



# **Annual Report**

## **2024 to 2025**

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# Help Counselling Services Annual Report 2024–2025

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## Foreword by the Chair

Welcome to this report on the activities of Help Counselling.

It is challenging to introduce and summarise our activities in just a few lines – there have been fresh challenges and new achievements, new partnerships and the enduring core, of what we do every day, working one to one with people in our community who are going through grief, stress, trauma, and anxiety.

This year, I have been particularly struck by the level of public discourse about mental health, both nationally and locally. Help has been part of that, giving presentations, talking to those who are generous enough to fund us in our work, passing on our experience to student counsellors as part of their training, sharing knowledge with the chairs of other Wiltshire charities and meeting people at public events.

In undertaking this outward facing work, our intention is not just to raise the profile of our own work, but also to help people understand the prevalence of mental health issues, their range and complexity, and to offer language in which these things can be discussed with greater ease and insight. I hope we can continue to shine a light in this way in the coming year.

Thanks, go, as always, to our small but highly efficient office team, our volunteer counsellors, our partner organisations, both formal and informal, and of course to my fellow trustees who are also volunteers.

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## Executive Director's Report

The past year has been one of growth, learning, and adaptation for Help Counselling Services. Despite economic uncertainties and rising demand, we have continued to deliver high-quality, donation-based counselling to those who need it most across Wiltshire. Our expansion into Melksham and Chippenham has opened new doors for supporting underserved communities, allowing us to provide vital mental health services where they are most needed.

We delivered 4,500 counselling sessions this year, working with individuals from a range of backgrounds, each carrying their own unique stories and challenges. Our focus remained on accessibility, compassion, and long-term support, ensuring that no one is turned away due to financial hardship.

### Key Achievements this Year Include:

- **Expanding our services by opening rooms in Melksham and Chippenham**, providing much-needed mental health support to communities with historically limited access.
- **Strengthening our partnerships** with local organisations, including Wiltshire Council, Public Health, Wiltshire Mind, Wiltshire Wildlife Trust, and Open Minds, enhancing our ability to deliver holistic support.
- **Introducing new clinical training opportunities** for our counsellors, including somatic trauma sessions and neurodiversity awareness, broadening our capacity to handle complex client needs.

- **Implementing enhanced digital security measures** following a cyberattack, leading to improved resilience and client safety.

This progress would not have been possible without the dedication and hard work of our team. I would like to extend my heartfelt thanks to our Trustees for their steadfast support and guidance throughout this year. Their commitment to our mission and strategic oversight have been invaluable.

A special thanks goes to Laura, who has taken on the leadership of the Melksham project with incredible dedication, balancing this significant responsibility alongside her usual roles. Her commitment and passion have been instrumental in bringing local services to this community.

I would also like to acknowledge Rachel for her outstanding contribution in seeing and supporting so many clients this year. Her compassion and professionalism have made a profound difference in the lives of those she supports, embodying the core values of Help Counselling Services.

This year, we also welcomed Natalie to our team. Natalie joined to support our fundraising efforts and to promote the charity. Coming from a creative arts background, she brings with her immense local knowledge and exceptional people skills, adding fresh energy and perspective to our outreach and community engagement. We are delighted to have her on board as we continue to strengthen our services.

As we move forward, our focus remains on securing our impact and reach; ensuring that every individual who walks through our doors receives the compassionate support they deserve. I am deeply grateful to everyone who has contributed to our mission this year, our volunteer counsellors, our Trustees, our funders, and our community partners. Together, we are making a lasting difference.

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## Expansion into Melksham and Chippenham

Our strategic move into Melksham and Chippenham marked a significant step in addressing mental health inequalities in Wiltshire. Through funding from the Wiltshire Community Foundation's Health Inequalities programme, Melksham Town Council and Chippenham Borough Lands Charity, we brought affordable, long-term counselling to communities with limited access to mental health services.

In Melksham, we focused on building relationships and understanding community needs. Although uptake was lower than anticipated, it provided valuable insights into the barriers faced by residents. Chippenham has flourished and is now a permanent part of our service offering, backed by a three-year grant from Chippenham Borough Lands Charity.

