

**UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024**

**FOR**

**THE ASSOCIATION FOR PSYCHODYNAMIC  
PRACTICE AND COUNSELLING IN  
ORGANISATIONAL SETTINGS**

**THE ASSOCIATION FOR PSYCHODYNAMIC  
PRACTICE AND COUNSELLING IN  
ORGANISATIONAL SETTINGS (BY GUARANTEE)**

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for the Year Ended 31 March 2024**

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**THE ASSOCIATION FOR PSYCHODYNAMIC  
PRACTICE AND COUNSELLING IN  
ORGANISATIONAL SETTINGS (BY GUARANTEE)**

**COMPANY INFORMATION**  
**for the Year Ended 31 March 2024**

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**DIRECTORS:** Professor R D Hinshelwood (Joint Chair)  
Dr R Banks  
J J Diamond (appointed 15 December 2023)  
Dr V Luthra (appointed 15 December 2023)  
Dr J E Strivens (Joint Chair)  
Professor J A Trowell  
S A Vaudrey (Treasurer)

**SECRETARY:** A D Harms

**CEO:** J M Sprince

**REGISTERED OFFICE:** 60 Lordship Park  
London  
N16 5UA

**REGISTERED NUMBER:** 08071974 (England and Wales)

**CHARITY NUMBER:** 1167755

**ACCOUNTANTS:** Geela Accountancy Limited  
36 Bakers Close  
Bishops Hull  
Taunton  
TA1 5HD

**SOLICITORS:** Winckworth Sherwood  
Minerva House  
5 Montague Close  
London  
SE1 9BB

**THE ASSOCIATION FOR PSYCHODYNAMIC  
PRACTICE AND COUNSELLING IN  
ORGANISATIONAL SETTINGS (BY GUARANTEE)**

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)  
for the Year Ended 31 March 2024**

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The trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

**Objectives and activities**

The objects of the charity, as set out in the governing document are:

- (a) To advance the relief of mental illness for the benefit of children and adults in the United Kingdom and abroad.
- (b) To advance the education of psychotherapists, counsellors and other workers and of the general public in the practice of psychodynamic practice and counselling in organisational settings for the benefit of the general population of the United Kingdom and abroad and in particular for those children and adults directly affected by such practice and counselling.
- (c) To advance the education of the public in the part that psychodynamic counselling in an organisational setting can play in counteracting mental ill health and distress in individuals
- (d) To promote social inclusion for the public benefit by preventing people from becoming socially excluded by reason of mental ill health and distress by promoting and improving psychodynamic practice and counselling within organisational settings.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake

**Achievements and Performance**

In furtherance of these aims we have developed:

***Resources available to the Public***

- 1) We have established a free interactive website - [psychodynamicthinking.info](https://psychodynamicthinking.info) - which provides a virtual community for our members and interested members of the public; currently there are over 1,000 registered users. Users include social workers, teachers, youth workers and foster carers, as well as counsellors, psychologists and psychotherapists.

As well as being open to our own members the site acts as a base for institutions running courses that we accredit and a base for them to communicate to the wider public. These include Essex University, The Mulberry Bush, The Oxford Parent Infant Project (OxPip), Placement Support, The Birkbeck Counselling Association and many others.

The website provides information and learning events for members of the public and also confidential rooms for webinars and discussion groups, facilities for posting articles and videos, and information and learning events.

During the year the Association continued to run approved CPD webinars and a number of free discussion groups, as well as a free Conference for all Site Users. Go to our website for further information on discussion groups and further information on webinars.

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)  
for the Year Ended 31 March 2024**

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We hope to set up monthly online Scientific Meetings hosted by our Psychodynamic Psychotherapists, where our Full Members can present and discuss their work. These meetings will be open to all members of the Community Site, and we hope it will attract members of the general public to take out free accounts on the Site, and thus be added to our mailing list.

- 2) We have set up a free library (<https://www.psychodynamicthinking.info/group/library>) on the Site for articles donated to us by senior clinicians and papers written by members.
- 3) We accredit trainings all over the country. Not only does this validate the quality of the training but it gives their graduates support and a pathway to professional registration as a psychodynamic organisational therapist with the British Psychoanalytic Council, and continuing professional development and mentoring should they wish it.

