

NEED TO TALK

England & Wales · Charity number 1177595

Details

Other names	PRECISA DE FALAR
Status	Registered
Legal form	Other
Registered	2018-03-19
Register	View on the Charity Commission register

Contact

Address	64 Pinner Rd. Harrow Harrow HA1 4HZ
Phone	07427548559
Email	INFO@NEEDTOTALK.LONDON
Website	www.needtotalk.london

Activities

Objects: THE PRESERVATION AND PROTECTION OF PHYSICAL AND MENTAL HEALTH OF PEOPLE LIVING AND WORKING IN THE LONDON BOROUGH OF HARROW AND THE SURROUNDING AREA BY THE PROVISION OF COUNSELLING AND WORKSHOPS IN NUTRITION AND HEALTHY EATING.

Activities: Need to Talk is counselling and wellbeing services, run by qualified counsellors, we provide 1-2-1 counselling services, emotional support groups, workshops and placement to volunteer counsellors finishing their studies. We welcome everyone we offer a non-judgemental, understanding and safe place where people can explore and address their emotional needs. Our work focus on the wellbeing of all.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Harrow

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£44,652	£55,579	-	-
2024-03-31	£53,578	£60,656	-	-
2023-03-31	£73,297	£49,335	-	-
2022-03-31	£16,085	£35,223	-	-
2021-03-31	£36,622	£13,923	-	-

Trustees

Name	Role	Appointed
SACHA PEARSALL	Chair	2014-12-09
Maulidi Ali		2022-05-28
NOREEN FOX		2014-01-14

NEED TO TALK

England & Wales - Charity number 1177595

Accounts

Need To Talk

Charity Number

1177595

Annual Report and Financial Statements

for the Year

Ended 31st March 2025

Need To Talk

Reference and Administrative Details

Registered Charity Number: 1177595

Trustees:

SACHA PEARSALL - Chair – Date appointed 9th December 2014

Maulidi Ali - Secretary – Date appointed 28th May 2022

NOREEN FOX - Treasurer - Date appointed 14th January 2014

No Trustees have joined or resigned in this current year 24/25

Principle office:

Need To Talk

c/o Voluntary Action Harrow

The Lodge

64 Pinner Road

Harrow

HA1 4HZ

Structure, Governance and Management

Charity Name: Need to Talk

Other names: PRECISA DE FALAR (Working name)

Governing document: Constitution as amended by Trustees on 15 March 2018

Need to Talk is an Unincorporated Charity

Trustee selection methods:

As per the Need to Talk governing document.

1. The Executive Committee shall consist of not less than 3 members nor more than 7 members being:
 - 1.1 The three honorary officers specified in the preceding clause.
 - 1.2 Not less than 3 no more than 7 executive members are elected at the Annual General Meeting.
2. The executive committee may, in addition, appoint not more than 2 co-opted members but so that no one may be appointed as a co-opted member if, as a result, more than one-third of the members of the Executive Committee would be co-opted members. Each appointment of a co-opted member shall be made at a meeting of the Executive committee called under clause J and shall take effect from the end of that meeting unless the appointment is to fill a place which has not been vacated, in which case the appointment shall run from the date when the post becomes vacant.
3. All the members of the Executive Committee shall retire from office together at the end of the Annual General Meeting next after the date on which they came into office, but they may be re-elected or re-appointed.
4. The proceedings of the Executive Committee shall not be invalidated by any vacancy a month their number or by any failure to appoint or any defect in the appointment or qualification of a member.
5. Nobody shall be appointed as a member of the Executive Committee who is aged under 18 or who would, if appointed, be disqualified under the provisions of the following clause.

No person shall be entitled to act as a member of the Executive Committee, whether on a first or subsequent entry into office, until after signing in the minute book of the Executive Committee a declaration of acceptance and of willingness to act in the trusts of the organisation

Description of Charity

Need to Talk is counselling and well-being services run by qualified counsellors; we provide 1-2-1 counselling services, emotional support groups, workshops and placement to volunteer counsellors finishing their studies. We welcome everyone; we offer a non-judgemental, understanding, and safe place where people can explore and address their emotional needs. Our work focuses on the well-being of all.

Objectives of the Charity

The organisation's objects are:

The preservation and protection of the physical and mental health of people living in the London Borough of Harrow and the surrounding area by providing counselling and workshops in nutrition and healthy eating.

Main Activities:

Need to talk provides the following services.

- **Counselling assessments**
- **One-to-one counselling sessions**
- **Wellbeing groups**
- **Supervision for counsellors**
- **We keep a good network with other services in Harrow to attract referrals.**
- **We recruit counsellors.**
- **We provide placements to Trainee counsellors.**
- **We provide ongoing continuous professional development (CPD) to the whole team.**

The contribution made by volunteers:

Need To Talk volunteer counsellors make contributions by giving affordable counselling sessions to the community.

We have student volunteers maintaining our social media presence and generating a newsletter. We also have a volunteer who supports us by maintaining the website and email services.

Achievements and Performance:

Need to Talk continues to:

We are now working on the three main counselling platforms: face-to-face, online and phone, and we aim to carry on supporting the most vulnerable in the community with free or affordable counselling sessions and wellbeing groups, including music and exercise. The community is now experiencing the impact of the cost-of-living increase; mental health users, BAME and LGBT groups continue to be our priority as we are aware that they are some of the most vulnerable groups in our community.

- **Support and provide affordable counselling to approximately 800 counselling sessions quarterly. We have 24 counsellors seeing a minimum of 3 clients each per week. Clients can either have 12 sessions (short counselling) or opt for open-ended counselling extending to up to 2 years.**
- **We have an ongoing emotional support group that empowers people to seek further support or better cope with their mental well-being.**
- **We have always supported around 20-25 volunteer counsellors at any time who are on the path to becoming fully qualified counsellors or accruing counselling hours towards their accreditation for future practice.**

We provide future practitioners, counsellors and other volunteers with (young people supporting us with our social media presence):

- **supervision**
- **CPD**
- **Signpost to in-house training**
- **We provide information as to useful training and external blogs.**
- **Recommend further studies according to the changing needs of our clients.**
- **We also complete detailed reports as required by their college or universities for the successful completion of the course.**
- **References**
- **Guidance and experience working in a professional environment.**
- **Many counsellors speak a second language with the community's needs in mind. (e.g., Hindi, Urdu, Punjabi, Polish, Italian, Portuguese, Spanish, Greek and Cantonese, Mandarin Chinese, Russian and Ukrainian)**
- **Charity is led by people who represent the diverse community in Harrow.**

Achievements against set objectives:

We met our objectives of preservation and protection of the physical and mental health of people living in the London Borough of Harrow and the surrounding area by:

- **Providing counselling to improve mental health.**
- **Running small well-being groups to increase individuals' ability to self-manage their mental health.**

Projects that we have been working on this year:

Northwood School - continued from previous year.

