

Annual Report 2024/2025

WORTHING COUNSELLING CENTRE



Annual Report for the financial year ended March 2025

2024 - 2025 ANNUAL REPORT

INTRODUCTION

Worthing Counselling Centre was originally set up in 1983. It has changed its name and constitution but still maintains the same ethics and professional standards, with the same charitable objectives.

Worthing Counselling Centre (WCC) is a Charitable Incorporated Organisation (CIO) and as such the Trustees must apply the income of the Charity in furthering the following objectives: Counselling for the relief of people in need, hardship and distress caused by mental or physical ill health or by social or economic circumstances by establishing, maintaining and developing a service for the provision of counselling and practical advice. This has been achieved by:

- Providing 2,200 sessions for 173 clients during the financial year.
- We have continued to provide a professional supportive environment for counsellors offering supervision levels in line with British Association of Counselling and Psychotherapy (BACP).

REVIEW OF THE YEAR

2025 was a period of settling into our new premises and building community networks in the local areas. It was a very positive move and strengthened our already supportive organisation.

Funding received from Victoria Road Surgery and MIND gave some stability moving into 2025-2026. This along with the new pricing structure has continued to remove some of the initial financial challenges. However, other local counselling charities continue to struggle financially and WCC is no exception. We have continued to monitor our fee structure and take up of sessions at the various levels of the pricing structure. The new structure is now embedded and accepted by both counsellors and clients.

Our long-term aim is to be able to offer free or very low-cost sessions to some sectors of the community, and we hope to work towards this over the coming years.

Funding bids have become increasingly difficult to win, and this continues to be reviewed as the charity receives no external funding. We did achieve a bid with the Albert Trust to be part of a partnership project with a local charity Andy's Angels. This was an innovative project combining specialist bereavement counselling for adults and bespoke therapeutic creative sessions for children. We worked with local creatives who ran the creative spaces. The project was completed at the end of July 2025 and was very successful. Both the

counsellors, clients and Andy's Angels reported that they had gained significantly from this project.

WCC continues to support trainee counsellors, who in turn support WCC. The aim is to reach and support as many areas of the community as we are able.

Contract income enables us to offer subsidised counselling for those in need. We have several clients for whom we offer a counselling Employee Assistance Programme. In the period of April 2024 to March 2025 WCC carried out 596 contract sessions.

PEOPLE

Trustees

The trustees have operated as a strategic cohesive team and continue to be ambitious for the organisation but also recognising the risks faced by charities.

We have been fortunate to have retained our new trustees and are currently working to strengthen our board by recruiting trustees with specific skills.

Supervision

We continue to offer a very high standard of clinical supervision to the organisation.

Bereavement Training

We were able to secure funding for the staff team who were directly involved in the Andy's Angels project to have bereavement training for the project. This was extremely well received and proved essential to the work during the project. This has also meant that we have counsellors who now have some specialism in this area long term.

We are hoping to have some further training for working with Neurodivergent people as we are experiencing a significant rise in referrals from this client group.

We are exploring the possibility of offering couples counselling in the near future and we will be applying for bids in order to fund the specialist training necessary to offer this service.

FINANCIAL REVIEW

WCC have made a surplus for the year of £23,814; restricted funds of £42,250 were utilised during the year. This was above the budgeted surplus of £1,522.

WCC has reserves at the end of the year of £52,505, being £97 in restricted funds and £52,408 in unrestricted funds.

Our policy for reserves is under review with the intention to hold 3 months as an operating reserve. At March 2025 £49,159 was held in the bank.

Donations

We have received donations from:

The Albert Hunt Foundation donated £4,000 for a project carried out alongside another charity to deal with grief counselling for families.

Donations from private individuals and local organisations totalling £5,529.

CLOSING REMARKS

Although WCC continues to face financial challenges we are determined to provide the best service to our local community with compassion and professionalism. Whilst looking for new partnerships and ways to increase, and improve, our offering and reach we hope to gain the financial stability to ensure the service is secure for years to come.

Thank you to Emma Castledine, CEO, the team of supervisors and counsellors for your support during the last year, and many thanks to my fellow trustees for your continuing support and enthusiasm.

A handwritten signature in black ink, reading "D. Schneider". The signature is written in a cursive, flowing style.

