

COUNSELLING PLUS COMMUNITY

England & Wales · Charity number 1168634

Details

Status Registered

Legal form CIO

Registered 2016-08-05

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

Contact

Address Counselling Plus
48 Cambridge Gardens
Hastings
TN34 1EN

Phone 01424428300

Email admin@counsellingplus.org

Website www.counsellingplus.org

Activities

Objects: (1) TO RELIEVE PERSONS WHO ARE MENTALLY AND EMOTIONALLY DISTURBED OR DISTRESSED BY THE PROVISION OF A COUNSELLING SERVICE FOR SUCH PERSONS (2) TO EDUCATE AND TRAIN PERSONS IN COUNSELLING SO THAT THEY MAY ASSIST IN THE TREATMENT OF PERSONS SUFFERING FROM MENTAL OR EMOTIONAL DISORDERS OR PROBLEMS.

Activities: Counselling Plus (previously known as Hastings & Rother Counselling Services) provides counselling (primarily) for local residents on low wages and benefits.

Classification

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

Geography

- East Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£249,964	£296,758	-	-
2024-12-31	£318,746	£307,145	-	-
2023-12-31	£308,615	£288,759	-	-
2022-12-31	£248,874	£250,232	-	-
2021-12-31	£225,934	£224,070	-	-
2020-12-31	£243,479	£188,791	-	-

Trustees

Name	Role	Appointed
Elizabeth Clare Knight	Chair	2023-11-30
JANET BEALE		2024-10-07
Susan Manwaring		2025-09-22

COUNSELLING PLUS COMMUNITY

England & Wales - Charity number 1168634

Accounts

Counselling Plus Community

Registered charity number 1168634

(Previously registered as charity number 1051003)

Trustee Report and Financial Statements for the year ended 31 December 2025

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7	Receipts & payments account
8	Statement of assets & liabilities
9	Notes to the accounts

Counselling Plus Community

Trustees' annual report for the year ended 31 December 2025

The trustees present their annual report and financial statements of the charity for the year ended 31 December 2025 . The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's constitution, the Charities Act 2011 and the Statements of Recommended Practice published in 2008.

Full name:	Counselling Plus Community
Legal status:	Charitable Incorporated Organisation
Registered charity number:	1168634
Formerly:	Counselling Plus Community registered charity number 1051003
Principal address:	48 Cambridge Gardens, Hastings, TN34 1EN
Trustees:	Clare Knight - Chair Sue Manwaring Janet Beale
Bankers:	CAF Bank, West Malling

Independent examiner:

Governance and management

The charity is operated under the rules of its constitution, adopted 1st September 2015 and registered with the Charity Commission on 5th August 2016 as a Charitable Incorporated Organisation (CIO), whose only voting members are its charity trustees. The trustees of the charity are appointed using the guidelines laid down in the constitution. Trustees are appointed on a rotational 3 year basis.

The Charity's principal activity during the year was to offer a range of counselling and training sessions to members of the public who do not have the financial means to access private counselling.

The old unincorporated charity (number 1151003) was dissolved on 31 December 2016, with the assets being vested in the new charity - number 1168634 - on the same date.

Aims and objectives

- (1) TO RELIEVE PERSONS WHO ARE MENTALLY AND EMOTIONALLY DISTURBED OR DISTRESSED BY THE PROVISION OF A COUNSELLING SERVICE FOR SUCH PERSONS.
- (2) TO EDUCATE AND TRAIN PERSONS IN COUNSELLING SO THAT THEY MAY ASSIST IN THE TREATMENT OF PERSONS SUFFERING FROM MENTAL OR EMOTIONAL DISORDERS OR PROBLEMS.

Counselling Plus Community
Trustees' annual report
for the year ended 31 December 2025 - cont'd

Trustees' Report

The Trustees submit their annual report and financial statement for Counselling Plus Community for the year ended 31st December 2025

Public benefit statement

Counselling Plus Community follows Charity Commission Guidelines and must report annually to the Charity Commission to affirm its obligation to function for the public benefit. In planning activities, the trustees were mindful of the Charity Commission's guidance on public benefit. The trustees are confident that the charity's aims, objectives and activities accommodate a range of activities that are relevant, accessible and affordable and improve and enhance the lives of people, whilst encouraging and developing partnerships and networks, and are in accordance with the regulations on public benefit.

Background

Counselling Plus (formerly known as Hasting & Rother Counselling Service) was founded in 1992. The service is a registered charity (CIO) offering counselling, predominantly, to local residents on benefits or low incomes. Our continued ethos is to provide affordable and accessible therapy in a timely manner. We counsel on a wide range of issues including depression, anxiety, low self-esteem, suicidal ideation/plan, sexual assault, childhood sexual abuse, domestic abuse, trauma, and relationship issues.

We are members of the British Association for Counselling and Psychotherapy and work within their guidelines.

Progression

Whilst managing the changing world of funding during 2025, CPC has continued to build new working partnerships. Notably, the Homes for Ukraine partnership has supported and funded the inclusion of interpreters in sessions. Working in this way has produced substantial challenges alongside additional learning for the team, however the successful outcomes for this client group has been amazing and hugely worthwhile.

Due to CPC's expertise, we have been commissioned to provide clinical supervision to staff from other services. This is due to the recognition of the risk of vicarious trauma for support staff, and we have been pleased to offer this support to external colleagues.

CPC continues to be recognised as an excellent placement for final-year students, and we are proud of the progression we see with in our team of counsellors. The established clinical team continues to provide a secure and supportive learning environment.

Sustainability

Due to the funding cuts experienced in 2025, the trustees and CEO are considering different options to ensure the sustainability and continued progression of the service. Any changes made will be in recognition of the increasingly complex funding situation, and to minimise both cost and risk to this essential service.

Funds continue to be carefully managed to ensure financial reserves are consistent with our reserves policy which, in turn, ensures the Service's sustainability.

The trustees and management team remain committed to the same original ethos of 1992.

Counselling Plus Community
Trustees' annual report
for the year ended 31 December 2025 - cont'd

Risk management

The Charity trustees regularly review and assess the risks faced by the charity in all areas of its work and plan for the management of those risks. Risk is an everyday part of charitable activity and managing it effectively is essential if the trustees are to achieve their key objectives and safeguard the charity's funds and assets.

The Trustees have discussed and set a risk framework that allows them to:

- identify the major risks that apply to the charity
- make decisions about how to respond to the risks they face

In particular the Trustees have considered

- Governance risk, including strategy and direction
- Operational risk including staff and volunteer safety
- Financial risk including cash flow, reserves and diversity of income
- Environmental risk including government policy and public perception

Responsibilities of the Trustees

Under the Charities Act 2011, the Trustees are required to prepare a statement of accounts for each financial year which gives a true and fair view of the state of affairs of the charity at the end of the year, and of the incoming resources and application of resources or the charity for that period.

In preparing these financial statements, the trustee are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable Accounting Standards and the Statement of Recommended Practice have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity at that time and enable the Trustees to ensure that the financial statements comply with the requirements of the Charities Act 2011, and the Charities (Accounts and Reports) FRS 102, and the provision of the governing document. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Financial review

Counselling Plus Community is funded by a variety of grants from a diverse range of funders. The core funding is from the CCG which ended in 2025. In the year under examination, the organisation received £249,964 (2024: £318,746) with expenditure amounting to £296,758 (2024: £307,145) resulting in a Deficit of £46,795 (2024: £11,601 Surplus).

Counselling Plus Community
Trustees' annual report
for the year ended 31 December 2025 - cont'd

The charity's policy on reserves

In accordance with the recommendation of the Charity Commission, the Trustees have considered and approved a Reserves Policy.

- 1 Factors to be taken into account include the following:
 - a) A substantial amount of our income comes from one funder, if that source withdrew funding; we would need several months' "breathing space" to source new sources of funding.
 - b) Most of our grant funding is for one year only and fluctuations in income need to be taken into account.
 - c) In the event of sufficient funding not being available, the charity would either need to reduce its activities, or in the worst case close completely. Due to the complexity of needs of our client group, best practice shows a need for timely ending of counselling and therefore orderly reduction or closure would need to be planned and any outstanding liabilities would need to be met.
- 2 In consequence of the above, the Trustees have agreed the target of holding 16 weeks of the annual expenditure, plus potential redundancy costs in the event of closing fund, as a reserve. Any surplus above this would be budgeted to be spent as part of our ongoing activities. The reserves will be built up from the unrestricted income.
- 3 The Trustees have agreed to review this Reserves Policy every 12 months.
- 4 Trustees are aware that income received in 2025 is being used for ongoing projects in 2026. This has led to a reduction in Reserves for the end of year account. The trustees have been fully appraised of the risk and have instigated plans to reinstate the reserves policy as soon as possible.

Updated Feb 2026

Signed on behalf of the charity's trustees:

Signed Steve 12/

Date 23.4.26

Independent Examiner's Report to the trustees of Counselling Plus Community

I report on the accounts of Counselling Plus Community Service for the period ended 31 December 2025 which are set out on pages 2-9.

Respective responsibilities of committee & examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act), and that an independent examination is needed.