This expansion would not have been possible without the generous support of our funders and the dedication of our volunteer counsellors, who continue to provide compassionate, trauma-informed care to those who need it most.

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## Client Group Focus

### Addiction

Our work with individuals facing addiction has continued to grow this year, with clients reporting increased self-awareness and better coping strategies. A client remarked, "Ten years of struggles were worked out and conquered in 11 sessions."

In 2025 we will have a workshop with Ara's Gambling Education and Prevention to further support our work with gambling and gaming, which we also hope will support our work with young people.

### **Disability**

We have extended support for clients with disabilities, ensuring that accessibility and tailored care are at the forefront. "I came in and was able to talk about my issues with people who were very supportive... I'm glad I was able to see it through." We continue to work alongside community partners to reduce barriers and promote inclusivity.

### **LGBTQ+**

Our affirmative approach in supporting LGBTQ+ clients has been met with positive feedback. "I felt supported and accepted for who I am." We work closely with local organisations to create safe spaces and advocate for mental health services that reflect diverse identities.

### **Men**

Men accessing our services have highlighted the importance of non-judgemental support and space to express vulnerability. "Gary always explained everything clearly and was a fantastic help to me in putting my issues in perspective."

### **Military**

Support for veterans and military families remains a core part of our service. We partner with local military charities to ensure those affected by service-related trauma receive timely and compassionate care.

### **Neurodiversity**

This year, we enhanced our neurodiversity awareness through specialised training for counsellors. Clients have expressed feeling understood and respected during sessions, building trust and openness. One client comparing us to a previous counselling experience as 'With Help, It was a different as night and day, I was treated with so much respect.'

### **Older People**

We continue to address isolation and loss through targeted support for older clients. "I was feeling very vulnerable and high anxiety following a heart attack, but the sessions helped me process and rebuild my confidence."

### **Trauma**

Our trauma-informed approach is central to our service, allowing clients to navigate and heal from complex past experiences.

### **Women**

Women accessing our services have noted significant improvements in confidence and mental wellbeing. Our counsellors provide compassionate, focused support to those facing abuse, trauma, or economic hardship.

### **Young People (16–25)**

Our services for young people have been a lifeline for those struggling with identity, anxiety, and life transitions. We continue to expand our outreach to this age group, recognising the importance of early intervention.

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## Our Funders and Supporters

Our thanks go to our generous funders who made our work possible. This year, we received grants from:

- The Linnet Trust – £13,000
- Wiltshire Community Foundation – £10,000 & £5,000
- Wiltshire Police and Crime Commissioner – £11,200
- The Community Fund - £10,000
- Wessex Water – £3,500
- Chippenham Borough Lands Charity – £3,000
- The Weinstock Fund – £2,000
- Selwood Housing – £1,248
- Jack Lane Trust – £1,000
- The Ray Harris Charitable Trust – £1,000
- Melksham Town Council – £1,000
- Trowbridge Town Council - £1,000
- St James' Trust - £1000
- The Walter Guinness Charitable Trust – £1,000
- Co-op Community Fund – £500
- Westbury Town Council – £500
- Melksham Without Parish Council - £200
- Melksham Area Board - £200

Their support allows us to provide mental health services to those who need it most. Thank you for believing in our mission.

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## Our Counsellors

Our volunteer counsellors are the backbone of Help Counselling Services, saving the organisation in excess of £250,000 annually. Their commitment, empathy, and professionalism enable us to deliver thousands of counselling sessions each year, making mental health support accessible to all.

We asked a couple of our counsellors to say a few words about why they volunteer with HCS

### **Claire**

I greatly value the support surrounding me from the HELP team, which enables me to develop how I work with clients. The Initial Appointment notes enable me to initially assess risk around each client and highlights where I may need to seek further input (from either my primary supervisor, HELP group supervision or the team at HELP). The counselling rooms are comfortable and welcoming, and I feel safe working within the environment & building.

