

With Thanks to our Funders



**WESSEX
WATER
FOUNDATION**



To make an appointment, enquire about our services or make a
donation

HELP Counselling Services

Trowbridge

Kestrel House

7 Mill Street

BA14 8BE



01225 767459



enquiries@helpcounselling.co.uk



www.helpcounselling.co.uk



Wiltshire's local
counselling service

HELP Counselling Services

Charity Number: 1174668

Annual Report

2023 – 2024

About Us

Introduction - Our Origins

HELP Counselling Services (HCS) was set up in 1983 by the local churches and town leaders of Trowbridge. They had seen the effects of solvent abuse on young people in the town and wanted to provide a safe place for users to come and talk and receive support. The service proved to be very successful, and found that other people were starting to use the charity—those who needed support with their mental health. Over time HCS developed into the counselling charity it is today and, whilst we are no longer working with solvent abuse, the aim to provide a safe and supportive space, has remained at our very core.

Our Purpose

At HCS, we believe that everyone deserves to have the opportunity and space to grow, change and heal. We are dedicated to serving our community and providing every client with respect and the opportunity to improve their mental health.

We aim to promote a positive view of mental health and provide services that are accessible, relevant and empowering to the people using them. Our services aim to contribute to mental and emotional wellbeing and reduce stigma and discrimination.

Our Objectives

We are a donation based counselling service for the people of Wiltshire and surrounding areas. As an organisation we have membership of the British Association for Counselling and Psychotherapy (BACP) and follow their ethical framework.

To deliver our objectives, our services are designed to promote wellbeing and recovery, foster self-awareness and resilience, encourage openness and trust, recognise each individual's role in their own recovery, provide a resource for all people in Wiltshire with mental health or emotional support needs, promote emotional and mental wellbeing by delivering high-quality services directly and in partnership with others, raise awareness and positive views about mental health issues, and ensure our services are as accessible as possible.

Jenny's Journey: From Trauma to Empowerment

When Jenny came to Help Counselling Services at age 28, she was grappling with the aftermath of a life-changing event: a terrifying sexual assault on her way home from a night out. While the case was progressing through the legal system, the trauma had forced Jenny to move back in with her parents, putting her once vibrant life on hold. Her career, social life, and self-confidence had diminished.

Despite this, Jenny's spark was still there—a determination and humour that shone through her pain. Counselling began by creating a safe and trusting space where she could confront the assault and unpack the layers of guilt and shame it left behind. Through psychoeducation, Jenny learned how trauma impacts the brain, how it alters perceptions of safety, and how perpetrators often exploit victims' guilt to maintain silence. This understanding allowed Jenny to shift some of the blame she had placed on herself and begin exploring her anger—an emotion that helped her reclaim energy and agency over her life.

Jenny has still to face the court case, which may bring with it more pain and require her to return to counselling. For now, though, the focus was on rebuilding her confidence and taking back control.

As the work progressed, deeper layers of Jenny's life came into focus. Counselling revealed a pattern of toxic relationships—from domestic abuse and stalking to workplace bullying and manipulative friendships. Moving back to the countryside and engaging in therapy gave Jenny the space to reflect on these dynamics. She began to see how her desire to accommodate others and avoid conflict had kept her stuck in damaging situations.

Over 14 weeks, Jenny committed wholeheartedly to the process, exploring how she could build healthier boundaries, say “no” without fear, and create relationships based on mutual respect. Her courage and willingness to reflect on her past and embrace change were remarkable.

Today, Jenny is taking steps toward a brighter future. Though her journey isn't over, counselling has given her the tools to understand herself, redefine her relationships, and move forward with strength and clarity.

It was a privilege to witness Jenny's growth and resilience—a testament to the transformative power of counselling.

(Names have been changed, and permission was granted to share this story.)

With Sincere Thanks

HELP Counselling Services could not provide this amazing service without the generosity and commitment of our Funders, Trustees and our Volunteer Counsellors. We thank them for their continued support:

Our Funders

- The National Lottery
- The Linnet Trust
- Wiltshire Community Foundation
- Albert Hunt Trust
- Wessex Water
- Walter Guinness CT
- Syder Foundation
- Edward Gosling Foundation
- Comic Relief
- Westbury TC
- Ray Harris CT
- BOA TC
- St James Trust
- Ladbrokes
- Trowbridge TC
- Melksham Without PC

Our Counsellors & Staff

Craig Lilburn	Kateland Burbidge
Jessica Sheppard	Kila Konja
Jo Fear	Fiona Hind-Senior Grief Counsellor
Laura Mercer	Fiona Rowland-Senior Counsellor
Rose Tidy	Lindy Coggan-Senior Grief Counsellor
Jess Shephard	Anna Parker Bates
Ollie LeCluse	Kirsty Field
Ele Dickson	Laura Mercer
Josie Grabham	Rachel Mayer
Gary Uffendell	Lynne Gregory
Allen Daniels	

Staff

Amanda Wilkes—Executive Director
Rachel Davis—Client Co-ordinator
Laura Smith—Counsellor Co-Ordinator

Accessing our Services

There is no fee to use our services. We do promote donations wherever possible, but no client should ever feel that they are prohibited from using our charity because of cost.

