

THE COUNSELLING HUB

England & Wales · Charity number 1178563

Details

Status Registered

Legal form CIO

Registered 2018-05-30

Register [View on the Charity Commission register](#)

Contact

Address The Counselling Hub
9 Wrexham Street
Mold
Clwyd
CH7 1ET

Phone 01352331330

Email Contact@thecounsellinghubcharity.com

Activities

Objects: TO PROTECT AND PROMOTE THE MENTAL AND EMOTIONAL HEALTH OF THE GENERAL PUBLIC BY THE PROVISION OF A SAFE AND AFFORDABLE COUNSELLING SERVICE.

Activities: We provide counselling, drop-in support services and the distribution of food goods to vulnerable individuals and their families directly affected by issues such as suicide, self harm and depression. We offer a safe and empathetic environment in three locations across Flintshire in order to facilitate improved mental health and a safer community. Volunteer in our charity shop or across services.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£118,132	£114,030	-	-
2024-05-31	£107,139	£92,875	-	-
2023-05-31	£100,127	£98,576	-	-
2022-05-31	£98,130	£97,127	-	-
2021-05-31	£113,970	£84,644	-	-

Trustees

Name	Role	Appointed
David Adam Phillips		2015-01-30
David William Pearce Salisbury		2024-10-30
Matthew Adam Morton		2019-12-19
Norman Bellis		2024-10-23
PAULA RINGEVAL		2017-12-19
VIKI MARIE SALE		2017-12-19

THE COUNSELLING HUB

England & Wales - Charity number 1178563

Accounts

REGISTERED COMPANY NUMBER: CE014241 (England and Wales)
REGISTERED CHARITY NUMBER: 1178563

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 May 2025
for
The Counselling Hub

Ridgway and Company
The Office,
Ffordd Pentre Bach,
Nercwys.
Mold
Flintshire
CH7 4EG

The Counselling Hub

Contents of the Financial Statements
for the Year Ended 31 May 2025

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The Counselling Hub

Report of the Trustees for the Year Ended 31 May 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The board of Trustees meet once a month with the organisation manager to direct the management and governance of the Counselling Hub Charity. This includes matters relating to health and safety, finance, risks, maintenance, staff, volunteers, activities, marketing, compliance with regulations, grants and the development of the business.

Objectives and activities

Objectives and aims

The objectives of the CIO are to protect and promote the mental and emotional health of the general public by the provision of a safe and affordable counselling service.

Public benefit

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities. The Trustees remain committed to equal opportunities for all.

Achievements and performance

Charitable activities

The Counselling Hub has continued to operate effectively, maintaining some of the previous ways of operating. Creating continuity, resilience and robust ways of supporting our community and enhancing our service delivery. Our mental health support services have now fully transitioned into a hybrid model, offering both in-person and remote counselling. This approach has expanded our geographical outreach while maintaining essential local community services, including drop-in and one-to-one therapy sessions for those affected by suicide, self-harm, and depression.

Again this year, we achieved our objectives without statutory support, relying on the sale of donated goods and local fundraising efforts. Community initiatives included supporting families across Mold, Wrexham and Buckley. Our outreach via the Internet and telephone services is on a much wider scale. Areas such as Bangor, Chester and other smaller villages and communities are also able to access our services without needing to be present.

Providing Christmas gifts to local children is something we have continued to do and will seek to further enhance upon.

We also collaborated with local businesses to deliver food goods and vouchers to families in need.

Our partnerships with Town Councils and Probation Services remain strong. We have integrated several probation workers into our team, providing them with new skills and mental health support while they assist with premises maintenance. Furthermore, we continue to provide supervised contact and mediation services, as well as placements for student counsellors and volunteers.

We maintain our presence in Buckley and Mold and have expanded our operations with a new office and preparations of a further shop in Wrexham. Additionally, we continue to sponsored two local rugby clubs to further our focus on male mental health.

Structure, governance and management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Reference and administrative details

Registered Company number

CE014241 (England and Wales)

The Counselling Hub

Report of the Trustees
for the Year Ended 31 May 2025

Registered Charity number

1178563

Registered office

9 Wrexham Street
Mold
Flintshire
CH7 1ET

Trustees

P Ringeval
V M Sale
I Davies (resigned 4.11.24)
M A Morton
D W P Salisbury (appointed 30.10.24)
N Bellis (appointed 23.10.24)

Company Secretary

Independent Examiner

Ridgway and Company
The Office,
Ffordd Pentre Bach,
Nercwys.
Mold
Flintshire
CH7 4EG

Approved by order of the board of trustees on and signed on its behalf by:

.....
P Ringeval - Trustee

Independent Examiner's Report to the Trustees of
The Counselling Hub

Independent examiner's report to the trustees of The Counselling Hub ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 May 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Christian Ridgway

Ridgway and Company
The Office,
Ffordd Pentre Bach,
Nercwys.
Mold
Flintshire
CH7 4EG

Date:

The Counselling Hub

Statement of Financial Activities
for the Year Ended 31 May 2025

	Notes	31.5.25 Unrestricted fund £	31.5.24 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		34,949	37,491
Other trading activities	2	83,183	69,648
Total		<u>118,132</u>	<u>107,139</u>
EXPENDITURE ON			
Raising funds		114,030	92,875
NET INCOME		4,102	14,264
RECONCILIATION OF FUNDS			
Total funds brought forward		70,217	55,953
TOTAL FUNDS CARRIED FORWARD		<u>74,319</u>	<u>70,217</u>

The notes form part of these financial statements

The Counselling Hub

Balance Sheet
31 May 2025

	Notes	31.5.25 Unrestricted fund £	31.5.24 Total funds £
FIXED ASSETS			
Tangible assets	7	208,119	209,462
CURRENT ASSETS			
Debtors	8	-	1,126
Cash at bank		10,987	10,037
		10,987	11,163
CREDITORS			
Amounts falling due within one year	9	(16,732)	(16,214)
NET CURRENT ASSETS			
		(5,745)	(5,051)
TOTAL ASSETS LESS CURRENT LIABILITIES			
		202,374	204,411
CREDITORS			
Amounts falling due after more than one year	10	(128,055)	(134,194)
NET ASSETS			
		74,319	70,217
FUNDS			
Unrestricted funds	12	74,319	70,217
TOTAL FUNDS			
		74,319	70,217

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The Counselling Hub

Balance Sheet - continued

31 May 2025

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on
and were signed on its behalf by:

.....
P Ringeval - Trustee

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

INCOME

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on reducing balance
Motor vehicles	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

TAXATION

The charity is exempt from corporation tax on its charitable activities.

FUND ACCOUNTING

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. OTHER TRADING ACTIVITIES

	31.5.25	31.5.24
	£	£
Sales	83,183	69,648
	<u> </u>	<u> </u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2025

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.5.25	31.5.24
	£	£
Depreciation - owned assets	<u>2,027</u>	<u>1,692</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

Mrs P Ringeval received gross income of £35,197 during the year to 31/05/2023 (prior year £34,519).

