

1-2-1 Counselling

Charity number 1169828

Financial statements for the year ended

31st March 2021

outsourc

Charity accounts preparation & independent
examination service

1-2-1 Counselling

Charity number 1169828

Contents

Index	Page
Report of the Trustees	1
Receipts & Payments Accounts	5
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
-----------------	------	---------

**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 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	21,335	-	21,335	9,381
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	8,752	-	8,752	16,032
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	19,533	-	19,533	6,950

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>
	Unrestricted funds	Restricted funds	2021 Total funds	2020 Total funds
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.



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

23/06/2021

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



Signed for and on behalf of the trustees

18/06/2021

Date

Alan Dunnett

Print name

Chair

Position (e.g. Chair etc)