

1-2-1 COUNSELLING

England & Wales · Charity number 1169828

Details

Status Registered

Legal form CIO

Registered 2016-10-21

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

Contact

Address Room 3
Tower House Business Centre
Fishergate
York
YO10 4UA

Phone 07587155678

Email counselling.1-2-1@outlook.com

Website 121counsellingyork.org

Activities

Objects: 1) TO RELIEVE THE MENTAL SUFFERING OF PERSONS IN NEED TO INCLUDE, BUT NOT EXCLUSIVELY, THOSE FACING BEREAVEMENT, RELATIONSHIP DIFFICULTIES AND BREAKDOWN, ILL HEALTH (BOTH MENTAL AND PHYSICAL), REDUNDANCY, UNEMPLOYMENT, STRESS AND ANXIETY, GENDER IDENTITY ISSUES, PREGNANCY RELATED DIFFICULTIES, DISCRIMINATION, DISPLACEMENT, BULLYING AND HARRASSMENT, TRAUMA, ABUSE, FINANCIAL HARDSHIP, CARING FOR ANOTHER, JUDICIAL PROCESSES, GROWING OLDER AND END OF LIFE BY THE PROVISION OF COUNSELLING AND SUPPORT.2) TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE SUBJECT OF COUNSELLING AND MENTAL AND EMOTIONAL WELLBEING.

Activities: We are an independent volunteer counselling service based in York City, providing professional short-term (usually 6 weeks) counselling and support to the local community from 16 years old onwards. Presenting issues may include anxiety, mild to moderate depression, bereavement, domestic and relationship issues, addiction, post-trauma effects and the long-term impact of early life events.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, Disability
- **Who:** The General Public/mankind

Geography

- City Of York
- North Yorkshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£16,744	£18,374	-	-
2024-03-31	£16,552	£16,839	-	-
2023-03-31	£12,434	£14,550	-	-
2022-03-31	£5,943	£12,794	-	-
2021-03-31	£21,335	£8,752	-	-

Trustees

Name	Role	Appointed
Andrew Peter White	Chair	2025-05-27
Debbie Ashcroft		2025-06-01
Dr ALAN DEREK DUNNETT		2016-10-21
Rachael Anne King		2025-09-11
Samuel James Goodall		2025-04-30
Tanya Tara Lyons		2026-04-14

1-2-1 COUNSELLING

England & Wales - Charity number 1169828

Accounts

1-2-1 Counselling

Charity number 1169828

**Financial statements
for the year ended**

31st March 2025



outsource

Charity accounts preparation & independent
examination service

1-2-1 Counselling

Charity number 1169828

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Trustees' Annual Report

From: 1st April 2024

To: 31st March 2025

Charity's full name 1-2-1 Counselling

Registered Charity number 1169828

Objectives and activities

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

1-2-1 Counselling was set up to augment the provision of affordable counselling to the general public in the city of York. Its objects are set out in the Governing Document as follows:

- To relieve the mental suffering of persons in need to include, but not exclusively, those facing bereavement, relationship difficulties and breakdown, ill health (both mental and physical), redundancy, unemployment, stress and anxiety, gender identity issues, pregnancy related difficulties, discrimination, displacement, bullying and harassment, trauma, abuse, financial hardship, caring for another, judicial processes, growing older and end of life by the provision of counselling and support.
- To advance the education of the public in the subjects of counselling and mental and emotional wellbeing.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts

Over the period of its operation, the organisation has worked in an increasingly collaborative manner with other local third sector providers of counselling. This has not only facilitated dialogue with, for example, the regional NHS Mental Health Trust, but has also enabled more efficient cross-referral of potential clients when waiting lists are long or closed in some agencies.

The trustees consider that they have complied with their duties to have due regard to the public benefit guidance published by the Charity Commission.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

1-2-1 has continued to fulfil its aim of providing affordable counselling to the general public in the city of York throughout the year 2024-2025. It has maintained its two accessible city centre locations, one for day-time sessions and one for evening sessions. A total of 203 new clients have been allocated a 7-session contract of counselling in the course of the year. Most clients attended face to face sessions, but there is still a small demand for telephone appointments.

The service has been provided by a combination of well supported trainee counsellors and fully qualified staff. In all, 24 team members contributed to the provision, of whom 15 will be continuing with 1-2-1 Counselling into the coming academic year. Many of the trainee colleagues who have now completed their professional training were able to undertake much if not all of their required practitioner work at the agency, thus making a significant contribution to the local skills base.

