

# **1-2-1 Counselling**

Charity number 1169828

## **Financial statements for the year ended**

**31st March 2023**

**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 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

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 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
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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  
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
	£	£	£	£
<b>Receipts</b>				
Donations	4,434	-	4,434	5,943
Grants	8,000	-	8,000	-
<b>Total receipts</b>	<b>12,434</b>	<b>-</b>	<b>12,434</b>	<b>5,943</b>
<b>Payments</b>				
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
<b>Total payments</b>	<b>14,550</b>	<b>-</b>	<b>14,550</b>	<b>12,794</b>
<b>Net of receipts/(payments)</b>	<b>(2,116)</b>	<b>-</b>	<b>(2,116)</b>	<b>(6,851)</b>
<b>Transfer between accounts</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Balance brought forward</b>	<b>12,682</b>	<b>-</b>	<b>12,682</b>	<b>19,533</b>
<b>Balance carried forward</b>	<b>10,566</b>	<b>-</b>	<b>10,566</b>	<b>12,682</b>



**1-2-1 Counselling**  
Charity number 1169828

**Statement of assets and liabilities at:**

**31st March 2023**

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

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



**1-2-1 Counselling**  
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**Notes to the accounts for the year ended:**

**31st March 2023**

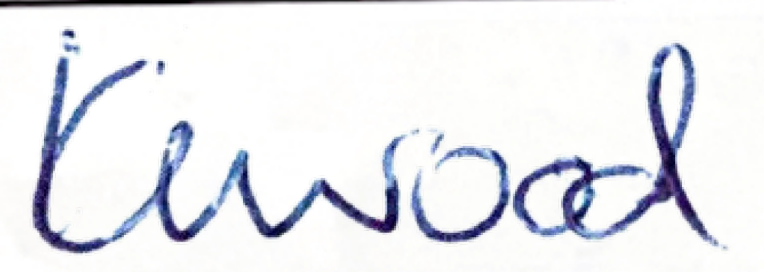
**1. Basis of accounts**

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

**Full Name**

**Position**

Alan Bennett