The group supervision provided by HELP is extremely beneficial on several levels: providing an additional regular form of supervision support; Nigel is an excellent supervisor and facilitator of the group; I also appreciate meeting other volunteers on a regular basis and learning from their

experiences; it builds a sense of community. The contribution towards my primary supervision costs are hugely appreciated. It reflects the recognition of the contribution made by the volunteers. The commitment from the HELP team at providing access to additional training is exemplary and I have really appreciated this.

### **Kirsty**

Help is a really welcoming and supportive organisation. I feel valued as a volunteer. I have been given support when needed and feel Help gives its counsellors opportunities to succeed and progress.

The ease of the application and induction process, I found it thorough, which was reassuring as it makes sure that the counsellors are suited to the work, but also straightforward.

The culture allows for counsellors to seek support when needed, while also being enabled to work in their own way with clients. The boundaries are also reassuring, and the staff are supportive. Counsellors are valued by having support in paying for supervision, are given excellent CPD opportunities and I find the annual Xmas party is great for morale and in feeling valued.

I think Help is a great organisation and when friends and colleagues tell me about their experiences at other placements, I realise how lucky I am.

### **Lynne**

I cannot speak highly enough of my placement at Help. The management team are all wonderful and go above and beyond to be helpful and supportive; I have always felt well held, and as a result my confidence has grown over my time here. The rooms are well kept and feel like a very therapeutic environment, and I have experienced a wide variety of clients. The induction and administration procedures are efficient and well managed, and I am grateful for the high-quality training offered. I have benefited from advice on setting up in private practice and particularly appreciate being able to use Help's rooms for this whilst starting out. Sadly, I have read of and heard from course peers about much less positive placement experiences and as a result feel even more fortunate to have landed at Help, it feels like a gold standard!

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## **Client Feedback**

We are incredibly grateful to our clients for sharing their experiences with us. Here are some of their reflections:

***"I wasn't confident in therapy before starting, but it came together beautifully, and I can't speak highly enough of my counsellor."***

***"I felt supported and accepted for who I am."***

***"It has been liberating, allowing me to express myself in a non-judgemental environment that has been life-changing for me."***

***"The whole experience has been excellent, and I am very grateful. It's extremely professional and allowed me to trust the process and feel I was in a safe place."***

***"I made a big step making this, and I don't regret it. My counsellor is what I needed, and I thank her for that. I will work on me, more and more."***

***"Gary always explained everything clearly and was a fantastic help to me in putting my issues in perspective."***

***"I was feeling very vulnerable and high anxiety following a heart attack, but the sessions helped me process and rebuild my confidence."***

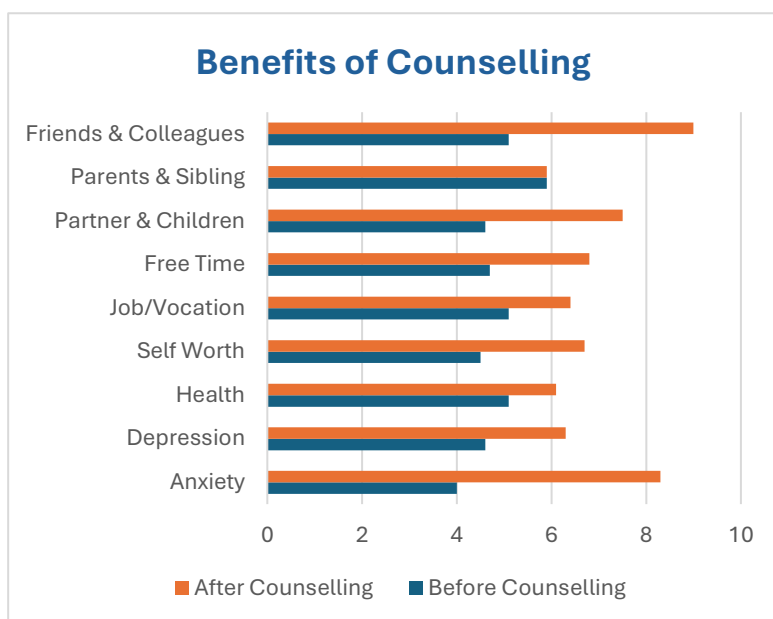
These are just a few of comments that show the impact our volunteer counsellors have on their community.

