

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 AU.

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

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Charity No. 1177595

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

		22/23		TOTAL	21/22
		Unrestricted	Restricted		
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
		Unrestricted	Restricted	TOTAL	
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

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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

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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>