Need To Talk has two regular counsellors placed within the school, offering 1.2.1 sessions for young people.

National Lottery Community Fund - Emotional crisis

This project continued from the previous year and will continue to support and continue to provide one to one counselling. Also, this will help to sustain the three different platforms that we use at Need to Talk.

Elm Tree Trust

The funds we have received from Elm Tree Trust of £5000 are unrestricted and will be spent on Supporting our admin cost and rent.

Financial Review

Need To Talk started the year with a balance of £21876 made up of Restricted funds £19500 and Unrestricted funds £2376.

Unrestricted	Core	2376
Restricted	Northwood School	0
Restricted	NLCF Emotional crisis	19500
Restricted	Elm Tree Trust	0
Restricted	Self-Care Support	0

Income from Counselling sessions for 24/25 was £34644, which is 21% higher to that of the previous year.

We secured funding from Elm Tree Trust which totals £30000 over 6 years (£5000 per Year) which is unrestricted.

Harrow Wins ticket sales brought in only £7.50 which is a decrease again from the previous year. It would suggest that our supporters are not buying many tickets. This could be related to the cost-of-living crisis. We should look into ways to increase the sales of the Harrow Wins Lottery tickets.

We also received donations of £5000 which is unrestricted and can contribute to our overheads.

Overall, 24/25 has been a challenging year for funding. Looking forward to the next year we will need to raise more funds so we can ensure that Need to Talk can carry on offering the community a great service and counselling sessions.

The current level of reserves is £10948 which are less than our reserves policy expectations. The trustees have continuously been reviewing expenditure to enable and to ensure the reserves are at a minimum level in line with the reserves policy. The trustees are aiming to have the reserves level in line with the Reserves policy by the end of the next financial year.

Reserves Policy

Free reserves equating to at least four (4) months of unrestricted expenditure to support costs and to respond to emergency needs which arise from time to time.

In addition, there is also a need to designate certain sums from free reserves for anticipated expenditure in the short to medium term.

This would generally be for capital expenditure and will be specified in the notes to the annual accounts.

It is anticipated that total free reserves, including designated funds, would be maintained at a level of six (6) months of unrestricted expenditure.

Funds from the charity

Total Funds £10948

This is made up of:

Unrestricted funds £ 10948

Restricted funds £0

The charity's principal sources of funds (including any fundraising)

Client's contributions for counselling sessions, Harrow Wins fundraising via sale of Harrow Wins lottery tickets and grants.

The number of employees during this year was 2.

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations. The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP
- make judgements and estimates that are reasonable and prudent.
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- and prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on14/12/2025..... and signed on its behalf by:



.....
Name **Maulidi Ali**

Trustee

Financial Statements for Year End 31st March 2025

Charity No. 1177595

These statements have been prepared on a Receipts and Payments basis.

Income Statement

Receipts and Payments Accounts					
For the period from	01/04/2024	To		31/03/2025	Last year 23/24
		Unrestricted funds	Restricted funds		
RECEIPTS					
Grants		5000		5000	20000
Counselling Fees		34644		34644	28590
Donations		5008		5008	4018
Workshops				0	0
Other				0	970
Total incoming resources		44,652	0	44,652	53,578
PAYMENTS					
Staff		18,032		18,032	17,879
Office, IT and running costs		1,120		1,120	1445
DBS		39	209	249	0
Volunteer Expenses		223	22	245	23
Bank charges				0	0
Facilitators/supervisors		10,773	17,501	28,274	29,700
Memberships/ Subscriptions		666		666	0
insurance		273		273	267
Accounts				0	500
Professional Fees				0	258
Bookkeeping		1,200		1,200	600
Counselling resources				0	106
Room Hire		2,665	1,439	4,104	1567
Events				0	6669
Travel/Accommodation			329	329	0
Trainer Costs				0	937
Misc Exp		720		720	200
Equipment		40		40	118
Advertising		61		61	
Staff training				0	120
Depreciation		266		266	267
Total Expended		36,079	19,500	55,579	60,656
NET RECEIPTS AND PAYMENTS		8,572	-19,500	-10,928	-7,078
TRANSFERS BETWEEN FUNDS		0	0	0	0
CASH FUNDS LAST YEAR END		2376	19500	21,876	28954
CASH FUNDS THIS YEAR END		10,948	0	10,948	21,876

Financial Statements for Year End 31st March 2025

Charity No. 1177595

These statements have been prepared on a Receipts and Payments basis.

Balance Sheet

	Year end 31/03/2025			Last Year
	Unrestricted	Restricted	TOTAL	23/24
Fixed Assets				
	266	0	266	533
Total Fixed Assets	266	0	266	533
Current Assets				
Cash at Bank Bank of Scotland	10682	0	10682	21343
			0	
			0	
Total Current Assets	10682	0	10682	21343
	Unrestricted	Restricted	TOTAL	
Current Liabilities				
	0	0	0	0
Total Current Liabilities	0	0	0	0
Total Assets Less Liabilities	10948	0	0	21876
Total Cash Funds	10948	0	10948	21876

These statements have been prepared on a Receipts and Payments basis.

Movement between funds 01/04/2024 to 31/03/2025

Accounts	Description	Opening Balance	Income	Expenditure	Transfers	Closing Balance
Unrestricted	Core	2376	30251	22385		10242
Unrestricted	Northwood School	0	4400	4400		0
Unrestricted	Elm Tree Trust	0	5000	4294		706
Unrestricted	Self-Care Support	0	5000	5000		0
Restricted	NLCF Emotional crisis	19500	0	19500		0
TOTALS		21876	44651	55579	0	10948

TANGIBLE FIXED ASSETS

IT Equipment	Cost at 31/03/2023	1065
	Total Depreciation at 31/03/25	799
	Net Book Value at 31/03/2025	266

The financial statements on pages 10 to 12 were approved by the trustees and authorised for issue on ...14/12/2025.....

and signed on behalf by:



.....