It is my responsibility:

- to examine the accounts under section 145 of the Charities Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the supporting documentation presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Laura Dawson
Finance Manager
Hastings Voluntary Action
Jackson Hall, Portland Place, Hastings, TN34 1QN

Dated: 14.04.26

Counselling Plus Community

Receipts & Payment accounts

for the period

01 January 2025 to 31 December 2025

		Current Year			Previous Year
		Restricted funds	Unrestricted funds	Total funds	
Receipts					
Grants for Counselling:	CCG		21,645	21,645	64,934
	Partner Grants		127,582	127,582	127,033
Donations:	Client Donations		31,326	31,326	22,247
	Misc Donations		2,212	2,212	3,835
Grants	Refurbishment		4,236	4,236	
	Interest		1,760	1,760	3,028
Other Income:	Misc		60	60	
	Fundraising		1,839	1,839	705
	Training workshops		344	344	
	Restricted	58,961	-	58,961	96,965
TOTAL RECEIPTS		58,961	191,003	249,964	318,746
Payments					
	Salaries & wages		205,349	205,349	199,921
	Counsellors & supervision fees		-	-	-
	DBS checks		313	313	567
	Training workshop costs		-	-	-
	Rent and premises costs		12,008	12,008	13,549
	Travel expenses		1,733	1,733	3,376
	Insurance		1,176	1,176	1,020
	Telephone & internet charges		1,669	1,669	2,204
	Printing, postage, stationery & photocopying		995	995	1,488
	Computer & software		-	-	-
	Fundraising expenses		-	-	-
	Refurbishment, relocation & IT		3,361	3,361	207
	Staff welfare & training		350	350	1,422
	Bank charges		507	507	571
	Professional fees		6,161	6,161	7,356
	Independent examination		-	-	-
	Sundry expenses		1,549	1,549	1,915
	Subscriptions (BACP) incl Data Protection		2	2	
	Adjustment		-	-	-
	Restricted	61,582	-	61,582	73,549
TOTAL PAYMENTS		61,582	235,176	296,758	307,145
Net surplus/(deficit)		- 2,622	- 44,173	- 46,795	11,601
Fund balances b/f at	1/1/25	25,416	127,252	152,668	141,067
Fund balances c/f at	31/12/25	22,794	83,079	105,873	152,668

Counselling Plus Community
Statement of Assets & Liabilities
as at
31 December 2025

	Restricted Income	Unrestricted Income	Total	Previous year Total
Current assets				
bank accounts @ 31/12/2025	22,794	110,255	133,049	155,196
Accounts receivable		3,166	3,166	1,990
Income received in Advance		(30,460)	(30,460)	2,214
Cash in hand @ 31/12/2025		118	118	
	<u>22,794</u>	<u>83,079</u>	<u>105,873</u>	<u>159,400</u>
Current liabilities	-	-	-	6,732
Net current assets	<u>22,794</u>	<u>83,079</u>	<u>105,873</u>	<u>152,668</u>
Balance b/f			152,668	141,067
Net surplus/(deficit)			<u>(46,795)</u>	<u>11,601</u>
			<u>105,873</u>	<u>152,668</u>
Represented by:				
Restricted Funds			22,794	25,416
Designated fund: per reserves policy			83,079	122,006
General funds			-	5,246
			<u>105,873</u>	<u>152,668</u>

These financial statements are accepted on behalf of the charity by:

Signed Claire Knight
Claire Knight, Chair

Dated 23.4.26

Counselling Plus Community

Notes to the accounts for the year ended 31 December 2025

1 Receipts & payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debt as they become due.

2 Premises & staff

The premises are rented from a local charity.

The organisation employs a team of 7 part time paid staff, 7 part time counsellors, 18 volunteer counsellors and 3 trustees.

3 Trustees' remuneration

During the period no Trustees received expenses, remuneration or benefits.

4 Related party transactions

There were no related party transactions during the period.

5 Previous period comparison

The previous period's figures have been included for comparison.

6 Glossary of terms

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Debtors: These are amounts owed to the charity, but not received during the accounting period.

COUNSELLING PLUS COMMUNITY

England & Wales - Charity number 1168634

Accounts

Registered number: CE007251
Charity number: 1168634

Counselling Plus Community
(A company limited by guarantee)

Unaudited

Trustees' report and financial statements

For the year ended 31 December 2024

Counselling Plus Community
(A company limited by guarantee)

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Counselling Plus Community
(A company limited by guarantee)

Reference and administrative details of the Company, its Trustees and advisers
For the year ended 31 December 2024

Trustees Clare Knight, Chair
Janet Beale, Trustee (appointed 7 October 2024)
Danyll Redsull, Trustee (appointed 2 February 2024)
Angelica McMillan, Treasurer
Sue Manwaring, Vice Chair (resigned 30 September 2024)
Shauna McCusker, Trustee (resigned 7 October 2024)

Company registered number CE007251

Charity registered number 1168634

Registered office Counselling Plus
48 Cambridge Gardens
Hastings
TN34 1ENJ

Counselling Plus Community **(A company limited by guarantee)**

Trustees' report **For the year ended 31 December 2024**

The Trustees present their annual report together with the financial statements of the Counselling Plus Community for the year 1 January 2024 to 31 December 2024. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Policies and objectives

1. To relieve persons who are mentally and emotionally disturbed or distressed by the provision of a counselling service for such persons.
2. To educate and train persons in counselling so that they may assist in the treatment of persons suffering from mental or emotional disorders or problems.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

b. Main activities undertaken to further the Company's purposes for the public benefit

Counselling Plus Community follows Charity Commission Guidelines and must report annually to the Charity Commission to affirm its obligation to function for the public benefit. In planning activities, the trustees were mindful of the Charity Commission's guidance on public benefit. The trustees are confident that the charity's aims, objectives and activities accommodate a range of activities that are relevant, accessible and affordable and improve and enhance the lives of people, whilst encouraging and developing partnerships and networks, and are in accordance with the regulations on public benefit.

c. Background

Counselling Plus (formerly known as Hasting & Rother Counselling Service) was founded in 1992. The service is a registered charity (CIO) offering counselling, predominantly, to local residents on benefits or low incomes. Our continued ethos is to provide affordable and accessible therapy in a timely manner. We counsel on a wide range of issues including depression, anxiety, low self-esteem, suicidal ideation/plan, sexual assault, childhood sexual abuse, domestic abuse, trauma, and relationship issues. We are members of the British Association for Counselling and Psychotherapy and work within their guidelines.

Counselling Plus Community
(A company limited by guarantee)

Trustees' report (continued)
For the year ended 31 December 2024

Achievements and performance

a. Progression

2024 saw a high number of volunteer, student counsellors join the Service. This continues to build on the diversity required to fully support our clients. Due to the additional support provided by the Clinical Manager alongside the Clinical Supervisors, our students benefit from high levels of clinical input to aid their progression. This is a mutually beneficial process as our long-term counsellors also learn from new theoretical perspectives. In recognition of the high level of experience within the team, we offer opportunities for our counsellors to facilitate CPD sessions to their peers and this has been very well received. CPC is proud of the progression pathways provided within the Service.

b. Sustainability

Unfortunately, the Service has been informed of forthcoming NHS funding cuts which will greatly impact the Service going forward. However, CPC is determined, flexible and capable of seeking different ways to fund this essential Service. Funds continue to be carefully managed to ensure financial reserves are consistent with our reserves policy which, in turn, ensures the Service's sustainability. The trustees and management team remain committed to the same original ethos of 1992.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

In accordance with the recommendation of the Charity Commission, the Trustees have considered and approved a Reserves Policy.

1. Factors to be taken into account include the following:
 - a) A substantial amount of our income comes from one funder, if that source withdrew funding; we would need several months' "breathing space" to source new sources of funding.
 - b) Most of our grant funding is for one year only and fluctuations in income need to be taken into account.
 - c) In the event of sufficient funding not being available, the charity would either need to reduce its activities, or in the worst case close completely. Due to the complexity of needs of our client group, best practice shows a need for timely ending of counselling and therefore orderly reduction or closure would need to be planned and any outstanding liabilities would need to be met.
2. In consequence of the above, the Trustees have agreed on holding 16 weeks of annual expenditure, plus potential redundancy costs within a designated reserve.
3. The Trustees have agreed to review this Reserves Policy every 12 months.

Counselling Plus Community
(A company limited by guarantee)

Trustees' report (continued)
For the year ended 31 December 2024

c. Overview

Counselling Plus Community is funded by a variety of grants from a diverse range of funders. The core funding is from the CCG. In the year under examination, the organisation received £318,746 (2023: £308,615) with expenditure amounting to £307,145 (2023: £288,759) resulting in a surplus for the year of £11,601 (2023: £19,856).

Unrestricted funds amounted to £127,252 (2023: £139,067) at the year end, of which £122,006 (2023: £135,843) is held as designated funds.

Restricted funds amounted to £25,416 (2023: £2,000).

Structure, governance and management

a. Constitution

The charity is operated under the rules of its constitution, adopted 1st September 2015 and registered with the Charity Commission on 5th August 2016 as a Charitable Incorporated Organisation (CIO), whose only voting members are its charity trustees.

b. Methods of appointment or election of Trustees

The management of the Company is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

The trustees of the charity are appointed using the guidelines laid down in the constitution. Trustees are appointed on a rotational 3 year basis.

Counselling Plus Community
(A company limited by guarantee)

Trustees' report (continued)
For the year ended 31 December 2024

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on their behalf by:



Clare Knight 07 Aug 2025 10:58:12 BST (UTC +1)

.....
Clare Knight
(Chair of Trustees)
Date: 07 August 2025

Counselling Plus Community
(A company limited by guarantee)

Independent examiner's report
For the year ended 31 December 2024

Independent examiner's report to the Trustees of Counselling Plus Community ('the Company')

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 31 December 2024.

Responsibilities and basis of report

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company 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 Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement


Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts 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 accounts to be reached.

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Company and the Company's Trustees as a body, for my work or for this report.

Signed: 
Alison Jones 07 Aug 2025 11:22:08 BST (UTC +1)

Dated: 07 August 2025

Alison Jones, FCA

Kreston Reeves LLP
Chartered Accountants
Brighton

Counselling Plus Community
(A company limited by guarantee)

Statement of financial activities (incorporating income and expenditure account)
For the year ended 31 December 2024

	Note	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	3	96,965	218,048	315,013	305,888
Investments	4	-	3,028	3,028	2,523
Other income	5	-	705	705	204
Total income		96,965	221,781	318,746	308,615
Expenditure on:					
Charitable activities	6	73,549	233,596	307,145	288,759
Total expenditure		73,549	233,596	307,145	288,759
Net movement in funds		23,416	(11,815)	11,601	19,856
Reconciliation of funds:					
Total funds brought forward		2,000	139,067	141,067	121,211
Net movement in funds		23,416	(11,815)	11,601	19,856
Total funds carried forward		25,416	127,252	152,668	141,067

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 9 to 18 form part of these financial statements.