We are particularly interested in spreading psychodynamic knowledge into areas and communities where it has previously been absent or where engagement has been low. In furtherance of this we are currently accrediting a course for religious leaders and ministers in a minority community, including separate men's and women's groups, and on the interactive site a series of webinars and discussion groups on the significance of racial and cultural divisions and on systemic racism. We also accredit - amongst other trainings - trainings for teachers and teaching assistants, trainings for social workers working with foster carers and fostered children, for voluntary agencies working with vulnerable families and for youth workers working with young people vulnerable to gang affiliation. We provide support for clinicians working within prisons, and with traumatised army personnel, and with adult CSE survivors.

Through our policy of meeting at least termly with the leaders of all our trainings, our partner and affiliate organisations, we maintain a close relationship with all the external organisations whose courses we accredit - such as the Mulberry Bush, TCTO (Essex University) and Placement Support.

Anyone who works within an affiliate or partnership organisation is automatically entitled to free associate membership. This means that they can attend webinars and events that are open only to APPCIOS members, and that their experience is taken into account should they wish to advance further towards Senior Associate Membership or Full Membership

Graduates from these trainings join us as members and can complete their portfolios for assessment and accreditation as Psychodynamic Organisational Therapists registered with the British Psychoanalytic Council (the BPC) which is in turn registered with the PSA; this qualification attests to the high level of expertise in psychological understanding that they are able to bring to their work with vulnerable clients within their core professional settings.

- 4) With the support of the BPC we have this year continued our training in individual Psychodynamic Psychotherapy, for graduates who wish to train to work individually and at greater depth with adults and young people with complex mental health difficulties. We are due an Accreditation Visit by the BPC early in 2025, when we hope that this training will be formally accepted.
- 5) We are currently commencing our offer of online therapeutic services for young people, adults and families, to which members of the public can self-refer. These services are being offered by teams of qualified members, and also by psychodynamic psychotherapy trainees under clinical supervision. We are currently recruiting a multi-disciplinary team to provide an additional layer of clinical

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)  
for the Year Ended 31 March 2024

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governance. Trainees on our Psychodynamic Psychotherapy are already taking on a small number of cases, and we hope to grow this service exponentially over time.

- 6) We have commenced a series of free Panel Discussion meetings, where members of the public can bring queries and concerns about mental health.

***Resources for the development of Psychodynamic Organisational Therapists – our Members***

- 1) We have established a set of procedures for evaluating the level of expertise of candidates for membership and have established a register of members at three levels: Full Members; Senior Associate Members and Associate Members.

There is now a pathway of portfolio training accredited by the British Psychoanalytic Council (BPC) leading to eligibility for full membership of APPCIOS and registration in the BPC's approved register as Psychodynamic Organisational Therapists; this is referred to as the Psychodynamic Organisational Therapy (POT) training.

- 2) We have developed an infrastructure to mentor members and to assist their learning;
- 3) We have a series of approved CPD webinars run by our full members;
- 4) We have protocols to accredit and support external courses and trainings, and to assist our members in developing such trainings;
- 5) As well as the Psychodynamic Organisational Therapy training we are developing a 'top-up' training for full members leading to qualification as Psychodynamic Psychotherapists; this is being developed in consultation with the BPC and we hope that graduates will be eligible for registration under this title in the BPC's approved register; this is referred to in our organisational structure as the Psychodynamic Psychotherapy Training (PPT).
- 6) The following are accounts of their training and work by APPCIOS members:

*'For my organisation, working with the impact of youth violence in the frontline, APPCIOS is a life-raft. If I am the person developing and supporting the people who develop and support the people, then APPCIOS is the person who develops and supports me.'* (APPCIOS member and trainer working in serious youth violence sector)

*'Training under AJEEH, under the APPCIOS umbrella has been immensely meaningful because it allows me to access high-level professional training that I would have had no way of joining otherwise, due to cultural considerations. Additionally, I feel secure in the knowledge that the training is tailor-made with my future career in mind, by focusing so comprehensively on the community which I am part of and will practice in. I am confident I will be well equipped professionally in a way that no other training path I explored could offer'* (APPCIOS accredited training participant)

*'Training with Susanna Reisz and Deborah Marks has been a great experience for me. In addition to having a significant influence on how I conduct myself at work, it has also affected my personal day-to-day life with my own children. Furthermore, I really enjoy participating in the reflective practice group discussions that my training offers'* (APPCIOS accredited training participant)

**THE ASSOCIATION FOR PSYCHODYNAMIC  
PRACTICE AND COUNSELLING IN  
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**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)  
for the Year Ended 31 March 2024**

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- 7) With the support of the BPC we are exploring the possibility of creating additional modules to equip our Senior Associate Members to register with them as Psychodynamic Counsellors qualified to work in private practice.

