

# **THE YOUTH COUNSELLING PROJECT**

**Registered Charity 1174102**

## **Annual Report and Financial Statements for Year Ending 31 July 2025**

Prepared by:  
The Youth Counselling Project  
19 Upper Belgrave Rd  
SEAFORD  
East Sussex  
BN25 3SQ

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## Reference and Administrative Details

Charity Name: The Youth Counselling Project

Registered Number: 1174102

Registered Address: 19 Upper Belgrave Road  
SEAFORD  
East Sussex  
BN25 3SQ

E-mail Address [office@tycp.org.uk](mailto:office@tycp.org.uk)

Website [www.tycp.org.uk](http://www.tycp.org.uk)

Trustees:	Mrs Julia Hancock	Chair
	Mrs Myriam Otoide	Treasurer
	Mrs Michele Findlay	Secretary
	Mr Paul Vaesen	
	Mr Alistair Campbell	
	Ms Diane Locke	

Independent Examiner: Shoreline Accountants  
25 Clinton Place  
SEAFORD  
East Sussex  
BN25 1NP

## Trustees' Report - 1<sup>st</sup> August 2024 to 31<sup>st</sup> July 2025

The Youth Counselling Project was established in early 2017 and registered with the Charity Commission in August 2017. This is our 8th year of operation.

The charity is run by volunteer Trustees, each with specific tasks. There is a wider group of local people who help mainly with fund-raising activities.

We use the services of 5 independent self-employed therapists to work with the children. They are paid on a sessional basis and liaise with the schools, each other and the Trustees.

This year, we also hired a self-employed project manager to assist the trustees with various tasks, from marketing to fundraising, etc.

The Trustees ensure that the charity is run according to the Charity Commission guidelines. We have a Business Plan, budget, relevant insurance and all necessary policies including safeguarding and confidentiality. Agreements between the Youth Counselling Project and the schools, and the therapists and the children are renewed at least on an annual basis.

During this financial year, which corresponds with the academic year, we provided over one-to-one sessions benefiting over 80 children. Over the last few years, we have had more complex cases referred for counselling. This is due to a growing number of young people suffering from severe and complex mental health issues and the lack of resources within CAMHS. Our usual allocation of 10 sessions per child is very often not enough to address the presenting issues and many children require considerably more time.

We provide a counselling service to all 4 Primary schools in Seaford and Seaford Head Secondary school. Children present with a range of issues, including self-harm, bereavement, neglect, low mood, and anxiety. They have identified the effects of the pandemic, financial instability, climate change and world unrest as contributing to their anxiety. Because of the nature of our work, our counselling is carried out on a strictly confidential basis so we cannot comment on individual clients or casework.

We ask students for anonymous comments following their counselling, these are responses from two children from Seaford Head:

“I have found this very supportive. I have high anxiety and have found out a bit more about how I can cope. It's been a good place for me to be listened to, that doesn't happen very often.”

“This support has been really appreciated. I am going through unusual issues that my friends don't understand and I need a place to go and talk about them. It also helped me come to terms with issues around exams. I think all my friends need a x (counsellor's name) to talk to.”

#### School feedback

- Student's emotional literacy definitely improved.
- Behaviour slowly improving, definitely improved empathy and understanding.

During the year, we raised £14,928, the majority of which came from donations. We have been well supported by the local community in and around Seaford.

Thank you to everyone, especially, Elizabeth and Prince Zaiger Trust, Salt Edge Arts, Correlli Ensemble and Seaford Striders amongst others.

In response to feedback from funders, we reduced our focus on active fundraising and grant applications this year. This approach was intended to bring us back to a stable financial position, maintaining a sensible level of reserves without holding excess funds.

Approved by the Trustees on 26<sup>th</sup> February 2026 and signed on their behalf by:

Mrs Julia Hancock (Chair)

Mrs Myriam Otoide (Treasurer)

## Independent Examiner's Report to the Trustees of The Youth Counselling Project

I report on the accounts of the Trust for the year ended 31 July 2025 which are set out on the following pages.

### **Respective responsibilities of trustee and examiner**

The trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this financial year under section 144(2) of The Charities Act 2011 (the 2011 Act) but that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the 2011 Act
- Follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act; and
- State whether particular matters have come to my attention.

### **Basis of independent examiner's report**

My examination was carried out in accordance with the General Directions as given by the Charity Commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records.

It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit and consequently, no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

### **Independent Examiner's statement**

In connection with my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that in any material aspect the requirements:
  - to keep accounting records in accordance with section 130 of the 2011 Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

Have not been met; or

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

For Shoreline Accountants

## Statement of Financial Activities for Year Ended 31 July 2025

	Unrestricted funds	Restricted funds	Total funds	Prior year funds
	£	£	£	£
<b><u>Incoming Resources (Note 4)</u></b>				
Donations and legacies	14,798		14,798	23,803
Charitable activities			0	4
Other trading activities	130		130	2,559
Investments				
Separate material item of income				
Other				
<b>Total</b>	<b>14,928</b>	<b>0</b>	<b>14,928</b>	<b>26,366</b>
<b><u>Resources expended (Note 6)</u></b>				
Raising funds	57		57	2,730
Charitable activities	12,491	38,246	50,737	49,941
Separate material item of expense				
Other	0		0	19
<b>Total</b>	<b>12,548</b>	<b>38,246</b>	<b>50,794</b>	<b>52,690</b>
<b>Other gains/(losses)</b>			0	0
<b>Net movement in funds</b>	<b>2,380</b>	<b>-38,246</b>	<b>-35,866</b>	<b>-26,305</b>
<b><u>Reconciliation of funds:</u></b>				
Total funds brought forward	23,971	63,328	87,299	113,523
<b>Total funds carried forward</b>	<b>26,351</b>	<b>25,082</b>	<b>51,432</b>	<b>87,198</b>

