

1-2-1 Counselling

Charity number 1169828

Financial statements for the year ended

31st March 2022

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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 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
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How the charity is constituted	CIO
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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.
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Reference and administration details

Charity's full name	1-2-1 Counselling
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Other names the charity is known by	
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Charity's principal address	Tower House Fishergate, York
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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

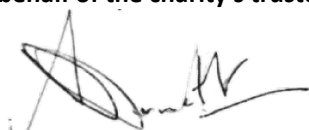
Examiner	Karen Wood ACMA	Outsource Accountancy services & independent examinations Hiscox Building Peasholme Green, York YO1 7PR
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Bankers**Name of chief executive or names of senior staff members****Declaration**

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	5,943	-	5,943	21,335
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	12,794	-	12,794	8,752
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	12,682	-	12,682	19,533

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>
	Unrestricted funds	Restricted funds	2022 Total funds	2021 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 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.



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

17/06/2022

Date

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