***The number of our members:***

- Full Members are eligible for membership of the British Psychoanalytic Council and inclusion in their approved register; we currently have 85 full members.

Senior Associates (SAMs); we currently have 65 SAMs.

- Associate Members (AMs); there are nine. The importance and numbers of Associates has reduced due to the free access to the Community Site, and our decision that organisations hosting in-house trainings should normally be exempted from paying membership fees for staff undertaking such trainings.
- In addition members of affiliated courses become free associate members, but we do not record these unless they apply for SAM status.

This brings our Full and Senior Associate membership total to 150. This number does not include the participants in the many accredited short courses and longer trainings run by our partner and affiliate organisations - we estimate that these number a further five hundred.

***Conferences and Public Meetings***

- We hosted our first free online conference in March 2021, which was well attended and a great success.
- We held a second free conference in May 2022, and a third in September 2023. We held another in September 2024.
- We provide a free termly newsletter to all members and subscribers, in which we advertise our free discussion groups and other events open to the public.
- We will be holding a series of public meetings in 2024/5 for members and subscribers to the interactive site.

The Association's aims fully reflect the purposes that the charity was set up to further. We review our aims, objectives and activities continually through regular management group meetings, reports to the trustees, quarterly trustees meetings, and by newsletters distributed to members and interested parties, and by joint strategy meetings between the trustees and the management committee.

***Public Benefit***

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, our emphasis on the support, education and up-skilling of frontline staff working with vulnerable client groups is furthered by the facilitation of webinars to contribute to the continuing professional education of our members; and by the provision of mentors who are able to guide Associate Members and Senior Associate Members on the path to full membership.

**THE ASSOCIATION FOR PSYCHODYNAMIC  
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**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)  
for the Year Ended 31 March 2024**

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**Financial Review**

***Principal Funding Sources***

Our principal core funding source was previously and for most of our history the subscriptions paid by members which in this period raised £7,737 rising from £6,399.

Accreditation fees are £22,320 rising from £19,604 and remain the dominant source of our funding. Approximately half of this figure consists of annual affiliation fees from courses such as the university of Essex TCTO while the remainder are from webinars and shorter training courses.

This year we had an excess of £5,267 and our reserves stand at £38,868. Next year we expect a deficit of £2,325.

**Previous Grant funding (historical) - The Lapid Trust**

APPCIOS is grateful to the Lapid Trust. In 2014 we received our first charitable grant. This was a donation of £15,000 from the Lapid Trust, to provide administrative support for APPCIOS. This was at the point when we were beginning our development. We used some of this donation to employ two temporary administrators to help us clarify our protocols and to set up administrative systems. We subsequently created a post for a Registrar/Membership Secretary to be employed part-time for three years.

**Previous Grant funding (historical) – St Pancras House Friends**

APPCIOS is grateful to St. Pancras House Friends for the grant of £8,877 made in July 2017 and used over three years to develop our website [www.appcios.info](http://www.appcios.info).

Last year we made an application in concert with a freelance fundraiser to the National Lottery Fund to fund our new project of low cost online therapeutic services, and to assist in providing remuneration for our senior officers. This was unsuccessful and possibly misconceived and we are currently reviewing our fundraising strategy.

***Liabilities***

We pay for administration from two agencies, principally Timewise Virtual. The website and community site are serviced by Think-Net. As the administration and webmaster are provided by third parties (Think-Net, Timewise Virtual etc.), APPCIOS is a company with very few financial liabilities.

Last year we said, "In addition, the trustees believe APPCIOS needs stronger administrative and management support as it grows and moves into new areas of work. So we wish to provide remuneration to our senior officers for some of the many hours a week that they contribute to administration." We now have four paid members contributing to the management of the charity.

We operate entirely online, and do not own or rent premises.



TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)  
for the Year Ended 31 March 2024

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*Designating funds for future development.*

**2022-2023 Review**

Last year, we said that we would designate part of our reserves as follows:

- a) £5,000 for expanding the planning and administration of therapeutic services. This is based on a cost of around 4 hours per week. This has proved very much more difficult than expected and is currently still in development.
- b) £5,000 to bring our Community site up to date and migrate our outward facing website. We have migrated the outward facing site and brought it up to date but the Community site, which is a complex interactive model needs a complete re-design to make it more user-friendly and estimates for this work have far exceeded the money put aside for it.
- c) £2,500 for a freelance fundraiser. Pressure of other work has meant that this has been postponed.
- d) £5,000 to replace our current volunteer treasurer. Two possible replacements have been in temporary post but neither has wanted to continue after a probationary period.
- e) £3,000 to cover the anticipated shortfall in the 2023-2024 accounts which did not occur. However we expect a shortfall of around £5,000 in 2024-2025.
- f) £5,000 as potential closure costs.