## Balance Sheet at 31 July 2025

	Unrestricted Funds £	Restricted Funds £	Total Funds £	Prior year £
Stocks (Note 7)				-
Debtors (Note 8)				
Cash at bank and in hand (Note 10)	26,350	25,082	51,432	87,318
<b>Total current assets</b>	<b>26,350</b>	<b>25,082</b>	<b>51,432</b>	<b>87,318</b>
Creditors: amounts falling due within one year (Note 9)	240	0	240	120
<b>Net current assets/(liabilities)</b>	<b>26,110</b>	<b>25,082</b>	<b>51,192</b>	<b>87,198</b>
<b>Total assets less current liabilities</b>	<b>26,110</b>	<b>25,082</b>	<b>51,192</b>	<b>87,198</b>
<b>Total net assets or liabilities</b>	<b>26,110</b>	<b>25,082</b>	<b>51,192</b>	<b>87,198</b>
<b>Funds of the Charity</b>				
Restricted income funds		25,082	25,082	36,417
Unrestricted funds	26,110		26,110	50,801
<b>TOTAL FUNDS</b>	<b>26,110</b>	<b>25,082</b>	<b>51,192</b>	<b>87,198</b>

Signed on behalf of the Trustees by:

Date:

Mrs Julia Hancock (Chair)

Mrs Myriam Otoide (Treasurer)



# Notes to the Financial Statements for the Year Ended 31 July 2025

## **Note 1: Accounting Policies**

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

And with:

the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

### Fund Accounting Policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

## **Note 2: Incoming resources**

Donations and grants are recognised when there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

The charity has received government grants during the period.

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

The charity has incurred expenditure on support costs.

## **Note 3: Resources Expended**

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice including examination of accounts, insurance, trustee meetings, legal advice.

These include central functions and have been allocated to activity cost categories and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating staff costs by the time spent.

Stocks: The charity does not normally need to hold any stocks but if it ever does so, it would be held at the lower of cost and net realisable value.

Debtors: (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

<b>Note 4: Analysis of Income</b>	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Total funds</b>	<b><i>Prior year</i></b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Donations and gifts	13,898	0	13,898	<i>13,178</i>
Gift Aid	900	0	900	<i>625</i>
Legacies				
General grants provided by government/other charities	0	0	0	<i>10,000</i>
Other				
<b>Total</b>	<b>14,798</b>	<b>0</b>	<b>14,798</b>	<i><b>23,803</b></i>
<u>Charitable activities:</u>				
Other	0	0	0	<i>4</i>
<b>Total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<i><b>4</b></i>
<u>Other Trading Activities</u>				
Fundraising Events organised by charity	100		100	<i>2,559</i>
Savings Interest	30		30	<i>0</i>
Other				
<b>Total</b>	<b>130</b>		<b>130</b>	<i><b>2,559</b></i>
<b>TOTAL INCOME</b>	<b>14,928</b>	<b>0</b>	<b>14,928</b>	<i><b>26,366</b></i>

<b>Note 5: Receipts of government grants</b>	<b>This year</b>	<b><i>Last year</i></b>
	<b>£</b>	<b>£</b>
.	0	<i>0</i>
<b>Total</b>	<b>0</b>	<i><b>0</b></i>

**Note 6: Analysis of Expenditure**

<b><u>Expenditure on raising funds:</u></b>	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Total funds</b>	<b><i>Prior year</i></b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Incurring seeking grants	0	0	0	<i>2,000</i>
Staging fundraising events	0	0	0	<i>668</i>
Fundraising agents	0	0	0	<i>62</i>
Advertising, marketing, direct mail and publicity	57	0	57	
<b>Total</b>	<b>57</b>	<b>0</b>	<b>57</b>	<b><i>2,730</i></b>
<b><u>Expenditure on charitable activities</u></b>				
Direct counselling costs	10,509	38,246	48,755	<i>48,626</i>
Office Expenses	58		58	<i>4</i>
Governance - insurance, IE, charity mobile phone, Web	1,422		1,422	<i>1,311</i>
Project Manager	502		502	<i>0</i>
<b>Total</b>	<b>12,491</b>	<b>38,246</b>	<b>50,737</b>	<b><i>49,941</i></b>
<b><u>Other</u></b>				
Other	0			<i>19</i>
<b>Total</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b><i>19</i></b>
<b>Total Resources Expended</b>	<b>12,548</b>	<b>38,246</b>	<b>50,794</b>	<b><i>52,690</i></b>

**Note 7: Stock**

The charity does not normally hold any stock. Any therapy or publicity materials ordered are distributed for use immediately.

**Note 8: Debtors and Prepayments**

	<b>This Year</b>	<b><i>Last Year</i></b>
Trade Debtors	£0	<i>£0</i>
Prepayments & Accrued Income	£0	<i>£0</i>
Other Debtors	£0	<i>£0</i>
<b>Total</b>	<b>£0</b>	<b><i>£0</i></b>

**Note 9: Creditors & Accruals (Amounts due within 1 year)**

	<b>This Year</b>	<b><i>Last Year</i></b>
Trade Creditors	£240	<i>£120</i>
Other Creditors	£0	<i>£0</i>
<b>Total</b>	<b>£240</b>	<b><i>£120</i></b>

**Note 10 Cash at bank and in hand**

	This Year	<i>Last Year</i>
Short term deposits	£0	<i>£0</i>
Cash at bank and on hand	£51,432	<i>£87,318</i>
<b>Total</b>	<b>£51,432</b>	<i><b>£87,318</b></i>