Clients can self refer or be sign posted through another service, like their GP.

Whilst we encourage clients to make contact in person, we also understand that this is not always possible, and welcome contact from carers, family and other organisations.

However, it must be stressed that the work that is done within the counselling room and the service, as a whole, remains confidential.

Our Counsellors

Our staff and volunteer counsellors provide accessible, relevant and empowering services that contribute to emotional and mental wellbeing and promote social inclusion.

We recognise the importance of challenging stigma and discrimination and working alongside others towards a socially just society that supports good mental health for all.

Our current services include:

- One to One Counselling (for Adults of 16+ yrs.)
- Ongoing Group Therapy for those with long term mental health needs
- Sign Posting and Advocacy

The Counselling Process

Our Counsellors have a wide range of skills and experiences, and we undertake an initial appointment process to ensure that we match clients to counsellors with the skills they need.

Once in counselling clients receive up to 12 to 18 weeks to work with their counsellor. Whilst building a trusting and non judgemental space, counsellors facilitate clients to work on the issues they have brought, to recover from trauma, explore their lives and relationships, to build their personal awareness and re-build their strength and resilience. This can be a revelatory and transformative process, as is demonstrated by the case history at the end of this Report.

Meet the Trustees

Catherine Hamp our Chair, joined HCS as a trustee in 2019, having previously worked as a civil servant. She was a Trustee for 6 years at the national anti-poverty charity Turn2Us, ending her time there as Chair of the Operations Committee. She has also worked at the Stroke Association, advising on governance and Board development issues and carrying out specific review projects. She sums up her commitment to HCS simply as 'supporting mental wellbeing and resilience has never been more needed



Lindsay Driscoll is our resident expert in charity law and governance. She has held posts with National Council for Voluntary Organisations, was the legal commissioner for the Charity Commission, a consultant with the leading charity law firm of Bates, Wells and Braithwaite. She is a trustee of a local church, a theatre company, the national charity for community organising and a Canadian foundation

Sarah Cope is our eagle-eyed Treasurer, and bookkeeper to several local firms. A busy mother of 2 young children.

When Sarah isn't giving up her free time to the HELP Counselling Services, she is a very keen and strong indoor and outdoor swimmer, having swam both the Thames, Lake Windermere, and wild swims throughout the year. Most recently she completed a 5k obstacle challenge with her daughter raising funds for HCS.



What Our Clients Say

"I was feeling utterly lost and down and all the other emotions of depression. I was referred to iapt but didn't want CBT, I felt i needed to work through my traumas . But to hear no one could help then someone mentioned Help Counselling, when I just about given up hope of ever feeling happy again. From start to finish the process was great with people who listened and had empathy and compassion. I was put on a waiting list and a had phone call during the time whilst i was waiting and had the opportunity to ring if i felt i needed to whilst i was waiting to start the Counselling."

"I arrived feeling in a state of complete overwhelm & distress. I feel Josie has helped me navigate my way out of this in a gentle, caring way. I have much more clarity of thought & a new awareness of what is & isn't mine to carry & deal with."

"I have gained a greater strength within myself and feel more of who i should be. The journey was deep at times with my sessions but i knew it had to be to become where i am at now. I embraced every moment even though there were times i struggled. No pain no gain."

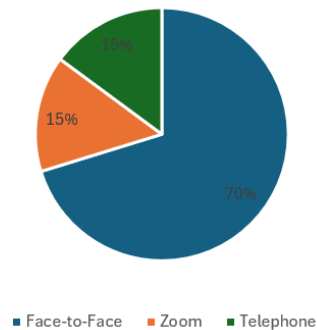
"I have really benefitted from my counselling and it has transformed my life. I was finally able to break patterns of thought and get strong g enough to help myself. I have left with a number of tools to refer back to yo support me."

