

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

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 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

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 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 | | <u>14,264</u> | <u>1,551</u> |
| 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 |
| | | <hr/> 11,163 | <hr/> 7,362 |
| CREDITORS | | | |
| Amounts falling due within one year | 9 | (16,214) | (18,784) |
| NET CURRENT ASSETS | | <hr/> (5,051) | <hr/> (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 | | <hr/> 70,217 | <hr/> 55,953 |
| FUNDS | 12 | | |
| Unrestricted funds | | <hr/> 70,217 | <hr/> 55,953 |
| TOTAL FUNDS | | <hr/> 70,217 | <hr/> 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

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 | 69,648 | 71,942 |
| | <u> </u> | <u> </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>1,692</u> | <u>1,792</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 |
|-------------------|----------|----------|
| | 5 | 4 |
| Average employees | <u>5</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 | 28,185 |
| Other trading activities | 71,942 |
| Total | <u>100,127</u> |
| EXPENDITURE ON | |
| Raising funds | 98,576 |
| | <u>98,576</u> |
| NET INCOME | 1,551 |
| RECONCILIATION OF FUNDS | |
| Total funds brought forward | 54,402 |
| | <u>54,402</u> |
| TOTAL FUNDS CARRIED FORWARD | <u>55,953</u> |

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 |
| At 31 May 2024 | 202,040 | 175 | 1,800 | 13,914 | 217,929 |
| DEPRECIATION | | | | | |
| At 1 June 2023 | - | 112 | 809 | 5,854 | 6,775 |
| Charge for year | - | 16 | 247 | 1,429 | 1,692 |
| At 31 May 2024 | - | 128 | 1,056 | 7,283 | 8,467 |
| NET BOOK VALUE | | | | | |
| At 31 May 2024 | 202,040 | 47 | 744 | 6,631 | 209,462 |
| At 31 May 2023 | 202,040 | 63 | 991 | 4,317 | 207,411 |

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | | |
|---------------|--------------|--------------|
| | 31.5.24 £ | 31.5.23 £ |
| Trade debtors | 1,126 | 1,331 |

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 |
| | 16,214 | 18,784 |

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 | 55,953 | 14,264 | 70,217 |
| | <u> </u> | <u> </u> | <u> </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 | 107,139 | (92,875) | 14,264 |
| | <u> </u> | <u> </u> | <u> </u> |

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> |

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