Maulidi Ali (Trustee)



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
Need to Talk

On accounts for the year
ended

31/03/25

Charity no
(if any)

1177595

Set out on pages

Pages 8 to 10

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2025.

Responsibilities and
basis of report

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 Trust'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.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent 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:

Date:

18/12/25

Name:

Rachel Wright

Relevant professional
qualification(s) or body
(if any):

Address:

Voluntary Action Harrow CIC

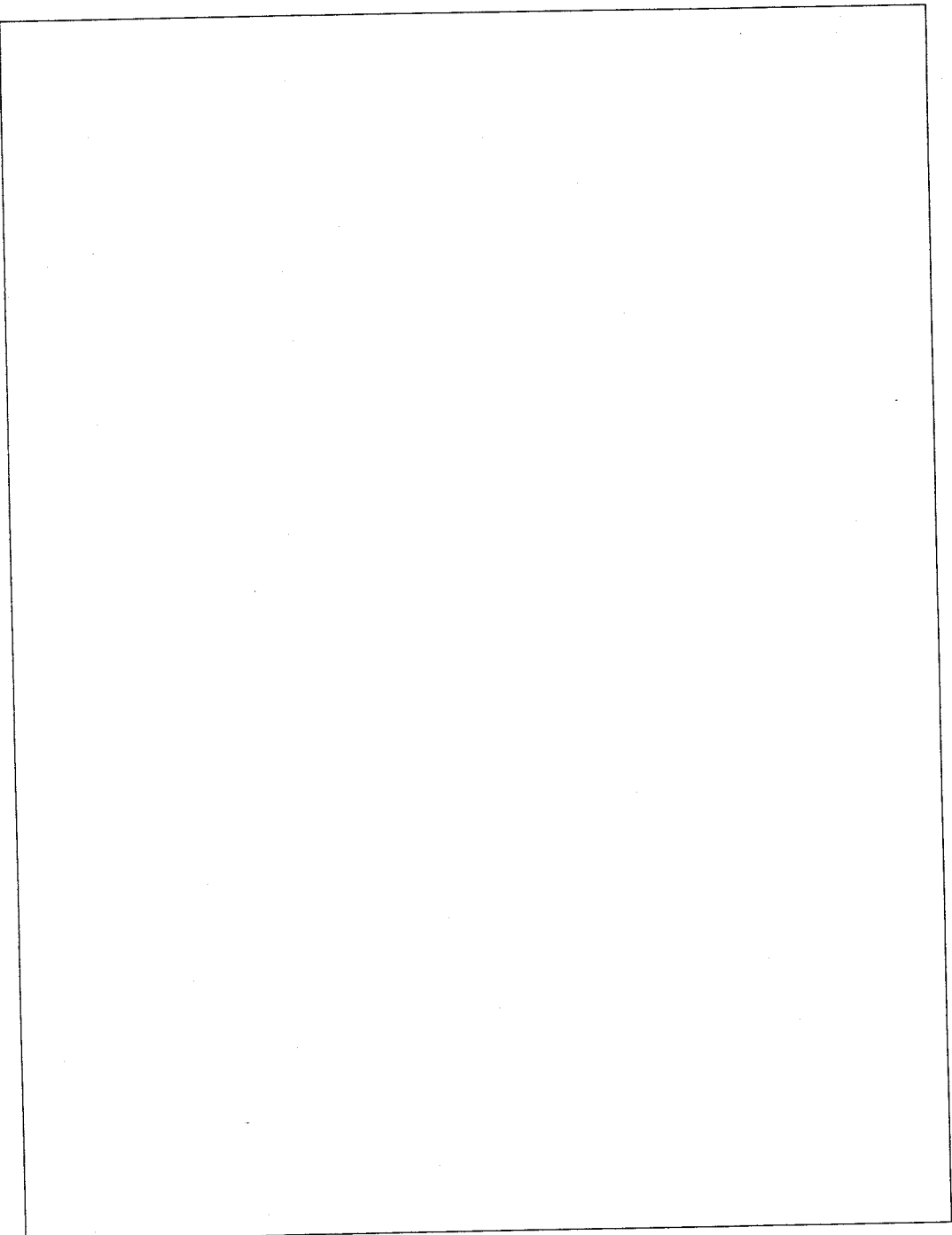
The Lodge, 64 Pinner Road

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



NEED TO TALK

England & Wales - Charity number 1177595

Accounts

Need To Talk

Charity Number

1177595

Annual Report and Financial Statements

for the Year

Ended 31st March 2024

Need To Talk

Reference and Administrative Details

Registered Charity Number: 1177595

Trustees:

SACHA PEARSALL - Chair – Date appointed 9th December 2014

Maulidi Ali - Secretary – Date appointed 28th May 2022

NOREEN FOX - Treasurer - Date appointed 14th January 2014

Principle office:

Need To Talk

c/o Voluntary Action Harrow

The Lodge

64 Pinner Road

Harrow

HA1 4HZ

Structure, Governance and Management

Charity Name: Need to Talk

Other names: PRECISA DE FALAR (Working name)

Governing document: Constitution as amended by Trustees on 15 March 2018

Need to Talk is an Unincorporated Charity

Trustee selection methods:

As per the Need to Talk governing document.

1. The Executive Committee shall consist of not less than 3 members nor more than 7 members being:
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Description of Charity

Need to Talk is counselling and well-being services run by qualified counsellors; we provide 1-2-1 counselling services, emotional support groups, workshops and placement to volunteer counsellors finishing their studies. We welcome everyone we offer a non-judgemental, understanding, and safe place where people can explore and address their emotional needs. Our work focuses on the well-being of all.

Objectives of the Charity

The organisation's objects are:

The preservation and protection of the physical and mental health of people living in the London Borough of Harrow and the surrounding area by providing counselling and workshops in nutrition and healthy eating.

Main Activities:

Need to talk provides the following services.

- Counselling assessments
- One-to-one counselling sessions
- Wellbeing groups
- Supervision for counsellors
- We keep a good network with other services in Harrow to attract referrals.
- We recruit counsellors.
- We provide placements to Trainee counsellors.
- We provide ongoing continuous professional development (CPD) to the whole team.

The contribution made by volunteers:

Need To Talk volunteer counsellors make contributions by giving affordable counselling sessions to the community.

We have student volunteers maintaining our social media presence and generating a newsletter. We also have a volunteer who supports us by maintaining the website and email services.