"It's really changed the way I approach things, I could not have gotten through a really difficult family situation without counselling. It has improved my marriage, my relationship with my parents and my own self worth"

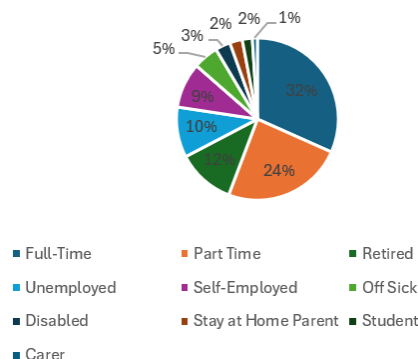
"Jo was amazing she has helped me realise and come to terms with so much. I have had counselling before but this has been the best so far"

"Allen opened my eyes to being aware of how things affected my life and how I thought and dealt with what went on in my head, and over the weeks the relationship improved but in the beginning I did struggle as it was a new experience."

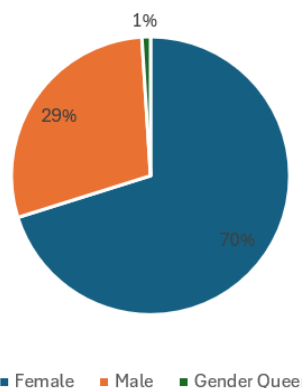
Preferred Method of Counselling



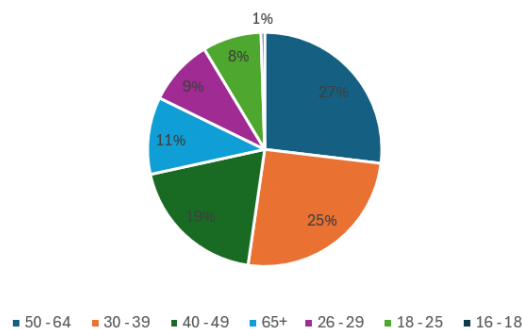
Employment Status



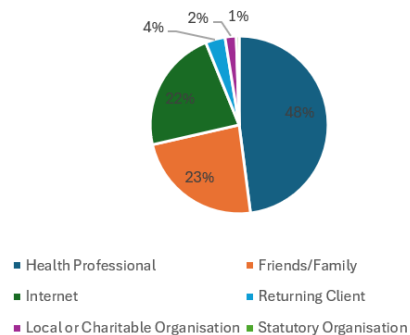
Gender



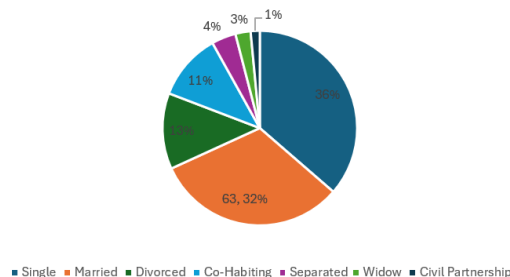
Age Group



Referred



Marital Status



Karen Hoose is a Senior Pensions Administrator, a very busy mum & step-mum of 3, and is a keen fundraiser for various charities and causes. Karen joined the charity because she is deeply passionate about making sure anyone with a mental health issue are able to access services quickly when they are needed. Karen recently took part in South West Coastal Path Challenge, walking 80 miles and raising £840 for Dementia UK, as well as various running and sponsored events. In Karen's spare time she loves to sew, read and run.



Thom Aylesbury

Having been fortunate enough to have had therapy myself, I knew the benefits and whilst undertaking my counsellor training, I had the pleasure to practice at Help, as a student counsellor.

It was incredibly flattering to be approached for a trustee role, and given the opportunity to contribute to the success of HCS.



Tony Ward is an associate professor of counselling psychology at the University of the West of England, and also works in private practice as a psychology practitioner. He was a volunteer at HELP from 2017 - 2019 and now runs a research clinic at the university in Bristol. He said "I am delighted to have the opportunity to be a trustee at HELP and contribute to the excellent work it does in supporting our communities across



Report from the Chair

In my fourth year of reporting as Chair of Help, I am struck, as always, by the way in which individual efforts, both voluntary and paid, come together and coalesce to form strong working relationships which in turn ensure the effective delivery of empathetic and genuinely life changing services. Across our communities, statutory services are increasingly underpinned by the work of charities and their volunteers - and if we sometimes wonder why others volunteer so willingly or give so much of their time, the case studies and testimonials in this report speak loudly in reply.