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## The impact of our Work

At Help Counselling Services, we believe that accessible, compassionate mental health support can transform lives. Our *Wheel of Life* assessments, conducted before and after counselling, illustrate the profound impact of our services. Clients consistently report significant improvements in key areas of their well-being.

These improvements are not just numbers; they represent real lives transformed, individuals regaining hope, stability, and purpose. One client shared, *"Ten years of struggles were worked out and conquered in 11 sessions."* Our work goes beyond crisis intervention; it is a lifeline, offering long-term support and recovery in the communities that need it most.



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## Case Study: Liam's Journey

Liam first came to Help Counselling Services following the tragic suicide of his best friend. They had spoken just days before, planning to catch up that weekend. Having known him since their teenage years, Liam had never once suspected his friend was struggling. The shock and confusion of the loss left him battling emotions he had never confronted before, guilt, sadness, and an overwhelming sense of disbelief.



Liam was paired with David, one of our trained bereavement and loss counsellors. With patience and understanding, David created a safe, non-judgemental space for Liam to explore emotions that had long been unspoken. Gently guided, Liam began to unravel his grief, reflecting on unexpressed fears and buried feelings. When the weight of his emotions became too much, he would turn to alcohol to numb the pain, a temporary escape that only deepened the disconnect with his partner.

Through therapy, Liam started to recognise how his reluctance to process his feelings had created barriers, not only with his partner, who felt him slipping away, but also within himself. With David's support, he gradually found healthier ways to express his emotions, rebuild trust, and reconnect emotionally.

David introduced Liam to somatic experiencing and focusing techniques, guiding him to identify where emotions lived in his body. Rather than pushing those feelings away, sessions encouraged Liam to sit with the sensations, allowing them to surface gently and be processed safely.

Over time, Liam learned to understand his triggers, respond to emotional waves without avoidance, and rebuild his connection with his partner.

He now describes feeling more grounded, open, and ready to face the future with resilience and clarity; empowered by a deeper understanding of himself and his relationships.

Liam is now committed to AA and helps others struggling with addiction and their mental health, whilst still supporting his own well-being. We are very proud of his achievements.

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## **Our Trustees**

Our Trustees bring strategic oversight, governance, and unwavering support to Help Counselling Services. Their expertise and dedication help guide our mission and ensure our services reach those who need them most.

### **Catherine Hamp – Chair**

Catherine's professional career was in the civil service. She developed policy and advised ministers on subjects as varied as disability benefits, pensions regulation and cyber security.

She was selected to undertake a secondment from the civil service to the charity sector, advising The Stroke Association on governance and board effectiveness.

Alongside her professional career, she has volunteered as a charity trustee since 2013, firstly at the national anti-poverty charity Turn2Us, latterly becoming chair of the operations committee there, and then at Help Counselling, which she joined in 2019, becoming chair of trustees the following year.

### **Lindsay Driscoll – Vice Chair**

Lindsay Driscoll has advised on charity law and governance in this country and internationally for over 40 years. For several years she was Legal Commissioner at the Charity Commission and before that Head of Legal at NCVO and then a partner at a London charity law firm. She has also worked in over 30 countries, advising governments and Human Rights organisations on the reform of charity and civil society law.

In the course of her work Lindsay advised several leading psychotherapy and counselling charities. Lindsay originally gave some advice to Help and then was pleased to accept an invitation to become a trustee ten years ago.

### **Sarah Cope – Treasurer**

Sarah has been Treasurer at Help Counselling Services for over a decade, bringing more than 20 years of bookkeeping experience across local firms to the role. A qualified accounting technician, Sarah combines financial rigour with a deep understanding of the human impact of mental health challenges.

She is passionate about the role that community groups play in supporting wellbeing—offering connection, tackling loneliness, and creating vital networks for individuals and families alike.

Outside of work, Sarah is a mum to two teenage children and a committed swimmer. Whether braving the Thames or taking on Lake Windermere, she has raised funds through her swims for a number of local causes, showing the same dedication in the water as she does in her work with HCS.