Achievements and Performance:

Need to Talk continues to:

We are now working on the three main counselling platforms: face-to-face, online and phone, and we aim to carry on supporting the most vulnerable in the community with free or affordable counselling sessions and wellbeing groups, including music and exercise. The community is now experiencing the impact of the cost-of-living increase; mental health users, BAME and LGBT groups continue to be our priority as we are aware that they are some of the most vulnerable groups in our community.

- **Support and provide affordable counselling to approximately 800 counselling sessions quarterly. We have 24 counsellors seeing a minimum of 3 clients each per week. Clients can either have 12 sessions (short counselling) or opt for open-ended counselling extending to up to 2 years.**
- **We have an ongoing emotional support group that empowers people to seek further support or better cope with their mental well-being.**
- **We have always supported around 20-25 volunteer counsellors at any time who are on the path to becoming fully qualified counsellors or accruing counselling hours towards their accreditation for future practice.**

We provide future practitioners, counsellors and other volunteers with (young people supporting us with our social media presence):

- **supervision**
- **CPD**
- **Signpost to in-house training**
- **We provide information as to useful training and external blogs.**
- **Recommend further studies according to the changing needs of our clients.**
- **We also complete detailed reports as required by their college or universities for the successful completion of the course.**
- **References**
- **Guidance and experience working in a professional environment.**
- **Many counsellors speak a second language with the community's needs in mind. (e.g., Hindi, Urdu, Punjabi, Polish, Italian, Portuguese, Spanish, Greek and Cantonese, Mandarin Chinese, Russian and Ukrainian)**
- **Charity is led by people who represent the diverse community in Harrow.**

Achievements against set objectives:

We met our objectives of preservation and protection of the physical and mental health of people living in the London Borough of Harrow and the surrounding area by:

- **Providing counselling to improve mental health.**
- **Running small well-being groups to increase individuals' ability to self-manage their mental health.**

Projects that we have been working on this year:

Harrow Together- continued from previous year.

This project gave people the opportunity to come together and increase their emotional and physical well-being through music, exercise, and emotional support groups.

HT Ukraine- continued from previous year.

Targeted support for Ukrainian refugees and their families to access emotional support through counselling in their language.

TNL Community Fund - continued from previous year.

This funding enabled us to provide emotional support to the community post-pandemic, targeting some of the most vulnerable groups suffering from Mental health issues and those from the BAME community.

Northwood School - continued from previous year.

Need To Talk has two regular counsellors placed within the school, offering 1.2.1 sessions for young people.

Rocket Science - continued from previous year.

This project helped us create a safe space for vulnerable women in the community, whereby their difficulties (domestic violence) have been exacerbated due to the COVID-19 pandemic.

National Lottery Community Fund - Emotional crisis

This is a new project that just started in March 24 and will continue into the next financial year. This will support and continue to provide one to one counselling. Also, this will help to sustain the three different platforms that we use at Need to Talk.

Financial Review

Need To Talk started the year with a balance of £28954 made up of Restricted funds £9171.00 and Unrestricted funds £19783.

Unrestricted	Core	19783
Restricted	Northwood School	1239
Restricted	NLCF Emotional crisis	0
Restricted	Harrow Together	477
Restricted	HT Ukraine	636
Restricted	TNL Community Fund	784
Restricted	Rocket Science	6035

Income from Counselling sessions for 23/24 was £28590, which is similar to that of the previous year.

We secured funding late in the year around February 24 of £20,000 which was from the National Lottery Community Fund (NLCF) Emotional crisis project. This project will continue into 24/25.

Harrow Wins ticket sales brought in only £18 which is a decrease from last year. It would suggest that our supporters are buying less tickets than last year as we managed to raise £141 in 22/23.

We also received donations of £4000 which is unrestricted and can contribute to our overheads.

Overall, 23/24 has been a steady year. Looking forward to the next year we will need to raise more funds so we can ensure that Need to Talk can carry on offering the community a great service and counselling sessions.

The current level of reserves is £2376 which are less than our reserves policy expectations. The trustees have been reviewing expenditure to enable and to ensure the reserves are at a minimum level. The trustees are aiming to have the reserves level inline with the Reserves policy by the end of the next financial year.

Reserves Policy

Free reserves equating to at least four (4) months of unrestricted expenditure to support costs and to respond to emergency needs which arise from time to time.

In addition, there is also a need to designate certain sums from free reserves for anticipated expenditure in the short to medium term.

This would generally be for capital expenditure and will be specified in the notes to the annual accounts.

It is anticipated that total free reserves, including designated funds, would be maintained at a level of six (6) months of unrestricted expenditure.

Funds from the charity

Total Funds £21876

This is made up of:

Unrestricted funds £ 2376

Restricted funds £19500

The charity's principal sources of funds (including any fundraising)

Client's contributions for counselling sessions, Harrow Wins fundraising via sale of Harrow Wins lottery tickets and grants.

Number of employees during this year was 2.

Statement of Trustees' Responsibilities

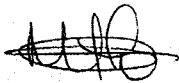
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- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP
- make judgements and estimates that are reasonable and prudent.
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements.
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Approved by the trustees of the charity on 20th Jan 2015 and signed on its behalf by:



Name MAULIDI ALI

Trustee

Financial Statements for Year End 31st March 2024

These statements have been prepared on a Receipts and Payments basis.

Charity No. 1177595

Income Statement

Receipts and Payments Accounts					
For the period from	01/04/2023	To	31/03/2024		
		Unrestricted funds	Restricted funds	Total funds	Last year 22/23
RECEIPTS					
Grants			20000	20000	44540
Counselling Fees		28590		28590	28196
Donations		4018		4018	141
Workshops				0	420
Other		970		970	0
Total incoming resources		33,578	20,000	53,578	73,297
PAYMENTS					
Staff		17,879		17,879	24,976
Office, IT and running costs		1,445		1,445	695
DBS		-		0	216
Volunteer Expenses		23		23	-
Bank charges		-		0	-1,160
Facilitators/supervisors		20,029	9,671	29,700	20,210
counselling Assessment		-		0	450
insurance		267		267	267
Accounts		500		500	450
Professional Fees		258		258	878
Bookkeeping		600		600	
Counselling resources		106		106	150
Room Hire		1,567		1,567	670
Events		6,669		6,669	
workshops		0		0	680
Trainer Costs		937		937	
Misc Exp		200		200	
Equipment		118		118	
Staff training		120		120	587
Depreciation		267		267	266
Total Expended		50,985	9,671	60,656	49,335
NET RECEIPTS AND PAYMENTS		-17,407	10,329	-7,078	23,962
TRANSFERS BETWEEN FUNDS		0	0	0	0
CASH FUNDS LAST YEAR END		19783	9171	28,954	4992
CASH FUNDS THIS YEAR END		2,376	19,500	21,876	28,954

Financial Statements for Year End 31st March 2024

These statements have been prepared on a Receipts and Payments basis.