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 May 2025 nor for the year ended 31 May 2024.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.5.25	31.5.24
Average employees	<u>4</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	37,491
Other trading activities	<u>69,648</u>
Total	<u>107,139</u>
EXPENDITURE ON	
Raising funds	<u>92,875</u>
NET INCOME	14,264
RECONCILIATION OF FUNDS	
Total funds brought forward	<u>55,953</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>70,217</u></u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2025

7. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Motor vehicles £	Computer equipment £	Totals £
COST					
At 1 June 2024	202,040	175	1,800	13,914	217,929
Additions	-	140	-	544	684
At 31 May 2025	<u>202,040</u>	<u>315</u>	<u>1,800</u>	<u>14,458</u>	<u>218,613</u>
DEPRECIATION					
At 1 June 2024	-	128	1,056	7,283	8,467
Charge for year	-	47	186	1,794	2,027
At 31 May 2025	<u>-</u>	<u>175</u>	<u>1,242</u>	<u>9,077</u>	<u>10,494</u>
NET BOOK VALUE					
At 31 May 2025	<u>202,040</u>	<u>140</u>	<u>558</u>	<u>5,381</u>	<u>208,119</u>
At 31 May 2024	<u>202,040</u>	<u>47</u>	<u>744</u>	<u>6,631</u>	<u>209,462</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.25	31.5.24
	£	£
Trade debtors	-	1,126
	<u>-</u>	<u>1,126</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.25	31.5.24
	£	£
Other loans (see note 11)	14,400	14,400
Trade creditors	1	(1)
Social security and other taxes	887	266
Pension	256	11
Other creditors	-	218
Accrued expenses	1,188	1,320
	<u>16,732</u>	<u>16,214</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2025

10. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31.5.25	31.5.24
	£	£
Other loans (see note 11)	128,055	134,194
	<u> </u>	<u> </u>

11. LOANS

An analysis of the maturity of loans is given below:

	31.5.25	31.5.24
	£	£
Amounts falling due within one year on demand:		
Other loans	14,400	14,400
	<u> </u>	<u> </u>
Amounts falling between one and two years:		
Other loans - 1-2 years	14,400	14,400
	<u> </u>	<u> </u>
Amounts falling due between two and five years:		
Other loans - 2-5 years	43,200	43,200
	<u> </u>	<u> </u>
Amounts falling due in more than five years:		
Repayable by instalments:		
Other loans more 5yrs instal	70,455	76,594

12. MOVEMENT IN FUNDS

	At 1.6.24	Net movement in funds	At 31.5.25
	£	£	£
Unrestricted funds			
General fund	70,217	4,102	74,319
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>70,217</u>	<u>4,102</u>	<u>74,319</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	118,132	(114,030)	4,102
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>118,132</u>	<u>(114,030)</u>	<u>4,102</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2025

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.6.23 £	Net movement in funds £	At 31.5.24 £
Unrestricted funds			
General fund	55,953	14,264	70,217
TOTAL FUNDS	<u>55,953</u>	<u>14,264</u>	<u>70,217</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	107,139	(92,875)	14,264
TOTAL FUNDS	<u>107,139</u>	<u>(92,875)</u>	<u>14,264</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.6.23 £	Net movement in funds £	At 31.5.25 £
Unrestricted funds			
General fund	55,953	18,366	74,319
TOTAL FUNDS	<u>55,953</u>	<u>18,366</u>	<u>74,319</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	225,271	(206,905)	18,366
TOTAL FUNDS	<u>225,271</u>	<u>(206,905)</u>	<u>18,366</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2025

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 May 2025.

The Counselling Hub

Detailed Statement of Financial Activities
for the Year Ended 31 May 2025

	31.5.25 £	31.5.24 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Grants	34,949	37,491
Other trading activities		
Sales	83,183	69,648
Total incoming resources	118,132	107,139
EXPENDITURE		
Support costs		
Finance		
Bank charges	1,831	554
Bank loan interest	8,262	8,557
	10,093	9,111
Other		
Wages	72,929	58,946
Rates and water	2,319	2,265
Licences and insurance	1,355	1,590
Light and heat	5,150	3,082
Telephone	2,559	1,664
Sundries	2,950	-
Staff welfare and cleaning	1,527	1,932
Repairs and maintenance	2,915	2,805
Post and stationery	567	1,076
Accountancy	1,527	1,825
Advertising	464	296
Subscriptions	2,084	1,644
Staff training	1,228	937
Card machine fees	1,000	921
Motor and travel	2,826	2,853
Software and IT costs	510	235
Plant and machinery	47	16
Motor vehicles	186	248
Computer equipment	1,794	1,429
	103,937	83,764
Total resources expended	114,030	92,875
Net income	4,102	14,264

This page does not form part of the statutory financial statements

THE COUNSELLING HUB

England & Wales - Charity number 1178563

Accounts

REGISTERED COMPANY NUMBER: CE014241 (England and Wales)
REGISTERED CHARITY NUMBER: 1178563

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 May 2024
for
The Counselling Hub

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The Counselling Hub

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for the Year Ended 31 May 2024

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The Counselling Hub

Report of the Trustees for the Year Ended 31 May 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The board of Trustees meet once a month with the organisation manager to direct the management and governance of the Counselling Hub Charity. This includes matters relating to health and safety, finance, risks, maintenance, staff, volunteers, activities, marketing, compliance with regulations, grants and the development of the business.

Objectives and activities

Objectives and aims

The objectives of the CIO are to protect and promote the mental and emotional health of the general public by the provision of a safe and affordable counselling service.

Public benefit

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities. The Trustees remain committed to equal opportunities for all.

The Counselling Hub

Report of the Trustees for the Year Ended 31 May 2024

Achievement and performance

Charitable activities

We have continued to work the same way as last year but have enhanced the attainments of the previous year. Existing mental health support and activities are transitional between in-person and remote counselling practices; offering a hybrid service is proving to be very beneficial with much greater logistical outreach and continuing to work in the local community providing drop-in and one-to-one therapy sessions for those affected by suicide, self-harm and depression management, as the demand for the services continue, so does the growth and support from the charity.

This year, we have achieved all of this without statutory support by selling goods donated by the general public and carrying out fundraising events. This has been an enormous effort from so many in our local community. We are extremely proud of our efforts in donating to 172 families and providing Christmas gifts and stockings to local children. We have worked collaboratively with several pubs in our community to deliver food goods and vouchers to needy families. We continue to work with the Town Councils and Probation Services, offering unpaid work placements. We have a team of regular volunteers that support our preloved charity shop.

Lots of local pubs now hold regular fundraising events for us. Keeping all of this going for a whole year on only the support of local people means a massive amount to us. Our community supports us to support others.

We have taken on many probation workers, and the success has been outstanding. We are privileged to have received positive feedback. The workers are able to access mental health support with things like confidence building and stress and anxiety management while learning new skills. Some attendees are dealing with more serious issues like suicide ideation. All have carried out the duties they requested without issue.

We continue, in response to local outcry and increased referrals, delivering food goods donated by our local supermarkets to our most vulnerable families and individuals who are struggling. We coordinate our responses for community delivery parcels through telephone methods; for most people, we are the only contact they have. We use this contact opportunity to provide additional mental health support.

Last year, we helped 551 members and their extended families with food needs.

We continue to use equal opportunity monitoring forms to evaluate outcomes and hold regular trustee meetings to review and work on SMART and SWOT analyses. We also have shelves in our shop where people in financial distress can come and collect food goods.

