



Trustees' Annual Report for the period

From **1 January 2021** Period start date To **31 December 2021** Period end date

Charity name: **Sycamore Counselling Service**

Charity registration number: **1179039**

Aim and purposes

Our aim during counselling at Sycamore Counselling Service is to enable positive change through a professional caring relationship, working within clearly agreed boundaries.

Our counselling service is offered regardless of gender, sexual orientation, ethnic or cultural background, to people of any faith or none. We work with adults on an individual basis, and do not currently offer couples counselling or family therapy.

Each counsellor has a different way of working depending on their training and model used, and all are trained to Diploma level or above. Our counsellors are Christians and are motivated by their faith to seek to serve the community. Whilst all those working at Sycamore share a world view that is drawn from the Christian faith, there is no expectation that clients will hold the same world view.

Objectives and Activities

Sycamore Counselling Services is committed to enabling as many people as possible to access professional counselling that can enable a route forwards for individuals struggling with mental health issues.

We do not charge individuals who access the service, but ask for donations if they are in a position to do so.

Achievements and Performance

Marketing

Business cards and leaflets have been circulated to local GP practises, Banks, Building Societies, Churches, Community Centres and Public Libraries.

Sycamore Counselling has a website and a listing on the Counselling Directory.

Fund Raising

Individual donations following counselling sessions, and financial gifts given by supporters of the Charity.

Accommodation

We rent one room, weekly, in Trinity Methodist Church, Hexham.

During this year, we have continued to use telephone and Zoom Counselling options as well as face-to-face.

Recruitment

The existing accommodation is currently too small to have additional counsellors. We are trying to find alternative, more flexible, accommodation in the area.

CPD

CPD has been completed in line with professional guidelines from the Association of Christian Counsellors.

Financial Review

As per the examined accounts Sycamore is funded by donation sufficient to maintain the service

Volunteers

We would like to thank all the volunteers who work so hard to make Sycamore Counselling operate effectively.

Structure, governance and management

The Trustees and the Counsellors meet every 2 – 3 months. An agenda is sent out in advance, and the meetings are minuted.

Administrative Information

Jenny Tabori	Chairman, Manager and Trustee
Ann Attwood	Vice Chairman and Trustee
Vicky Herod	Treasurer, Counsellor and Trustee
Esther Russell	Secretary and Trustee
Jill Taylor	Counsellor and Trustee
Brian Massey	Trustee
Margi McAllister	Trustee

SYCAMORE COUNSELLING SERVICE

Income and Expenditure
For the year ending 31st December, 2021

	2021	2020
2021 Income		
Giving	630.00	1590.00
Client Cash	550.00	436.00
Room Hire	36.00	
Donations		503.00
	1216.00	2529.00
Expenditure		
Room Hire	790.00	450.00
Printing	71.62	
Office&Equip	440.39	90.71
Phone	141.12	186.60
Insurance	169.40	169.40
Supervision		330.00
ICO	35.00	35.00
	1647.53	1261.71
(Deficit)/Surplus	<u>(431.53)</u>	<u>1267.29</u>
Reserve		
2021 Opening Bank	6011.39	
Income	1229.74	
Expenditure	-1661.27	
2021 Closing Balance	5579.86	

The Trustees are responsible for the preparation of the accounts and consider that an audit is not required.

It is my responsibility to examine the accounts.

My examination was carried out following the General Directions of the Charity Commission and includes a review of the underlying accounts.

I have examined the Income and Expenditure report for the year ending 31st December, 2021 along with supporting documentary evidence and in connection with my examination no matter has come to my attention that gives me reasonable cause to believe that the books and records are not an accurate reflection of activity.



BRUCE NAPIER