

1-2-1 Counselling

Charity number 1169828

Financial statements for the year ended

31st March 2024

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Charity accounts preparation & independent
examination service

1-2-1 Counselling

Charity number 1169828

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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

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 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
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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		
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
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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 *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	16,552	-	16,552	12,434
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	16,839	-	16,839	14,550
Net of receipts/(payments)	(287)	-	(287)	(2,116)
Transfer between accounts	-	-	-	-
Balance brought forward	10,566	-	10,566	12,682
Balance carried forward	10,279	-	10,279	10,566

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Statement of assets and liabilities at:

31st March 2024

	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
Assets				
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>

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

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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.



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

01/10/2024

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

Full Name

Chair

Position