

**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

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for the Year Ended 31 May 2023

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## 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 £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies		28,185	42,369
Other trading activities	2	71,942	55,761
<b>Total</b>		<u>100,127</u>	<u>98,130</u>
<b>EXPENDITURE ON</b>			
Raising funds		98,576	97,127
<b>NET INCOME</b>		<u>1,551</u>	<u>1,003</u>
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		54,402	53,399
<b>TOTAL FUNDS CARRIED FORWARD</b>		<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 £
<b>FIXED ASSETS</b>			
Tangible assets	7	207,411	209,203
<b>CURRENT ASSETS</b>			
Debtors	8	1,331	687
Cash at bank		6,031	9,320
		<u>7,362</u>	<u>10,007</u>
<b>CREDITORS</b>			
Amounts falling due within one year	9	(18,784)	(19,208)
<b>NET CURRENT ASSETS</b>		<u>(11,422)</u>	<u>(9,201)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		195,989	200,002
<b>CREDITORS</b>			
Amounts falling due after more than one year	10	(140,036)	(145,600)
<b>NET ASSETS</b>		<u>55,953</u>	<u>54,402</u>
<b>FUNDS</b>	12		
Unrestricted funds		55,953	54,402
<b>TOTAL FUNDS</b>		<u>55,953</u>	<u>54,402</u>

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

## **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	1,792	2,220
	<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
	4	4
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 £
<b>INCOME AND ENDOWMENTS FROM</b>	
Donations and legacies	42,369
Other trading activities	55,761
<b>Total</b>	<u>98,130</u>
<b>EXPENDITURE ON</b>	
Raising funds	97,127
	<u>97,127</u>
<b>NET INCOME</b>	1,003
<b>RECONCILIATION OF FUNDS</b>	
Total funds brought forward	53,399
	<u>53,399</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>54,402</u>

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 £
<b>COST</b>					
At 1 June 2022 and 31 May 2023	202,040	175	1,800	10,171	214,186
<b>DEPRECIATION</b>					
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
<b>NET BOOK VALUE</b>					
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

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
Amounts falling between one and two years:		
Other loans - 1-2 years	14,400	14,400
Amounts falling due between two and five years:		
Other loans - 2-5 years	43,200	43,200
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 £
<b>Unrestricted funds</b>			
General fund	54,402	1,551	55,953
<b>TOTAL FUNDS</b>	54,402	1,551	55,953

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

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

**Comparatives for movement in funds**

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

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 £
<b>Unrestricted funds</b>			
General fund	98,130	(97,127)	1,003
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	53,399	2,554	55,953
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	198,257	(195,703)	2,554
<b>TOTAL FUNDS</b>	<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 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Grants	28,185	42,369
<b>Other trading activities</b>		
Sales	71,942	55,761
<b>Total incoming resources</b>	100,127	98,130
<b>EXPENDITURE</b>		
<b>Support costs</b>		
<b>Finance</b>		
Bank charges	475	396
Bank loan interest	8,836	-
	9,311	396
<b>Other</b>		
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
<b>Total resources expended</b>	98,576	97,127
<b>Net income</b>	1,551	1,003

This page does not form part of the statutory financial statements