



Trustees' Annual Report for the period

From **1 January 2025** Period start date To **31 December 2025** 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.

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.

This year we held a fundraising Garden Afternoon Tea at Angerton Walled Garden near Morpeth. This raised approximately £1000 for the charity.

Accommodation

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

During this year, we have continued to offer 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 and ended the year with two part-time Volunteer Counsellors. We have also had two volunteer Trainee Counsellors during 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, Volunteer Counsellor, Trustee and Manager of the service.
Brian Massey	Trustee
Robin Charlton	Robin joined Sycamore as a Trustee during this year.

Sycamore Counselling Service

Income and Expenditure for year ending 31st December, 2025

	2025	2025	2024	2024
INCOME				
Giving	0.00		90.00	
Gift aid	417.91		1217.46	
Client Cash	450.92		490.39	
Client BACS	1320.00		1281.00	
Room Hire	0.00		88.00	
Donations	500.00		0.00	
Supervision	0.00		60.00	
Grants	700.00		0.00	
Fund Raiser	927.37		0.00	
		4316.20		3226.85
EXPENDITURE				
Room Hire	3960.00		3960.00	
Print	0.00		0.00	
Office&Equip	0.00		568.78	
Phone	72.00		72.00	
Insurance	135.88		160.50	
Supervision	1210.00		1797.50	
ICO	47.00		35.00	
Bank Charges	47.17		66.23	
Website	224.85		0.00	
Flowers	23.68		0.00	
		5720.58		6660.01
(Deficit)/Surplus		<u><u>(1404.38)</u></u>		<u><u>(3433.16)</u></u>
Opening bank	01/01/2025	4992.40	01/01/24	8425.56
Income		4316.20		3226.85
Expenditure		-5720.58		-6660.01
Closing bank	31/12/2025	<u><u>£3588.02</u></u>	31/12/24	<u><u>£4992.40</u></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 and report on 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 account for the year ending 31st December, 2025 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