

PSYCHOLOGY SUSSEX COMMUNITY SERVICES

England & Wales · Charity number 1167476

Details

Other names PSCS

Status Registered

Legal form CIO

Registered 2016-06-06

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

Contact

Address 6 The Drive
Hove
BN3 3JA

Phone 01273778123

Email admin@psychologysussex.com

Website <https://psychologysussex.com/services/community-services>

Activities

Objects: THE RELIEF OF SICKNESS AND PRESERVATION OF GOOD HEALTH BY THE PROVISION OF FREE PSYCHOLOGICAL SERVICES FOR THOSE WITH NEEDS NOT MET BY STATUTORY OR THIRD SECTOR SERVICES THAT ARE PROHIBITED FROM ACCESSING THERAPY DUE TO LOW INCOME

Activities: The relief of sickness and preservation of good health by the provision of free psychological services for those with needs not met by statutory or third sector services or for those who are prohibited from accessing psychological therapy due to low income.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Brighton And Hove
- East Sussex
- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£2,376	£2,892	-	-
2024-03-31	£0	£55	-	-
2023-03-31	£400	£2,566	-	-
2022-03-31	£715	£571	-	-
2021-03-31	£12,945	£571	-	-

Trustees

Name	Role	Appointed
KATHRYN LINFIELD		2016-05-30
Michael Peter Lyons		2026-05-28
TOBIAS BREMER		2016-06-02

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	April	2024		31	March	2025

Section A Reference and administration details

Charity name

Psychology Sussex Community Services

Other names charity is known by

Registered charity number (if any)

1167476

Charity's principal address

6 The Drive

Hove

East Sussex

Postcode BN3 3JA

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dominic Pearson	Trustee	01/04/2023 – 26/09/2025	Kathryn Linfield
2	Kathryn Linfield	Trustee	Whole year	
3	Tobias Bremer	Trustee	Whole year	
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution of a Charitable Incorporated Organisation whose only voting members are the charity trustees. Original constitution was dated 30th May 2016 and updated on Dominic Pearson's leaving

How the charity is constituted
(eg. trust, association, company)

'Foundation' model constitution

Trustee selection methods
(eg. appointed by, elected by)

Appointed by Dominic Pearson, then Kathryn Linfield, on Dominic Pearson's leaving

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are as follows: the relief of sickness and preservation of good health by the provision of free psychological services for those whose needs cannot be met by statutory or 3rd party sectors. It is also for those prohibited from accessing psychological therapy due to low income.

There has not been any activity in the past financial year. Since Dominic left in September 2024, we requested his name be removed from the bank account. During this process, Santander closed the bank account without notice. Apparently, they had the bank account linked with a CIC which was closed in 2016, rather than a CIO and the funds are currently held with Treasury Solicitors. A case is open with the Financial Ombudsman.

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)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main
achievements of the charity
during the year**

Section E

Financial review

Brief statement of the charity's policy on reserves

There is currently no policy for reserves.

The trustees confirm that this will be reviewed if the charity's work expands in the future.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Kathryn Linfield

Position (eg Secretary, Chair, etc)

Chair

Date

08/01/2026

Receipts and payments accounts

For the period from	1st April 2024	To	31st March 2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	-
A3 Payments					
	-	-	-	-	-
Bursary therapy appointments	-	-	-	165	-
HMRC	-	-	-	100	-
Accounting	-	-	-	2,892	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	2,892	-
A4 Asset and investment purchases, (see table)					
Transfer from Psychology Sussex Ltd	2,376	-	-	-	-
	-	-	-	-	-
Sub total	2,376	-	-	2,892	-
Total payments	-	-	-	2,892	-
Net of receipts/(payments)	781	-	-	-	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	17,584	-	-	17,584	17,640
Cash funds this year end	16,803	-	-	16,803	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Current account	16,803	-	-
		-	-	-
		-	-	-
	Total cash funds	16,803	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
,	Psychology Sussex	2,376	-	-
		-	-	-
	Account closed by Santander in error March 2025 and funds are being held by Treasury	-	-	-
	Solicitors (16,803.73) Case is open with	-	-	-
	Financial Ombudsman	-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature



Print Name

Kathryn Linfield

Date of approval

08/01/2026

Accounts

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	01	April	2023		31	03

Section A Reference and administration details

Charity name	Psychology Sussex Community Services		
Other names charity is known by			
Registered charity number (if any)	1167476		
Charity's principal address	6 The Drive, Hove, East Sussex		
	Postcode BN3 3JA		

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dominic Pearson	Trustee	Whole year	Dominic Pearson
2	Kathryn Linfield	Trustee	Whole year	
3	Tobias Bremer	Trustee	Whole year	
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees. Dated 30 th May 2016 onwards
How the charity is constituted (eg. trust, association, company)	'Foundation' model constitution
Trustee selection methods (eg. appointed by, elected by)	Appointed by Dominic Pearson

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are: The relief of sickness and preservation of good health by the provision of free psychological services for those with needs not met by statutory or third sector services or for those who are prohibited from accessing psychological therapy due to low income.

