

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.

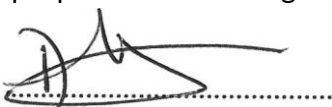
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

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
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Total incoming resources	9,500	27,122	36,622	5,068
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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
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Total Expended	660	13,263	13,923	13,322
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NET RECEIPTS AND PAYMENTS	8,840	13,859	22,699	(8,254)
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TRANSFERS BETWEEN FUNDS	756	-756	0	
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CASH FUNDS LAST YEAR END	675	756	1431	9686
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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