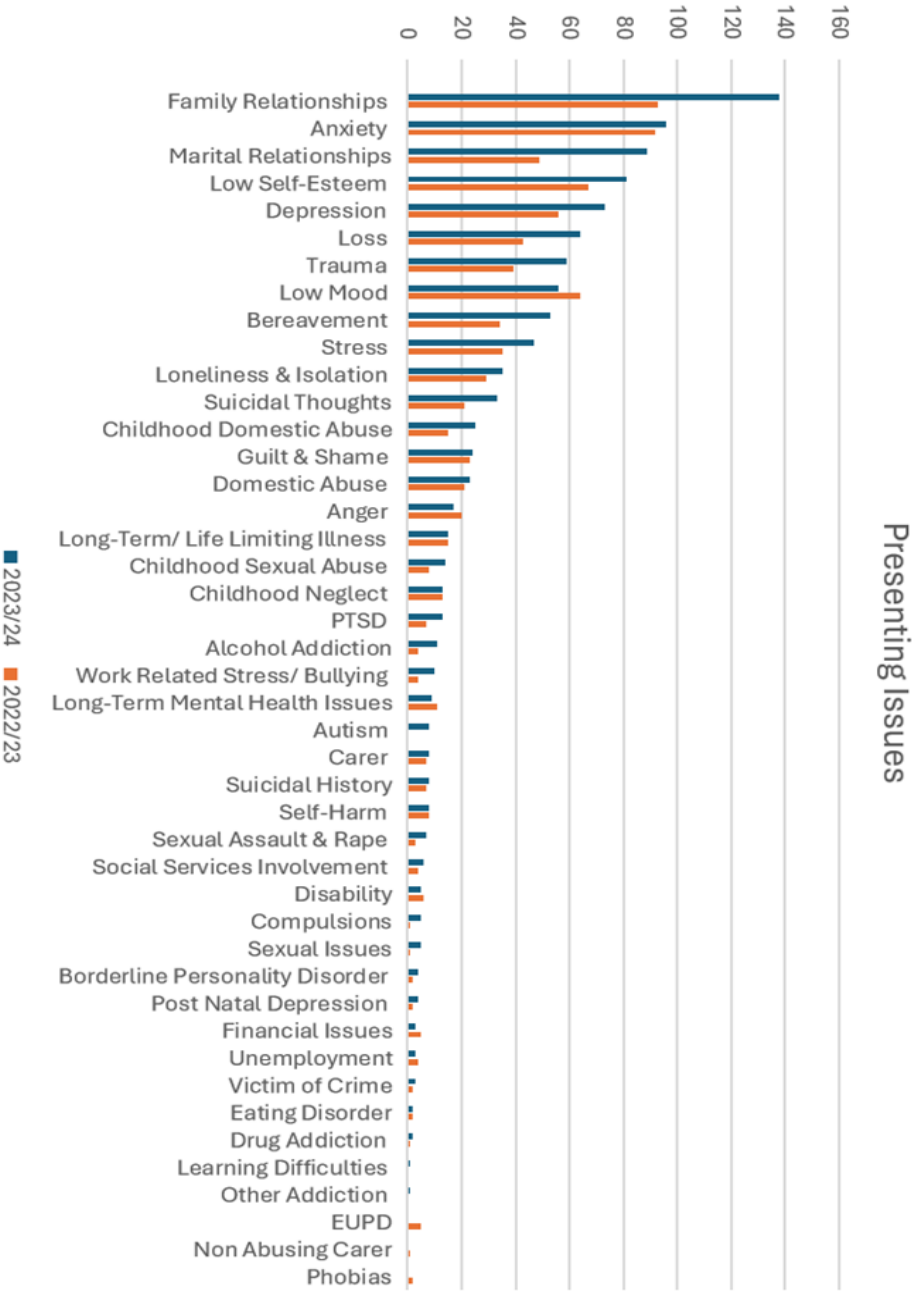
This has been a year of ever growing demand for our services, with increasingly complex and challenging situations for our Counsellors to address with their clients. Given how busy and pressurised the service was, it became a concern for the Board of Trustees that we were receiving unclear and (in some cases) inappropriate referrals from other agencies. The team set up meetings with a number of GP surgeries and others who make referrals in order to explain both our capacity and capability. This was a productive professional dialogue which has resulted in better working relationships and high quality referrals.

We were once again glad to be able to recruit new Counsellors, ending the year with more than at anytime. Our responsibility as an organisation is to support them, provide training and professional development and ensure that we are making the best possible use of their skills and knowledge in matching them with clients and deciding the appropriate length of therapeutic journey.

We could not help and support so many without the support of generous Funders and Donors - both national and local. It has been a joy to meet some of those funders face to face this year and our door is always open to others who want to see how we do things.

