

1-2-1 Counselling

Charity number 1169828

**Financial statements
for the year ended**

31st March 2025



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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 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
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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		
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
Osballdwick, 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	16,744	-	16,744	16,552
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	18,374	-	18,374	16,839
Net of receipts/(payments)	(1,630)	-	(1,630)	(287)
Transfer between accounts	-	-	-	-
Balance brought forward	10,279	-	10,279	10,566
Balance carried forward	8,649	-	8,649	10,279

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Statement of assets and liabilities at:

31st March 2025

	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
Assets				
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>

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

1-2-1 Counselling
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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

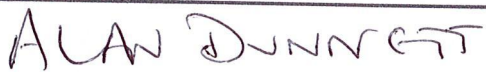
Approval of accounts for the period ended:

31st March 2025

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

2.7.2025

Date



Full Name

Chair

Position