The service has also strengthened its tradition of providing free CPD for staff: 4 training workshops were held in Spring/Summer 2024.

A grant of £5,000 from Purey Trust was received in November 2024. This was used to help cover the general running costs of the organisation, and enabled us in particular to meet the rental costs at Tower House and the Quaker Meeting House

Financial review

Review of the charity's financial position at the end of the period

Income has increased slightly due to higher donations being received this year. There was also a grant from The Purey Cust Trust, but this was lower than the previous year. The extra funding has increased expenditure from last year as more sessions have been able to be made available. A deficit was made reducing reserves by £1,630.

Statement explaining the policy for holding reserves stating why they are held

We aim to hold enough reserves for 3 months running costs.

Amount of reserves held

£8,649 of unrestricted reserves

Reasons for holding zero reserves

N/a

Funds materially in deficit

N/A

Explanation of any uncertainties about the charity continuing as a going concern

N/A

Structure, governance and management

Description of the charity's trusts

The service has, from its inception, been managed by a small team of experienced volunteers. Following the move to registered charitable status, four members comprise the Management Committee:

- Chair
- Deputy Chair
- Secretary
- Treasurer

The Management Committee has met on a regular basis this year preparing discussion and materials prior to the quarterly team meetings.

Full team meetings have taken place four times in the year, including the Annual General Meeting.

Type of governing document Constitution

How the charity is constituted CIO

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees All volunteers can become trustees and all trustees are involved with the organisation. They are elected at the AGM held in June.

Reference and administration details

Charity's full name 1-2-1 Counselling

Other names the charity is known by

Charity's principal address Tower House
Fishergate, York

Postcode YO10 4UA

Names of the trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Alan Dunnett	Chair		
Erica Newman	Vice Chair	Until February 2025	
Sue Morris			
Zaira Guerra		Until December 2024	
Liz Chambers		Until December 2024	
Phoebe Howitt		Until December 2024	
Debbie Ashcroft		From February 2025	
Victoria Chung		From February 2025	
Nick Sinclair		Until December 2024	

Names and addresses of advisers

Type of adviser	Name	Address
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Independent

Examiner Karen Wood ACMA Outsource Accountancy services & independent examinations
2 Galligap Lane
Osbaldwick, York
YO10 3NR

Bankers

Name of chief executive or names of senior staff members

Declaration

The trustees declare that they have approved the Trustees Annual Report and Accounts

Signed on behalf of the charity's trustees

Signature



Full Name
Position
Date

ALAN DUNNETT
Chair
28 August 2025

1-2-1 Counselling
Charity number 1169828

Receipts & payments accounts for the period ending: 31st March 2025

	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
Receipts				
Donations	11,744	-	11,744	9,552
Grants	5,000	-	5,000	7,000
Total receipts	<u>16,744</u>	<u>-</u>	<u>16,744</u>	<u>16,552</u>
Payments				
Supervision costs	880	-	880	1,440
Rent & Car Park	13,715	-	13,715	12,456
Interview & training room hire	-	-	-	-
Membership & subscriptions	260	-	260	250
DBS checks	149	-	149	-
Insurance	137	-	137	122
Office & administration	2,998	-	2,998	2,436
Website & marketing	55	-	55	55
Review of accounts	180	-	180	80
Total payments	<u>18,374</u>	<u>-</u>	<u>18,374</u>	<u>16,839</u>
Net of receipts/(payments)	(1,630)	-	(1,630)	(287)
Transfer between accounts	-	-	-	-
Balance brought forward	10,279	-	10,279	10,566
Balance carried forward	<u>8,649</u>	<u>-</u>	<u>8,649</u>	<u>10,279</u>

1-2-1 Counselling
Charity number 1169828

Statement of assets and liabilities at:

31st March 2025

Assets	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
Cash at bank and in hand				
Current bank account	8,649	-	8,649	10,279
	<u>8,649</u>	<u>-</u>	<u>8,649</u>	<u>10,279</u>

Liabilities	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
Independent review fee	90	-	90	90
	<u>90</u>	<u>-</u>	<u>90</u>	<u>90</u>

1-2-1 Counselling
Charity number 1169828

Notes to the accounts for the year ended:

31st March 2025

1. Basis of accounts

The Trustees have taken advantage of section 144 (2) of the Charities Act 2011 and prepared the accounts on a receipts and payments basis.

Statement of independent review for the year ended:

31st March 2025

I confirm that the balance of funds carried forward, as reported in the **Receipts & Payments Accounts on page 5**, reconciles to the balance of funds reported in the Charity's Statement of Assets under **Cash at bank and in hand** reported on page 6.



