

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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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 apprased 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

Clare 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

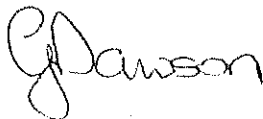
Basis of independent examiner's report

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.



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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	
	22,794	83,079	105,873	159,400
Current liabilities	-	-	-	6,732
Net current assets	22,794	83,079	105,873	152,668

Balance b/f	152,668	141,067
Net surplus/(deficit)	(46,795)	11,601
	105,873	152,668

Represented by:		
Restricted Funds	22,794	25,416
Designated fund: per reserves policy	83,079	122,006
General funds	-	5,246
	105,873	152,668

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 staf, 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.

