miscellaneous	0.00	0.00
Total		<u>2,667.56</u>	<u>431.16</u>
Net of receipts (payments)		<u>-1,393.81</u>	<u>414.84</u>
Cash fund last year end		<u>26,252.05</u>	<u>24,858.24</u>
Cash fund this year end		£24,858.24	£25,273.08

(2) Statement of Assets and Liabilities at 30th September 2022

Monetary Assets

Bank and Cash balances (no cash held or cash transactions)	year end	year end
	30.09.21	30.09.22
Total held in bank account	24,858.24	25,273.08
minus value of unrepresented cheques at year end	0.00	0.00
plus value of unbanked receipts	0.00	0.00
total	<u>£24,858.24</u>	<u>£25,273.08</u>

Other assets (non-endowed)

The Service holds the following assets of value: 2no. laptop computers and a printer. One laptop and printer were purchased in 2011 at an approximate cost of £650. Their current resale value is considered to be nil. The other laptop was purchased in 2019 and has a notional value of £50.

No other accounts held, no other funds held, no liabilities.

For and on behalf of Fountains Counselling Service Management Committee

Rob Belcher (Treasurer)

FOUNTAINS COUNSELLING SERVICE
ACCOUNTS FOR YEAR ENDED 30/09/2022

		2021	2022
		£	£
<u>(1) Unrestricted Funds</u>			
<u>Receipts</u>			
Donations etc	Church donations	300.00	786.00
	Client donations	725.00	0.00
	Individual donations	60.00	60.00
	Charitable donations and grants	0.00	0.00
Other	Gift Aid rebate	188.75	0.00
	Fundraising activities	0.00	0.00
	Easyfundraising	0.00	0.00
Total		<u>1,273.75</u>	<u>846.00</u>
<u>Payments</u>			
General	Administration service costs	1,080.00	60.00
	Counsellors' expenses and supervision	560.00	0.00
Administration	Administrator and other expenses	40.50	0.00
	Telephone costs	137.70	144.90
Other	Insurance	168.10	0.00
	Professional membership	0.00	140.00
	Service Review - consultancy costs	595.00	0.00
	Room hire	0.00	0.00
	Website hosting	86.26	86.26
	Miscellaneous	0.00	0.00
Total		<u>2,667.56</u>	<u>431.16</u>
Net of receipts (payments)		<u>-1,393.81</u>	<u>414.84</u>
Cash fund last year end		<u>26,252.05</u>	<u>24,858.24</u>
Cash fund this year end		£24,858.24	£25,273.08

(2) Statement of Assets and Liabilities at 30th September 2022

Monetary Assets

Bank and Cash balances (no cash held or cash transactions)	year end	year end
	30.09.21	30.09.22
Total held in bank account	24,858.24	25,273.08
minus value of unrepresented cheques at year end	0.00	0.00
plus value of unbanked receipts	0.00	0.00
total	<u>£24,858.24</u>	<u>£25,273.08</u>

Other assets (non-endowed)

The Service holds the following assets of value: 2no. laptop computers and a printer. One laptop and printer were purchased in 2011 at an approximate cost of £650. Their current resale value is considered to be nil. The other laptop was purchased in 2019 and has a notional value of £50.

No other accounts held, no other funds held, no liabilities.

For and on behalf of Fountains Counselling Service Management Committee

Rob Belcher (Treasurer)

FOUNTAINS COUNSELLING SERVICE

England & Wales - Charity number 1166723

Accounts

Section A: Reference and administration details

Charity name	FOUNTAINS COUNSELLING SERVICE
Registered charity number	1166723
Charity's principal address	c/o 3 The Mount, Mount Lane, Market Drayton, Shropshire TF9 1AG

Names of the charity trustees

Trustee name	Office (if any)	Dates acted if not for whole year
Lindsay Bashford	Chair	
Sue Frankfort	Vice Chair	
Rob Belcher	Treasurer	
Wendy Bishop		
Sandra Davis		
Caroline Smith		

Section B: Structure, governance and management

Description of the charity's trusts

Type of governing document	Constitution
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods	New trustees are selected and appointed by the Charity's Trustees
Additional governance issues (optional information)	None

Section C: Objectives and activities

The object of the charity set out in the governing document

To preserve and protect good mental health in Staffordshire and the surrounding areas by the provision of a confidential counselling service.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Fountains Counselling Service is a voluntary organisation staffed by professionally qualified volunteer counsellors. It continues to offer counselling support to adults experiencing a variety of life challenges including anxiety, stress and depression, loss and bereavement, anger, abuse and relationship difficulties.