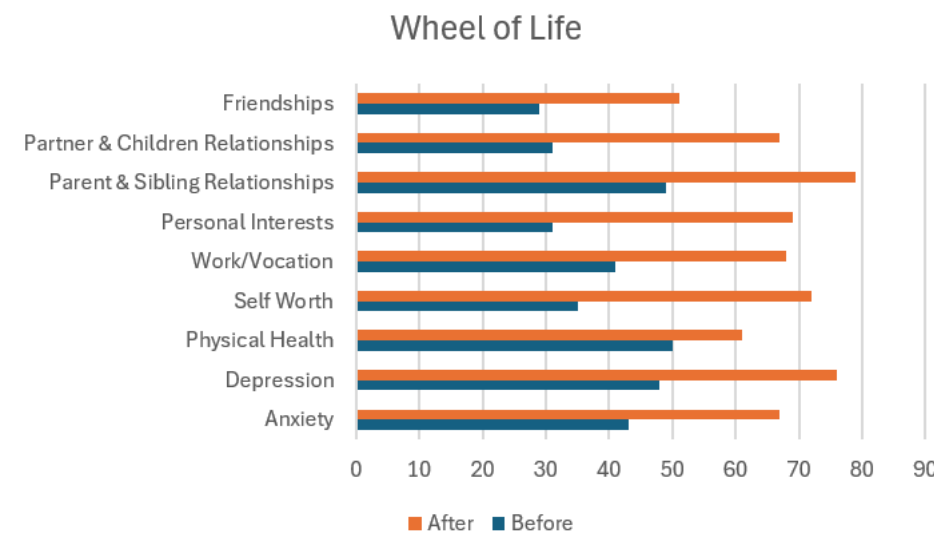
As always, the warmest of thanks go to our office team for their professionalism, empathy and efficiency - you're the best!

Catherine Hamp
Chair of Trustees



Wheel Of Life

The Wheel of Life focuses on 8 key areas of our clients’ lives. Clients are asked to rate their feelings towards each area, before, and at the end of counselling. Rating 0 –10 with 10 being excellent.



Presenting Problems

As an generic counselling service, we see a lot of presenting issues in the counselling room. As you can see, not only are we seeing relationships, anxiety and depression, we are seeing clients with traumatic and difficult stories. The case study, is an perfect illustration of that.

The case for good training also is perfectly highlighted in the range of work we see. This year we have provided trauma training, suicide, bereavement and loss and next year we plan on neuro diversity training, some addiction training and working with low mood.

On the next page you will see various pie charts measuring the information we collect. The preferred method of counselling shows that most people want face to face work, but a third still want to work remotely, and this is often because of illness, disability or their working hours and/or family life make it difficult to attend face to face sessions.

Report from the Executive Director

This year has been one of progress and development for Help Counselling Services. We’ve settled into our new rooms, which have been widely appreciated by clients and counsellors. The additional space has allowed us to generate more income through room rentals, supporting the charity’s financial stability.

We’ve strengthened our team with the addition of six new volunteer counsellors—Kirsty, Lynne, Ollie, Rachel M, Anna, and Gary—whose commitment ensures we can continue delivering vital mental health support. To enhance our services further, we provided targeted training on bereavement and loss, trauma, and suicide, equipping our counsellors with the skills to meet diverse client needs.

A highlight was welcoming Jerry and Rowan Suenson from the Linnet Trust, one of our key funders, to visit the service. They were able to meet trustees, counsellors and clients and It was a great opportunity to demonstrate the impact of their support directly. We invite all of our funders to visit us and see how they are making a difference.

Community engagement has remained a priority. Kirsty, one of our group members, raised £500 through a raffle, and we ran a stall at Trowbridge Job Centre and delivered presentations to Victim Support and Melksham Town Council. As well as making connections with GP surgeries, Health and Well being Teams, and other Charities.