We continue to run suicide prevention, self-harm, and depression management drop-in in Buckley, consisting of one large room and a smaller office, and maintain three more offices in other areas. We have also commenced work in Wrexham, where we have a small office within another charitable organisation, which keeps costs down.

We continue to provide supervised contact for families not permitted to see their children unsupervised. These placements are allocated by the courts and carried out by suitably qualified/vetted persons. We also provide mediation services (fully qualified and insured) to families with young children or mediation for teens who are struggling with their family relationships.

We continue to extend our volunteering opportunities and placements for student counsellors.

We continue to upgrade and repair our premises. Probation workers and volunteers have proven vital and extremely beneficial in maintaining and upgrading the premises.

We have also sponsored two local rugby clubs, which aligns with our focus on male mental health.

Ongoing support is offered for those struggling with suicide, self-harm, and depression management using counselling, social inclusion, volunteering, skill building, training, and referrals to appropriate organisations.

We continue to offer food and clothing to the homeless and have even supported accommodation in extreme circumstances.

The Counselling Hub

Report of the Trustees
for the Year Ended 31 May 2024

Structure, governance and management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Reference and administrative details

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Registered Charity number

1178563

Registered office

9 Wrexham Street

Mold

Flintshire

CH7 1ET

Trustees

P Ringeval

D Schimanke

V M Sale

M S Alexander

I Davies

M A Morton

Company Secretary

Independent Examiner

Ridgway and Company

The Office,

Ffordd Pentre Bach,

Nercwys.

Mold

Flintshire

CH7 4EG

Approved by order of the board of trustees on and signed on its behalf by:

.....
P Ringeval - Trustee

Independent Examiner's Report to the Trustees of
The Counselling Hub

Independent examiner's report to the trustees of The Counselling Hub ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 May 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Christian Ridgway

Ridgway and Company
The Office,
Ffordd Pentre Bach,
Nercwys.
Mold
Flintshire
CH7 4EG

Date:

The Counselling Hub

Statement of Financial Activities
for the Year Ended 31 May 2024

	Notes	31.5.24 Unrestricted fund £	31.5.23 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		37,491	28,185
Other trading activities	2	69,648	71,942
Total		<u>107,139</u>	<u>100,127</u>
EXPENDITURE ON			
Raising funds		92,875	98,576
NET INCOME		14,264	1,551
RECONCILIATION OF FUNDS			
Total funds brought forward		55,953	54,402
TOTAL FUNDS CARRIED FORWARD		<u><u>70,217</u></u>	<u><u>55,953</u></u>

The notes form part of these financial statements

The Counselling Hub

Balance Sheet

31 May 2024

	Notes	31.5.24 Unrestricted fund £	31.5.23 Total funds £
FIXED ASSETS			
Tangible assets	7	209,462	207,411
CURRENT ASSETS			
Debtors	8	1,126	1,331
Cash at bank		10,037	6,031
		11,163	7,362
CREDITORS			
Amounts falling due within one year	9	(16,214)	(18,784)
NET CURRENT ASSETS		(5,051)	(11,422)
TOTAL ASSETS LESS CURRENT LIABILITIES		204,411	195,989
CREDITORS			
Amounts falling due after more than one year	10	(134,194)	(140,036)
NET ASSETS		70,217	55,953
FUNDS	12		
Unrestricted funds		70,217	55,953
TOTAL FUNDS		70,217	55,953

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

The Counselling Hub

Balance Sheet - continued

31 May 2024

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on
and were signed on its behalf by:

.....
P Ringeval - Trustee

The Counselling Hub

Notes to the Financial Statements for the Year Ended 31 May 2024

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

INCOME

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on reducing balance
Motor vehicles	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

TAXATION

The charity is exempt from corporation tax on its charitable activities.

FUND ACCOUNTING

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. OTHER TRADING ACTIVITIES

	31.5.24	31.5.23
	£	£
Sales	<u>69,648</u>	<u>71,942</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2024

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.5.24	31.5.23
	£	£
Depreciation - owned assets	1,692	1,792
	<u> </u>	<u> </u>

4. TRUSTEES' REMUNERATION AND BENEFITS

Mrs P Ringeval received gross income of £35,197 during the year to 31/05/2023 (prior year £34,519).

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 May 2024 nor for the year ended 31 May 2023.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.5.24	31.5.23
Average employees	5	4
	<u> </u>	<u> </u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	28,185
Other trading activities	71,942
Total	<u>100,127</u>
EXPENDITURE ON	
Raising funds	98,576
	<u> </u>
NET INCOME	1,551
RECONCILIATION OF FUNDS	
Total funds brought forward	54,402
	<u> </u>
TOTAL FUNDS CARRIED FORWARD	<u>55,953</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2024

7. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Motor vehicles £	Computer equipment £	Totals £
COST					
At 1 June 2023	202,040	175	1,800	10,171	214,186
Additions	-	-	-	3,743	3,743
	<u>202,040</u>	<u>175</u>	<u>1,800</u>	<u>13,914</u>	<u>217,929</u>
DEPRECIATION					
At 1 June 2023	-	112	809	5,854	6,775
Charge for year	-	16	247	1,429	1,692
	<u>-</u>	<u>128</u>	<u>1,056</u>	<u>7,283</u>	<u>8,467</u>
NET BOOK VALUE					
At 31 May 2024	<u>202,040</u>	<u>47</u>	<u>744</u>	<u>6,631</u>	<u>209,462</u>
At 31 May 2023	<u>202,040</u>	<u>63</u>	<u>991</u>	<u>4,317</u>	<u>207,411</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.24	31.5.23
	£	£
Trade debtors	<u>1,126</u>	<u>1,331</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.24	31.5.23
	£	£
Other loans (see note 11)	14,400	14,400
Trade creditors	(1)	966
Social security and other taxes	266	(549)
Pension	11	184
Other creditors	218	2,643
Accrued expenses	1,320	1,140
	<u>16,214</u>	<u>18,784</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2024

10. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31.5.24	31.5.23
	£	£
Other loans (see note 11)	134,194	140,036
	<u> </u>	<u> </u>

11. LOANS

An analysis of the maturity of loans is given below:

	31.5.24	31.5.23
	£	£
Amounts falling due within one year on demand:		
Other loans	14,400	14,400
	<u> </u>	<u> </u>
Amounts falling between one and two years:		
Other loans - 1-2 years	14,400	14,400
	<u> </u>	<u> </u>
Amounts falling due between two and five years:		
Other loans - 2-5 years	43,200	43,200
	<u> </u>	<u> </u>
Amounts falling due in more than five years:		
Repayable by instalments:		
Other loans more 5yrs instal	76,594	82,436

12. MOVEMENT IN FUNDS

	At 1.6.23	Net movement in funds	At
	£	£	31.5.24
			£
Unrestricted funds			
General fund	55,953	14,264	70,217
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>55,953</u>	<u>14,264</u>	<u>70,217</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	107,139	(92,875)	14,264
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>107,139</u>	<u>(92,875)</u>	<u>14,264</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2024

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.6.22 £	Net movement in funds £	At 31.5.23 £
Unrestricted funds			
General fund	54,402	1,551	55,953
TOTAL FUNDS	<u>54,402</u>	<u>1,551</u>	<u>55,953</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	100,127	(98,576)	1,551
TOTAL FUNDS	<u>100,127</u>	<u>(98,576)</u>	<u>1,551</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.6.22 £	Net movement in funds £	At 31.5.24 £
Unrestricted funds			
General fund	54,402	15,815	70,217
TOTAL FUNDS	<u>54,402</u>	<u>15,815</u>	<u>70,217</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	207,266	(191,451)	15,815
TOTAL FUNDS	<u>207,266</u>	<u>(191,451)</u>	<u>15,815</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2024

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 May 2024.