Counselling Plus Community
(A company limited by guarantee)
Registered number: CE007251

Balance sheet
As at 31 December 2024

	Note	2024 £	2023 £
Current assets			
Debtors	11	4,204	8,482
Cash at bank and in hand		155,196	153,466
		<u>159,400</u>	<u>161,948</u>
Creditors: amounts falling due within one year	12	(6,732)	(20,881)
Net current assets		<u>152,668</u>	<u>141,067</u>
Total assets less current liabilities		<u>152,668</u>	<u>141,067</u>
Total net assets		<u>152,668</u>	<u>141,067</u>
Charity funds			
Restricted funds	13	25,416	2,000
Unrestricted funds			
Designated funds	13	122,006	135,843
General funds	13	5,246	3,224
		<u>127,252</u>	<u>139,067</u>
Total unrestricted funds	13		
Total funds		<u>152,668</u>	<u>141,067</u>

The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

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

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

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



Clare Knight 07 Aug 2025 10:58:12 BST (UTC +1)

.....
Clare Knight
 (Chair of Trustees)
 Date: 07 August 2025

The notes on pages 9 to 18 form part of these financial statements.

Counselling Plus Community
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 December 2024

1. General information

Counselling Plus Community is a charitable incorporated organisation, registered in England and Wales. The charity's registered number is 1168634 and principle address is Counselling Plus, 48 Cambridge Gardens, Hastings, TN34 1EN.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Counselling Plus Community meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

2.3 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. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.4 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

Counselling Plus Community
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 December 2024

2. Accounting policies (continued)

2.5 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.6 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.7 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

2.8 Financial instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.9 Pensions

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

2.10 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

Counselling Plus Community
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 December 2024

3. Income from donations and legacies

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £
Donations	-	26,081	26,081
Grants	96,965	191,967	288,932
	<u>96,965</u>	<u>218,048</u>	<u>315,013</u>
	<u><u>96,965</u></u>	<u><u>218,048</u></u>	<u><u>315,013</u></u>
	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £
Donations	-	24,714	24,714
Grants	17,000	264,174	281,174
	<u>17,000</u>	<u>288,888</u>	<u>305,888</u>
	<u><u>17,000</u></u>	<u><u>288,888</u></u>	<u><u>305,888</u></u>

Counselling Plus Community
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 December 2024

4. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £
Bank interest	3,028	3,028

	Unrestricted funds 2023 £	Total funds 2023 £
Bank interest	2,523	2,523

5. Other incoming resources

	Unrestricted funds 2024 £	Total funds 2024 £
Fundraising	705	705

	Unrestricted funds 2023 £	Total funds 2023 £
Fundraising	124	124
Training workshops	80	80
	<u>204</u>	<u>204</u>

Counselling Plus Community
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 December 2024

6. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total 2024 £
Charitable activities	73,549	233,596	307,145
	Restricted funds 2023 £	Unrestricted funds 2023 £	Total 2023 £
Charitable activities	15,000	273,759	288,759

7. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Support costs 2024 £	Total funds 2024 £
Charitable activities	303,873	3,272	307,145
	Activities undertaken directly 2023 £	Support costs 2023 £	Total funds 2023 £
Charitable activities	287,242	1,517	288,759

8. Independent examiner's remuneration

	2024 £	2023 £
Fees payable to the Company's independent examiner for the independent examination of the Company's annual accounts	2,700	960

Counselling Plus Community
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 December 2024

9. Staff costs

	2024	2023
	£	£
Wages and salaries	241,597	216,090
Social security costs	8,748	8,533
Contribution to defined contribution pension schemes	12,208	9,538
	262,553	234,161

The average number of persons employed by the Company during the year was as follows:

	2024	2023
	No.	No.
Employees	22	18

No employee received remuneration amounting to more than £60,000 in either year.

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 31 December 2024, no Trustee expenses have been incurred (2023 - £NIL).

11. Debtors

	2024	2023
	£	£
Due within one year		
Trade debtors	1,990	4,465
Other debtors	-	1,566
Prepayments and accrued income	2,214	2,451
	4,204	8,482

12. Creditors: Amounts falling due within one year

	2024	2023
	£	£
Trade creditors	-	311
Other taxation and social security	3,357	3,516
Other creditors	675	50
Accruals and deferred income	2,700	17,004
	6,732	20,881

Counselling Plus Community
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 December 2024

13. Statement of funds

Statement of funds - current year

	Balance at 1 January 2024 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 December 2024 £
Unrestricted funds					
Designated funds					
Designated Funds	135,843	-	-	(13,837)	122,006
General funds					
General Funds	3,224	221,781	(233,596)	13,837	5,246
Total Unrestricted funds	139,067	221,781	(233,596)	-	127,252
Restricted funds					
Brook Young People	2,000	-	(2,000)	-	-
Children In Need	-	20,033	(20,033)	-	-
Henry Smith	-	14,900	(9,900)	-	5,000
Big Lottery	-	20,000	(13,000)	-	7,000
Ernest Klein	-	7,000	(2,334)	-	4,666
PCC	-	15,000	(11,250)	-	3,750
MOJ	-	20,032	(15,032)	-	5,000
	2,000	96,965	(73,549)	-	25,416
Total of funds	141,067	318,746	(307,145)	-	152,668

Counselling Plus Community
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 December 2024

13. Statement of funds (continued)

Designated Funds

The Trustees have agreed the target of holding 16 weeks of the annual expenditure, plus potential redundancy costs in the event of closing fund, as a reserve.

Restricted Funds

Brook Young People: Project - Young people: Neurodiversity Celebrated.

Children In Need - Project - Young People (16 - 18).

Henry Smith - Project - Hardship - Improving Lives.

Big Lottery - The Big Lottery Awards for All grant is for our Hardship Project.

Ernest Klein - 15 young people aged 16-25 who are in mental and emotional crisis will access an average of 12 professional and client-focussed 1:1 counselling sessions.

PCC - Life Beyond Abuse project.

MOJ - Life Beyond Abuse project.

Counselling Plus Community
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 December 2024

13. Statement of funds (continued)

Statement of funds - prior year

	Balance at 1 January 2023 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 December 2023 £
Unrestricted funds					
Designated funds					
Designated Funds	97,000	-	-	38,843	135,843
General funds					
General Funds	24,211	291,615	(273,759)	(38,843)	3,224
Total Unrestricted funds	121,211	291,615	(273,759)	-	139,067
Restricted funds					
Brook Young People	-	10,000	(8,000)	-	2,000
Ernest Kleinwort Charitable Trust	-	7,000	(7,000)	-	-
	-	17,000	(15,000)	-	2,000
Total of funds	121,211	308,615	(288,759)	-	141,067

14. Summary of funds

Summary of funds - current year

	Balance at 1 January 2024 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 December 2024 £
Designated funds	135,843	-	-	(13,837)	122,006
General funds	3,224	221,781	(233,596)	13,837	5,246
Restricted funds	2,000	96,965	(73,549)	-	25,416
	141,067	318,746	(307,145)	-	152,668

Counselling Plus Community
(A company limited by guarantee)

Notes to the financial statements
For the year ended 31 December 2024

14. Summary of funds (continued)

Summary of funds - prior year

	Balance at 1 January 2023 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 December 2023 £
Designated funds	97,000	-	-	38,843	135,843
General funds	24,211	291,615	(273,759)	(38,843)	3,224
Restricted funds	-	17,000	(15,000)	-	2,000
	<u>121,211</u>	<u>308,615</u>	<u>(288,759)</u>	<u>-</u>	<u>141,067</u>

15. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total funds 2024 £
Current assets	25,416	133,984	159,400
Creditors due within one year	-	(6,732)	(6,732)
Total	<u>25,416</u>	<u>127,252</u>	<u>152,668</u>

Analysis of net assets between funds - prior period

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £
Current assets	2,000	159,948	161,948
Creditors due within one year	-	(20,881)	(20,881)
Total	<u>2,000</u>	<u>139,067</u>	<u>141,067</u>

16. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the group to the fund and amounted to £10,642 (2023 - £9,538). At the balance sheet date, the amount payable to the fund was £675 (2023: £Nil).

COUNSELLING PLUS COMMUNITY

England & Wales - Charity number 1168634

Accounts

Counselling Plus Community

Registered Charity Number 1168634

(Previously registered as charity number 1051003)

Trustee Report and Financial Statements for the Year Ended 31 December 2023

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7	Statement of Financial Activities
8	Statement of Assets & Liabilities
9-15	Notes to the Financial Statements
16	Detailed Statement of Financial Activities

**Counselling Plus Community
Trustees' Annual Report
for the Year Ended 31 December 2023**

The trustees present their annual report and financial statements of the charity for the year ended 31 December 2023. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's constitution, the Charities Act 2011 and the Statements of Recommended Practice published in 2008.

Full name:	Counselling Plus Community
Legal status:	Charitable Incorporated Organisation
Registered charity number:	1168634
Formerly:	Counselling Plus Community registered charity number 1051003
Principal address:	48 Cambridge Gardens, Hastings, TN34 1EN
Trustees:	Clare Knight - Chair Sue Manwaring - Vice Chair Shauna McCusker Angelica McMilan - Treasurer
Bankers:	CAF Bank, West Malling
Independent examiner:	Mr S R Sampson BFP FCA FCIE DChA Ashdown Hurrey Auditors Limited 20 Havelock Road Hastings East Sussex TN34 1BP

Governance and management

The charity is operated under the rules of its constitution, adopted 1st September 2015 and registered with the Charity Commission on 5th August 2016 as a Charitable Incorporated Organisation (CIO), whose only voting members are its charity trustees. The trustees of the charity are appointed using the guidelines laid down in the constitution. Trustees are appointed on a rotational 3 year basis.