### **Mayor Stephen Cooper**

Stephen Cooper worked in the public sector managing the support of UK Government IT systems until his early retirement in 2010. He brings experience in major incident management, change management, risk management, information security management and quality management; all within an enterprise level organisation.

In 2021 he was elected to Trowbridge Town Council and has since served one twelve-month term as Deputy Mayor of Trowbridge and two terms as Mayor. In May 2025 he was re-elected to the Council and is now serving his third consecutive term as Mayor.

Stephen joined Help Counselling Services as a Trustee in late 2024.

### **Dr Tony Ward**

Dr Tony Ward is a Chartered and Registered Counselling Psychologist and an Associate Professor at the University of the West of England. He volunteered with Help Counselling Services from 2017 to 2019 before leaving to establish a research clinic at the university. His research focuses on integrative, neuroscience-based approaches to therapy, and he also teaches on the Doctorate in Counselling Psychology programme.

In addition to his work in the UK, Dr Ward is a visiting lecturer at Paris 8 University in France. He returned to Help Counselling Services as a trustee in 2022, motivated by a strong commitment to giving back to the local community. Alongside his academic work, he maintains a private practice in Trowbridge and Salisbury.

### **Thom Aylesbury**

Thom Aylesbury has been a trustee of Help Counselling Services since late 2022. He previously trained with the organisation as a student counsellor during 2019 and 2020.

Since 2018, Thom has worked in local mental health services, following a prior career in the hospitality sector while living and working in Trowbridge. He is proud to support Help Counselling Services and contribute to the charity's meaningful impact within the community.

## Audited Accounts

### Help Counselling Services - Charity 1174668

Year End Accounts - 31st March 2025 INCOME & EXPENDITURE

	31/03/2025	31/03/2024
<b>Grants &amp; Donations</b>		
Grants Received	98890	75514
Client and Other Donations	19576	21149
<b>Total Grants &amp; Donations</b>	<b>118,466</b>	<b>96,663</b>
<b>Other Income</b>		
Rent Received	5900	4181
Interest Received	1037	756
Gift Aid	7169	
Sponsorship	947	193
<b>Total Other Income</b>	<b>15,053</b>	<b>5,130</b>
<b>Total Income</b>	<b>133,519</b>	<b>101,793</b>
<b>Expenditure</b>		
Bank Fees	(736)	613
Cost of Outside Services	10297	1000
Dues & Subscriptions	3244	3310
Insurance	1552	872
Office Supplies, incl Printing, Postage etc.	3127	810
Professional Fees	300	
Rent	8178	7200
Repairs and Renewals	2151	444
Recruitment	0	78
Salaries, Pensions & NIers	65144	50490
Sundry Expenses incl Volunteer Expenses	2080	2505
Supervision	18655	16532
Telephone & Internet	837	783
Training	3159	3795
Travel Expenses	2022	1734
Utilities & Management Charges	7469	3720
Website	252	246
<b>Total Expenditure</b>	<b>127,731</b>	<b>64,132</b>
<b>Surplus/(Deficit) Before Depreciation</b>	<b>5,788</b>	<b>7,661</b>
<b>Depreciation</b>		
Fixtures & Fittings	471	796
Computer Equipment	597	628
<b>Total Depreciation</b>	<b>1068</b>	<b>1424</b>
<b>Surplus/Deficit) After Depreciation</b>	<b>4,720</b>	<b>6,237</b>

	31/03/2025	31/03/2024
<b>Fixed Assets (Note 1)</b>	3,205	4,274
<b>Current Assets</b>		
Debtor and Prepayments	1181	861
Cash in Bank	75288	71524
<b>Total Current Assets</b>	<u>76,469</u>	<u>72,385</u>
<b>Current Liabilities</b>		
Sundry Creditors	0	(1,705)
<b>Total Current Liabilities</b>	0	(1,705)
<b>Net Current Assets</b>	<u>76,469</u>	<u>70,680</u>
<b>Total Assets less Current Liabilities</b>	<u>79,674</u>	<u>74,954</u>
<b>Represented By:</b>		
<b>Balance Brought Forward</b>		
Restricted Funds	22,974	14,100
Unrestricted Funds	51,980	54,617
Restricted & Unrestricted Funds		
<b>Surplus/(Deficit) After Depreciation</b>	4,720	6,237
<b>Balance Carried Forward</b>	79,674	74,954
<b>Represented By (Note 2):</b>		
Restricted		22,974
Unrestricted	79,674	51,980
<b>Total</b>	79,674	74,954