The Counselling Hub

Detailed Statement of Financial Activities
for the Year Ended 31 May 2024

	31.5.24 £	31.5.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Grants	37,491	28,185
Other trading activities		
Sales	69,648	71,942
Total incoming resources	107,139	100,127
EXPENDITURE		
Support costs		
Finance		
Bank charges	554	475
Bank loan interest	8,557	8,836
	9,111	9,311
Other		
Wages	58,946	59,871
Rates and water	2,265	1,455
Licences and insurance	1,590	1,287
Light and heat	3,082	5,412
Telephone	1,664	1,641
Sundries	-	24
Rent	-	200
Staff welfare and cleaning	1,932	1,305
Repairs and maintenance	2,805	6,017
Post and stationery	1,076	3,377
Accountancy	1,825	1,385
Advertising	296	274
Subscriptions	1,644	1,818
Staff training	937	168
Card machine fees	921	794
Motor and travel	2,853	2,277
Software and IT costs	235	170
Plant and machinery	16	21
Motor vehicles	248	330
Computer equipment	1,429	1,439
	83,764	89,265
Total resources expended	92,875	98,576
Net income	14,264	1,551

This page does not form part of the statutory financial statements

THE COUNSELLING HUB

England & Wales - Charity number 1178563

Accounts

REGISTERED COMPANY NUMBER: CE014241 (England and Wales)
REGISTERED CHARITY NUMBER: 1178563

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 May 2023
for
The Counselling Hub

Ridgway and Company
The Office,
Ffordd Pentre Bach,
Nercwys.
Mold
Flintshire
CH7 4EG

The Counselling Hub

Contents of the Financial Statements
for the Year Ended 31 May 2023

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Balance sheet	6 to 7
Notes to the financial statements	8 to 12
Detailed statement of financial activities	13

The Counselling Hub

Report of the Trustees for the Year Ended 31 May 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The board of Trustees meet once a month with the organisation manager to direct the management and governance of the Counselling Hub Charity. This includes matters relating to health and safety, finance, risks, maintenance, staff, volunteers, activities, marketing, compliance with regulations, grants and the development of the business.

Objectives and activities

Objectives and aims

The objectives of the CIO are to protect and promote the mental and emotional health of the general public by the provision of a safe and affordable counselling service.

Public benefit

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities. The Trustees remain committed to equal opportunities for all.

The Counselling Hub

Report of the Trustees for the Year Ended 31 May 2023

Achievement and performance

Charitable activities

We have continued to work in the same way as last year but have enhanced on the previous year's attainments. Existing mental health support and activities are transitional between in person and remote counselling practices, offering a hybrid service is proving to be very beneficial with a much greater logistical outreach. Continuing to work in the local community proving drop-in and one to one therapy sessions for those affected by suicide, self-harm and depression management. We have had a 51% increase in demand.

This year we have achieved all of this without statutory support, by selling goods donated by the general public and carrying out fundraising events. This has been a huge undertaking, effort from so many in our local community. We are extremely proud of the efforts we have made with Care Ukraine, lorries carrying aid to those in dire need. Staff and 48 volunteers pulled together to make this possible. All involved have been trained inline with risk assessment, health and safety and government COVID-19 measures.

Lots of local pubs now hold regular fundraising events for us. Keeping all of this going for a whole year on only the support of local people means a massive amount to us. Our community supports us to support others.

We have taken on many probation workers and the success has been outstanding and the positive feedback is something we are privileged to have received. The workers are able to access mental health support with things like confidence building, stress and anxiety management, while learning new skills. Some attendees dealing with more serious issues like suicide ideation. All have carried out the duties requested of them without issue.

We continue, in response to local outcry and increased referrals, delivering food goods, donated by our local supermarkets, to our most vulnerable families and individuals that are struggling. We coordinate our responses for community delivery parcels through telephone methods; for most people, we are the only contact they have. We use this contact opportunity to provide additional mental health support.

Last year we directly helped 555 members and their extended families with food needs.

We use equal opportunities monitoring forms to evaluate outcomes and hold regular trustee meetings to review and work on SMART and SWOT analysis. We have shelves in our shop where people in financial distress can come and collect food goods.

We run a suicide prevention, self-harm and depression management drop-in, consisting of one large room and two smaller offices and maintain a further 3 offices in other areas. We have also commenced work in Wrexham where we also have a small office within another charitable organisation, this keeps cost down.

We provide supervised contact for families that are not permitted to see their children unsupervised. These placements are allocated by the courts and are carried out by suitably qualified / vetted persons. We provide mediation services (fully qualified and insured) to families with young children, or mediation for teens that are struggling with their family relationships.

We have extended our volunteering opportunities and placements for student counsellors.

We continue to upgrade and repair our premises, probation workers and volunteers have proven to be vital and extremely beneficial in maintaining and upgrading the premises.

We have enjoyed handing out Christmas stockings to local families and were able to deliver to 175 children and young people. We also donated 5 items of technology to teens suffering the loss of a parent to suicide. (This was carefully vetted and agreed by the local authority).

Ongoing support is offered for those struggling with suicide, self-harm and depression management by means of counselling, social inclusion, volunteering and skill building, training and referrals to appropriate organisations.

We offer food and clothing to the homeless and have even supported accommodation in extreme circumstances.

Structure, governance and management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The Counselling Hub

Report of the Trustees
for the Year Ended 31 May 2023

Reference and administrative details

Registered Company number
CE014241 (England and Wales)

Registered Charity number
1178563

Registered office
9 Wrexham Street
Mold
Flintshire
CH7 1ET

Trustees
P Ringeval
D Schimanke
V M Sale
M S Alexander
I Davies
M A Morton

Company Secretary

Independent Examiner
Ridgway and Company
The Office,
Ffordd Pentre Bach,
Nercwys.
Mold
Flintshire
CH7 4EG

Approved by order of the board of trustees on and signed on its behalf by:

.....
P Ringeval - Trustee

Independent Examiner's Report to the Trustees of
The Counselling Hub

Independent examiner's report to the trustees of The Counselling Hub ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 May 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Christian Ridgway

Ridgway and Company
The Office,
Ffordd Pentre Bach,
Nercwys.
Mold
Flintshire
CH7 4EG

Date:

The Counselling Hub

Statement of Financial Activities
for the Year Ended 31 May 2023

	Notes	31.5.23 Unrestricted fund £	31.5.22 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		28,185	42,369
Other trading activities	2	71,942	55,761
Total		<u>100,127</u>	<u>98,130</u>
EXPENDITURE ON			
Raising funds		98,576	97,127
NET INCOME		1,551	1,003
RECONCILIATION OF FUNDS			
Total funds brought forward		54,402	53,399
TOTAL FUNDS CARRIED FORWARD		<u><u>55,953</u></u>	<u><u>54,402</u></u>