The Charity's principal activity during the year was to offer a range of counselling and training sessions to members of the public who do not have the financial means to access private counselling.

The old unincorporated charity (number 1151003) was dissolved on 31 December 2016, with the assets being vested in the new charity - number 1168634 - on the same date.

Aims and objectives

(1) To relieve persons who are mentally and emotionally disturbed or distressed by the provision of a counselling service for such persons.

(2) To educate and train persons in counselling so that they may assist in the treatment of persons suffering from mental or emotional disorders or problems.

Counselling Plus Community
Trustees' Annual Report
for the Year Ended 31 December 2023 - cont'd

Trustees' Report

The Trustees submit their annual report and financial statement for Counselling Plus Community for the year ended 31st December 2023

Public benefit statement

Counselling Plus Community follows Charity Commission Guidelines and must report annually to the Charity Commission to affirm its obligation to function for the public benefit. In planning activities, the trustees were mindful of the Charity Commission's guidance on public benefit. The trustees are confident that the charity's aims, objectives and activities accommodate a range of activities that are relevant, accessible and affordable and improve and enhance the lives of people, whilst encouraging and developing partnerships and networks, and are in accordance with the regulations on public benefit.

Background

Counselling Plus (formerly known as Hasting & Rother Counselling Service) was founded in 1992. The service is a registered charity offering counselling to local residents on benefits or with low incomes predominantly. We counsel on a wide range of issues including depression, anxiety, low self-esteem, suicidal ideation/plan, sexual assault, childhood sexual abuse, domestic abuse, trauma and relationship issues. The counselling was originally delivered by a large team of qualified and committed volunteer counsellors, supported by just one administrator, but now includes employed counsellors, an admin team, Clinical Leads, a Clinical Manager and Chief Executive Officer.

We are members of the British Association for Counselling and Psychotherapy and work within their guidelines.

Progression

2023 saw the implementation of a full remodel of the service, offering employment for a number of our most experienced counsellors to continue to work alongside our team of professional volunteer counsellors. The growth and change of the service has also allowed for the employment of a Clinical Manager to work alongside the CEO.

Sustainability

Having completed 31 years of service to the local community, the trustees and management team remain committed to the same ethos from 1992 - that of offering a professional and effective service to those most likely to be unable to afford private counselling. Many of our clients are those most affected in society, by the cost of living crisis, and are therefore those most likely to require professional, but affordable counselling. Whilst we have a changing board of trustees, the commitment to the original ethos remains as solid as it was when the service first began

The need for mental health support continues to increase, and we are therefore remaining flexible to ensure this need is met within a trusted and well-known service.

Funds continue to be carefully managed to ensure financial reserves are consistent with our reserves policy which, in turn, ensure the service's sustainability

Counselling Plus Community
Trustees' Annual Report
for the Year Ended 31 December 2023 - cont'd

Risk management

The Charity trustees regularly review and assess the risks faced by the charity in all areas of its work and plan for the management of those risks. Risk is an everyday part of charitable activity and managing it effectively is essential if the trustees are to achieve their key objectives and safeguard the charity's funds and assets.

The Trustees have discussed and set a risk framework that allows them to:

- identify the major risks that apply to the charity
- make decisions about how to respond to the risks they face

In particular the Trustees have considered

- Governance risk, including strategy and direction
- Operational risk including staff and volunteer safety
- Financial risk including cash flow, reserves and diversity of income
- Environmental risk including government policy and public perception

Responsibilities of the Trustees

Under the Charities Act 2011, the Trustees are required to prepare a statement of accounts for each financial year which gives a true and fair view of the state of affairs of the charity at the end of the year, and of the incoming resources and application of resources or the charity for that period. In preparing these financial statements, the trustee are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable Accounting Standards and the Statement of Recommended Practice have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity at that time and enable the Trustees to ensure that the financial statements comply with the requirements of the Charities Act 2011, and the Charities (Accounts and Reports) FRS 102, and the provision of the governing document. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Financial review

Counselling Plus Community is funded by a variety of grants from a diverse range of funders. The core funding is from the CCG. In the year under examination, the organisation received £306,615 (2022: £248,874) with expenditure amounting to £288,759 (2022: £250,232) resulting in a Surplus of £17,856 (2022: £1,358 Deficit).

Counselling Plus Community
Trustees' Annual Report
for the Year Ended 31 December 2023 - cont'd

The charity's policy on reserves

In accordance with the recommendation of the Charity Commission, the Trustees have considered and approved a Reserves Policy.

- 1 Factors to be taken into account include the following:
 - a) A substantial amount of our income comes from one funder, if that source withdrew funding; we would need several months' "breathing space" to source new sources of funding.
 - b) Most of our grant funding is for one year only and fluctuations in income need to be taken into account.
 - c) In the event of sufficient funding not being available, the charity would either need to reduce its activities, or in the worst case close completely. Due to the complexity of needs of our client group, best practice shows a need for timely ending of counselling and therefore orderly reduction or closure would need to be planned and any outstanding liabilities would need to be met.
- 2 In consequence of the above, the Trustees have agreed the target of holding 16 weeks of the annual expenditure, plus potential redundancy costs in the event of closing fund, as a reserve. Any surplus above this would be budgeted to be spent as part of our ongoing activities. The reserves will be built up from the unrestricted income.
- 3 The Trustees have agreed to review this Reserves Policy every 12 months.

Updated Feb 2024

Signed on behalf of the charity's trustees:

Signed Claire Knight

Claire Knight, Chair

Date 7.08.2024

Signed Angelica McMilan

Angelica McMilan - Treasurer

Date 7/08/2024

Independent Examiner's Report to the Trustees of Counselling Plus Community

Independent Examiner's report to the Trustees of Counselling Plus Community

I report to the charity trustees on my examination of the accounts of Counselling Plus Community (the Charity) for the year ended 31 December 2023.

Responsibilities and basis of report

As the charity trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

- 1) accounting records were not kept in respect of the Charity as required by Section 130 of the act; or
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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 accounts to be reached.



Mr S R Sampson BFP FCA FCIE DChA
Ashdown hurrey Auditors Limited
20 Havelock Road
Hastings
East Sussex
TN34 1BP

Date: 20/8/24

Counselling Plus Community
Statement of Financial Activities
for the period
01 January 2023 to 31 December 2023

	Notes	Designated funds £	Restricted funds £	Unrestricted funds £	31.12.23 Total funds £	31.12.22 Total funds £
Income and Endowments From						
Donations and legacies	3	-	17,000	288,888	305,888	238,397
Investments		-	-	2,523	2,523	465
Other	4	-	-	204	204	10,012
Total		<u>-</u>	<u>17,000</u>	<u>291,615</u>	<u>308,615</u>	<u>248,874</u>
Expenditure On						
Charitable Activities	5	-	15,000	272,799	287,799	250,232
Other		-	-	960	960	-
Total		<u>-</u>	<u>15,000</u>	<u>273,759</u>	<u>288,759</u>	<u>250,232</u>
Net Income / (Expenditure)		-	2,000	17,856	19,856	(1,358)
Reconciliation of Funds						
Total funds brought forward		97,000	-	24,211	121,211	122,569
Transfers between funds		38,843	-	- 38,843	-	-
Total Funds Carried Forward		<u>135,843</u>	<u>2,000</u>	<u>3,224</u>	<u>141,067</u>	<u>121,211</u>

Counselling Plus Community
Balance Sheet
as at
31 December 2023

	Notes	Designated Fund £	Restricted Fund £	Unrestricted Fund £	31.12.23 Total Funds £	31.12.22 Total Funds £
Current Assets						
Debtors	10	-	2,000	6,482	8,482	6,332
Cash at bank		135,843	-	17,623	153,466	149,379
		135,843	2,000	24,105	161,948	155,711
Creditors						
Amounts falling due within one	11	-	-	(20,881)	(20,881)	(34,500)
Net Current Assets		135,843	2,000	3,224	141,067	121,211
Total Assets Less Current Liabilities		135,843	2,000	3,224	141,067	121,211
Net Assets		135,843	2,000	3,224	141,067	121,211
Funds						
Unrestricted Funds	12				3,224	24,211
Restricted Funds					2,000	-
Designated Funds					135,843	97,000
Total Funds					141,067	121,211

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

Signed Claire Knight

Dated 7.08.2024

Claire Knight, Chair

Counselling Plus Community Notes to the Financial Statements for the Year Ended 31 December 2023

1 Statutory Information

Counselling Plus Community is a charitable incorporated organisation, registered in England and Wales. The charity's registered number and principle address can be found in the Report of the Trustees.

2 Accounting Policies

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

There are no material uncertainties in relation to the charity's ability to continue as a going concern, these financial statements have therefore been prepared on the going concern basis.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Counselling Plus Community
Notes to the Financial Statements - cont'd
for the Year Ended 31 December 2023

2 Accounting Policies - cont'd

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire Purchase and Leasing Commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

The premises are rented from a local charity.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

3 Donations and Legacies

	31.12.23	31.12.22
	£	£
Grants	281,174	216,370
Donations	24,714	22,027
	<u>305,888</u>	<u>238,397</u>

Grants received, included in the above, are as follows:

	31.12.23	31.12.22
	£	£
Grants for Counselling - CCG	64,934	64,935
Grants for Counselling - Partner Grants	216,240	151,435
	<u>281,174*</u>	<u>216,370</u>

Counselling Plus Community
Notes to the Financial Statements - cont'd
for the Year Ended 31 December 2023

4 Other Income

	31.12.23	31.12.22
	£	£
Fundraising	124	55
Training Workshops	80	2,452
Miscellaneous	-	7,505
	<u>204</u>	<u>10,012</u>

5 Charitable Activities Costs

	Direct Costs £	Support Costs £	Totals £
Charitable Activities	<u>287,242</u>	<u>557</u>	<u>287,799</u>

6 Independent Examiners' Remuneration

	31.12.23	31.12.22
	£	£
Fees payable to the charity's independent examiners for the independent examination of the charity's financial statements	960	-
	<u>960</u>	<u>-</u>

7 Trustees' Remuneration and Benefits

There were no trustees' remuneration or other benefits for the year ended 31 December nor for the year ended 31 December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

**Counselling Plus Community
Notes to the Financial Statements - cont'd
for the Year Ended 31 December 2023**

8 Staff Costs

	31.12.23 £	31.12.22 £
Wages and salaries	216,090	132,768
Social security costs	8,533	6,502
Other pension costs	9,538	12,847
	<u>234,161</u>	<u>152,117</u>
	31.12.23	31.12.22
The average monthly number of employees during the year was as follows	<u>18</u>	<u>8</u>

The organisation employs a team of 7 part time paid staff, 14 part time counsellors. Has 15 volunteer counsellors and 4 trustees.