Karen Wood (ACMA)
Outsource accountancy services & independent
examinations
2 Galligap Lane, Osbaldwick
York YO10 3NR

07/09/2025

Date

Approval of accounts for the period ended:

31st March 2025

The report and accounts were approved at a
meeting of the Trustees held on:

2.7.2025

Date

ALAN DUNNETT

Full Name

Chair

Position

1-2-1 COUNSELLING

England & Wales - Charity number 1169828

Accounts

1-2-1 Counselling

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Trustees' Annual Report

From: 1st April 2023

To: 31st March 2024

Charity's full name 1-2-1 Counselling

Registered Charity number 1169828

Objectives and activities

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

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- To relieve the mental suffering of persons in need to include, but not exclusively, those facing bereavement, relationship difficulties and breakdown, ill health (both mental and physical), redundancy, unemployment, stress and anxiety, gender identity issues, pregnancy related difficulties, discrimination, displacement, bullying and harassment, trauma, abuse, financial hardship, caring for another, judicial processes, growing older and end of life by the provision of counselling and support.
- To advance the education of the public in the subjects of counselling and mental and emotional wellbeing.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts

Over the period of its operation, the organisation has worked in an increasingly collaborative manner with other local third sector providers of counselling. This has not only facilitated dialogue with, for example, the regional NHS Mental Health Trust, but has also enabled more efficient cross-referral of potential clients when waiting lists are long or closed in some agencies.

The trustees consider that they have complied with their duties to have due regard to the public benefit guidance published by the Charity Commission.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

1-2-1 has fulfilled its aim of providing affordable counselling to the general public in the city of York. The number of clients we have seen is comparable to last year with more than 200 clients using the service this year. Most clients attended face to face sessions this year, but there is still a demand for telephone appointments.

We successfully applied for a funding grant of £7,000 this year. This enabled us to increase the number of sessions available at the Quaker Meeting House. This is used by disabled clients and those that need an evening appointment. The demand for these sessions is high.

The high demand for our services meant that we had to close our waiting list for a short time again this year.

Financial review

Review of the charity's financial position at the end of the period

Income has increased due to higher donations being received this year. There was also a grant from The Purey Cust Trust. The extra funding has increased expenditure from last year as more sessions have been able to be made available. A small deficit was made reducing reserves by £287.

Statement explaining the policy for holding reserves stating why they are held

We aim to hold enough reserves for 3 months running costs.

Amount of reserves held

£10,279 of unrestricted reserves

Reasons for holding zero reserves

N/a

Funds materially in deficit

N/A

Explanation of any uncertainties about the charity continuing as a going concern

N/A

Structure, governance and management

Description of the charity's trusts

The service has, from its inception, been managed by a small team of experienced volunteers. Following the move to registered charitable status, four members comprise the Management Committee:

- Chair
- Deputy Chair
- Secretary
- Treasurer

The Management Committee has met on a regular basis this year preparing discussion and materials prior to the quarterly team meetings.

Full team meetings have taken place four times in the year, including the Annual General Meeting.

Type of governing document Constitution

How the charity is constituted CIO

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees All volunteers can become trustees and all trustees are involved with the organisation. They are elected at the AGM held in June.

Reference and administration details

Charity's full name 1-2-1 Counselling

Other names the charity is known by

Charity's principal address Tower House
Fishergate, York

Postcode YO10 4UA

Names of the trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Alan Dunnett	Chair		
Jane Redshaw	Treasurer		
Erica Newman	Vice Chair		
Holly Lauren	Secretary		
Sue Morris			
Zaira Guerra			
Liz Chambers			
Phoebe Howitt			

Names and addresses of advisers

Type of adviser	Name	Address
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Independent

Examiner Karen Wood ACMA Outsource Accountancy services & independent examinations
Hiscox Building
Peasholme Green, York
YO1 7PR

Bankers

Name of chief executive or names of senior staff members

Declaration

The trustees declare that they have approved the Trustees Annual Report and Accounts