## Help Counselling Services - Charity 1174668

### Year End Accounts - 31st March 2025 Fixed Assets (Note 1)

	Furniture and Fittings 25%	Computer Equipment 25%	Total
<b>Cost</b>			
At 01/04/24	4,830.00	4,710.00	9,540.00
Additions			0.00
Disposals			
At 31/03/25	4,830.00	4,710.00	9,540.00
<b>Depreciation</b>			
At 01/04/24	(2,442.00)	(2,823.75)	(5,265.75)
Depreciation for the Year	(597.00)	(471.56)	(1,068.56)
Disposal			
At 31/03/25	(3,039.00)	(3,295.31)	(6,334.31)
<b>Net Book Value</b>			
At 31/03/24	2,388.00	1,886.25	4,274.25
At 31/03/25	1,791.00	1,414.69	3,205.69

	31/03/2025	31/03/2024
Restricted Funds	22,974	14,100
Unrestricted Funds	51,980	54,617
<b>Surplus/(Deficit) After Depreciation</b>	<b>4,720</b>	<b>6,237</b>
<b>Balance Carried Forward</b>	<b>74,674</b>	<b>74,954</b>
<b>Represented By:</b>		
Restricted (See below)		22,974
Unrestricted	79,674	51,980
<b>Total</b>	<b>79,674</b>	<b>74,954</b>
<b>Restricted Funds</b>		
Wiltshire Police and Crime Commissioner		6453
White Horse Care Trust Employees		1200
Ladbrokes		321
National Lottery		15000
<b>Total</b>	<b>0</b>	<b>22974</b>

## **Year End Accounts - 31st March 2025 Independent Examiners Report**

I report to the trustees on my examination of the accounts of HELP Counselling Services for the year ended 31st March 2025

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 AMCA

Dated: 9<sup>th</sup> July 2025

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### **Treasurer's Report**

Help Counselling Services ended the financial year in a stable position, with a modest surplus of £4,720 after depreciation, demonstrating careful financial management and resilience in the face of growing demand.

Total income increased to £133,519, up from £101,793 the previous year, an encouraging 31% rise. This was largely due to a strong uplift in grants, growing from £75,514 to £98,890, alongside steady client donations and a notable increase in other income such as rent received, interest, and Gift Aid.

Expenditure also rose, reflecting our expanded operations and increased staff and supervision costs. We invested more in infrastructure and professional services while continuing to prioritise affordability and service delivery. Salaries and pension contributions rose from £50,490 to £65,144, consistent with our commitment to fair pay and sustainability.

At year-end, the charity held net assets of £79,674, with £22,974 in restricted funds for key projects and £51,980 in unrestricted reserves, ensuring flexibility for future planning.

The accounts were independently examined by Jenny Budgell ACMA, who reported no material concerns.

## Reserves Policy

### Purpose

Our Reserves Policy is designed to provide clarity on why reserves are necessary, how they are funded, and the target amount required to ensure the stability and continuity of our services.

### Why We Need a Reserves Policy

Our reserves are maintained to:

- **Fulfil our Obligation to Clients:** At Help Counselling Services, we believe that therapeutic support must be consistent and dependable. When clients begin their counselling journey with us, they place their trust not only in their counsellor but in the stability of our service. Our reserves allow us to honour that trust by ensuring that all clients can complete their counselling sessions, even in the face of unexpected financial challenges or service disruptions.
- **Ensure Continuity of Therapeutic Services:** In the event of closure, our reserves are structured to cover five months of full running costs. This guarantees that all therapeutic commitments are honoured, that clients are supported through to the end of their planned sessions, and that we can manage any necessary transitions with dignity and care. This includes covering potential redundancies and liabilities such as removal costs.
- **Weather Fluctuations in Funding:** The nature of charitable funding can be unpredictable. Our reserves act as a financial buffer, allowing us to maintain seamless support for our clients during periods of funding uncertainty, ensuring that no one's therapeutic journey is interrupted.