Charity No. 1177595

Balance Sheet

	Year end 31/03/2024			Last Year
	Unrestricted	Restricted	TOTAL	22/23
Fixed Assets				
	533	0	533	799
Total Fixed Assets	533	0	533	799
Current Assets				
Cash at Bank Bank of Scotland	1843	19500	21343	28155
			0	
			0	
Total Current Assets	1843	19500	21343	28155
Current Liabilities				
	0	0	0	0
Total Current Liabilities	0	0	0	0
Total Assets Less Liabilities	2376	19500	21876	28954
Total Cash Funds	2376	19500	21876	28954

Financial Statements for Year End 31st March 2024

These statements have been prepared on a Receipts and Payments basis.

Charity No. 1177595

Movement between funds 01/04/2023 to 31/03/2024

Accounts	Description	Opening Balance	Income	Expenditure	Transfers	Closing Balance
Unrestricted	Core	19783	33578	50985		2376
Restricted	Northwood School	1239	0	1239		0
Restricted	NLCF Emotional crisis	0	20000	500		19500
Restricted	Harrow Together	477	0	477		0
Restricted	HT Ukraine	636	0	636		0
Restricted	TNL Community Fund	784	0	784		0
Restricted	Rocket Science	6035	0	6035		0
TOTALS		28954	53578	60656	0	21876

Financial Statements for Year End 31st March 2024

These statements have been prepared on a Receipts and Payments basis.

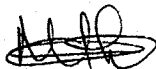
Charity No. 1177595

TANGIBLE FIXED ASSETS

IT Equipment	Cost at 31/03/2023	1065
	Total Depreciation at 31/03/24	532
	Net Book Value at 31/03/2024	533

The financial statements on pages 10 to 12 were approved by the trustees, and authorised for issue on 20/1/25

and signed on behalf by:



MAULANA ALI.



Section A Independent Examiner's Report

Report to the trustees

Charity Name
Need to Talk

On accounts for the year ended

31/03/24	Charity no (if any)	1177595
----------	---------------------	---------

Set out on pages

10 to 12

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024

Responsibilities and basis of report

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 Trust'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.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent 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: 

Date: 20/1/25

Name: Diana Frost

Relevant professional qualification(s) or body (if any):

Address: Voluntary Action Harrow CIC

The Lodge, 64 Pinner Road
Harrow, HA1 4HZ

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

NEED TO TALK

England & Wales - Charity number 1177595

Accounts

Need To Talk

Charity Number

1177595

Annual Report and Financial Statements

for the Year

Ended 31st March 2023

Need To Talk

Reference and Administrative Details

Registered Charity Number: 1177595

Trustees:

SACHA PEARSALL – Date appointed 9th December 2014

Maulidi Ali – Date appointed 28th May 2022

NOREEN FOX - Date appointed 14th January 2014

Principle office:

Need To Talk

c/o Voluntary Action Harrow

The Lodge

64 Pinner Road

Harrow

HA1 4HZ

Structure, Governance and Management

Charity Name: Need to Talk

Other names: PRECISA DE FALAR (Working name)

Governing document: Constitution as amended by Trustees on 15 March 2018

Need to Talk is an Unincorporated Charity

Trustee selection methods:

As per the Need To Talk governing document

1. The Executive Committee shall consist of not less than 3 members nor more than 7 members being:
 - 1.1 The three honorary officers specified in the preceding clause.
 - 1.2 Not less than 3 no more than 7 executive members are elected at the Annual General Meeting.
2. The executive committee may, in addition, appoint not more than 2 co-opted members but so that no one may be appointed as a co-opted member if, as a result, more than one-third of the members of the Executive Committee would be co-opted members. Each appointment of a co-opted member shall be made at a meeting of the Executive committee called under clause J and shall take effect from the end of that meeting unless the appointment is to fill a place which has not been vacated, in which case the appointment shall run from the date when the post becomes vacant.
3. All the members of the Executive Committee shall retire from office together at the end of the Annual General Meeting next after the date on which they came into office, but they may be re-elected or re-appointed.
4. The proceedings of the Executive Committee shall not be invalidated by any vacancy a month their number or by any failure to appoint or any defect in the appointment or qualification of a member.
5. Nobody shall be appointed as a member of the Executive Committee who is aged under 18 or who would, if appointed, be disqualified under the provisions of the following clause.

No person shall be entitled to act as a member of the Executive Committee, whether on a first or subsequent entry into office, until after signing in the minute book of the Executive Committee a declaration of acceptance and of willingness to act in the trusts of the organisation

Description of Charity

Need to Talk is counselling and well-being services run by qualified counsellors; we provide 1-2-1 counselling services, emotional support groups, workshops and placement to volunteer counsellors finishing their studies. We welcome everyone we offer a non-judgemental, understanding, and safe place where people can explore and address their emotional needs. Our work focuses on the well-being of all.

Objectives of the Charity

The organisation's objects are:

The preservation and protection of the physical and mental health of people living in the London Borough of Harrow and the surrounding area by providing counselling and workshops in nutrition and healthy eating.

Main Activities:

Need to talk provides the following services

- Counselling assessments
- One-to-one counselling sessions
- Wellbeing groups
- Supervision for counsellors
- We keep a good network with other services in Harrow to attract referrals
- We recruit counsellors.
- We provide placements to Trainee counsellors.
- We provide ongoing continuous professional development (CPD) to the whole team.

The contribution made by volunteers:

Need To Talk volunteer counsellors make contributions by giving affordable counselling sessions to the community.

We have student volunteers maintaining our social media presence and generating a newsletter. We also have a volunteer who supports us by maintaining the website and email services.

Achievements and Performance:

Need to Talk continues to:

We are now working on the three main counselling platforms: face-to-face, online and phone, and we aim to carry on supporting the most vulnerable in the community with free or affordable counselling sessions and wellbeing groups, including music and exercise. The community is now experiencing the impact of the cost-of-living increase; mental health users, BAME and LGBT groups continue to be our priority as we are aware that they are some of the most vulnerable groups in our community.