Signed on behalf of the charity's trustees

Signature



Full Name *ALAN DUNNETT*
Position *Chair*
Date *22.6.24*

1-2-1 Counselling
Charity number 1169828

Receipts & payments accounts for the period ending: 31st March 2024

	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
Receipts				
Donations	9,552	-	9,552	4,434
Grants	7,000	-	7,000	8,000
Total receipts	<u>16,552</u>	<u>-</u>	<u>16,552</u>	<u>12,434</u>
Payments				
Supervision costs	1,440	-	1,440	800
Rent & Car Park	12,456	-	12,456	9,212
Interview & training room hire	-	-	-	1,819
Membership & subscriptions	250	-	250	240
DBS checks	-	-	-	43
Insurance	122	-	122	122
Office & administration	2,436	-	2,436	2,101
Website & marketing	55	-	55	133
Review of accounts	80	-	80	80
Total payments	<u>16,839</u>	<u>-</u>	<u>16,839</u>	<u>14,550</u>
Net of receipts/(payments)	(287)	-	(287)	(2,116)
Transfer between accounts	-	-	-	-
Balance brought forward	10,566	-	10,566	12,682
Balance carried forward	<u>10,279</u>	<u>-</u>	<u>10,279</u>	<u>10,566</u>

1-2-1 Counselling
Charity number 1169828

Statement of assets and liabilities at: 31st March 2024

Assets	Unrestricted funds	Restricted funds	2024 Total funds	2023 Total funds
	£	£	£	£
Cash at bank and in hand				
Current bank account	10,279	-	10,279	10,566
	<u>10,279</u>	<u>-</u>	<u>10,279</u>	<u>10,566</u>

Liabilities	Unrestricted funds	Restricted funds	2024 Total funds	2023 Total funds
	£	£	£	£
Independent review fee	90	-	90	90
	<u>90</u>	<u>-</u>	<u>90</u>	<u>90</u>

1-2-1 Counselling
Charity number 1169828

Notes to the accounts for the year ended:

31st March 2024

1. Basis of accounts

The Trustees have taken advantage of section 144 (2) of the Charities Act 2011 and prepared the accounts on a receipts and payments basis.

Statement of independent review for the year ended:

31st March 2024

I confirm that the balance of funds carried forward, as reported in the **Receipts & Payments Accounts on page 5**, reconciles to the balance of funds reported in the Charity's Statement of Assets under **Cash at bank and in hand** reported on page 6.



01/10/2024

Karen Wood (ACMA)
Outsource accountancy services & independent
examinations
Hiscox Building, Peasholme Green
York YO1 7PR

Date

Approval of accounts for the period ended:

31st March 2024

The report and accounts were approved at a
meeting of the Trustees held on:

22/06/2024

Date

Alan Dunnett

Chair

Full Name

Position

1-2-1 COUNSELLING

England & Wales - Charity number 1169828

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1-2-1 Counselling

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Trustees' Annual Report

From: 1st April 2022

To: 31st March 2023

Charity's full name 1-2-1 Counselling

Registered Charity number 1169828

Objectives and activities

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

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The trustees consider that they have complied with their duties to have due regard to the public benefit guidance published by the Charity Commission.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

1-2-1 has fulfilled its aim of providing affordable counselling to the general public in the city of York. The number of clients we have seen is up compared to last year, more than 200 clients used the service this year. More clients attended face to face sessions this year, but there is still a demand for telephone appointments.

We successfully applied for 3 funding grants this year totalling £8000. This enabled us to increase the number of sessions available at the Quaker Meeting House. This is used by disabled clients and those that need an evening appointment. The demand for these sessions is high.

The high demand for our services meant that we had to close our waiting list for a short time this year.

Financial review

Review of the charity's financial position at the end of the period

Income has increased due to 3 grants received. Expenditure has also increased due to more sessions being able to be put on. A small deficit has been made but reserves are still at a sufficient level.

Statement explaining the policy for holding reserves stating why they are held

We aim to hold enough reserves for 3 months running costs.

Amount of reserves held

£10,566 of unrestricted reserves

Reasons for holding zero reserves

N/a

Funds materially in deficit

N/A

Explanation of any uncertainties about the charity continuing as a going concern

N/A

Structure, governance and management

Description of the charity's trusts

The service has, from its inception, been managed by a small team of experienced volunteers. Following the move to registered charitable status, four members comprise the Management Committee:

- Chair
- Deputy Chair
- Secretary
- Treasurer

The Management Committee has met on a regular basis this year preparing discussion and materials prior to the quarterly team meetings.

Full team meetings have taken place four times in the year, including the Annual General Meeting.

Type of governing document Constitution

How the charity is constituted CIO

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees All volunteers can become trustees and all trustees are involved with the organisation. They are elected at the AGM held in June.