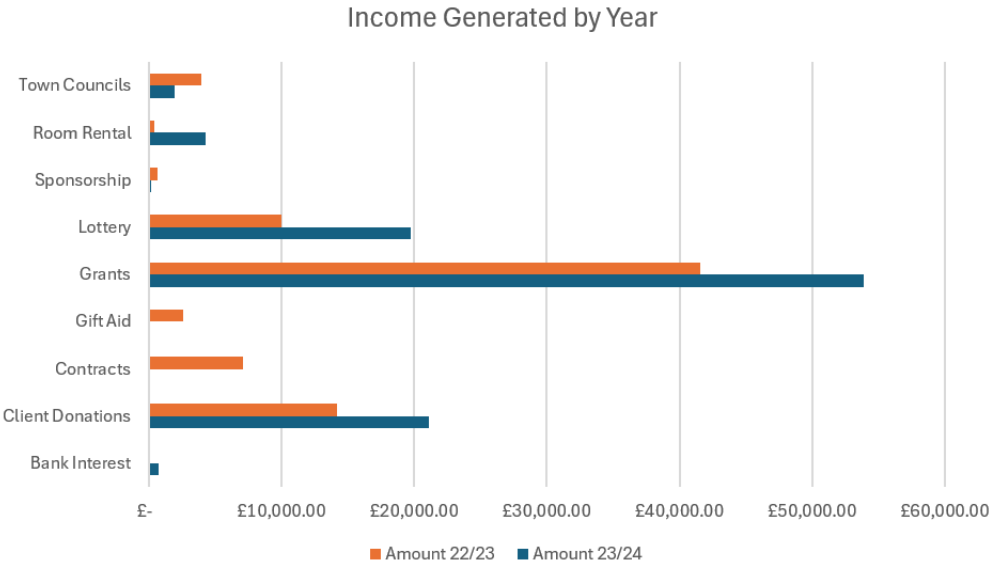
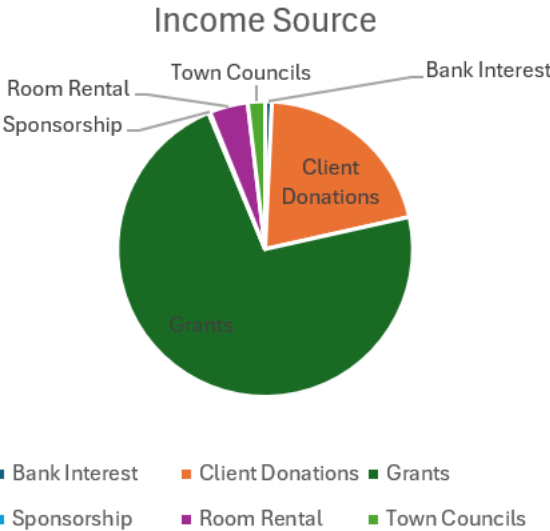
This year, we also applied for two significant projects: one with Wiltshire Council to support workplace mental health and another with Wiltshire Community Foundation to address health inequalities across the county. We look forward to seeing if we are successful.

Finally, I would like to thank our funders for their continued support, our Trustees—especially Catherine, our Chair who supports my wellbeing—and my colleagues Laura and Rachel for their invaluable contributions. Most importantly, thank you to our volunteer counsellors, whose hard work underpins everything we do. Together, we are making a real difference in the communities of Wiltshire.

Amanda Wilkes
Executive Director

Accounts Summary

	2023/24	2022/23
Grants & Donations		
Grants Received	75514	55,450
Client and Other Donations	21149	14,194
Outside Services		7,220
Total Grants & Donations	96,663	76,864
Other Income		
Rent Received	4181	1,028
Interest Received	756	114
Gift Aid		2,602
Sponsorship	193	173
Total Other Income	5,130	3,917
Total Income	101,793	80,781
Expenditure		
Bank Fees	613	695
Cost of Outside Services	1000	2,145
Dues & Subscriptions	3310	4,173
Insurance	872	0
Office Supplies, inc Printing, Postage etc	810	1,663
Rent	7200	5,000
Repairs and Renewals	444	3,311
Recruitment	78	
Salaries, Pensions & NIers	50490	45,600
Sundry Expenses inc Volunteer Expenses	2505	2,282
Supervision	16532	13,171
Telephone & Internet	783	821
Training	3795	4,590
Travel Expenses	1734	1,557
Utilities & Management Charges	3720	3,558
Website	246	464
Total Expenditure	94,132	89,030
Surplus/(Deficit) Before Depreciation	7,661	(8,249)
Depreciation		
Fixtures & Fittings	796	203
Computer Equipment	628	639
Total Depreciation	1424	842
Surplus/(Deficit) After Depreciation	6,237	(9,091)



Treasurer's Report

The Current Assets at the year-end amounted to £74954 at 31st March 2023 compared to £68717 at 31st March 2022 of which £22974 is restricted funds for specific services. After we had a deficit last year Help Counselling Services is back where it was in 2022 and is in a good financial position. There has been an increase in grants (£75,514 from £55,450) and an increase from client donations (£21,149 from £14,184), a steady amount from sponsorship (£193 from £173) and from outside services (£7270 from £6006) and a increase in rent income (£4181 from £1028). Outside services which brought in £7270 last year was not continued this year.