- **Support and provide affordable counselling to approximately 800 counselling sessions quarterly. We have 24 counsellors seeing a minimum of 3 clients each per week. Clients can either have 12 sessions (short counselling) or opt for open-ended counselling extending to up to 2 years.**
- **We have an ongoing emotional support group that empowers people to seek further support or better cope with their mental well-being.**
- **We have always supported around 20-25 volunteer counsellors at any time who are on the path to becoming fully qualified counsellors or accruing counselling hours towards their accreditation for future practice.**

We provide future practitioners, counsellors and other volunteers with (young people supporting us with our social media presence) :

- **supervision**
- **CPD**
- **Signpost to in-house training**
- **We provide information as to useful training and external blogs.**
- **Recommend further studies according to the changing needs of our clients.**
- **We also complete detailed reports as required by their college or universities for the successful completion of the course.**
- **References**
- **Guidance and experience working in a professional environment**
- **Many counsellors speak a second language with the community's needs in mind. (e.g., Hindi, Urdu, Punjabi, Polish, Italian, Portuguese, Spanish, Greek and Cantonese, Mandarin Chinese, Russian and Ukrainian)**
- **Charity is led by people who represent the diverse community in Harrow.**

Achievements against set objectives:

We met our objectives of preservation and protection of the physical and mental health of people living in the London Borough of Harrow and the surrounding area by:

- **Providing counselling to improve mental health.**
- **Running small well-being groups to increase individuals' ability to self-manage their mental health**

Projects that we have been working on this year:

Harrow Together

This project gave people the opportunity to come together and increase their emotional and physical well-being through music, exercise, and emotional support groups.

HT Ukraine

Targeted support for Ukrainian refugees and their families to access emotional support through counselling in their language.

TNL Community Fund

This funding enabled us to provide emotional support to the community post-pandemic, targeting some of the most vulnerable groups suffering from Mental health issues and those from the BAME community.

Northwood School

Need To Talk has two regular counsellors placed within the school, offering 1.2.1 sessions for young people.

Rocket Science

This project helped us create a safe space for vulnerable women in the community, whereby their difficulties (domestic violence) have been exacerbated due to the COVID-19 pandemic.

Financial Review

Need To Talk started the year with a balance of £4992 made up of Restricted funds £1460 (Health Inequalities) and Unrestricted £3532

Income from Counselling sessions for 22/23 was £28196, which was significantly higher than the previous year. This has been helped making sure clients pay for their counselling sessions on time,

We secured funding of £46559 in 22/23 which was made up of Harrow Together £20100, Harrow Together £5000 for Ukraine counselling, National Lottery Community Fund £9940, Rocket science £9000 and Northwood school £2519.

Harrow Wins ticket sales brought in £141 which is a small increase from last year.

Overall, this has been a successful year for Need To Talk

Reserves Policy

Free reserves equating to at least four (4) months of unrestricted expenditure to support costs and to respond to emergency needs which arise from time to time.

In addition, there is also a need to designate certain sums from free reserves for anticipated expenditure in the short to medium term.

This would generally be for capital expenditure and will be specified in the notes to the annual accounts.

It is anticipated that total free reserves, including designated funds, would be maintained at a level of six (6) months of unrestricted expenditure.

Funds from the charity

Reserves £28954

This is made up of:

Unrestricted funds £ 19783

Restricted funds £9171

The charity's principal sources of funds (including any fundraising)

Client's contributions for counselling sessions, Harrow Wins fundraising via sale of Harrow Wins lottery tickets and grants.

Number of employees during this year was 2.

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable laws and regulations. The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of the charity's resources for that period.

In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP
- make judgements and estimates that are reasonable and prudent
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- and prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the charity's assets and hence for taking reasonable steps to prevent and detect fraud and other irregularities.

The financial statements on pages 9 to 12 were approved by the Trustees and authorised for issue on



..... and signed on their behalf by:

MAULIDI ALI.

Financial Statements for Year End 31st March 2023

These statements have been prepared on a Receipts and Payments basis.

Charity No. 1177595

Income Statement

	Unrestricted funds	22/23 Restricted funds	Total funds	Last year 21/22
RECEIPTS				
Grants	500	44040	44540	3500
Counselling Fees	25677	2519	28196	12173
Donations	141		141	152
Workshops	420		420	260
Other			0	
			0	
Total incoming resources	26,738	46,559	73,297	16,085
PAYMENTS				
Staff				
	5,182	19,794	24976	9,455
Office, IT and running costs	351	344	695	1,800
DBS	216		216	131
Volunteer Expenses			0	4,136
Bank charges	-			
	1,160		-1160	194
Facilitators/supervisors	2,860	17,350	20210	18,400
Counselling Assessment		450	450	
Insurance	267		267	267
Accounts	450		450	
Professional Fees	878		878	
Equipment	150		150	
Room Hire	440	230	670	
Workshops		680	680	
Training	587		587	840
Depreciation	266		266	
Total Expended	10,487	38,848	49,335	35,223
NET RECEIPTS AND PAYMENTS	16,251	7,711	23,962	(19,138)
TRANSFERS BETWEEN FUNDS	0	0	0	0
CASH FUNDS LAST YEAR END	3532	1460	4,992	24130
CASH FUNDS THIS YEAR END	19,783	9,171	28,954	4,992

Financial Statements for Year End 31st March 2023

These statements have been prepared on a Receipts and Payments basis.

Charity No. 1177595

Statement of Assets and Liabilities as at 31/03/2023

	22/23			21/22
	Unrestricted	Restricted	TOTAL	
Fixed Assets				
	799	0	799	0
Total Fixed Assets	799	0	799	0
Current Assets				
Cash at Bank Bank of Scotland	18984	9171	28155	4992
			0	
			0	
Total Current Assets	18984	9171	28155	4992
Current Liabilities				
			0	0
Total Current Liabilities	0	0	0	0
Total Assets Less Liabilities	19783	9171	28954	4992
Total Cash Funds	19783	9171	28954	4992

Financial Statements for Year End 31st March 2023

These statements have been prepared on a Receipts and Payments basis.