Reference and administration details

Charity's full name 1-2-1 Counselling

Other names the charity is known by

Charity's principal address Tower House
Fishergate, York

Postcode YO10 4UA

Names of the trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Alan Dunnett	Chair		
Anina Holmes	Treasurer		
Erica Newman	Vice Chair		
Holly Lauren (non trustee)	Secretary		
Sue Morris			
Zaira Guerra			
Liz Chambers		Appointed Aug 2022	
Phoebe Howitt		Appointed March 2023	
Jackie Wilkinson		Resigned Aug 2022	

Names and addresses of advisers

Type of adviser	Name	Address
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Independent

Examiner

Karen Wood ACMA

Outsource Accountancy services & independent examinations
Hiscox Building
Peasholme Green, York
YO1 7PR

Bankers

Name of chief executive or names of senior staff members

Declaration

The trustees declare that they have approved the Trustees Annual Report and Accounts

Signed on behalf of the charity's trustees

Signature



Full Name

Position

Date

ALAN DUNNETT
CHAIR OF TRUSTEES
30.8.23

1-2-1 Counselling
Charity number 1169828

Receipts & payments accounts for the period ending: 31st March 2023

	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Receipts				
Donations	4,434	-	4,434	5,943
Grants	8,000	-	8,000	-
Total receipts	<u>12,434</u>	<u>-</u>	<u>12,434</u>	<u>5,943</u>
Payments				
Supervision costs	800	-	800	1,360
Rent & Car Park	9,212	-	9,212	9,587
Interview & training room hire	1,819	-	1,819	-
Membership & subscriptions	240	-	240	-
DBS checks	43	-	43	58
Insurance	122	-	122	362
Office & administration	2,101	-	2,101	506
Website & marketing	133	-	133	841
Review of accounts	80	-	80	80
Total payments	<u>14,550</u>	<u>-</u>	<u>14,550</u>	<u>12,794</u>
Net of receipts/(payments)	(2,116)	-	(2,116)	(6,851)
Transfer between accounts	-	-	-	-
Balance brought forward	12,682	-	12,682	19,533
Balance carried forward	<u>10,566</u>	<u>-</u>	<u>10,566</u>	<u>12,682</u>

1-2-1 Counselling
Charity number 1169828

Statement of assets and liabilities at:

31st March 2023

Assets	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Cash at bank and in hand				
Current bank account	10,566	-	10,566	12,682
	<u>10,566</u>	<u>-</u>	<u>10,566</u>	<u>12,682</u>

Liabilities	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Independent review fee	80	-	80	80
	<u>80</u>	<u>-</u>	<u>80</u>	<u>80</u>

1-2-1 Counselling
Charity number 1169828

Notes to the accounts for the year ended:

31st March 2023

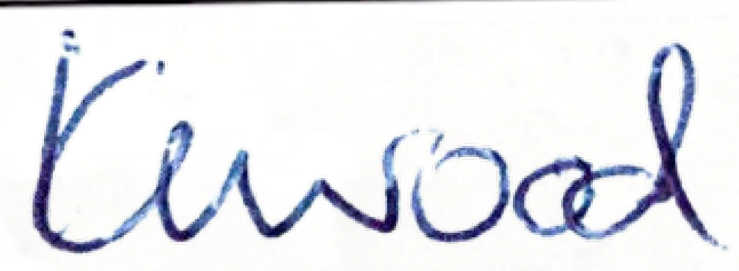
1. Basis of accounts

The Trustees have taken advantage of section 144 (2) of the Charities Act 2011 and prepared the accounts on a receipts and payments basis.

Statement of independent review for the year ended:

31st March 2023

I confirm that the balance of funds carried forward, as reported in the **Receipts & Payments Accounts on page 5**, reconciles to the balance of funds reported in the Charity's Statement of Assets under **Cash at bank and in hand** reported on page 6.



22/09/23

Karen Wood (ACMA)
Outsource accountancy services & independent examinations
Hiscox Building, Peasholme Green
York YO1 7PR

Date


Approval of accounts for the period ended:

31st March 2023

The report and accounts were approved at a meeting of the Trustees held on:

30.8.23

Date



Chair of Trustees

FullName

Position

ALAN BENNETT

1-2-1 COUNSELLING

England & Wales - Charity number 1169828

Accounts

1-2-1 Counselling

Charity number 1169828

**Financial statements
for the year ended**

31st March 2022

outsource

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Trustees' Annual Report

From: 1st April 2021

To: 31st March 2022

Charity's full name 1-2-1 Counselling

Registered Charity number 1169828

Objectives and activities

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

1-2-1 Counselling was set up to augment the provision of affordable counselling to the general public in the city of York. Its objects are set out in the Governing Document as follows:

- To relieve the mental suffering of persons in need to include, but not exclusively, those facing bereavement, relationship difficulties and breakdown, ill health (both mental and physical), redundancy, unemployment, stress and anxiety, gender identity issues, pregnancy related difficulties, discrimination, displacement, bullying and harassment, trauma, abuse, financial hardship, caring for another, judicial processes, growing older and end of life by the provision of counselling and support.
- To advance the education of the public in the subjects of counselling and mental and emotional wellbeing.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts

Over the period of its operation, the organisation has worked in an increasingly collaborative manner with other local third sector providers of counselling. This has not only facilitated dialogue with, for example, the regional NHS Mental Health Trust, but has also enabled more efficient cross-referral of potential clients when waiting lists are long or closed in some agencies.

The trustees consider that they have complied with their duties to have due regard to the public benefit guidance published by the Charity Commission.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

1-2-1 has managed to pursue its aims despite the covid pandemic. We continued to offer support both on the phone and face to face to all who live in the city. We provided all the necessary PPE equipment to make both counsellors and clients feel safe.

We began the year in new premises with car parking facilities, which are much appreciated by all. In November we returned once a week to the Quaker meeting house which is used by disabled clients and those that need an evening appointment in a safe environment.

We bought a card reader which is used together with the just giving site. Our donations are down but steady. We made no bids this year as we had reserves from last year's successful bids.

For the first time we had to close our waiting list as it was becoming unmanageable.

Financial review

Review of the charity's financial position at the end of the period

Statement explaining the policy for holding reserves stating why they are held

We aim to hold enough reserves for 3 months running costs.

Amount of reserves held

£12,682 of unrestricted reserves

Reasons for holding zero reserves

N/a

Funds materially in deficit

N/A

Explanation of any uncertainties about the charity continuing as a going concern

N/A

Structure, governance and management

Description of the charity's trusts

The service has, from its inception, been managed by a small team of experienced volunteers. Following the move to registered charitable status, four members comprise the Management Committee:

- Chair
- Deputy Chair
- Secretary
- Treasurer

The Management Committee has met on a regular basis this year preparing discussion and materials prior to the quarterly team meetings.

Full team meetings have taken place four times in the year, including the Annual General Meeting.

Type of governing document Constitution

How the charity is constituted CIO

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees All volunteers can become trustees and all trustees are involved with the organisation. They are elected at the AGM held in June.

Reference and administration details

Charity's full name 1-2-1 Counselling

Other names the charity is known by

Charity's principal address Tower House
Fishergate, York

Postcode YO10 4UA

Names of the trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Alan Dunnett	Chair		
Anina Holmes	Treasurer		
Erica Newman	Vice Chair		
Claire Glover	Secretary	From June 21	
Sue Morris			
Zaira Guerra		From June 21	
Liz Lewis		Resigned Dec 21	
Mary Lister		Resigned Oct 21	
Sarah Langford		Resigned June 21	

Names and addresses of advisers

Type of adviser	Name	Address
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Independent

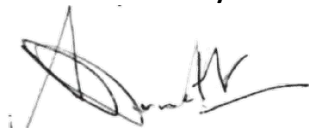
Examiner	Karen Wood ACMA	Outsource Accountancy services & independent examinations Hiscox Building Peasholme Green, York YO1 7PR
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Bankers**Name of chief executive or names of senior staff members****Declaration**

The trustees declare that they have approved the Trustees Annual Report and Accounts

Signed on behalf of the charity's trustees

Signature



Full Name Alan Dunnett
Position Chair
Date 17/06/2022

1-2-1 Counselling
Charity number 1169828

Receipts & payments accounts for the period ending:		31st March 2022		
	Unrestricted funds	Restricted funds	2022 Total funds	2021 Total funds
	£	£	£	£
Receipts				
Donations	5,943	-	5,943	3,835
Grants	-	-	-	17,500
Total receipts	<u>5,943</u>	<u>-</u>	<u>5,943</u>	<u>21,335</u>
Payments				
Supervision costs	1,360	-	1,360	1,675
Rent & Car Park	9,587	-	9,587	5,387
Interview & training room hire	-	-	-	-
Training costs	-	-	-	-
Membership & subscriptions	-	-	-	347
DBS checks	58	-	58	271
Insurance	362	-	362	-
Office & administration	506	-	506	980
Website & marketing	841	-	841	47
Review of accounts	80	-	80	80
Funding costs	-	-	-	(35)
Total payments	<u>12,794</u>	<u>-</u>	<u>12,794</u>	<u>8,752</u>
Net of receipts/(payments)	(6,851)	-	(6,851)	12,583
Transfer between accounts	-	-	-	-
Balance brought forward	19,533	-	19,533	6,950
Balance carried forward	<u>12,682</u>	<u>-</u>	<u>12,682</u>	<u>19,533</u>