No employees received emoluments in excess of £60,000.

9 Comparative for the Statement of Financial Activities

	Designated funds £	Restricted funds £	Unrestricted funds £	31.12.22 Total funds £
Income and Endowments From				
Donations and legacies	-	-	238,397	238,397
Investments	-	-	465	465
Other	-	-	10,012	10,012
Total	<u>-</u>	<u>-</u>	<u>248,874</u>	<u>248,874</u>
Expenditure On				
Charitable Activities	-	-	250,232	250,232
Total	<u>-</u>	<u>-</u>	<u>250,232</u>	<u>250,232</u>
Net Income / (Expenditure)	-	-	(1,358)	(1,358)
Transfers between funds	- 8,700	-	8,700	-
Net movement in funds	<u>- 8,700</u>	<u>-</u>	<u>7,342</u>	<u>(1,358)</u>
Reconciliation of Funds				
Total funds brought forward	105,700	-	16,869	122,569
Total Funds Carried Forward	<u>97,000</u>	<u>-</u>	<u>24,211</u>	<u>121,211</u>

Counselling Plus Community
Notes to the Financial Statements - cont'd
for the Year Ended 31 December 2023

10 Debtors: Amounts Falling Due Within One Year

	31.12.23	31.12.22
	£	£
Trade Debtors	4,465	6,332
Prepayments	2,451	-
Other Debtors	1,566	-
	<u>8,482</u>	<u>6,332</u>

11 Creditors: Amounts Falling Due Within One Year

	31.12.23	31.12.22
	£	£
Trade Creditors	311	-
Social Security & Other Tax	3,516	-
Accrued Expenses	1,004	-
Deferred Income	16,000	34,500
Other Creditors	50	-
	<u>20,881</u>	<u>34,500</u>

12 Movement in Funds

	At 1.1.23	Net movement in funds	Transfer between funds	At 31.12.23
	£	£	£	£
Unrestricted Funds				
General fund	24,211	17,856	(38,843)	3,224
Designated fund	97,000	-	38,843	135,843
	<u>121,211</u>	<u>17,856</u>	<u>-</u>	<u>139,067</u>
Restricted Funds				
Brook Young People	-	2,000	-	2,000
Ernest Kleinwort Charitable Trust	-	-	-	-
	<u>-</u>	<u>2,000</u>	<u>-</u>	<u>2,000</u>
	<u>121,211</u>	<u>19,856</u>	<u>-</u>	<u>141,067</u>

Counselling Plus Community
Notes to the Financial Statements - cont'd
for the Year Ended 31 December 2023

12 Movement in Funds - cont'd

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted Funds			
General fund	-	-	-
Restricted Funds			
Brook Young People	10,000	(8,000)	2,000
Ernest Kleinwort Charitable Trust	7,000	(7,000)	-
	<u>17,000</u>	<u>(15,000)</u>	<u>2,000</u>
	<u>17,000</u>	<u>(15,000)</u>	<u>2,000</u>

Comparatives for movement in funds

	At 11.22 £	Net movement in funds £	Transfer between funds £	At 31.12.22 £
Unrestricted Funds				
General fund	16,869	(1,358)	8,700	24,211
Designated fund	105,700	-	(8,700)	97,000
	<u>122,569</u>	<u>(1,358)</u>	<u>-</u>	<u>121,211</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted Funds			
General fund	248,874	(250,232)	(1,358)
	<u>248,874</u>	<u>(250,232)</u>	<u>(1,358)</u>

Counselling Plus Community
Notes to the Financial Statements – cont'd
for the Year Ended 31 December 2023

12 Movement in Funds – cont'd

Description of Funds

Designated fund: The Trustees have agreed the target of holding 16 weeks of the annual expenditure, plus potential redundancy costs in the event of closing fund, as a reserve.

Brook Young People: Project – Young people: Neurodiversity Celebrated

Ernest Kleinwort Charitable Trust: Project – Positive Mental Health – Positive Future

13 Related party transactions

There were no related party transactions during the period.

COUNSELLING PLUS COMMUNITY

England & Wales - Charity number 1168634

Accounts

Counselling Plus Community

Registered charity number 1168634

(Previously registered as charity number 1051003)

Trustee Report and Financial Statements for the year ended 31 December 2022

Page	Contents
2-5	Trustees' annual report
6	Independent examiner's report
7	Receipts & payments account
8	Statement of assets & liabilities
9	Notes to the accounts

Counselling Plus Community

Trustees' annual report for the year ended 31 December 2022

The trustees present their annual report and financial statements of the charity for the year ended 31 December 2022. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's constitution, the Charities Act 2011 and the Statements of Recommended Practice published in 2008.

Full name:	Counselling Plus Community
Legal status:	Charitable Incorporated Organisation
Registered charity number:	1168634
Formerly:	Counselling Plus Community registered charity number 1051003
Principal address:	48 Cambridge Gardens, Hastings, TN34 1EN
Trustees:	Janet Beale - Chair Susan Herriott Jilly Hall Shauna McCusker Sue Manwaring Clare Knight - Financial Support Andrea Ostle Angelica McMilan
Bankers:	CAF Bank, West Malling
Independent examiner:	Laura Dawson, Finance Manager, Hastings Voluntary Action, Jackson Hall, Portland Place, Hastings, TN34 1QN

Governance and management

The charity is operated under the rules of its constitution, adopted 1st September 2015 and registered with the Charity Commission on 5th August 2016 as a Charitable Incorporated Organisation (CIO), whose only voting members are its charity trustees. The trustees of the charity are appointed using the guidelines laid down in the constitution. Trustees are appointed on a rotational 3 year basis.

The Charity's principal activity during the year was to offer a range of counselling and training sessions to members of the public who do not have the financial means to access private counselling.

The old unincorporated charity (number 1151003) was dissolved on 31 December 2016, with the assets being vested in the new charity - number 1168634 - on the same date.

AIMS and objectives

(1) TO RELIEVE PERSONS WHO ARE MENTALLY AND EMOTIONALLY DISTURBED OR DISTRESSED BY THE PROVISION OF A COUNSELLING SERVICE FOR SUCH PERSONS.

(2) TO EDUCATE AND TRAIN PERSONS IN COUNSELLING SO THAT THEY MAY ASSIST IN THE TREATMENT OF PERSONS SUFFERING FROM MENTAL OR EMOTIONAL DISORDERS OR PROBLEMS.

Counselling Plus Community
Trustees' annual report
for the year ended 31 December 2022 - cont'd

Trustees' Report

The Trustees submit their annual report and financial statement for Counselling Plus Community for the year ended 31st December 2022

Public benefit statement

Counselling Plus Community follows Charity Commission Guidelines and must report annually to the Charity Commission to affirm its obligation to function for the public benefit. In planning activities, the trustees were mindful of the Charity Commission's guidance on public benefit. The trustees are confident that the charity's aims, objectives and activities accommodate a range of activities that are relevant, accessible and affordable and improve and enhance the lives of people, whilst encouraging and developing partnerships and networks, and are in accordance with the regulations on public benefit.

Background

Counselling Plus (formerly known as Hasting & Rother Counselling Service) was founded in 1992. The service is a registered charity offering counselling to local residents (predominantly) on benefits or with low incomes. We counsel on a wide range of issues including depression, anxiety, low self-esteem, suicidal ideation/plan, sexual assault, childhood sexual abuse, domestic abuse, trauma and relationship issues. The counselling was delivered by a large team of qualified and committed volunteer counsellors and the service is supported by a team of admin staff and Clinical Leads working alongside the Chief Executive Officer.

We are members of the British Association for Counselling and Psychotherapy and work within their guidelines.

Progression

The Service has gone through another major change this year, which will allow a full remodel in 2023. The remodel will include employing a team of 10 counsellors to work alongside our volunteer counsellors. This will provide additional capability for the service, which in turn, provides increased ability to apply for funds to support our clients.

The majority of clients are now choosing to return to face-to-face sessions, but the continued offer of remote sessions is preferred by some.

Sustainability

Having completed 30 years of service to the local community, the trustees and management are very aware that we must not become complacent to the needs of the local community. Many of our clients are those most affected in society, by the cost of living crisis, and are therefore those most likely to require professional, but affordable counselling.

Our original ethos remains strong - to remove financial blocks to professional counselling. The need for mental health support continues to increase, and we are therefore remaining flexible to ensure this need is met within a trusted and well-known service.

Funds continue to be carefully managed to ensure financial reserves are consistent with our reserves policy which, in turn, ensure the service's sustainability

Counselling Plus Community
Trustees' annual report
for the year ended 31 December 2022 - cont'd

Risk management

The Charity trustees regularly review and assess the risks faced by the charity in all areas of its work and plan for the management of those risks. Risk is an everyday part of charitable activity and managing it effectively is essential if the trustees are to achieve their key objectives and safeguard the charity's funds and assets.