Charity No. 1177595

Analysis of income and expenditure

	Unrestricted	Restricted	Total
Receipts			
Grants	500	44,040.00	44,540.00
Counselling Fees	25,677.40	2,519.00	28,196.40
Donations		140.5	140.5
Workshops	420		420
Total receipts	26,597.40	46,699.50	73,296.90
Payments			
Counselling Staff	840	9,400.00	10,240.00
Counselling Assessment	-	450	450
Admin Staff	3,052.00	8,354.20	11,406.20
PAYE	200.26		200.26
Volunteer Expenses	-	-	-
Speakers	-	-	-
Facilitators	-	2,380.00	2,380.00
Supervisors	2,860.00	14,969.74	17,829.74
Room Hire	440	230	670
Advertising	-	200	200
IT Expenses	254.93	143.88	398.81
Equipment	149.84	-	149.84
Insurance	266.96	-	266.96
Office Rent	-	-	-
Accounts	450	-	450
Telephone	-	-	-
Resources	96	-	96
Postage	-	-	-
Professional Fees	877.70	-	877.70
Bank Charges	-1,160.02	-	-1,160.02
wellbeing workshop	-	680	680
Healthy Eating w/s	-	-	-
DBS	216	-	216
Training	587.43	-	587.43
Management Staff	1,090.00	2,040.00	3,130.00
Depreciation	266.29		266.29
Total payments	10,487.39	38,847.82	49,335.21
Net receipts / (payments)	16,110.01	7,851.68	23,961.69
Transfer	140.5	-140.5	-
Balance brought forward	3,532.13	1,460.00	4,992.13
Balance carried forward	19,782.64	9,171.18	28,953.82

Financial Statements for Year End 31st March 2023

These statements have been prepared on a Receipts and Payments basis.

Charity No. 1177595

Movement between funds 01/04/2022 to 31/03/2023

Accounts	Description	Opening Balance	Income	Expenditure	Transfers	Closing Balance
Unrestricted	Core	3532	26716	10465		19783
Restricted	Health Inequalities	1460	0	1460		0
Restricted	Harrow Together	0	20100	19623		477
Restricted	HT Ukraine	0	5000	4364		636
Restricted	TNL Community Fund	0	9940	9156		784
Restricted	Northwood School	0	2519	1280		1239
Restricted	Rocket Science	0	9000	2965		6035
TOTALS		4992	73275	49313	0	28954

TANGIBLE FIXED ASSETS

IT Equipment	Cost at 31/03/2023	<u>1065</u>
	Depreciation at 31/03/23	<u>266</u>
	Net Book Value at 31/03/2023	<u>799</u>

NEED TO TALK

England & Wales - Charity number 1177595

Accounts

Need To Talk

Charity Number

1177595

Annual Report and Financial Statements

for the Year

Ended 31st March 2021

Need To Talk

Reference and Administrative Details

Registered Charity Number: 1177595

Trustees:

SACHA PEARSALL

PANKAJ JOSHI

NOREEN FOX

Principle office:

Need To Talk

c/o Voluntary Action Harrow

The Lodge

64 Pinner Road

Harrow

HA1 4HZ

Structure, Governance and Management

Charity Name: Need to Talk

Other names: PRECISA DE FALAR (Working name)

Governing document: Constitution as amended by Trustees on 15 March 2018

Need to Talk is an Unincorporated Charity

Trustee selection methods:

As per Need To Talk governing document

1. The Executive Committee shall consist of not less than 3 members nor more than 7 members being:
 - 1.1 The three honorary officers specified in the preceding clause.
 - 1.2 Not less than 3 no more than 7 executive members elected at the Annual General Meeting.
2. The executive committee may in addition appoint not more than 2 co-opted members but so that no-one may be appointed as a co-opted member, if as a result, more than one third of the members of the Executive Committee would be co-opted members. Each appointment of a co-opted members shall be made at a meeting of the Executive committee called under clause J and shall take effect from the end of that meeting unless the appointment is to fill a place which has not been vacated in which case the appointment shall run from the date when the post becomes vacant.
3. All the members of the Executive Committee shall retire from office together at the end of the Annual General meeting next after the date on which they came into office, but they may be re-elected or re-appointed.
4. The proceedings of the Executive Committee shall not be invalidated by any vacancy a month their number or by any failure to appoint or any defect in the appointment or qualification of a member.
5. Nobody shall be appointed as a member of the Executive Committee who is aged under 18 or who would if appointed be disqualified under the provisions of the following clause.

No person shall be entitled to act as a member of the Executive Committee whether on a first or subsequent entry into office until after signing in the minute book of the Executive Committee a declaration of acceptance and of willingness to act in the trusts of the organisation

Description of Charity

Need to Talk is counselling and wellbeing services, run by qualified counsellors, we provide 1-2-1 counselling services, emotional support groups, workshops and placement to volunteer counsellors finishing their studies. We welcome everyone we offer a non-judgemental, understanding and safe place where people can explore and address their emotional needs. Our work focuses on the wellbeing of all.

Objectives of the Charity

The organisations objects are:

The preservation and protection of physical and mental health of people living in the London Borough of Harrow and the surrounding area by the provision of counselling and workshops in nutrition and healthy eating.

Main Activities:

Need to talk provides following services

- Counselling assessments
- One to one counselling sessions
- Wellbeing groups
- Supervision for counsellors
- We keep a good network with other services in Harrow to attract referrals
- We recruit counsellors
- We provide placements to Trainee counsellors
- We provide on-going continuous professional development (CPD) to the whole team

Contribution made by volunteers:

Need To Talk volunteer counsellors make a

Contribution by giving affordable counselling sessions to the community.

We have student volunteers maintaining our social media presence and generating a newsletter. We have also a volunteer who supports us by maintaining website and email services.

Achievements and Performance:

Need to Talk continues to:

We proudly accommodate our face-to-face work to online work and continue to support most vulnerable and affected during this unprecedented time, with the BAME community in mind.