The Service is accessible to all and does not charge a fee for counselling sessions (although a donation is welcomed from those clients who are able to make a contribution towards sustaining the service).

We confirm that the trustees have had regard to the Charity Commission's guidance on public benefit.

Additional details of objectives and activities (*optional information*)

None

Section D: Achievements and performance

Summary of the main achievements of the charity during the year

2020/21 was a quiet year for Fountains Counselling Service. We have been unable to re-open the service following the Covid-19 pandemic. We were, however, able to complete commitments given before the onset of the pandemic.

In 2020/21 Fountains completed counselling support through a total of 75 counselling sessions. Clients were seen in Stafford and Market Drayton.

The organisation continued to develop its vision for the future, and build a sustainable business model for its operations. We worked with Restore Counselling and the Lead Academy to explore options and develop our ideas. The outcome of our deliberations was a strategic plan to share with potential partners with whom we could deliver the aims of Fountains Counselling. One potential partner who showed an interest in working with us was Rising Brook Baptist Church in Stafford and work with them proceeds.

There is an ever-increasing need for the services that Fountains provides and with thanks to financial donations, it is in a strong position to adopt new ways of working.

We continue to seek to meet the challenges of providing Counselling in a world whose brokenness seems to be growing and whose need for the love and compassion of our Lord never fades.

Section E: Financial review

Brief statement of the charity's policy on reserves

At present Fountains Counselling Service does not have an explicit policy on financial reserves. However, this is on the agenda to address in 2021/22 as part of a review of its wider Finance Policy and Procedures.

Details of any funds materially in deficit

None

Further financial review details (optional information)

The headline points are:

- At 30 September 2021 (close of annual accounts) the Service had total funds of **£24,858.24**, a decrease of £1,393.81 (5.3%) on the previous year;

The Service's activities continue from the 2019/20 financial year in being significantly reduced, meaning that both expenditure and income have been much less than previous years.

Income

- Overall income has been significantly less in 2020/21 over the previous year, the difference largely being the 'one-off' grant of £1,500 from the Foundation Stone Trust received in 2019/20;
- Client donations continue to be at a low level in 2020/21 (£725, from £962.37 in the previous year), due to the restricted level of service. They made up 57% of income;
- Donations from churches were much reduced from the previous year (£300 – including Penkridge Methodist Church (£50); and St. Luke's Church, Cannock (£250);
- There were no fundraising activities during the year.

Expenditure

- The main area of annual expenditure was for administrative services costs (£1,080 – 40% of overall outgoings);
- The other significant items of expenditure were for counsellors' expenses and supervision costs (£560 – 21% of overall outgoings), and commissioning consultancy support to undertake a Service Review (£595 – 22% of overall outgoings).

Summary

2020/21 has been another year of low activity for the Service as it continues to assess its present and future operating arrangements. The accounts remain in a healthy state. However, even in a year of low activity its funds have reduced by 5%. Thinking ahead to 2021/22 year, trustees should be aware that a decision needs to be made on the Service's future and therefore how to best use the resources Fountains currently has.

Section F: Other optional information

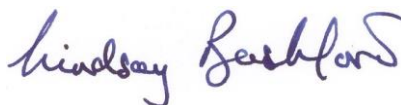
None

Section G: Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

Signature:



Full name:

Professor Charles Lindsay Bashford

Position:

Chair of Trustees

Date:

July 26th 2022

FOUNTAINS COUNSELLING SERVICE
ACCOUNTS FOR YEAR ENDED 30/09/2021

		2020	2021
		£	£
<u>(1) Unrestricted Funds</u>			
<u>Receipts</u>			
Donations etc	Church donations	809.00	300.00
	Client donations	962.37	725.00
	Individual donations	60.00	60.00
	Charitable donations and grants	1,500.00	0.00
Other	Gift Aid rebate	0.00	188.75
	Fundraising activities	0.00	0.00
	Easyfundraising	18.05	0.00
Total		<u>3,349.42</u>	<u>1,273.75</u>
<u>Payments</u>			
General	Administration service costs	2,160.00	1,080.00
	Counsellors' expenses and supervision	1,495.70	560.00
Administration	Administrator and other expenses	9.32	40.50
	Telephone costs	135.48	137.70
Other	Insurance	168.10	168.10
	Professional membership	140.00	0.00
	Service Review - consultancy costs	0.00	595.00
	Room hire	60.00	0.00
	Website hosting	86.26	86.26
	Purchase of new laptop computer and software	0.00	0.00
	Miscellaneous	0.00	0.00
Total		<u>4,254.86</u>	<u>2,667.56</u>
Net of receipts (payments)		<u>-905.44</u>	<u>-1,393.81</u>
Cash fund last year end		<u>27,157.49</u>	<u>26,252.05</u>
Cash fund this year end		£26,252.05	£24,858.24

