



Trustees' Annual Report for the period

From **1 January 2024** Period start date To **31 December 2024** 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 (we do not currently offer couples counselling or family therapy).

Each counsellor has a different way of working depending on their training and model used. 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 forward 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 always looking into recruiting further Christian volunteer Counsellors and trainees.

CPD

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

Financial Review

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

Volunteers

This year we started with three part-time Volunteer Counsellors and ended the year with two part-time Volunteer Counsellors. We also have had one volunteer Trainee Counsellor this year. We would like to thank them for the work they do on behalf of Sycamore Counselling.

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

Vicky Herod Treasurer, Counsellor and Trustee. Manager since Jenny retired.

Brian Massey Trustee

Jenny Tabori retired as Manager and Trustee during this year

Sycamore Counselling Service

Income and Expenditure for year ending 31st December, 2024

	2024	2024	2023	2023
01/01/2024				
INCOME				
Giving	90.00		165.00	
Gift aid	1217.46			
Client Cash	490.39		818.63	
Client BACS	1281.00		1715.00	
Room Hire	88.00		500.00	
Donations	0.00		7581.00	
Supervision	60.00		600.00	
		3226.85		11379.63
EXPENDITURE				
Room Hire	3960.00		4175.60	
Print	0.00		0.00	
Office&Equip	568.78		1040.54	
Phone	72.00		72.00	
Insurance	160.50		238.36	
Supervision	1797.50		1165.00	
ICO	35.00		35.00	
Bank Charges	66.23		70.68	
Training	0.00		500.00	
Flowers	0.00		35.00	
		6660.01		7332.18
(Deficit)/Surplus		<u>(3433.16)</u>		<u>4047.45</u>
Opening Bank	8425.56			
Income	3226.85			
Expenditure	<u>-6660.01</u>			
Closing Bank	<u>4992.40</u>			

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, 2024 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.

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