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)

There has not been any activity in the past financial year.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

There has not been any activity in the past financial year.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity does not yet have a policy for reserves.

The trustees confirm that this will be reviewed if the charity's work expands.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Dominic Pearson

Position (eg Secretary, Chair, etc)

Chair

Date

22/03/2024

Receipts and payments accounts

CC16a

For the period
from

01-Apr-23

To

31-Mar-24

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Unrestricted Donations	-	-	-	-	400
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-	400
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	400
A3 Payments					
Insurance	-	-	-	-	190
Bursary Therapy Appointments	55	-	-	55	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	55	-	-	55	190
A4 Asset and investment purchases. (see table)					
Psychologists	-	-	-	-	2,376
	-	-	-	-	-
Sub total	-	-	-	-	2,376
Total payments	55	-	-	55	2,566
Net of receipts/(payments)	- 55	-	-	- 55	- 2,166
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	17,640	-	-	17,640	19,806
Cash funds this year end	17,585	-	-	17,585	17,640

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Current Account	17,585	-	-
		-	-	-
		-	-	-
	Total cash funds	17,585	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Psychology Sussex Ltd	2,376	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				
B4 Assets retained for the charity's own use				
B5 Liabilities				
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	

Accounts

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	01	April	2022		31	03

Section A Reference and administration details

Charity name	Psychology Sussex Community Services		
Other names charity is known by			
Registered charity number (if any)	1167476		
Charity's principal address	6 The Drive, Hove, East Sussex		
	Postcode BN3 3JA		

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dominic Pearson	Trustee	Whole year	Dominic Pearson
2	Kathryn Linfield	Trustee	Whole year	
3	Tobias Bremer	Trustee	Whole year	
4				
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees. Dated 30 th May 2016 onwards
How the charity is constituted (eg. trust, association, company)	'Foundation' model constitution
Trustee selection methods (eg. appointed by, elected by)	Appointed by Dominic Pearson

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are: The relief of sickness and preservation of good health by the provision of free psychological services for those with needs not met by statutory or third sector services or for those who are prohibited from accessing psychological therapy due to low income.

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)

There has not been any activity in the past year.

The trustees nevertheless maintained ongoing discussion concerning alternative means of providing much needed mental health services during the pandemic

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

There has not been any activity in the past year.

The trustees are maintaining discussion and gathering feedback from professionals and service users around how to provide help as soon as it is safe to do so, in light of the covid pandemic.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity does not yet have a policy for reserves.

The trustees confirm that this will be reviewed if the charity's work expands.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Dominic Pearson

Position (eg Secretary, Chair, etc)

Chair

Date

24/03/2023

Receipts and payments accounts

CC16a

For the period
from

01-Apr-22

To

31-Mar-23

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Unrestricted Donations	400	-	-	400	715
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	400	-	-	400	715
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	400	-	-	400	715
A3 Payments					
Insurance	190	-	-	190	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	190	-	-	190	-
A4 Asset and investment purchases. (see table)					
Psychologists	2,376	-	-	2,376	-
	-	-	-	-	-
Sub total	2,376	-	-	2,376	-
Total payments	2,566	-	-	2,566	-
Net of receipts/(payments)	- 2,166	-	-	- 2,166	715
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	19,806	-	-	19,806	19,091
Cash funds this year end	17,640	-	-	17,640	19,806

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Current Account	17,640	-	-
		-	-	-
		-	-	-
	Total cash funds	17,640	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Psychology Sussex Ltd	2,376	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	

Accounts

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	01	April	2020		31	03

Section A Reference and administration details

Charity name	Psychology Sussex Community Services		
Other names charity is known by			
Registered charity number (if any)	1167476		
Charity's principal address	6 The Drive, Hove, East Sussex		
	Postcode BN3 3JA		

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dominic Pearson	Trustee	Whole year	Dominic Pearson
2	Kathryn Linfield	Trustee	Whole year	
3	Tobias Bremer	Trustee	Whole year	
4				
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees. Dated 30 th May 2016 onwards
How the charity is constituted (eg. trust, association, company)	'Foundation' model constitution
Trustee selection methods (eg. appointed by, elected by)	Appointed by Dominic Pearson

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are: The relief of sickness and preservation of good health by the provision of free psychological services for those with needs not met by statutory or third sector services or for those who are prohibited from accessing psychological therapy due to low income.