The notes form part of these financial statements

The Counselling Hub

Balance Sheet
31 May 2023

	Notes	31.5.23 Unrestricted fund £	31.5.22 Total funds £
FIXED ASSETS			
Tangible assets	7	207,411	209,203
CURRENT ASSETS			
Debtors	8	1,331	687
Cash at bank		6,031	9,320
		7,362	10,007
CREDITORS			
Amounts falling due within one year	9	(18,784)	(19,208)
NET CURRENT ASSETS			
		(11,422)	(9,201)
TOTAL ASSETS LESS CURRENT LIABILITIES			
		195,989	200,002
CREDITORS			
Amounts falling due after more than one year	10	(140,036)	(145,600)
NET ASSETS			
		55,953	54,402
FUNDS			
Unrestricted funds	12	55,953	54,402
TOTAL FUNDS			
		55,953	54,402

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The Counselling Hub

Balance Sheet - continued

31 May 2023

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
P Ringeval - Trustee

The Counselling Hub

Notes to the Financial Statements for the Year Ended 31 May 2023

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

INCOME

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on reducing balance
Motor vehicles	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

TAXATION

The charity is exempt from corporation tax on its charitable activities.

FUND ACCOUNTING

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. OTHER TRADING ACTIVITIES

	31.5.23	31.5.22
	£	£
Sales	71,942	55,761
	<u> </u>	<u> </u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2023

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.5.23	31.5.22
	£	£
Depreciation - owned assets	<u>1,792</u>	<u>2,220</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

Mrs P Ringeval received gross income of £35,197 during the year to 31/05/2023 (prior year £34,519).

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 May 2023 nor for the year ended 31 May 2022.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.5.23	31.5.22
Average employees	<u>4</u>	<u>4</u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	42,369
Other trading activities	<u>55,761</u>
Total	<u>98,130</u>
EXPENDITURE ON	
Raising funds	97,127
	<u> </u>
NET INCOME	1,003
RECONCILIATION OF FUNDS	
Total funds brought forward	53,399
	<u> </u>
TOTAL FUNDS CARRIED FORWARD	<u>54,402</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2023

7. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Motor vehicles £	Computer equipment £	Totals £
COST					
At 1 June 2022 and 31 May 2023	202,040	175	1,800	10,171	214,186
DEPRECIATION					
At 1 June 2022	-	91	478	4,414	4,983
Charge for year	-	21	331	1,440	1,792
At 31 May 2023	-	112	809	5,854	6,775
NET BOOK VALUE					
At 31 May 2023	202,040	63	991	4,317	207,411
At 31 May 2022	202,040	84	1,322	5,757	209,203

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.23	31.5.22
	£	£
Trade debtors	1,331	687

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.23	31.5.22
	£	£
Other loans (see note 11)	14,400	14,400
Trade creditors	966	-
Social security and other taxes	(549)	832
Pension	184	178
Other creditors	2,643	2,576
Accrued expenses	1,140	1,222
	18,784	19,208

10. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31.5.23	31.5.22
	£	£
Other loans (see note 11)	140,036	145,600

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2023

11. LOANS

An analysis of the maturity of loans is given below:

	31.5.23	31.5.22
	£	£
Amounts falling due within one year on demand:		
Other loans	14,400	14,400
	<u>14,400</u>	<u>14,400</u>
Amounts falling between one and two years:		
Other loans - 1-2 years	14,400	14,400
	<u>14,400</u>	<u>14,400</u>
Amounts falling due between two and five years:		
Other loans - 2-5 years	43,200	43,200
	<u>43,200</u>	<u>43,200</u>
Amounts falling due in more than five years:		
Repayable by instalments:		
Other loans more 5yrs instal	82,436	88,000

12. MOVEMENT IN FUNDS

	At 1.6.22	Net movement in funds	At 31.5.23
	£	£	£
Unrestricted funds			
General fund	54,402	1,551	55,953
	<u>54,402</u>	<u>1,551</u>	<u>55,953</u>
TOTAL FUNDS	<u>54,402</u>	<u>1,551</u>	<u>55,953</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	100,127	(98,576)	1,551
	<u>100,127</u>	<u>(98,576)</u>	<u>1,551</u>
TOTAL FUNDS	<u>100,127</u>	<u>(98,576)</u>	<u>1,551</u>

Comparatives for movement in funds

	At 1.6.21	Net movement in funds	At 31.5.22
	£	£	£
Unrestricted funds			
General fund	53,399	1,003	54,402
	<u>53,399</u>	<u>1,003</u>	<u>54,402</u>
TOTAL FUNDS	<u>53,399</u>	<u>1,003</u>	<u>54,402</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2023

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	98,130	(97,127)	1,003
TOTAL FUNDS	<u>98,130</u>	<u>(97,127)</u>	<u>1,003</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.6.21 £	Net movement in funds £	At 31.5.23 £
Unrestricted funds			
General fund	53,399	2,554	55,953
TOTAL FUNDS	<u>53,399</u>	<u>2,554</u>	<u>55,953</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	198,257	(195,703)	2,554
TOTAL FUNDS	<u>198,257</u>	<u>(195,703)</u>	<u>2,554</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 May 2023.

The Counselling Hub

Detailed Statement of Financial Activities
for the Year Ended 31 May 2023

	31.5.23	31.5.22
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Grants	28,185	42,369
Other trading activities		
Sales	71,942	55,761
Total incoming resources	100,127	98,130
EXPENDITURE		
Support costs		
Finance		
Bank charges	475	396
Bank loan interest	8,836	-
	9,311	396
Other		
Wages	59,871	60,396
Rates and water	1,455	2,093
Licences and insurance	1,287	908
Light and heat	5,412	3,732
Telephone	1,641	1,339
Sundries	24	421
Rent	200	13,000
Staff welfare and cleaning	1,305	1,219
Repairs and maintenance	6,017	2,883
Post and stationery	3,377	727
Accountancy	1,385	979
Advertising	274	1,598
Subscriptions	1,818	1,107
Legal and professional fees	-	140
Staff training	168	958
Card machine fees	794	729
Motor and travel	2,277	2,107
Software and IT costs	170	174
Plant and machinery	21	28
Motor vehicles	330	441
Computer equipment	1,439	1,752
	89,265	96,731
Total resources expended	98,576	97,127
Net income	1,551	1,003

This page does not form part of the statutory financial statements

THE COUNSELLING HUB

England & Wales - Charity number 1178563

Accounts

REGISTERED COMPANY NUMBER: CE014241 (England and Wales)
REGISTERED CHARITY NUMBER: 1178563

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 May 2022
for
The Counselling Hub

Ridgway and Company
Chartered Accountants
The Office,
Ffordd Pentre Bach, Nercwys.
Mold
Flintshire
CH7 4EG

The Counselling Hub

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for the Year Ended 31 May 2022

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The Counselling Hub

Report of the Trustees for the Year Ended 31 May 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The board of Trustees meet once a month with the organisation manager to direct the management and governance of the Counselling Hub Charity. This includes matters relating to health and safety, finance, risks, maintenance, staff, volunteers, activities, marketing, compliance with regulations, grants and the development of the business.