The Trustees have discussed and set a risk framework that allows them to:

- identify the major risks that apply to the charity
- make decisions about how to respond to the risks they face

In particular the Trustees have considered

- Governance risk, including strategy and direction
- Operational risk including staff and volunteer safety
- Financial risk including cash flow, reserves and diversity of income
- Environmental risk including government policy and public perception

Responsibilities of the Trustees

Under the Charities Act 2011, the Trustees are required to prepare a statement of accounts for each financial year which gives a true and fair view of the state of affairs of the charity at the end of the year, and of the incoming resources and application of resources of the charity for that period.

In preparing these financial statements, the trustee are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable Accounting Standards and the Statement of Recommended Practice have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity at that time and enable the Trustees to ensure that the financial statements comply with the requirements of the Charities Act 2011, and the Charities (Accounts and Reports) FRS 102, and the provision of the governing document. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Financial review

Counselling Plus Community is funded by a variety of grants from a diverse range of funders. The core funding is from the CCG. In the year under examination, the organisation received £248,874 (2021: £225,934) with expenditure amounting to £250,232 (2021: £224,070) resulting in a deficit of £1,358 (2021: £1,864 Surplus).

Counselling Plus Community
Trustees' annual report
for the year ended 31 December 2022 - cont'd

The charity's policy on reserves

In accordance with the recommendation of the Charity Commission, the Trustees have considered and approved a Reserves Policy.

- 1 Factors to be taken into account include the following:
 - a) A substantial amount of our income comes from one funder, if that source withdrew funding; we would need several months' "breathing space" to source new sources of funding.
 - b) Most of our grant funding is for one year only and fluctuations in income need to be taken into account.
 - c) In the event of sufficient funding not being available, the charity would either need to reduce its activities, or in the worst case close completely. Due to the complexity of needs of our client group, best practice shows a need for timely ending of counselling and therefore orderly reduction or closure would need to be planned and any outstanding liabilities would need to be met.
- 2 In consequence of the above, the Trustees have agreed the target of holding 16 weeks of the annual expenditure, plus potential redundancy costs in the event of closing fund, as a reserve. Any surplus above this would be budgeted to be spent as part of our ongoing activities. The reserves will be built up from the unrestricted income.
- 3 Due to changing demands on the service and potential funding streams, the policy was changed in 2022 to hold 16 weeks of costs plus potential redundancy costs.
- 4 The Trustees have agreed to review this Reserves Policy every 12 months.

Updated Feb 2023

Signed on behalf of the charity's trustees:

Signed Janet Beale
Janet Beale, Chair

Date 31.5.23

Signed Clare Knight
Clare Knight- Trustee with Financial Responsibility

Date 31.5.23

Independent Examiner's Report to the trustees of Counselling Plus Community

I report on the accounts of Counselling Plus Community Service for the period ended 31 December 2022 which are set out on pages 2-9.

Respective responsibilities of committee & examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act), and that an independent examination is needed.

It is my responsibility:

- to examine the accounts under section 145 of the Charities Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention

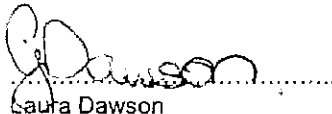
Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the supporting documentation presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Laura Dawson

Finance Manager
Hastings Voluntary Action
Jackson Hall, Portland Place, Hastings, TN34 1QN

Dated: 25th May 2023

Counselling Plus Community

Receipts & Payment accounts

for the period

01 January 2022 to 31 December 2022

	Current Year			Previous Year
	Restricted funds	Unrestricted funds	Total funds	
Receipts				
Grants for Counselling:				
CCG	-	64,935	64,935	64,934
Partner Grants	-	151,435	151,435	143,354
Donations:				
Client Donations	-	20,686	20,686	14,126
Misc Donations	-	1,341	1,341	2,517
Grants				
Refurbishment	-	-	-	-
Interest	-	465	465	11
Other Income:				
Misc	-	7,505	7,505	907
Fundraising	-	55	55	85
Training workshops	-	2,452	2,452	-
TOTAL RECEIPTS	-	248,874	248,874	225,934
Payments				
Salaries & wages	-	152,117	152,117	122,153
Counsellors & supervision fees	-	61,431	61,431	73,952
DBS checks	-	400	400	700
Training workshop costs	-	-	-	-
Rent and premises costs	-	15,684	15,684	12,894
Travel expenses	-	6,110	6,110	2,404
Insurance	-	1,421	1,421	1,352
Telephone & internet charges	-	2,072	2,072	1,751
Printing, postage, stationery & photocopying	-	1,432	1,432	1,958
Computer & software	-	-	-	-
Fundraising expenses	-	-	-	-
Refurbishment, relocation & IT	-	650	650	3,132
Staff welfare & training	-	1,935	1,935	310
Bank charges	-	498	498	460
Professional fees	-	3,616	3,616	1,808
Independent examination	-	-	-	-
Sundry expenses	-	2,829	2,829	1,157
Subscriptions (BACP) incl Data Protection	-	35	35	-
Adjustment	-	-	-	39
TOTAL PAYMENTS	-	250,232	250,232	224,070
Net surplus/(deficit)	-	(1,358)	(1,358)	1,864
Fund balances b/f at 1/1/22	-	122,569	122,569	120,705
Fund balances c/f at 31/12/22	-	121,211	121,211	122,569

Counselling Plus Community
Statement of Assets & Liabilities
as at
31 December 2022

	Restricted Income	Unrestricted Income	Total	Previous year Total
Current assets				
CAF bank accounts @ 31/12/2022	-	149,355	149,355	138,487
Lodgements not credited 31/12/2022		-	-	-
Accounts receivable		6,332	6,332	20,368
Prepayments		(34,500)	(34,500)	(36,392)
Cash in hand @ 31/12/2022		24	24	106
	-	121,211	121,211	122,569
Current liabilities				
	-	-	-	-
Net current assets	-	121,211	121,211	122,569
Balance b/f			122,569	120,705
Net surplus/(deficit)			(1,358)	1,864
			<u>121,211</u>	<u>122,569</u>
Represented by:				
Designated fund: per reserves policy			97,000	105,700
General funds			24,211	16,869
			<u>121,211</u>	<u>122,569</u>

These financial statements are accepted on behalf of the charity by:

Signed J. E. Beale
Janet Beale, Chair

Dated 31.5.23

Signed Clare Knight
Clare Knight- Trustee with Financial Responsibility

Dated 31.5.23

Counselling Plus Community

Notes to the accounts for the year ended 31 December 2022

1 Receipts & payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debt as they become due.

2 Premises & staff

The premises are rented from a local charity.

The organisation employs a team of 7 part time paid staff, 10 part time counsellors, 15 volunteer counsellors and 7 trustees.

3 Trustees' remuneration

During the period no Trustees received expenses, remuneration or benefits.

4 Related party transactions

There were no related party transactions during the period.

5 Previous period comparison

The previous period's figures have been included for comparison.

6 Glossary of terms

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Debtors: These are amounts owed to the charity, but not received during the accounting period.

COUNSELLING PLUS COMMUNITY

England & Wales - Charity number 1168634

Accounts

Counselling Plus Community

Registered charity number 1168634

(Previously registered as charity number 1051003)

Trustee Report and Financial Statements for the year ended 31 December 2021

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Counselling Plus Community

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The trustees present their annual report and financial statements of the charity for the year ended 31 December 2021. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's constitution, the Charities Act 2011 and the Statements of Recommended Practice published in 2008.

Full name: Counselling Plus Community
Legal status: Charitable Incorporated Organisation
Registered charity number: 1168634
Formerly: Counselling Plus Community registered charity number 1051003
Principal address: 48 Cambridge Gardens, Hastings, TN34 1EN
Trustees: Janet Beale - Co-Chair
Susan Herriott - Co-Chair
Jilly Hall
Shauna McCusker
Sue Manwaring
Clare Knight - Financial Support
Bankers: CAF Bank, West Malling
Independent examiner: Keith Miller, employee of Hastings Voluntary Action,
Jackson Hall, Portland Place, Hastings, TN34 1QN

Governance and management

The charity is operated under the rules of its constitution, adopted 1st September 2015 and registered with the Charity Commission on 5th August 2016 as a Charitable Incorporated Organisation (CIO), whose only voting members are its charity trustees. The trustees of the charity are appointed using the guidelines laid down in the constitution. Trustees are appointed on a rotational 3 year basis.

The Charity's principal activity during the year was to offer a range of counselling and training sessions to members of the public who do not have the financial means to access private counselling.

The old unincorporated charity (number 1151003) was dissolved on 31 December 2016, with the assets being vested in the new charity - number 1168634 - on the same date.

AIMS and objectives

(1) TO RELIEVE PERSONS WHO ARE MENTALLY AND EMOTIONALLY DISTURBED OR DISTRESSED BY THE PROVISION OF A COUNSELLING SERVICE FOR SUCH PERSONS.

(2) TO EDUCATE AND TRAIN PERSONS IN COUNSELLING SO THAT THEY MAY ASSIST IN THE TREATMENT OF PERSONS SUFFERING FROM MENTAL OR EMOTIONAL DISORDERS OR PROBLEMS.

Counselling Plus Community
Trustees' annual report
for the year ended 31 December 2021 - cont'd

Public benefit statement

Counselling Plus Community follows Charity Commission Guidelines and must report annually to the Charity Commission to affirm its obligation to function for the public benefit. In planning activities, the trustees were mindful of the Charity Commission's guidance on public benefit. The trustees are confident that the charity's aims, objectives and activities accommodate a range of activities that are relevant, accessible and affordable and improve and enhance the lives of people, whilst encouraging and developing partnerships and networks, and are in accordance with the regulations on public benefit.

Background

Counselling Plus (formerly known as Hasting & Rother Counselling Service) was founded in 1992. The service is a registered charity offering counselling to local residents (predominantly) on benefits or with low incomes. We counsel on a wide range of issues including depression, anxiety, low self-esteem, suicidal ideation/plan, sexual assault, childhood sexual abuse, domestic abuse, trauma and relationship issues. The counselling is delivered by a large team of qualified and committed volunteer counsellors and the service is supported by a small team of admin staff working alongside the Chief Executive Officer.