Debra Schneider

Chair of Trustees

Appendix 1

Details of the Service

Headquarters
Worthing Counselling Centre
47 South Street
Tarring
Worthing BN14 7LU

Contact Details

Telephone: 01903 212275 and 07565 546604
E-mail: info@worthingcounsellingcentre.org
Website: www.worthingcounsellingcentre.org

Board of Trustees
Debra Schneider Chair
Corrine Samaras
Joseph Saville
Anne Garbutt
Birgit Woolley
Rachel Misra

Charity Registration Number 1181141

Report to the trustees on my examination of the accounts for the year ended 31 March 2025.

Responsibilities and basis of report: As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act'). I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- Accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- The accounts do not accord with those records; or
- The accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of the independent examination.

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.

Signed and Dated: _____

Joel Goacher

37 Grafton Gardens

Sompting

West Sussex

BN15 9SP



WORTHING COUNSELLING CENTRE

Charity no 1181141

Statement of Financial Activities for the year ending 31 March 25

	2024/25	Other	Total	2023/24
Counselling Income				
Client Income	57,430			55,273
Contract	3,800			5,460
Restricted Funds Projects Delivered		42,250		0
	61,230	42,250	103,480	60,733
Other Income				
Misc - key fobs	0			76
Bank Interest	172			288
DBS	98			220
Student Supervision Receipts	1,299			280
Grant Income		4,000		38,250
Donations		300		0
Donations		5,229		1,584
	1,569	9,529	11,098	40,698
Expenditure				
All Counselling Costs				
Contract	1,464			406
Counselling	7,304			7,529
Initial Consultation	1,020			940
Supervisors	12,005			13,200
Annual Leave	834			955
Associate Counsellor	3,780			2,850
All Payments to Counsellors	26,407	0	26,407	25,880
Management Costs				
Head of Clinical Services	22,230			22,230
Systems Co-ordinator	0			1,626
Administration	10,781			11,069
Pension Costs	1,029			973
Total Management Expenditure	34,040	0	34,040	35,898
Bank Charges	161			0
BID Expenditure		7,200		0
DBS Safety Checks	493			313
IT Equipment				3,695
Head of Clinical Services Supervision	450			3,394
Insurance	692			825
Marketing & Publicity Costs	0			616
Misc/Audit/Leaving Gifts/Travel	376			0
Misc refund	0			0
Panda doc	0			0
Payroll	1,019			1,027
Photocopying, Printing & Stationery	612			670
Postage	0			0
Subscriptions	53			402
Telephone	1,076			673
Training Costs		3,750		0
Utilities	975			0
Rent	9,079			8,304
Website & It running costs	3,715			3,305
Total of Operating Expenses	18,701	10,950	29,651	23,224
TOTAL EXPENDITURE	79,148	10,950	90,098	85,002
Surplus/Deficit (-)	(16,349)	40,829	24,480	16,429

Balance b/f	27,928	38,347	66,275
SOFA	24,480	(38,250)	(13,770)
Transfers	0	0	0
Balance c/f	<u>52,408</u>	<u>97</u>	<u>52,505</u>

Notes

Notes 1 - Grants received in 2024/25

4,000 Albert Hunt - Andy's Angels Project

4,000

Note 3 - related parties

There were no trustee of other related party transactions or remuneration payments in 2024/25

Balance Sheet as at 31 March 2025

	2024/25	2023/24
Current Assets		
Cash at Bank	49,159	67,032
Debtor	4,030	540
Liabilities		
Other Creditor	(685)	(1,000)
Rent Creditor	0	(297)
Total Assets Less Liabilities	<u>52,505</u>	<u>66,275</u>
The Funds of the Charity		
Restricted Funds:-	97	38,347
Unrestricted Funds:-	<u>52,408</u>	<u>27,928</u>
	<u>52,505</u>	<u>66,275</u>

Reconciliation of The Funds of the Charity				
	2023/24	Income	Expenditure	2024/25
Restricted Funds total				
MIND	16,250		(16,250)	0
Victoria Road Surgery	22,000		(22,000)	0
Library	97			97
Albert Hunt - Andy's Angels Project	0	4,000	(4,000)	0
Restricted Funds total	38,347	4,000	(42,250)	97
Unrestricted Funds				
General	27,928	(300)	300	27,928
Donations	0	0	0	0
Donation - Time Out Fostering	0	300	(300)	0
Profit and Loss	0	114,578	(90,098)	24,480
	27,928	114,578	(90,098)	52,408
Total Funds	66,275	118,578	(132,348)	52,505

Signed By
Chairperson

D. Schneider

Treasurer

D. Schneider

Examined By

J. Gracher

Date

30/01/2026