### How Our Reserves Are Funded

All funds raised explicitly for client services are dedicated solely to that purpose. Our reserves are generated through renting our space to other organisations and individuals, ensuring that all client-focused donations remain wholly for service delivery.

### Current Reserves Fund

At present, our reserves stand at **£35,000**.

### Our Target

We are working towards a reserve fund of £55,000. This represents 50% of our total yearly expenditure, sufficient to cover any unforeseen events, from funding dips to potential service closure.

Our strategy is to grow this fund incrementally over the next 5 to 8 years, increasing reserves by £1,500 to £2,000 annually, followed by £500 per year to meet rising costs. While committed to achieving this goal, our primary focus remains fully funding the service, and we remain flexible to adapt to financial realities, as necessary.

HELP COUNSELLING SERVICES

ACCOUNTS FOR YEAR ENDED

31st MARCH 2025



## Help Counselling Services - Charity 1174668

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**Represented By:**

**Balance Brought Forward**

Restricted Funds	22,974	14,100
Unrestricted Funds	51,980	54,617
Restricted & Unrestricted Funds		

<b>Surplus/(Defecit) After Depreciation</b>	4,720	6,237
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<b>Balance Carried Forward</b>	<b>79,674</b>	<b>74,954</b>
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**Represented By (Note 2) :**

Restricted		22,974
Unrestricted	79,674	51,980

<b>Total</b>	<b>79,674</b>	<b>74,954</b>
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## Help Counselling Services - Charity 1174668

### Year End Accounts - 31st March 2025 Fixed Assets (Note 1)

	<b>Furniture and Fittings 25%</b>	<b>Computer Equipment 25%</b>	<b>Total</b>
<b>Cost</b>			
<b>At 01/04/24</b>	4,830.00	4,710.00	9,540.00
Additions			0.00
Disposals			
<b>At 31/03/25</b>	4,830.00	4,710.00	9,540.00
<b>Depreciation</b>			
<b>At 01/04/24</b>	(2,442.00)	(2,823.75)	(5,265.75)
Depreciation for the Year	(597.00)	(471.56)	(1,068.56)
Disposal			
<b>At 31/03/25</b>	(3,039.00)	(3,295.31)	(6,334.31)
<b>Net Book Value</b>			
<b>At 31/03/24</b>	2,388.00	1,886.25	4,274.25
<b>At 31/03/25</b>	1,791.00	1,414.69	3,205.69

	31/03/2025	31/03/2024
Restricted Funds	22,974	14,100
Unrestricted Funds	51,980	54,617
<b>Surplus/(Defecit) After Depreciation</b>	4,720	6,237
<b>Balance Carried Forward</b>	<b>79,674</b>	<b>74,954</b>
<b>Represented By:</b>		
Restricted (See below)		22,974
Unrestricted	79,674	51,980
<b>Total</b>	<b>79,674</b>	<b>74,954</b>
<b>Restricted Funds</b>		
Wiltshire Police and Crime Commissioner		6453
White Horse Care Trust Employees		1200
Ladbrokes		321
National Lottery		15000
<b>Total</b>	<b>0</b>	<b>22974</b>

## **Help Counselling Services - Charity 1174668**

### **Year End Accounts - 31st March 2025 Independent Examiners Report**

I report to the trustees on my examination of the accounts of HELP Counselling Services for the year ended 31st March 2025