We are members of the British Association for Counselling and Psychotherapy and work within their guidelines.

Summary of the main activities undertaken for the public benefit

Progression

Moving to a remote service during the COVID pandemic highlighted some gaps in the service provision. This led to a remodel involving employment of Clinical Leads who now work closely with the CEO to offer clear and consistent assessments and clinical supervision. The move has allowed the service to respond more easily to changes and emerging patterns within the sector.

Sustainability

The number of local residents requiring mental health support continues to rise as we move towards our 30th anniversary. Pressure on the voluntary sector is increasing and funding is becoming more complex. Our systems allow us to provide the necessary information required to ensure we are recognised as effective and crucial.

The same original ethos of supporting clients on benefits and low-incomes continues to exist and is a driving force for the Trustees, Counsellors and staff. However we are ever-mindful of the need to keep up with changing requirements to ensure the best outcome for our clients and funders.

The careful management of funds ensures financial reserves are consistent with our reserves policy which, in turn, ensures the service's sustainability.

Counselling Plus Community
Trustees' annual report
for the year ended 31 December 2021 - cont'd

Risk management

The Charity trustees regularly review and assess the risks faced by the charity in all areas of its work and plan for the management of those risks. Risk is an everyday part of charitable activity and managing it effectively is essential if the trustees are to achieve their key objectives and safeguard the charity's funds and assets.

The Trustees have discussed and set a risk framework that allows them to:

- identify the major risks that apply to the charity
- make decisions about how to respond to the risks they face

In particular the Trustees have considered

- Governance risk, including strategy and direction
- Operational risk including staff and volunteer safety
- Financial risk including cash flow, reserves and diversity of income
- Environmental risk including government policy and public perception

Responsibilities of the Trustees

Under the Charities Act 2011, the Trustees are required to prepare a statement of accounts for each financial year which gives a true and fair view of the state of affairs of the charity at the end of the year, and of the incoming resources and application of resources of the charity for that period.

In preparing these financial statements, the trustee are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable Accounting Standards and the Statement of Recommended Practice have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity at that time and enable the Trustees to ensure that the financial statements comply with the requirements of the Charities Act 2011, and the Charities (Accounts and Reports) FRS 102, and the provision of the governing document. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Financial review

Counselling Plus Community is funded by a variety of grants from a diverse range of funders. The core funding is from the CCG. In the year under examination, the organisation received £225,934 (2020: £243,479) with expenditure amounting to £224,070 (2020: £188,790) resulting in a surplus of £1,864 (2020: £54,689).

Counselling Plus Community
Trustees' annual report
for the year ended 31 December 2021 - cont'd


The charity's policy on reserves

In accordance with the recommendation of the Charity Commission, the Trustees have considered and approved a Reserves Policy.


- 1 Factors to be taken into account include the following:
 - a) A substantial amount of our income comes from one funder, if that source withdrew funding; we would need several months' "breathing space" to source new sources of funding.
 - b) Most of our grant funding is for one year only and fluctuations in income need to be taken into account.
 - c) In the event of sufficient funding not being available, the charity would either need to reduce its activities, or in the worst case close completely. Due to the complexity of needs of our client group, best practice shows a need for timely ending of counselling and therefore orderly reduction or closure would need to be planned and any outstanding liabilities would need to be met.
- 2 In consequence of the above, the Trustees have agreed the target of holding 22 weeks of the annual expenditure, plus potential redundancy costs in the event of closing fund, as a reserve. Any surplus above this would be budgeted to be spent as part of our ongoing activities. The reserves will be built up from the unrestricted income.
- 3 Due to increasing demands on the service and potential funding streams, the policy was changed in 2020 to hold 22 weeks of costs plus potential redundancy costs. This decision has been continued in 2022 due to the increased cost of living which is having an impact on clients' ability to pay their own contributions.
- 4 The Trustees have agreed to review this Reserves Policy every 12 months.

Updated Feb 2022

Signed on behalf of the charity's trustees:

Signed 
Janet Beale, Co-chair

Date 16.6.22.

Signed 
Susan Herriot - Co-chair

Date 16.6.22.

Independent Examiner's Report to the trustees of Counselling Plus Community

I report on the accounts of Counselling Plus Community Service for the period ended 31 December 2021 which are set out on pages 2-9.

Respective responsibilities of committee & examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act), and that an independent examination is needed.

It is my responsibility:

- to examine the accounts under section 145 of the Charities Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the supporting documentation presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Keith Miller
Finance Officer
Hastings Voluntary Action
Jackson Hall, Portland Place, Hastings, TN34 1QN

Dated:

Counselling Plus Community

Receipts & Payment accounts

for the period

01 January 2021 to 31 December 2021

	Current Year			Previous Year
	Restricted funds	Unrestricted funds	Total funds	
Receipts				
Grants for Counselling:	CCG	-	64,934	64,934
	Partner Grants	-	143,354	151,389
Donations:	Client Donations	-	14,126	19,415
	Misc Donations	-	2,517	1,817
Grants	Refurbishment	-	-	2,980
	Interest	-	11	49
Other Income:	Misc	-	907	2,595
	Fundraising	-	85	300
	Training workshops	-	-	-
TOTAL RECEIPTS		-	225,934	225,934
Payments				
Salaries & wages		-	122,153	122,153
Counsellors & supervision fees		-	73,952	73,952
DBS checks		-	700	700
Training workshop costs		-	-	-
Rent and premises costs		-	12,894	12,894
Travel expenses		-	2,404	2,404
Insurance		-	1,352	1,352
Telephone & internet charges		-	1,751	1,751
Printing, postage, stationery & photocopying		-	1,958	1,958
Computer & software		-	-	-
Fundraising expenses		-	-	-
Refurbishment, relocation & IT		-	3,132	3,132
Staff welfare & training		-	310	310
Bank charges		-	460	460
Professional fees incl film independent examination		-	1,808	1,808
Sundry expenses		-	-	-
Sundry expenses		-	1,157	1,157
Subscriptions (BACP) incl Data Protection		-	-	-
Adjustment		-	39	39
TOTAL PAYMENTS		-	224,070	224,070
Net surplus/(deficit)		-	1,864	1,864
Fund balances b/f at 1/1/21		-	120,705	120,705
Fund balances c/f at 31/12/21		-	122,569	122,569

Counselling Plus Community
Statement of Assets & Liabilities
as at
31 December 2021

	Restricted Income	Unrestricted Income	Total	Previous year Total
Current assets				
CAF bank accounts @ 31/12/2021	-	138,487	138,487	140,215
Lodgements not credited 31/12/2021		-	-	-
Accounts receivable		20,368	20,368	20,480
Prepayments		(36,392)	(36,392)	(40,234)
Cash in hand @ 31/12/2021		106	106	244
	-	122,569	122,569	120,705
Current liabilities				
	-	-	-	-
Net current assets	-	122,569	122,569	120,705

Balance b/f	120,705	66,016
Net surplus/(deficit)	1,864	54,689
	<u>122,569</u>	<u>120,705</u>

Represented by:		
Designated fund: per reserves policy	105,700	57,500
General funds	16,869	63,205
	<u>122,569</u>	<u>120,705</u>

These financial statements are accepted on behalf of the charity by:

Signed J. E. Beale

Dated 16.6.22

Janet Beale, Co-chair

Signed Susan Herrlot

Dated 16.6.22

Susan Herrlot - Co-chair

Counselling Plus Community

Notes to the accounts for the year ended 31 December 2021

1 Receipts & payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debt as they become due.

2 Premises & staff

The premises are rented from a local charity.

The organisation employs a team of 8 part time paid staff, 28 volunteer counsellors and 6 trustees.

3 Trustees' remuneration

During the period no Trustees received expenses, remuneration or benefits.

4 Related party transactions

There were no related party transactions during the period.

5 Previous period comparison

The previous period's figures have been included for comparison.

6 Glossary of terms

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Debtors: These are amounts owed to the charity, but not received during the accounting period.

COUNSELLING PLUS COMMUNITY

England & Wales - Charity number 1168634

Accounts

Counselling Plus Community

Registered charity number 1168634

Previously registered as charity number 1051003

Trustee Report and Financial statements for the year ended 31 December 2020

Page	Contents
2 - 6	Trustees' annual report
6	Independent examiner's report
7	Receipts & payments account
8	Statement of assets & liabilities
9	Notes to the accounts

Counselling Plus Community

Trustees' annual report for the year ended 31 December 2020

The trustees present their annual report and financial statements of the charity for the year ended 31st December 2020. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's constitution, the Charities Act 2011 and the Statements of Recommended Practice published in 2008.

Full name: Counselling Plus Community

Legal status: Charitable Incorporated Organisation

Registered charity number: 1168634

Formerly: Counselling Plus Community registered charity number 1051003

Principal address: 48 Cambridge Gardens, Hastings, TN34 1EN

Trustees: Janet Beale – chair
Susan Herriott – vice chair
Jilly Hall
Shauna McCusker
Sue Manwaring
Clare Knight

Bankers: CAF Bank, West Malling

Independent examiner

Pat Weaver, employee of Hastings Voluntary Action, Jackson Hall, Portland Place, Hastings, TN34 1QN

Governance and management

The charity is operated under the rules of its constitution adopted 1st September 2015 and registered with the Charity Commission on 5th August 2016 as a Charitable Incorporated Organisation (CIO), whose only voting members are its charity trustees. The trustees of the charity are appointed using the guidelines laid down in the constitution. Trustees are appointed on a rotational 3 years basis.

The Charity's principal activity during the year was to offer a range of counselling and training sessions to members of the public who do not have the financial means to access private counselling.

The old unincorporated charity (number 1051003) was dissolved on the 31st December 2016, with the assets being vested in the new charity – number 1168634 – on the same date.

Counselling Plus Community

Trustees' annual report for the year ended 31 December 2020 – cont'd

Public benefit statement

Counselling Plus Community follows Charity Commission Guidelines and must report annually to the Charity Commission to affirm its obligation to function for the public benefit. In planning activities, the trustees were mindful of the Charity Commissions guidance on public benefit.