Total designated funds amount to £25,500. With the additional expected shortfall, we should carry over £27,500.

**Reserves**

The first duty of the trustee directors is to ensure that the company is solvent. Given that duty, excess reserves need to be used for the purposes of the charity.

Designated funds amount to £25,500.

General expenses for 2023-2024 were £25,648 and it is our expectation that, given that we have additional costs for the remuneration of senior officers and for a replacement treasurer, expenses in 2024-2025 will rise to £28,461.

The trustees believe we can continue with the current reserves policy of maintaining a reserve of between three and six months of projected expenses – that is between £7,100 and £14,200. There is currently approximately £13,368 in undesignated funds.

Given that APPCIOS has no pension, redundancy or other potential expenses and is insured, the trustees believe this to be a prudent amount to keep as a reserve for the next financial year.

The reserves are judged sufficient and not excessive.

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**THE ASSOCIATION FOR PSYCHODYNAMIC  
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**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)  
for the Year Ended 31 March 2024**

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**Structure, Governance and Management**

The organisation is a charitable company limited by guarantee, incorporated on 16 May 2012 and registered as a charity on 21 June 2016. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £10.

The trustees, who are also the directors for the purposes of company law and who served during the year and up to the date of signature of the financial statements were:

Dr R Banks  
J J Diamond (from 15 December 2023)  
Professor R D Hinshelwood  
Dr V Luthra (from 15 December 2023)  
Dr J E Strivens  
Professor J Trowell  
S A Vaudrey

All trustees give their time voluntarily and receive no benefits from the charity. No expenses were reclaimed from the charity during the accounting period.

The board of trustees combines skills of psychotherapy and psychoanalysis, psychiatry, public policy, social work, business and educational practice. This year we welcomed John Diamond and Dr Vikram Luthra as trustees.

We are attempting to widen our trustee membership through personal recommendations.

**Organisational Structure**

APPCIOS is governed by its trustees, a CEO and a management committee of Heads of Departments who meet fortnightly. The CEO reports to and liaises with the Trustees. The trustees are responsible for the strategic direction and policy of the charity and the CEO with the Heads of Departments are responsible for its day to day running. At present there are five departments.

The charity may by ordinary resolution appoint a person who is willing to act to be a trustee either to fill a vacancy or as an additional trustee and may also determine the rotation in which any additional trustees are to retire.

The number of trustees shall not be less than three but there is no maximum number.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute a maximum of £10 in the event of a winding up. Currently the Trustees meet three times a year with the CEO and hold an additional joint meeting with the CEO and management committee. The Secretary sits in on meetings of the trustees but has no voting rights.

**THE ASSOCIATION FOR PSYCHODYNAMIC  
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**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)  
for the Year Ended 31 March 2024**

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**Risk Management**

The trustees have appointed a Professional Standards Committee and an Ethics Sub-Committee, which together review the protocols through which the charity is governed. They are also responsible for a Steering Committee that oversees the development and progress of the Psychodynamic Psychotherapy training and the associated online clinic. An equivalent steering committee to oversee the Psychodynamic Organisational Therapy training has been established.

The charity is exposed to various risks be they operational, financial or reputational. The trustees review the charity's activities regularly to identify significant risks and, where possible, they take appropriate measures to mitigate those risks. The risk register is updated three- monthly and considered at each Trustees meeting.

The trustees' report was approved by the Board of Trustees.

.....  
S A Vaudrey - Director

Date: 2024

**THE ASSOCIATION FOR PSYCHODYNAMIC  
PRACTICE AND COUNSELLING IN  
ORGANISATIONAL SETTINGS  
INDEPENDENT EXAMINER'S REPORT  
TO THE TRUSTEES OF THE ASSOCIATION FOR PSYCHODYNAMIC PRACTICE AND COUNSELLING IN  
ORGANISATIONAL SETTINGS**

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I report to the trustees on my examination of the financial statements of The Association for Psychodynamic Practice and Counselling in Organisational Settings (the charity) for the period ended 31 March 2024.

