



## **Trustees' Annual Report for the period**

From **1 January 2022** Period start date To **31 December 2022** 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, a listing on the Counselling Directory, a Facebook page and a presence on LinkedIn.

### **Fund Raising**

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

### **Accommodation**

We rent a room, weekly, at Adapt North East, Hexham.

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

### **Recruitment**

We are looking into recruiting trainee Counsellors.

### **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**

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

# SYCAMORE COUNSELLING SERVICE

## Income and Expenditure

For the year ending 31<sup>st</sup> December, 2022


2022	Income	2022	2022	2021	2021
	Giving	910.00		630.00	
	Client cash	1427.05		550.00	
	Room Hire	30.00		36.00	
			2367.05		1216.00
	<b>Expenditure</b>				
	Room Hire	2678.40		790.00	
	Printing			71.62	
	Office&equip			440.39	
	Phone	72.00		141.12	
	Insurance	169.40		169.40	
	Supervision	420.00			
	ICO	35.00		35.00	
	Bank charges	65.00			
	Thirtyoneeight	129.00			
			3568.80		1647.53
	Deficit		-1201.75		-431.53
2022	Opening Bank		5579.86		
	Income		2367.05		
	Expenditure		-3568.80		
2022	Closing Balance		4378.11		

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 31<sup>st</sup> December, 2022 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

8<sup>th</sup> April 2023