1-2-1 Counselling
Charity number 1169828

Statement of assets and liabilities at:	31st March 2022			
	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
Assets				
Cash at bank and in hand				
Current bank account	12,682	-	12,682	19,533
	<u>12,682</u>	<u>-</u>	<u>12,682</u>	<u>19,533</u>
Liabilities				
Independent review fee	80	-	80	80
	<u>80</u>	<u>-</u>	<u>80</u>	<u>80</u>

1-2-1 Counselling
Charity number 1169828

Notes to the accounts for the year ended:

31st March 2022

1. Basis of accounts

The Trustees have taken advantage of section 144 (2) of the Charities Act 2011 and prepared the accounts on a receipts and payments basis.

Statement of independent review for the year ended:

31st March 2022

I confirm that the balance of funds carried forward, as reported in the **Receipts & Payments Accounts on page 5**, reconciles to the balance of funds reported in the Charity's Statement of Assets under **Cash at bank and in hand** reported on page 6.



17/06/2022

Karen Wood (ACMA)

Date

Outsource accountancy services & independent
examinations
Hiscox Building, Peasholme Green
York YO1 7PR

Approval of accounts for the period ended:

31st March 2022

The report and accounts were approved at a
meeting of the Trustees held on:

17/06/2022

Date

1-2-1 COUNSELLING

England & Wales - Charity number 1169828

Accounts

1-2-1 Counselling

Charity number 1169828

Financial statements for the year ended

31st March 2021

outsource

Charity accounts preparation & independent
examination service

1-2-1 Counselling

Charity number 1169828

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Statement of Assets and Liabilities	6
Notes to the Accounts	7

Trustees' Annual Report

From: 1st April 2019

To: 31st March 2020

Charity's full name 1-2-1 Counselling

Registered Charity number 1169828

Objectives and activities

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

1-2-1 Counselling was set up to augment the provision of affordable counselling to the general public in the city of York. Its objects are set out in the Governing Document as follows:

- To relieve the mental suffering of persons in need to include, but not exclusively, those facing bereavement, relationship difficulties and breakdown, ill health (both mental and physical), redundancy, unemployment, stress and anxiety, gender identity issues, pregnancy related difficulties, discrimination, displacement, bullying and harassment, trauma, abuse, financial hardship, caring for another, judicial processes, growing older and end of life by the provision of counselling and support.
- To advance the education of the public in the subjects of counselling and mental and emotional wellbeing.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts

Over the period of its operation, the organisation has worked in an increasingly collaborative manner with other local third sector providers of counselling. This has not only facilitated dialogue with, for example, the regional NHS Mental Health Trust, but has also enabled more efficient cross-referral of potential clients when waiting lists are long or closed in some agencies.

The trustees consider that they have complied with their duties to have due regard to the public benefit guidance published by the Charity Commission.

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

In the period to which this report applies, 1-2-1 Counselling has pursued its aims despite the covid lockdown by providing counselling over the phone to people who live in the city. When lockdown restrictions were lifted, we resumed face to face with some counsellors, providing all the necessary PPE equipment. We now continue to offer both telephone and face to face sessions and continue to adapt.

Website development over the last three years has enabled more people to learn about our service, and this online presence has resulted in more clients making enquiries. We were made several funding bids, which were successful. We received £1,000 from both the Common Good Trust and Hilards Charity Trust. We also received £12,000 from the Two Ridings Foundation and a grant from the Joseph Rowntree Housing Trust for £3,500. We kept our waiting list open and were able to maintain short waiting times throughout the pandemic. Our donations remained steady on the Just Giving website and we had a healthy financial balance at the end of the year to move ahead. We have decided to move premises so as to focus our regular rental payments on one principal location at Tower House Business Centre.

Financial review

Review of the charity's financial position at the end of the period

A surplus has been made this year. As we grow our rent is increasing and we need to generate enough income to cover this.

Statement explaining the policy for holding reserves stating why they are held

We aim to hold enough reserves for 3 months running costs.