(2) Statement of Assets and Liabilities at 30th September 2021

Monetary Assets

Bank and Cash balances (no cash held or cash transactions)	year end	year end
	30.09.20	30.09.21
Total held in bank account	26,357.05	24,858.24
minus value of unpresented cheques at year end	105.00	0.00
plus value of unbanked receipts	0.00	0.00
total	<u>£26,252.05</u>	<u>£24,858.24</u>

Other assets (non-endowed)

The Service holds the following assets of value: 2no. laptop computers and a printer. One laptop and printer were purchased in 2011 at an approximate cost of £650. Their current resale value is considered to be nil. The other laptop was purchased in 2019 and has a notional value of £100.

No other accounts held, no other funds held, no liabilities.

For and on behalf of Fountains Counselling Service Management Committee

Rob Belcher (Treasurer)

FOUNTAINS COUNSELLING SERVICE

England & Wales - Charity number 1166723

Accounts

Trustees' Annual Report

1st October 2019 to 30th September 2020

Section A: Reference and administration details

Charity name	FOUNTAINS COUNSELLING SERVICE
Registered charity number	1166723
Charity's principal address	c/o 3 The Mount, Mount Lane, Market Drayton, Shropshire TF9 1AG

Names of the charity trustees

Trustee name	Office (if any)	Dates acted if not for whole year
Lindsay Bashford	Chair	
Sue Frankfort	Vice Chair	
Rob Belcher	Treasurer	
Wendy Bishop		
Sandra Davis		
Charles Nicklas-Carter		to 27 th August 2020
Caroline Smith		

Section B: Structure, governance and management

Description of the charity's trusts

Type of governing document	Constitution
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods	New trustees are selected and appointed by the Charity's Trustees
Additional governance issues <i>(optional information)</i>	None

Section C: Objectives and activities

The object of the charity set out in the governing document

To preserve and protect good mental health in Staffordshire and the surrounding areas by the provision of a confidential counselling service.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Fountains Counselling Service is a voluntary organisation staffed by professionally qualified volunteer counsellors. It continues to offer counselling support to adults experiencing a variety of life challenges including anxiety, stress and depression, loss and bereavement, anger, abuse and relationship difficulties.

The Service is accessible to all and does not charge a fee for counselling sessions (although a donation is welcomed from those clients who are able to make a contribution towards sustaining the service).

We confirm that the trustees have had regard to the Charity Commission's guidance on public benefit.

Additional details of objectives and activities (*optional information*)

None

Section D: Achievements and performance

Summary of the main achievements of the charity during the year

2019/20 was quite a year for Fountains Counselling Service. There have been some significant changes and achievements, including:

- the organisation is developing a vision for its future, and good progress has been made on determining the priorities and working towards achieving them; and
- a substantial gift of £1,500 was received from Foundation Stone Trust, and this will be used to support the future growth of the Service.

In 2019/20 Fountains provided counselling support to 16 clients through a total of 143 counselling sessions (an average of 8 to 9 sessions per client). Clients were seen in Stafford, Stoke-on-Trent, Market Drayton, and Cannock.

Due to the Covid-19 pandemic, the hard decision was taken to suspend the service, seeking no new clients for 6 months. Existing clients were moved to counselling by telephone or video call and there are no longer any clients waiting for counselling. Counsellors were able to extend the number of sessions clients received, providing emotional support during an uncertain time.

This has led Fountains to a significant pivotal point for how counselling could be delivered – not just “In person” but by telephone or video call. The change has become the catalyst for Fountains to engage in an external review process with Restore Counselling network. This is currently ongoing and we look forward to reviewing their recommendations.

There is an ever-increasing need for the services that Fountains provides and with thanks to financial donations, it is in a strong position to adopt new ways of working.

Having started the year with a clear goal to find a way to make our service resilient and

sustainable, we seek to meet the challenges of providing Counselling in a world whose brokenness seems to be growing and whose need for the love and compassion of our Lord never fades.

Section E: Financial review

Brief statement of the charity's policy on reserves

At present Fountains Counselling Service does not have an explicit policy on financial reserves. However, this is on the agenda to address in 2020/21 as part of a review of its wider Finance Policy and Procedures.