Budget for 2024/2025 is estimated at £110,000 from £90k, increase due to many bills going up and an extra staff member. The planned opening of two new sites in other towns for more counselling services will cause an increase in the budget for next year, covering rent and expenditures related to renting new premises. Due to having more counsellors volunteer expenses are expected to increase again next year along with supervision costs.

Ahead to 2024/25 we need to maintain our fundraising success, so the service can protect clients and have a secure future for many years to come.

My thanks to Jenny Budgell from Natural Numbers for completing our accounts.

Thank you to all our funders, volunteers, staff and fellow trustees for their commitment to Help Counselling Services and the vital mental health work it does in Wiltshire


Sarah Cope
Treasurer

Cost of Outside Services/ Subcontractors

Outside Services relates to the Counsellor payment costs of providing the White Horse Care Trust

Subcontractors relates to paying HCS counsellors to provide Initial Appointments during our busiest periods.

I confirm that I have examined all the files and records for the year ended March 31st, 2024, and consider that these figures show a true position of the finances of Help Counselling Services at that date.

Signed: 
Jenny Budgell ACMA
Dated: 11/11/24

Reserves Policy

This policy aims to give a clear understanding of our Reserves Policy, why it is needed, and the amount that is needed.

Our reserves policy is needed:

- 5 months full running costs, as well as covering the current cost of any potential redundancies, and liabilities such as removal costs.
- To weather any dips in funding and maintain continuity.
- To ensure that all clients, many who are very vulnerable, will be able to complete their work with us.
- In the event that the service is no longer needed, we are able to fulfil all our financial obligations

How is it funded?

All funds raised for the express use of our clients are used for the aims of the service and our clients. All of our reserves have been raised through renting our space to other organisations and individuals.

What is the current reserves fund?

At present our reserves are £45,000

What is needed?

We are working towards reserves of £55,000. This is 55% of our total yearly expenditure and will cover all eventualities, from funding dips to the closure of the service. Our aim is to slowly increase the fund over the next 5 to 8 years by £1,500 to £2,000 per year, and then every subsequent year by £500 to meet annual cost increases. Whilst we will work diligently to see the success of this plan, we must be flexible and meet our funding constraints to fully fund the service first and foremost

HELP COUNSELLING SERVICES

ACCOUNTS FOR YEAR ENDED

31st MARCH 2024

Help Counselling Services - Charity 1174668

Year End Accounts - 31st March 2024 Independent Examiners Report

I report to the trustees on my examination of the accounts of HELP Counselling Services for the year ended 31st March 2024

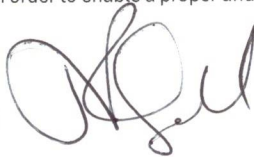
As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act")

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached

Signed:



Jenny Budgell ACMA

Dated:

11/11/24

Help Counselling Services - Charity 1174668

Year End Accounts - 31st March 2024 INCOME & EXPENDITURE

	31/03/2024	31/03/2023
Grants & Donations		
Grants Received	75514	55,450
Client and Other Donations	21149	14,194
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Help Counselling Services - Charity 1174668

Year End Accounts - 31st March 2024 BALANCE SHEET

	31/03/2024	31/03/2023
Fixed Assets (Note 1)	4,274	4,721
Current Assets		
Debtor and Prepayments	861	77
Cash in Bank	71524	64,546
Total Current Assets	<u>72,385</u>	<u>64,623</u>
Current Liabilities		
Sundty Creditors	(1,705)	(627)
Total Current Liabilities	<u>(1,705)</u>	<u>(627)</u>
Net Current Assets	<u>70,680</u>	<u>63,996</u>
Total Assets less Current Liabilities	<u>74,954</u>	<u>68,717</u>
 Represented By:		
Balance Brought Forward		
Restricted Funds	14,100	
Unrestricted Funds	54,617	
Restricted & Unrestricted Funds		77,808
Surplus/(Defecit) After Depreciation	6,237	(9,091)
Balance Carried Forward	74,954	68,717
 Represented By (Note 2) :		
Restricted	22,974	14,100
Unrestricted	51,980	54,617
Total	74,954	68,717

Help Counselling Services - Charity 1174668

Year End Accounts - 31st March 2024 Fixed Assets (Note 1)

	Furniture and Fittings 25%	Computer Equipment 25%	Total
Cost			
At 01/04/23	4,830.00	3,732.00	8,562.00
Additions		978.00	978.00
Disposals			
At 31/03/24	4,830.00	4,710.00	9,540.00
Depreciation			
At 01/04/23	(1,646.00)	(2,195.00)	(3,841.00)
Depreciation for the Year	(796.00)	(628.75)	(1,424.75)
Disposal			
At 31/03/24	(2,442.00)	(2,823.75)	(5,265.75)
Net Book Value			
At 01/04/23	3,184.00	1,537.00	4,721.00
At 31/03/24	2,388.00	1,886.25	4,274.25