Amount of reserves held

£19,533 of unrestricted reserves

Reasons for holding zero reserves

N/a

Funds materially in deficit

N/A

Explanation of any uncertainties about the charity continuing as a going concern

N/A

Structure, governance and management

Description of the charity's trusts

The service has, from its inception, been managed by a small team of experienced volunteers. Following the move to registered charitable status, four members comprise the Management Committee:

- Chair
- Deputy Chair
- Secretary
- Treasurer

The Management Committee has met on a regular basis this year preparing discussion and materials prior to the quarterly team meetings.

Full team meetings have taken place four times in the year, including the Annual General Meeting.

Type of governing document Constitution

How the charity is constituted CIO

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees All volunteers can become trustees and all trustees are involved with the organisation. They are elected at the AGM held in June.

Reference and administration details

Charity's full name 1-2-1 Counselling

Other names the charity is known by

Charity's principal address 20 St Saviourgate
York

Postcode YO1 8NN

Names of the trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if
Alan Dunnett	Chair		
Anina Holmes	Treasurer		
Liz Lewis	Secretary	Until June 2020	
Liz Lewis			
Sarah Langford	Deputy Chair		
Susan Dougherty			
Nick Sinclair		resigned Dec 2020	
Kelly Benniworth-Gray		resigned 2020	
Sue Morris			
Karen Johnson		resigned Dec 2020	
Mary Lister			
Erica Newman		from June 2020	

Names and addresses of advisers

Type of adviser	Name	Address
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Independent Examiner	Karen Wood ACMA	Outsource Accountancy services & independent examinations Hiscox Building Peasholme Green, York YO1 7PR
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Bankers**Name of chief executive or names of senior staff members****Declaration**

The trustees declare that they have approved the Trustees Annual Report and Accounts

Signed on behalf of the charity's trustees

Signature



Full Name Alan Dunnett
Position Chair
Date 18/06/2021

1-2-1 Counselling
Charity number 1169828

Receipts & payments accounts for the period ending:		31st March 2021		
	Unrestricted funds	Restricted funds	2021 Total funds	2020 Total funds
	£	£	£	£
Receipts				
Donations	3,835	-	3,835	9,381
Grants	17,500	-	17,500	-
Total receipts	<u>21,335</u>	<u>-</u>	<u>21,335</u>	<u>9,381</u>
Payments				
Supervision costs	1,675	-	1,675	3,990
Rent	5,387	-	5,387	10,163
Interview & training room hire	-	-	-	217
Training costs	-	-	-	514
Membership & subscriptions	347	-	347	-
DBS checks	271	-	271	-
Insurance	-	-	-	347
Office & administration	980	-	980	609
Website & marketing	47	-	47	30
Review of accounts	80	-	80	80
Funding costs	(35)	-	(35)	35
Trustee expenses	-	-	-	47
Total payments	<u>8,752</u>	<u>-</u>	<u>8,752</u>	<u>16,032</u>
Net of receipts/(payments)	12,583	-	12,583	(6,651)
Transfer between accounts	-	-	-	-
Balance brought forward	6,950	-	6,950	13,601
Balance carried forward	<u>19,533</u>	<u>-</u>	<u>19,533</u>	<u>6,950</u>

1-2-1 Counselling
Charity number 1169828

Statement of assets and liabilities at:	31st March 2021			
	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Assets				
Cash at bank and in hand				
Current bank account	19,533	-	19,533	6,950
	<u>19,533</u>	<u>-</u>	<u>19,533</u>	<u>6,950</u>
Liabilities				
Independent review fee	80	-	80	80
	<u>80</u>	<u>-</u>	<u>80</u>	<u>80</u>

1-2-1 Counselling
Charity number 1169828

Notes to the accounts for the year ended:

31st March 2021

1. Basis of accounts

The Trustees have taken advantage of section 144 (2) of the Charities Act 2011 and prepared the accounts on a receipts and payments basis.

Statement of independent review for the year ended:

31st March 2021

I confirm that the balance of funds carried forward, as reported in the **Receipts & Payments Accounts on page 5**, reconciles to the balance of funds reported in the Charity's Statement of Assets under **Cash at bank and in hand** reported on page 6.



23/06/2021

Karen Wood (ACMA)
Outsource accountancy services & independent
examinations
Hiscox Building, Peasholme Green
York YO1 7PR

Date

Approval of accounts for the period ended:

31st March 2021

The report and accounts were approved at a meeting of the Trustees held on:

12/06/2021

Date



18/06/2021

Date

Signed for and on behalf of the trustees

Alan Dunnett

Print name

Chair

Position (e.g. Chair etc)