- **Support and provide affordable counselling to approximately 720 clients quarterly. We have 20 counsellors seeing minimum of 3 clients each per week. Clients can either have 12 sessions (short counselling) or opt for open ended counselling that can extend to up to 2 years.**
- **We have an ongoing emotional support group that empowers people to look for further support or to cope with their mental wellbeing better.**
- **We have always supported around 15-16 volunteer counsellors at any one time, who are on the path to either become fully qualified counsellors or are accruing counselling hours towards their accreditation for future practice.**

We provide future practitioners, counsellors and other volunteers (young people supporting us with our social media presence) :

- **supervision**
 - **CPD**
 - **Signpost to in-house training**
 - **We provide information as to useful training and external blogs and**
 - **Recommend further studies according to the changing needs of our client.**
 - **We also complete detailed reports as required by their college or universities in order for the successful completion of the course.**
 - **References**
 - **Guidance and experience of a working in a professional environment**
-
- **A number of our counsellors speak a second language (e.g., Hindi, Urdu, Punjabi, Polish, Italian, Portuguese, Spanish, Greek and Cantonese) with the community needs in mind.**
 - **Charity is led by people and represents the diverse community in Harrow.**

Achievements against objectives set

We met our objectives of preservation and protection of physical and mental health of people living in the London Borough of Harrow and the surrounding area by:

- **Providing counselling to improve mental health**

Running small wellbeing groups to increase individuals' ability to self-manage their mental health

Financial Review

Need To Talk started the year with reserves of £1431.

The first quarter of the year the UK was in lockdown, and this led to an increase in counselling sessions. Income from Counselling sessions £9344.

We secured 2 pots of funding from Harrow Giving Coronavirus Fund totalling £14122.

Harrow Wins ticket sales brought in £156 in donations.

Near year end Need To Talk secured more funding £3000 from Neigh Neighbours and £10000 from Awards for All. This will be spent in the next financial year.

At the year end, Need To Talk was in a good position as we have unrestricted reserves and funding to continue our work for the next financial year.

Reserves Policy

Free reserves equating to at least four (4) months of unrestricted expenditure to support costs and to respond to emergency needs which arise from time to time.

In addition, there is also a need to designate certain sums from free reserves for anticipated expenditure in the short to medium term.

Funds of the charity

Reserves £24129

This is made up of:

Unrestricted funds £10271

Restricted funds £13858

The charity's principal sources of funds (including any fundraising)

Client's contributions for counselling sessions, Harrow Wins fundraising via sale of Harrow Wins lottery tickets and grants.

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations. The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP
- make judgements and estimates that are reasonable and prudent
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- and prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The financial statements on pages 9 to 12 were approved by the Trustees and authorised for issue on05 November 2021..... and signed on their behalf by:

Aurora Da Silva

Independent Examiner's Report to the trustees of Need To Talk

Charity Registration Number: **1177595**

I report to the trustees on my examination of the accounts of the above charity for the year ended 31st March 2021 set out on 9 to 12.

Responsibilities and basis of report

As the trustees of the charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011.

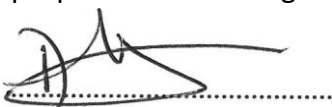
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- the accounts do not accord with those records

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.



Diana Frost

Voluntary Action Harrow Ltd

The Lodge, 64 Pinner Road

Harrow

HA1 4HZ

Financial Statements for Year End 31st March 2020

These statements have been prepared on a Receipts and Payments basis.

NEED TO TALK

CHARITY No. 1177595

Receipts and payments accounts

For the period from	01/04/20	To	31/03/21				
				Unrestricted funds	Restricted funds	Total funds	Last year
RECEIPTS							
Grants					27122	27122	
Counselling Fees				9344		9344	4990
Donations				156		156	78
Total incoming resources				9,500	27,122	36,622	5,068
PAYMENTS							
Staff					11,363	11363	3,772
Office and running costs				547	323	869.29	5,809
DBS				-	20	19.95	20
Volunteer Expenses				-	779	779	-
Advertising				-	516	516.25	3,330
Bank charges				113		113.4	75
Insurance				-	262	262.44	262
Training				-	-	0	54
Total Expended				660	13,263	13,923	13,322
NET RECEIPTS AND PAYMENTS				8,840	13,859	22,699	(8,254)
TRANSFERS BETWEEN FUNDS				756	-756	0	
CASH FUNDS LAST YEAR END				675	756	1431	9686
CASH FUNDS THIS YEAR END				10,271	13,859	24,130	1,431

NEED TO TALK

Charity Number 1177595

Statement of Assets and Liabilities as at 31/03/2021

	Year end 31/03/2021		
	Unrestricted	Restricted	TOTAL
Fixed Assets			
	0	0	0
Total Fixed Assets	0	0	0
Current Assets			
Cash at Bank Bank of Scotland	10271	13859	24130
			0
			0
Total Current Assets	10271	13859	24130
	Unrestricted	Restricted	TOTAL
Current Liabilities			0
Total Current Liabilities	0	0	0
Total Assets Less Liabilities	10271	13859	24130
Total Cash Funds	10271	13859	24130

Need To Talk

YEAR END 31/03/2021

BREAKDOWN OF INCOME AND EXPENDITURE

	Unrestricted	Restricted	Total
Receipts			
Grants	-	27,122.00	27,122.00
counselling fees	9,344.00	-	9,344.00
Donations	156.00	-	156.00
	-	-	-
Total receipts	9,500.00	27,122.00	36,622.00
Payments			
Counselling Staff	-	-	-
Telephone	546.62	-	546.62
Admin Staff	-	2,343.00	2,343.00
Volunteer Expenses	-	779.39	779.39
Speakers	-	200.00	200.00
Facilitators	-	-	-
Supervision	-	8,820.00	8,820.00
Room Hire	-	-	-
Advertising	-	516.25	516.25
IT Expenses	-	322.67	322.67
Equipment	-	-	-
Insurance	-	262.44	262.44
Office Rent	-	-	-
Auditor	-	-	-
Resources	-	-	-
Postage	-	-	-
Professional Fees	-	-	-
Bank Charges	113.40	-	113.40
wellbeing workshop	-	-	-
Healthy Eating w/s	-	-	-
DBS	-	19.95	19.95
Training	-	-	-
Total payments	660.02	13,263.70	13,923.72
Net receipts / (payments)	8,839.98	13,858.30	22,698.28

NEED TO TALK

Charity Number: 1177595

Movement between funds 01/04/2020 to 31/03/2021

Accounts	Description	Opening Balance	Income	Expenditure	Transfers	Closing Balance
Unrestricted	Core	675	9500	660	756	10271
Restricted	PPF	756	0	0	-756	0
Restricted	HARROW GIVING	0	14122	13263	0	859
Restricted	NEAR NEIGHBOURS	0	3000	0	0	3000
Restricted	AWARDS 4 ALL	0	10000	0	0	10000
TOTALS		1431	36622	13923	0	24130