Details of any funds materially in deficit

None

Further financial review details (optional information)

The headline points are:

- At 30 September 2020 (close of annual accounts) the Service had total funds of **£26,252.05**, a decrease of £905.44 (3%) on the previous year;
- For various reasons the Service's activities have been significantly reduced in the 2019/20 financial year, meaning that both expenditure and income have been much less than previous years. A significant gift receipt of £1,500 was received from the Foundation Stone Trust.

Income

- Overall income has been significantly less in 2019/20 over the previous year, the difference largely being the significant 'one-off' grant of £8,000 from Stafford Borough Council's Bereavement Services in 2018/19;
- Client donations have been much reduced in 2019/20 (£962.37, from £2,913 in the previous year), mainly due to the restricted level of service for a considerable part of the year. They still made up 30% of income;
- Donations from churches remaining similar to the previous year (£809 – including Penkrudge Methodist Church (£50); Church Lane, Stafford (£509); and St. Luke's Church, Cannock (£250));
- There were no fundraising activities during the year.

Expenditure

- The main area of annual expenditure was for administrative services costs (£2,160 – 51% of overall outgoings);
- The other significant item of expenditure was for counsellors' expenses and supervision costs (£1,495.70 – 35% of overall outgoings);
- 2019/20 has seen a huge decrease in room hire costs largely due to the restricted service provision during the year.

Summary

2019/20 has not been a typical year for the Service as activities were greatly reduced for at least half of the period. The unexpected charitable gift of £1,500 from the Foundation Stone Trust has been extremely welcome, helping to offset this year's expenditure and deficit. The accounts currently therefore remain in a healthy state. However, without that grant the Service would have seen a decrease of circa £2,400 over the year. Thinking ahead to 2020/21 year, trustees should be aware that:

- if we return to 'normal' operations the service's annual costs are likely to be circa £6,000, with administrator services and counsellors' expenses/supervision expenditure making up around 80-85% of that;
- to reiterate what was said last year, there is much scope to focus on increasing annual income from sources other than client donations, i.e. church and individual donations, charitable donations and grants, and fundraising activities; and
- the Service should seriously consider how to generate and sustain at least an additional £2,000 per annum in order to cover regular running costs.

Section F: Other optional information

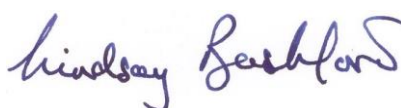
None

Section G: Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

Signature:



Full name:

Professor Charles Lindsay Bashford

Position:

Chair of Trustees

Date:

August 9th 2021

FOUNTAINS COUNSELLING SERVICE
ACCOUNTS FOR YEAR ENDED 30/09/2020

		2019	2020
		£	£
<u>(1) Unrestricted Funds</u>			
<u>Receipts</u>			
Donations etc	Church donations	830.00	809.00
	Client donations	2,913.00	962.37
	Individual donations	236.00	60.00
	Charitable donations and grants	8,100.00	1,500.00
Other	Gift Aid rebate	474.05	0.00
	Fundraising activities	0.00	0.00
	Easyfundraising	76.21	18.05
Total		<u>12,629.26</u>	<u>3,349.42</u>
<u>Payments</u>			
General	Administration service costs	1,560.00	2,160.00
	Counsellors' expenses and supervision	2,805.31	1,495.70
Administration	Administrator and other expenses	436.95	9.32
	Telephone costs	132.30	135.48
Other	Insurance	168.10	168.10
	Professional membership	0.00	140.00
	Professional training - ACC conference	300.00	0.00
	Room hire	610.00	60.00
	Website hosting	86.26	86.26
	Purchase of new laptop computer and software	465.98	0.00
	Miscellaneous	65.00	0.00
Total		<u>6,629.90</u>	<u>4,254.86</u>
Net of receipts (payments)		<u>5,999.36</u>	<u>-905.44</u>
Cash fund last year end		<u>21,158.13</u>	<u>27,157.49</u>
Cash fund this year end		£27,157.49	£26,252.05

(2) Statement of Assets and Liabilities at 30th September 2020

Monetary Assets

Bank and Cash balances (no cash held or cash transactions)		year end	year end
		30.09.19	30.09.20
	Total held in bank account	27,612.89	26,357.05
	minus value of unpresented cheques at year end	595.40	105.00
	plus value of unbanked receipts	140.00	0.00
	total	£27,157.49	£26,252.05

Other assets (non-endowed)

The Service holds the following assets of value: 2no. laptop computers and a printer. One laptop and printer were purchased in 2011 at an approximate cost of £650. Their current resale value is considered to be nil. The other laptop was purchased in 2019 and has a notional value of £100.

No other accounts held, no other funds held, no liabilities.

For and on behalf of Fountains Counselling Service Management Committee

Rob Belcher (Treasurer)