

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:
 - 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- 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

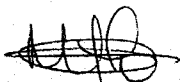
The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations. The law applicable to charities requires the trustees to 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 on 20th Jan 2015 and signed on its behalf by:



Name MAULIDA 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
		Unrestricted	Restricted	TOTAL	
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.

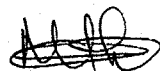
Charity No. 1177595

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:



MAUDE 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.