**Responsibilities and basis of report**

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

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

**Independent examiner's statement**

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

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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



G Bowyer FCA CTA  
Geela Accountancy Limited  
36 Bakers Close  
Bishops Hull  
Taunton  
TA1 5HD

Date: 8 October 2024

**THE ASSOCIATION FOR PSYCHODYNAMIC  
PRACTICE AND COUNSELLING IN  
ORGANISATIONAL SETTINGS (BY GUARANTEE)**

**STATEMENT OF FINANCIAL AFFAIRS INCLUDING INCOME AND EXPENDITURE ACCOUNT  
for the Year Ended 31 March 2024**

	<b>31.3.24</b>		<b>31.3.23</b>	
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Income from:</b>				
Subscriptions	<b>7,737</b>		6,399	
Accreditation fees	<b>22,320</b>		19,604	
Other income	<b>450</b>		1,240	
Donations	<b>407</b>		350	
			<b>30,864</b>	27,593
<b>Other income</b>				
Bank interest		<b>1</b>	-	
		<b>30,915</b>		<b>27,593</b>
<b>Expenditure on:</b>				
Administration	<b>7,732</b>		8,757	
Management committee	<b>14,490</b>		6,090	
Subscriptions	<b>1,241</b>		1,193	
Insurance	<b>240</b>		240	
Fundraising	<b>-</b>		1,800	
Website expenses	<b>880</b>		2,649	
Sundry expenses	<b>522</b>		408	
Bank charges	<b>93</b>		83	
Accountancy	<b>450</b>		450	
		<b>25,648</b>		<b>21,670</b>
<b>Net income/(deficit) for the year</b>		<b>5,267</b>		<b>5,923</b>
 Fund Balance at 31 March 2023		<b>33,601</b>		<b>27,678</b>
 <b>Fund Balance at 31 March 2024</b>		<b>38,868</b>		<b>33,601</b>

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

**THE ASSOCIATION FOR PSYCHODYNAMIC  
PRACTICE AND COUNSELLING IN  
ORGANISATIONAL SETTINGS (BY GUARANTEE) (REGISTERED NUMBER: 08071974)**

**BALANCE SHEET  
31 March 2024**

	<b>31.3.24</b>	<b>31.3.23</b>
	<b>£</b>	<b>£</b>
<b>FIXED ASSETS</b>	<b><u>1,099</u></b>	<b><u>1,099</u></b>
<b>CURRENT ASSETS</b>		
Other debtors	<b>4,487</b>	716
Cash at bank	<b>34,499</b>	33,194
<b>CREDITORS</b>		
Amounts falling due within one year	<b><u>(1,217)</u></b>	<b><u>(1,408)</u></b>
<b>NET CURRENT ASSETS</b>	<b><u>37,769</u></b>	<b><u>32,502</u></b>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<b><u>38,868</u></b>	<b><u>33,601</u></b>
<b>INCOME FUNDS</b>		
Unrestricted	13,368	12,161
Designated	<u>25,500</u>	<u>21,440</u>
	<b><u>38,868</u></b>	<b><u>33,601</u></b>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2024.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees and were signed on its behalf by:

.....  
S A Vaudrey - Director

Date: 2024

**NOTES TO THE FINANCIAL STATEMENTS  
for the Year Ended 31 March 2024**

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**1. Accounting policies**

**Charity information**

The Association for Psychodynamic Practice and Counselling in Organisational Settings is a private company limited by guarantee incorporated in England and Wales.  
The registered office is 60 Lordship Park, London N16 5UA.

**1.1 Accounting convention**

The financial statements have been prepared in accordance with the charity's Memorandum and Articles of Association, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

**1.2 Going concern**

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

**1.3 Charitable funds**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objective.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

**1.4 Income**

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received. Donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

**1.5 Expenditure**

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

**THE ASSOCIATION FOR PSYCHODYNAMIC  
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**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)  
for the Year Ended 31 March 2024**

**2 Trustees**

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the period.

**3 Creditors: amounts falling due within one year:**

	<b>31.3.24</b>	<b>31.3.23</b>
	<b>£</b>	<b>£</b>
Professional fees	<b>450</b>	900
Accruals	<b>767</b>	508
	<hr/>	<hr/>
	<b><u>1,217</u></b>	<b><u>1,408</u></b>

**4 Related party transactions**

There were no disclosable related party transactions during the year (2023 – none).

**5 Designated Funds**

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Shortfall/ Closure	Fundraiser	Online Clinic	Website	Administrator/ Treasurer	Total
Balance at 1 April 2023		1,800	5,040	2,000	12,600	21,440
Transfers	8,000	700	(40)	3,000	(7,600)	4,060
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Balance at 31 March 2024	<u>8,000</u>	<u>2,500</u>	<u>5,000</u>	<u>5,000</u>	<u>5,000</u>	<u>25,500</u>