Aims and objectives

(1) TO RELIEVE PERSONS WHO ARE MENTALLY AND EMOTIONALLY DISTURBED OR DISTRESSED BY THE PROVISION OF A COUNSELLING SERVICE FOR SUCH PERSONS

(2) TO EDUCATE AND TRAIN PERSONS IN COUNSELLING SO THAT THEY MAY ASSIST IN THE TREATMENT OF PERSONS SUFFERING FROM MENTAL OR EMOTIONAL DISORDERS OR PROBLEMS.

Background

Counselling Plus (formerly known as Hasting & Rother Counselling Service) was founded in 1992. The service is a registered charity offering counselling to local residents (predominantly) on benefits or with low incomes. We counsel on a wide range of issues including depression, anxiety, low self-esteem, suicidal ideation/attempts, sexual assault, childhood sexual abuse, domestic abuse, trauma and relationship issues. The counselling is delivered by a large team of qualified and committed volunteer counsellors and the service is supported by a small team of admin staff working alongside the Chief Executive Officer.

We are members of the British Association for Counselling and Psychotherapy and work within their guidelines.

Governance and management

The charity is operated under the rules of its constitution adopted 5th August 2016 and registered with the charity commission as a Charitable Incorporated Organisation. Trustees are elected for a term of three years on a rotational basis. Any trustee retiring after their three year term is eligible for re-election.

The day-to-day running of the organisation is delegated to a staff team, with the trustees being responsible for the strategic direction of the organisation.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2011 to have due regard to the charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

The trustees are confident that Charity Commission aims, objectives and activities accommodate a range of activities that are relevant, accessible and affordable and improve and enhance the lives of people, whilst encouraging and developing partnerships and networks, and are in accordance with the regulations on public benefit.

Counselling Plus Community

Trustees' annual report for the year ended 31 December 2020 – cont'd

Summary of the main activities undertaken for the public benefit

Future plans

Progression

During a year of uncertainty due to the COVID-19 pandemic, the service was put under extreme pressure to respond to an ever growing need for mental health support. Counselling continued throughout this difficult time and moved, very quickly, to remote sessions.

However complicated this move to remote sessions was, we will now continue to offer remote counselling as part of our diverse offer.

Sustainability

We continue to have a high number of voluntary counsellors staying with the service for a number of years and this enables the service to meet the ever-increasing level of complexity within the cases of our clients.

Careful management of finances and the continued support of grant-funders has provided essential financial stability during this time and this has allowed management to concentrate on the changing needs of local residents and counsellors who have had to adapt to remote sessions.

Our financial reserves continue to be consistent with our reserves policy.

Risk management

The Charity trustees regularly review and assess the risks faced by the charity in all areas of its work and plan for the management of those risks. Risk is an everyday part of charitable activity and managing it effectively is essential if the trustees are to achieve their key objectives and safeguard the charity's funds and assets.

The Trustees have discussed and set a risk framework that allows them to:

- identify the major risks that apply to the charity
- make decisions about how to respond to the risks they face

In particular the trustees have considered

- Governance Risk, including strategy and direction
- Operational risk including staff and volunteer safety
- Financial Risk including cash flow, reserves and diversity of income
- Environmental risk including government policy and public perception

Counselling Plus Community

Trustees' annual report for the year ended 31 December 2020 – cont'd

Responsibilities of the Trustees

- Under the Charities Act 2011, the Trustees are required to prepare a statement of accounts for each financial year which gives a true and fair view of the state of affairs of the charity at the end of the year, and of its receipts and payments in the year. In preparing the statement, the Trustees are required to:
 - Select suitable accounting policies and then apply them consistently
 - Make judgements and estimates that are reasonable and prudent
 - State whether applicable Accounting Standards and Statement of Recommended Practice have been followed, subject to any material departures disclosed and explained in the statement of accounts, and:
 - Prepare the financial statements of the ongoing concern basis unless it is inappropriate to presume that the charity will continue its operations.
- The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity at that time and to enable the Trustees to ensure that the financial statements comply with the requirements of the Charities Act 2011 of the Charities (Accounts and Reports) FRS 102.
- They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Financial review

Counselling Plus Community is funded by a variety of grants from a diverse range of funders. The core funding is from the CCG. In the year under examination the organisation received £243,479 (2019: £215,109) with expenditure amounting to £188,791 (2019: £214,043) resulting in a surplus of £54,689 (2019: £1,066).

The charity's policy on reserves

In accordance with the recommendation of the Charity Commission, the Trustees have considered and approved a Reserves Policy.

2. Factors taken into account include the following:
 - a) A substantial amount of our income comes from one funder. If that source withdrew funding; we would need several months' "breathing space" to source new sources of funding.
 - b) Most of our grant funding is for one year only and fluctuations in income need to be taken into account.

Counselling Plus Community

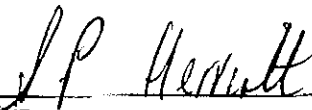
Trustees' annual report for the year ended 31 December 2020 – cont'd

- c) In the event of sufficient funding not being available, the charity would either need to reduce its activities, or in the worst case close completely. Due to the complexity of needs of our client group, best practice shows a need for planned ending of counselling and therefore orderly reduction or closure would need to be planned and any outstanding liabilities would need to be met.
3. In consequence of the above, the Trustees have agreed the target of holding 22 weeks of the annual expenditure, plus potential redundancy costs in the event of closing fund, as a reserve. Any surplus above this would be budgeted to be spent as part of our ongoing activities.
The reserves will be built up from the unrestricted income.
4. In 2016, the reserves policy was reduced from 6 months to 16 weeks but due to increasing demands on the service and potential funding streams, the policy was changed in 2020 to hold 22 weeks of costs plus potential redundancy costs.
5. The Trustees have agreed to review this Reserves Policy every 12 months.

Date: October 2020

Signed on behalf of the charity's trustees:

Signed _____
Sue Herriott – Vice chair



Date 12.08.21

Independent examiner's report to the trustees of

Counselling Plus Community for the year ended 31 December 2020

I report on the accounts of Counselling Plus Community Service for the period ended 31st December 2020 which are set out on pages 2-9

Respective responsibilities of committee & examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act), and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act
- to follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention

Basis of independent examiners report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiners statement

In connection with my examination, no matter has come to my attention

1. which gives reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Pat Weaver
Community Accountancy worker
Hastings Voluntary Action
Jackson Hall, Portland Place, Hastings, TN34 1QN

Dated:

Counselling Plus Community Receipts & payments account for the year ended 31 December 2020

		01/01/20- 31/12/20		
		Restricted Income	Unrestricted Income	Total
				2019
Receipts				
Grants and donations				
Grants for Counselling:	CCG	-	64,934	64,934
	Partner grants	-	151,389	151,389
Donations:	Client donations	-	19,415	19,415
	Misc. Donations	-	1,817	1,817
Grants	Refurbishment	-	2,980	2,980
Interest		-	49	49
Other income:	Misc.	-	2,595	2,595
	Fundraising	-	300	300
	Training workshops	-	-	-
		-	243,479	243,479
Payments				
Salaries and wages		-	96,512	96,512
Counsellors & supervision fees		-	57,901	57,901
DBS checks		-	-	-
Training workshop costs		-	-	-
Rent and premises costs		-	15,695	15,695
Travel expenses		-	4,003	4,003
Insurance		-	1,351	1,351
Telephone & internet charges		-	2,448	2,448
Printing, postage stationery and photocopying		-	1,315	1,315
Computer & software		-	1,038	1,038
Fundraising expenses		-	-	-
Refurbishment, relocation & IT		-	2,301	2,301
Staff welfare & training		-	407	407
Bank charges		-	228	228
Professional fees incl. film		-	-	-
Independent Examination		-	150	150
Sundry expenses		-	691	691
Subscriptions (BACP) incl. Data Protection		-	275	275
Adjustment	5	-	4,474	4,474
		-	188,791	188,791
Net surplus/(deficit)		-	54,689	54,689
Fund balance b/f at 01/01/2020		-	66,016	66,016
Fund balances c/f at 31/12/2020		-	120,705	120,705

Counselling Plus Community

Statement of assets and liabilities at 31 December 2020

Notes	Restricted Income	Unrestricted income	Total	2019 Total
Current assets				
CAF bank accounts	-	140,215	140,215	64,573
Lodgements not credited @ 31/12/20	-	-	-	-
Accounts receivable	-	20,480	20,480	1,410
Prepayments	-	(40,234)	(40,234)	-
Cash in hand (not physically counted)	-	244	244	33
	-	120,705	120,705	66,016
Current liabilities				
	-	-	-	-
	-	120,705	120,705	66,016
Balance b/f			66,016	64,950
Net surplus/(deficit)			54,689	1,066
			120,705	66,016
Represented by:				
Designated fund: per reserves policy			57,500	57,500
General funds			63,205	8,516
			120,705	66,016

These financial statements are accepted on behalf of the charity by:

Signed  Dated 12.08.21
Sue Herriott – Vice chair

Counselling Plus Community

Notes to the accounts for the year ended 31 December 2020

1. Receipts & payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial year. In this context "cash" includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2. Premises, staff and volunteers

The premises rented from a local charity.

The organisation employs a team of 4 part time paid staff, 36 volunteer counsellors, 6 self-employed supervisors and 6 trustees

3. Trustees' remuneration

During the period no Trustees received expenses, remuneration or benefits.

4. Related party transactions

During the period there were no related party transactions

5. Previous period comparison

The figures for 2019 are presented in these accounts to provide the reader with a year on year comparison.

An adjustment was made post 2019 published accounts which affected the prepayments figure for the year. Rather than re-state the 2019 accounts, the adjustment has been put through in the 2020 accounts.

6. Glossary of terms

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Debtors: These are amounts owed to the charity, but not received in the accounting period.