Objectives and activities

Objectives and aims

The objectives of the CIO are to protect and promote the mental and emotional health of the general public by the provision of a safe and affordable counselling service.

Public benefit

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities. The Trustees remain committed to equal opportunities for all.

Achievement and performance

Charitable activities

Since the COVID-19 pandemic we have enhanced our existing mental health support and activities to be transitional between in person and remote practice, offering a hybrid service is proving to be very beneficial with a much greater logistical outreach. We have had a 50% increase in demand. Staff and volunteers have been trained inline with the necessary changes. We follow business continuity, risk assessment, health and safety and government COVID-19 measures.

Also, in response to local outcry and increased referrals, we have started delivering food goods, donated by our local supermarkets, to our most vulnerable families and individuals that are socially isolating and unable to access or afford. We coordinate our responses for community delivery parcels through telephone methods; for most people, we are the only contact they have. We use this contact opportunity to provide additional mental health support.

Last year we directly helped 355 (new) members and their extended families. Current upscale services; this is likely to be more than double if demand runs at the current rate. We use equal opportunities monitoring forms to evaluate outcomes and hold regular trustee meetings to review and work on SMART and SWOT analysis. We have shelves in our shop where people in financial distress can come and collect food goods.

We run a suicide prevention, self-harm and depression management drop-in, consisting of one large room and two smaller offices and maintain a further 3 offices in other areas.

We provide supervised contact for families that are not permitted to see their children unsupervised. These placements are allocated by the courts and are carried out by suitably qualified / vetted persons. We provide mediation services (fully qualified and insured) to families with young children, or mediation for teens that are struggling with their family relationships.

We have extended our volunteering opportunities and placements for student counsellors. We have also commenced work with the probation services and provide placements for unpaid work / community services.

This year we purchased a huge multi-storey building that houses three floors of retail space. We have redecorated, installed fittings and fixtures and also installed CCTV. The building has four offices. These are still in need of further reparation but have greatly improved. We have paid a £40,000 deposit on the building.

Further work has been undertaken with local youngsters to help them deal with troubling issues such as bullying, self-harm and bereavement to suicide.

Ongoing support is offered for those struggling with suicide, self-harm and depression management by means of counselling, social inclusion, volunteering and skill building, training and referrals to appropriate organisations.

We offer food and clothing to the homeless and have even supported accommodation in extreme circumstances.

The Counselling Hub

Report of the Trustees
for the Year Ended 31 May 2022

Structure, governance and management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Reference and administrative details

Registered Company number

CE014241 (England and Wales)

Registered Charity number

1178563

Registered office

9 Wrexham Street
Mold
Flintshire
CH7 1ET

Trustees

P Ringeval
D Schimanke
V M Sale
M S Alexander
I Davies
M A Morton

Company Secretary

Independent Examiner

Ridgway and Company
Chartered Accountants
The Office,
Ffordd Pentre Bach, Nercwys.
Mold
Flintshire
CH7 4EG

Approved by order of the board of trustees on and signed on its behalf by:

.....
P Ringeval - Trustee

Independent Examiner's Report to the Trustees of
The Counselling Hub

Independent examiner's report to the trustees of The Counselling Hub ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 May 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Christian Ridgway
Ridgway and Company
Chartered Accountants
The Office,
Ffordd Pentre Bach, Nercwys.
Mold
Flintshire
CH7 4EG

Date:

The Counselling Hub

Statement of Financial Activities
for the Year Ended 31 May 2022

	Notes	31.5.22 Unrestricted fund £	31.5.21 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		42,369	81,428
Other trading activities	2	55,761	31,792
Other income		-	750
Total		<u>98,130</u>	<u>113,970</u>
EXPENDITURE ON			
Raising funds		97,127	84,644
NET INCOME		1,003	29,326
RECONCILIATION OF FUNDS			
Total funds brought forward		53,399	24,073
TOTAL FUNDS CARRIED FORWARD		<u><u>54,402</u></u>	<u><u>53,399</u></u>

The notes form part of these financial statements

The Counselling Hub

Balance Sheet
31 May 2022

	Notes	31.5.22 Unrestricted fund £	31.5.21 Total funds £
FIXED ASSETS			
Tangible assets	7	209,203	8,382
CURRENT ASSETS			
Debtors	8	687	43,043
Cash at bank		9,320	8,166
		10,007	51,209
CREDITORS			
Amounts falling due within one year	9	(19,208)	(6,192)
NET CURRENT ASSETS			
		(9,201)	45,017
TOTAL ASSETS LESS CURRENT LIABILITIES			
		200,002	53,399
CREDITORS			
Amounts falling due after more than one year	10	(145,600)	-
NET ASSETS			
		54,402	53,399
FUNDS			
Unrestricted funds	12	54,402	53,399
TOTAL FUNDS			
		54,402	53,399

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The Counselling Hub

Balance Sheet - continued

31 May 2022

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
P Ringeval - Trustee

The Counselling Hub

Notes to the Financial Statements for the Year Ended 31 May 2022

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

INCOME

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on reducing balance
Motor vehicles	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

TAXATION

The charity is exempt from corporation tax on its charitable activities.

FUND ACCOUNTING

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. OTHER TRADING ACTIVITIES

	31.5.22	31.5.21
	£	£
Sales	<u>55,761</u>	<u>31,792</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2022

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.5.22	31.5.21
	£	£
Depreciation - owned assets	2,220	1,894
Surplus on disposal of fixed assets	-	(750)
	<u> </u>	<u> </u>

4. TRUSTEES' REMUNERATION AND BENEFITS

Mrs P Ringeval received gross income of £34,519 during the year to 31/05/2022 (prior year £31,416).

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 May 2022 nor for the year ended 31 May 2021.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.5.22	31.5.21
Average employees	4	4
	<u> </u>	<u> </u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	81,428
Other trading activities	31,792
Other income	750
Total	<u>113,970</u>
 EXPENDITURE ON	
Raising funds	84,644
	<u> </u>
NET INCOME	29,326
 RECONCILIATION OF FUNDS	
Total funds brought forward	24,073
	<u> </u>
TOTAL FUNDS CARRIED FORWARD	<u>53,399</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2022

7. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Motor vehicles £	Computer equipment £	Totals £
COST					
At 1 June 2021	-	175	1,800	9,170	11,145
Additions	202,040	-	-	1,001	203,041
At 31 May 2022	202,040	175	1,800	10,171	214,186
DEPRECIATION					
At 1 June 2021	-	63	38	2,662	2,763
Charge for year	-	28	440	1,752	2,220
At 31 May 2022	-	91	478	4,414	4,983
NET BOOK VALUE					
At 31 May 2022	202,040	84	1,322	5,757	209,203
At 31 May 2021	-	112	1,762	6,508	8,382

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.22	31.5.21
	£	£
Trade debtors	687	3,043
Other debtors	-	40,000
	687	43,043

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.22	31.5.21
	£	£
Other loans (see note 11)	14,400	785
Social security and other taxes	832	657
Pension	178	160
Other creditors	2,576	2,905
Accrued expenses	1,222	1,685
	19,208	6,192

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2022

10. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31.5.22	31.5.21
	£	£
Other loans (see note 11)	145,600	-
	<u>145,600</u>	<u>-</u>