Help Counselling Services - Charity 1174668

Year End Accounts - 31st March 2024 Reserves (Note 2)

	31/03/2024	31/03/2023
Restricted Funds	14,100	
Unrestricted Funds	54,617	77,808
Surplus/(Defecit) After Depreciation	6,237	(9,091)
Balance Carried Forward	74,954	68,717
Represented By:		
Restricted (See below)	22,974	14,100
Unrestricted	51,980	54,617
Total	74,954	68,717
Restricted Funds		
Wiltshire Police and Crime Commissioner	6453	
White Horse Care Trust Employees	1200	
Ladbrokes	321	
National Lottery	15000	
Total	22974	

HELP COUNSELLING SERVICES

ACCOUNTS FOR YEAR ENDED

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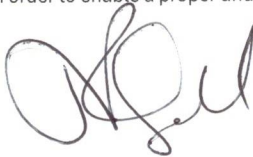
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Help Counselling Services - Charity 1174668

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Insurance	872	0
Office Supplies, incl Printing, Postage etc	810	1,663
Rent	7200	5,000
Repairs and Renewals	444	3,311
Recruitment	78	
Salaries, Pensions & NIEs	50490	45,600
Sundry Expenses incl Volunteer Expenses	2505	2,282
Supervision	16532	13,171
Telephone & Internet	783	821
Training	3795	4,590
Travel Expenses	1734	1,557
Utilities & Management Charges	3720	3,558
Website	246	464
Total Expenditure	94,132	89,030
Surplus/(Defecit) Before Depreciation	7,661	(8,249)
Depreciation		
Fixtures & Fittings	796	203
Computer Equipment	628	639
Total Depreciation	1424	842
Surplus/(Defecit) After Depreciation	6,237	(9,091)

Help Counselling Services - Charity 1174668

Year End Accounts - 31st March 2024 BALANCE SHEET

	31/03/2024	31/03/2023
Fixed Assets (Note 1)	4,274	4,721
Current Assets		
Debtor and Prepayments	861	77
Cash in Bank	71524	64,546
Total Current Assets	<u>72,385</u>	<u>64,623</u>
Current Liabilities		
Sundty Creditors	(1,705)	(627)
Total Current Liabilities	<u>(1,705)</u>	<u>(627)</u>
Net Current Assets	<u>70,680</u>	<u>63,996</u>
Total Assets less Current Liabilities	<u>74,954</u>	<u>68,717</u>
 Represented By:		
Balance Brought Forward		
Restricted Funds	14,100	
Unrestricted Funds	54,617	
Restricted & Unrestricted Funds		77,808
Surplus/(Defecit) After Depreciation	6,237	(9,091)
Balance Carried Forward	74,954	68,717
 Represented By (Note 2) :		
Restricted	22,974	14,100
Unrestricted	51,980	54,617
Total	74,954	68,717

Help Counselling Services - Charity 1174668

Year End Accounts - 31st March 2024 Fixed Assets (Note 1)

	Furniture and Fittings 25%	Computer Equipment 25%	Total
Cost			
At 01/04/23	4,830.00	3,732.00	8,562.00
Additions		978.00	978.00
Disposals			
At 31/03/24	4,830.00	4,710.00	9,540.00
Depreciation			
At 01/04/23	(1,646.00)	(2,195.00)	(3,841.00)
Depreciation for the Year	(796.00)	(628.75)	(1,424.75)
Disposal			
At 31/03/24	(2,442.00)	(2,823.75)	(5,265.75)
Net Book Value			
At 01/04/23	3,184.00	1,537.00	4,721.00
At 31/03/24	2,388.00	1,886.25	4,274.25

Help Counselling Services - Charity 1174668

Year End Accounts - 31st March 2024 Reserves (Note 2)

	31/03/2024	31/03/2023
Restricted Funds	14,100	
Unrestricted Funds	54,617	77,808
Surplus/(Defecit) After Depreciation	6,237	(9,091)
Balance Carried Forward	74,954	68,717
Represented By:		
Restricted (See below)	22,974	14,100
Unrestricted	51,980	54,617
Total	74,954	68,717
Restricted Funds		
Wiltshire Police and Crime Commissioner	6453	
White Horse Care Trust Employees	1200	
Ladbrokes	321	
National Lottery	15000	
Total	22974	