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)

The activities of the charity were markedly restricted by the covid-19 pandemic. For health and safety reasons, all group work was postponed until such a time as it was deemed safe enough to run again.

The assessment process for our trauma stabilisation was in its final stages when the first lockdown was announced, at which point the group was postponed until further notice

Nevertheless, plans were put in place to raise further funds whilst groupwork was not possible.

The trustees nevertheless maintained ongoing discussion concerning alternative means of providing much needed mental health services during the pandemic

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Since lockdown, clinical work has not begun yet.

Psychology Sussex Ltd., which supports the charity, diverted a lot of its resources during this time – both from redirected income to the charity (it would otherwise have received directly) and in the form of an unrestricted donation of capital to the charity.

The trustees are maintaining discussion and gathering feedback from professionals and service users around how to provide help as soon as it is safe to do so, in light of the covid pandemic.

Section E Financial review

Brief statement of the charity's policy on reserves

The charity does not yet have a policy for reserves.

The trustees confirm that this will be reviewed if the charity's work expands.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Dominic Pearson

Position (eg Secretary, Chair, etc)

Chair

Date

25/02/2022

Psychology Sussex Charitable Incorporated
Charity Number: 1167476

	Amount	Unrestricted Funds £
INCOME AND EXPENDITURE 1st April 2020 - 31st March 2021		
INCOMING RESOURCES		
Unrestricted Donations		£12,945.00
Sub Total	-	£12,945.00
TOTAL INCOMING RESOURCES	£12,945.00	
RESOURCES EXPENDED		
Psychologist to run trauma group (DGM)	54	
Psychologist to run trauma group (NB)	326.25	
Howden (CIO Liability insurance)	190.50	
Sub Total	570.75	
Reserve	£12,374.25	

Organisation CIO

Restricted Funds £	Total £
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£0.00

£0.00

Accounts

Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	01	April	2020		31	03

Section A Reference and administration details

Charity name	Psychology Sussex Community Services		
Other names charity is known by			
Registered charity number (if any)	1167476		
Charity's principal address	6 The Drive, Hove, East Sussex		
Postcode	BN3 3JA		

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dominic Pearson	Trustee	Whole year	Dominic Pearson
2	Kathryn Linfield	Trustee	Whole year	
3	Tobias Bremer	Trustee	Whole year	
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20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees. Dated 30 th May 2016 onwards
How the charity is constituted (eg. trust, association, company)	'Foundation' model constitution
Trustee selection methods (eg. appointed by, elected by)	Appointed by Dominic Pearson

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are: The relief of sickness and preservation of good health by the provision of free psychological services for those with needs not met by statutory or third sector services or for those who are prohibited from accessing psychological therapy due to low income.

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)

The activities of the charity were markedly restricted by the covid-19 pandemic. For health and safety reasons, all group work was postponed until such a time as it was deemed safe enough to run again.

The assessment process for our trauma stabilisation was in its final stages when the first lockdown was announced, at which point the group was postponed until further notice

Nevertheless, plans were put in place to raise further funds whilst groupwork was not possible.

The trustees nevertheless maintained ongoing discussion concerning alternative means of providing much needed mental health services during the pandemic

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Despite the vast majority of clinical work being postponed (due to the restrictions around the pandemic), substantial fundraising activity took place.

Psychology Sussex Ltd., which supports the charity, diverted a lot of its resources during this time – both from redirected income to the charity (it would otherwise have received directly) and in the form of an unrestricted donation of capital to the charity.

The trustees are maintaining discussion and gathering feedback from professionals and service users around how to provide help as soon as it is safe to do so, in light of the covid pandemic.

Section E Financial review

Brief statement of the charity's policy on reserves

The charity does not yet have a policy for reserves.

The trustees confirm that this will be reviewed if the charity's work expands.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Dominic Pearson

Position (eg Secretary, Chair, etc)

Chair

Date

27/01/2021

Psychology Sussex Charitable Incorporated
Charity Number: 1167476

	Amount	Unrestricted Funds £
INCOME AND EXPENDITURE 1st April 2020 - 31st March 2021		
INCOMING RESOURCES		
Unrestricted Donations		£12,945.00
Sub Total	-	£12,945.00
TOTAL INCOMING RESOURCES	£12,945.00	
RESOURCES EXPENDED		
Psychologist to run trauma group (DGM)	54	
Psychologist to run trauma group (NB)	326.25	
Howden (CIO Liability insurance)	190.50	
Sub Total	570.75	
Reserve	£12,374.25	

Organisation CIO

Restricted Funds £	Total £
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£0.00

£0.00