11. LOANS

An analysis of the maturity of loans is given below:

	31.5.22	31.5.21
	£	£
Amounts falling due within one year on demand:		
Other loans	14,400	785
	<u>14,400</u>	<u>785</u>
Amounts falling between one and two years:		
Other loans - 1-2 years	14,400	-
	<u>14,400</u>	<u>-</u>
Amounts falling due between two and five years:		
Other loans - 2-5 years	43,200	-
	<u>43,200</u>	<u>-</u>
Amounts falling due in more than five years:		
Repayable by instalments:		
Other loans more 5yrs instal	88,000	-

12. MOVEMENT IN FUNDS

	At 1.6.21	Net movement in funds	At 31.5.22
	£	£	£
Unrestricted funds			
General fund	53,399	1,003	54,402
	<u>53,399</u>	<u>1,003</u>	<u>54,402</u>
TOTAL FUNDS	<u>53,399</u>	<u>1,003</u>	<u>54,402</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	98,130	(97,127)	1,003
	<u>98,130</u>	<u>(97,127)</u>	<u>1,003</u>
TOTAL FUNDS	<u>98,130</u>	<u>(97,127)</u>	<u>1,003</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2022

12. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.6.20 £	Net movement in funds £	At 31.5.21 £
Unrestricted funds			
General fund	24,073	29,326	53,399
TOTAL FUNDS	<u>24,073</u>	<u>29,326</u>	<u>53,399</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	113,970	(84,644)	29,326
TOTAL FUNDS	<u>113,970</u>	<u>(84,644)</u>	<u>29,326</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.6.20 £	Net movement in funds £	At 31.5.22 £
Unrestricted funds			
General fund	24,073	30,329	54,402
TOTAL FUNDS	<u>24,073</u>	<u>30,329</u>	<u>54,402</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	212,100	(181,771)	30,329
TOTAL FUNDS	<u>212,100</u>	<u>(181,771)</u>	<u>30,329</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2022

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 May 2022.

The Counselling Hub

Detailed Statement of Financial Activities
for the Year Ended 31 May 2022

	31.5.22	31.5.21
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Grants	42,369	81,428
Other trading activities		
Sales	55,761	31,792
Other income		
Gain on sale of tangible fixed assets	-	750
Total incoming resources	98,130	113,970
 EXPENDITURE		
Support costs		
Finance		
Bank charges	396	-
Other		
Wages	60,396	49,252
Rates and water	2,093	2,840
Licences and insurance	908	1,082
Light and heat	3,732	2,251
Telephone	1,339	1,952
Sundries	421	-
Rent	13,000	11,420
Staff welfare and cleaning	1,219	524
Repairs and maintenance	2,883	5,080
Post and stationery	727	675
Accountancy	979	1,927
Advertising	1,598	270
Subscriptions	1,107	200
Legal and professional fees	140	210
Staff training	958	2,156
Card machine fees	729	396
Motor and travel	2,107	2,411
Software and IT costs	174	104
Plant and machinery	28	37
Motor vehicles	441	38
Computer equipment	1,752	1,819
	96,731	84,644
Total resources expended	97,127	84,644
Net income	1,003	29,326

This page does not form part of the statutory financial statements

THE COUNSELLING HUB

England & Wales - Charity number 1178563

Accounts

REGISTERED COMPANY NUMBER: CE014241 (England and Wales)
REGISTERED CHARITY NUMBER: 1178563

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 May 2021
for
The Counselling Hub

Ridgway and Company
Chartered Accountants
The Office,
Ffordd Pentre Bach, Nercwys.
Mold
Flintshire
CH7 4EG

The Counselling Hub

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for the Year Ended 31 May 2021

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The Counselling Hub

Report of the Trustees for the Year Ended 31 May 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The board of Trustees meet once a month with the organisation manager to direct the management and governance of the Counselling Hub Charity. This includes matters relating to health and safety, finance, risks, maintenance, staff, volunteers, activities, marketing, compliance with regulations, grants and the development of the business.

Objectives and activities

Objectives and aims

The objectives of the CIO are to protect and promote the mental and emotional health of the general public by the provision of a safe and affordable counselling service.

Public benefit

The Trustees have referred to the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities. The Trustees remain committed to equal opportunities for all.

The Counselling Hub

Report of the Trustees for the Year Ended 31 May 2021

Achievement and performance

Charitable activities

We have diversified our organisation during the current COVID-19 pandemic by adapting our existing mental health support and activities to be transitional between in person and remote practice. We have had a 40% increase in demand. Staff and volunteers have been trained inline with the necessary changes.

We follow business continuity, risk assessment, health and safety and government COVID-19 measures.

Also, in response to local outcry and increased referrals, we have started delivering food goods, donated by our local supermarkets, to our most vulnerable families and individuals that are socially isolating and unable to access or afford. We coordinate our responses for community delivery parcels through telephone methods; for most people, we are the only contact they have. We use this contact opportunity to provide additional mental health support.

Last year we directly helped 122 (new) members and their extended families. Current upscale services; this is likely to be more than double if demand runs at the current rate. We use equal opportunities monitoring forms to evaluate outcomes and hold regular trustee meetings to review and work on SMART and SWOT analysis.

We run a suicide prevention, self-harm and depression management drop-in, consisting of one large room and two smaller offices and maintain a further office in another area.

We provide supervised contact for families that are not permitted to see their children unsupervised. These placements are allocated by the courts and are carried out by suitably qualified / vetted persons. We provide mediation services (fully qualified and insured) to families with young children, or mediation for teens that are struggling with their family relationships.

We have extended our volunteering opportunities and placements for student counsellors. We have also commenced work with the probation services and provide placements for unpaid work / community services.

In December 2019 we moved premises from the small shop into a huge multi-storey building that houses three floors of retail space. We have redecorated, installed fittings and fixtures and also installed CCTV. The building has four offices. These are still in need of further reparation but have greatly improved. We have paid a £40,000 deposit on the building and are in the process of purchasing it.

Further work has been undertaken with local youngsters to help them deal with troubling issues such as bullying, self-harm and bereavement to suicide.

Ongoing support is offered for those struggling with suicide, self-harm and depression management by means of counselling, social inclusion, volunteering and skill building, training and referrals to appropriate organisations.

We offer food and clothing to the homeless and have even supported accommodation in extreme circumstances.