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 Budgetell ACMA

Dated: 07/07/2025

HELP COUNSELLING SERVICES

ACCOUNTS FOR YEAR ENDED

31st MARCH 2025

## Help Counselling Services - Charity 1174668

### Year End Accounts - 31st March 2025 INCOME & EXPENDITURE

	31/03/2025	31/03/2024
<b>Grants &amp; Donations</b>		
Grants Received	98890	75514
Client and Other Donations	19576	21149
<b>Total Grants &amp; Donations</b>	<b>118,466</b>	<b>96,663</b>
<b>Other Income</b>		
Rent Received	5900	4181
Interest Received	1037	756
Gift Aid	7169	
Sponsorship	947	193
<b>Total Other Income</b>	<b>15,053</b>	<b>5,130</b>
<b>Total Income</b>	<b>133,519</b>	<b>101,793</b>
<b>Expenditure</b>		
Bank Fees	(736)	613
Cost of Outside Services	10297	1000
Dues & Subscriptions	3244	3310
Insurance	1552	872
Office Supplies, incl Printing, Postage etc	3127	810
Professional Fees	300	
Rent	8178	7200
Repairs and Renewals	2151	444
Recruitment	0	78
Salaries, Pensions & NIers	65144	50490
Sundry Expenses incl Volunteer Expenses	2080	2505
Supervision	18655	16532
Telephone & Internet	837	783
Training	3159	3795
Travel Expenses	2022	1734
Utilities & Management Charges	7469	3720
Website	252	246
<b>Total Expenditure</b>	<b>127,731</b>	<b>94,132</b>
<b>Surplus/(Defecit) Before Depreciation</b>	<b>5,788</b>	<b>7,661</b>
<b>Depreciation</b>		
Fixtures & Fittings	471	796
Computer Equipment	597	628
<b>Total Depreciation</b>	<b>1068</b>	<b>1424</b>
<b>Surplus/(Defecit) After Depreciation</b>	<b>4,720</b>	<b>6,237</b>

	31/03/2025	31/03/2024
<b>Fixed Assets (Note 1)</b>	3,205	4,274
<b>Current Assets</b>		
Debtor and Prepayments	1181	861
Cash in Bank	75288	71524
<b>Total Current Assets</b>	<b>76,469</b>	<b>72,385</b>
<b>Current Liabilities</b>		
Sundry Creditors	0	(1,705)
<b>Total Current Liabilities</b>	<b>0</b>	<b>(1,705)</b>
<b>Net Current Assets</b>	<b>76,469</b>	<b>70,680</b>
<b>Total Assets less Current Liabilities</b>	<b>79,674</b>	<b>74,954</b>

**Represented By:**

**Balance Brought Forward**

Restricted Funds	22,974	14,100
Unrestricted Funds	51,980	54,617
Restricted & Unrestricted Funds		

<b>Surplus/(Defecit) After Depreciation</b>	4,720	6,237
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<b>Balance Carried Forward</b>	<b>79,674</b>	<b>74,954</b>
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**Represented By (Note 2) :**

Restricted		22,974
Unrestricted	79,674	51,980

<b>Total</b>	<b>79,674</b>	<b>74,954</b>
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## Help Counselling Services - Charity 1174668

### Year End Accounts - 31st March 2025 Fixed Assets (Note 1)

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<b>Cost</b>			
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<b>Net Book Value</b>			
<b>At 31/03/24</b>	2,388.00	1,886.25	4,274.25
<b>At 31/03/25</b>	1,791.00	1,414.69	3,205.69

	31/03/2025	31/03/2024
Restricted Funds	22,974	14,100
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<b>Surplus/(Defecit) After Depreciation</b>	4,720	6,237
<b>Balance Carried Forward</b>	<b>79,674</b>	<b>74,954</b>
<b>Represented By:</b>		
Restricted (See below)		22,974
Unrestricted	79,674	51,980
<b>Total</b>	<b>79,674</b>	<b>74,954</b>
<b>Restricted Funds</b>		
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White Horse Care Trust Employees		1200
Ladbrokes		321
National Lottery		15000
<b>Total</b>	<b>0</b>	<b>22974</b>

## **Help Counselling Services - Charity 1174668**

### **Year End Accounts - 31st March 2025 Independent Examiners Report**

I report to the trustees on my examination of the accounts of HELP Counselling Services for the year ended 31st March 2025

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Signed:

Jenny Budgetell ACMA

Dated: 07/07/2025