Structure, governance and management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Reference and administrative details

Registered Company number

CE014241 (England and Wales)

Registered Charity number

1178563

The Counselling Hub

Report of the Trustees
for the Year Ended 31 May 2021

Registered office

9 Wrexham Street
Mold
Flintshire
CH7 1ET

Trustees

P Ringeval
D Schimanke
V M Sale
M S Alexander
I Davies
M A Morton

Company Secretary

Independent Examiner

Ridgway and Company
Chartered Accountants
The Office,
Ffordd Pentre Bach, Nercwys.
Mold
Flintshire
CH7 4EG

Approved by order of the board of trustees on and signed on its behalf by:

.....
P Ringeval - Trustee

Independent Examiner's Report to the Trustees of
The Counselling Hub

Independent examiner's report to the trustees of The Counselling Hub ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 May 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Christian Ridgway
Ridgway and Company
Chartered Accountants
The Office,
Ffordd Pentre Bach, Nercwys.
Mold
Flintshire
CH7 4EG

Date:

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Statement of Financial Activities
for the Year Ended 31 May 2021

	Notes	31.5.21 Unrestricted fund £	31.5.20 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		81,428	49,660
Other trading activities	2	31,792	26,610
Other income		750	-
Total		<u>113,970</u>	<u>76,270</u>
EXPENDITURE ON			
Raising funds		84,644	58,547
NET INCOME		<u>29,326</u>	<u>17,723</u>
RECONCILIATION OF FUNDS			
Total funds brought forward		24,073	6,350
TOTAL FUNDS CARRIED FORWARD		<u><u>53,399</u></u>	<u><u>24,073</u></u>

The notes form part of these financial statements

The Counselling Hub

Balance Sheet

31 May 2021

		31.5.21 Unrestricted fund £	31.5.20 Total funds £
FIXED ASSETS	Notes		
Tangible assets	7	8,382	2,176
CURRENT ASSETS			
Debtors	8	43,043	-
Cash at bank		8,166	27,662
		<u>51,209</u>	<u>27,662</u>
CREDITORS			
Amounts falling due within one year	9	(6,192)	(5,765)
		<u>45,017</u>	<u>21,897</u>
NET CURRENT ASSETS			
		<u>45,017</u>	<u>21,897</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		53,399	24,073
		<u>53,399</u>	<u>24,073</u>
NET ASSETS		<u>53,399</u>	<u>24,073</u>
FUNDS	11		
Unrestricted funds		53,399	24,073
TOTAL FUNDS		<u>53,399</u>	<u>24,073</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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Balance Sheet - continued

31 May 2021

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on
and were signed on its behalf by:

.....
P Ringeval - Trustee

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

INCOME

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 25% on reducing balance
Motor vehicles	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

TAXATION

The charity is exempt from corporation tax on its charitable activities.

FUND ACCOUNTING

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. OTHER TRADING ACTIVITIES

	31.5.21	31.5.20
	£	£
Sales	31,792	26,610
	<u> </u>	<u> </u>

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Notes to the Financial Statements - continued
for the Year Ended 31 May 2021

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.5.21	31.5.20
	£	£
Depreciation - owned assets	1,894	693
Surplus on disposal of fixed assets	(750)	-
	<u> </u>	<u> </u>

4. TRUSTEES' REMUNERATION AND BENEFITS

Mrs P Ringeval received gross income of £31,416 during the year to 31/05/2021 (prior year £20,146).

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 May 2021 nor for the year ended 31 May 2020.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.5.21	31.5.20
Average employees	<u> 4</u>	<u> 4</u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	49,660
Other trading activities	<u>26,610</u>
Total	76,270
EXPENDITURE ON	
Raising funds	58,547
	<u> </u>
NET INCOME	17,723
RECONCILIATION OF FUNDS	
Total funds brought forward	6,350
	<u> </u>
TOTAL FUNDS CARRIED FORWARD	<u>24,073</u>

The Counselling Hub

Notes to the Financial Statements - continued
for the Year Ended 31 May 2021

7. TANGIBLE FIXED ASSETS

	Plant and machinery £	Motor vehicles £	Computer equipment £	Totals £
COST				
At 1 June 2020	175	-	2,870	3,045
Additions	-	6,300	6,300	12,600
Disposals	-	(4,500)	-	(4,500)
	<u>175</u>	<u>1,800</u>	<u>9,170</u>	<u>11,145</u>
DEPRECIATION				
At 1 June 2020	26	-	843	869
Charge for year	37	38	1,819	1,894
	<u>63</u>	<u>38</u>	<u>2,662</u>	<u>2,763</u>
NET BOOK VALUE				
At 31 May 2021	<u>112</u>	<u>1,762</u>	<u>6,508</u>	<u>8,382</u>
At 31 May 2020	<u>149</u>	<u>-</u>	<u>2,027</u>	<u>2,176</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.21 £	31.5.20 £
Trade debtors	3,043	-
Other debtors	40,000	-
	<u>43,043</u>	<u>-</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.21 £	31.5.20 £
Other loans (see note 10)	785	2,821
Social security and other taxes	657	1,425
Pension	160	403
Other creditors	2,905	-
Accrued expenses	1,685	1,116
	<u>6,192</u>	<u>5,765</u>

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Notes to the Financial Statements - continued
for the Year Ended 31 May 2021

10. LOANS

An analysis of the maturity of loans is given below:

	31.5.21	31.5.20
	£	£
Amounts falling due within one year on demand:		
Other loans	785	2,821
	<u>785</u>	<u>2,821</u>

11. MOVEMENT IN FUNDS

	At 1.6.20	Net movement in funds	At
	£	£	31.5.21 £
Unrestricted funds			
General fund	24,073	29,326	53,399
	<u>24,073</u>	<u>29,326</u>	<u>53,399</u>
TOTAL FUNDS	<u>24,073</u>	<u>29,326</u>	<u>53,399</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	113,970	(84,644)	29,326
	<u>113,970</u>	<u>(84,644)</u>	<u>29,326</u>
TOTAL FUNDS	<u>113,970</u>	<u>(84,644)</u>	<u>29,326</u>

Comparatives for movement in funds

	At 1.6.19	Net movement in funds	At
	£	£	31.5.20 £
Unrestricted funds			
General fund	6,350	17,723	24,073
	<u>6,350</u>	<u>17,723</u>	<u>24,073</u>
TOTAL FUNDS	<u>6,350</u>	<u>17,723</u>	<u>24,073</u>

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Notes to the Financial Statements - continued
for the Year Ended 31 May 2021

11. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	76,270	(58,547)	17,723
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>76,270</u>	<u>(58,547)</u>	<u>17,723</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.6.19 £	Net movement in funds £	At 31.5.21 £
Unrestricted funds			
General fund	6,350	47,049	53,399
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>6,350</u>	<u>47,049</u>	<u>53,399</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	190,240	(143,191)	47,049
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>190,240</u>	<u>(143,191)</u>	<u>47,049</u>

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Notes to the Financial Statements - continued
for the Year Ended 31 May 2021

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 May 2021.

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Detailed Statement of Financial Activities
for the Year Ended 31 May 2021

	31.5.21	31.5.20
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Grants	81,428	49,660
Other trading activities		
Sales	31,792	26,610
Other income		
Gain on sale of tangible fixed assets	750	-
Total incoming resources	113,970	76,270
 EXPENDITURE		
Support costs		
Other		
Wages	49,252	36,575
Rates and water	2,840	693
Licences and insurance	1,082	355
Light and heat	2,251	1,524
Telephone	1,952	2,000
Rent	11,420	10,063
Staff welfare and cleaning	524	1,745
Repairs and maintenance	5,080	1,728
Post and stationery	675	313
Accountancy	1,927	1,467
Advertising	270	153
Subscriptions	200	238
Legal and professional fees	210	1,000
Staff training	2,156	-
Card machine fees	396	-
Motor expenses	2,411	-
Software and IT costs	104	-
Plant and machinery	37	26
Motor vehicles	38	-
Computer equipment	1,819	667
	84,644	58,547
Total resources expended	84,644	58,547
Net income	29,326	17,723

This page does not form part of the statutory financial statements