

Counselling Matters Bexley

FINANCIAL STATEMENTS of the TRUSTEES

for the Year Ended 31 March 2021

Charity registration number 1182012

Independent Examiner:

SADLER FOGARTY SERVICES LTD
T/AS Sadler Davies & Co
Chartered Accountants
3 Enterprise House
8 Essex Road
KENT DA1 2AU

Registered Address:

The Abbey Clinic, 6a Albert Road,
Belvedere DA17 5LJ

Counselling Matters Bexley

Trustees Annual Report for the period from 1st April 2020 to 31st March 2021

Charity name: Counselling Matters Bexley

Charity registration number: 1182012

Registered Office: The Abbey Clinic, 6A Albert Road, Belvedere, Kent, DA17 5LJ

Bankers: Metro Bank, 66-68b The Broadway Shopping Centre, Bexleyheath, DA6 7JN

Accountants: Sadler Fogarty Services Ltd, T/AS Sadler Davies & Co, Chartered Accountants, 3 Enterprise House, 8 Essex Road, Dartford, Kent, DA1 2AU.

Trustees

Carol Penny	Chair
Deborah Cox	Treasurer until 20/05/20
Linda Hill	Appointed and became Treasurer 20/05/20
Jennifer Caney	Trustee
Rahij Anwar	Appointed 25/05/20
Rev Neil Bunker	Resigned 02/12/20
Steven Fryer	Trustee

Governing Document

Counselling Matters Bexley became registered as a Charitable Incorporated Organisation on 13th February 2019 with the Charity Commission. In the event of the CIO being wound up, Trustees of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

Objectives and activities and public benefit

Counselling Matters Bexley aims to provide free or low cost counselling and other therapeutic services to residents of the Bexley borough and surrounding areas. In addition, the CIO provides counselling placements for volunteer counsellors.

Public Benefit

Trustees have full awareness of the guidance issued by the Charity Commission on public benefit. Trustees consider regularly how planned activities will contribute to the aims and objectives set in accordance with public benefit guidance.

Structure

Counselling Matters Bexley is managed by the Chief Executive Officer, Liz Hann, who is accountable to the board of trustees. The CEO is assisted in her management duties by the Counselling Manager, Sarah Skinner, the Specialist Services Manager, Selina Cogan, together with a team of senior counsellors. The managers and senior counsellors carry out a number of functions including line managing qualified and trainee counsellors, managing the Talk Line, Children and Young People, school counselling and Affordable services, managing referrals and allocating clients. Counselling sessions are provided by a large team of counsellors who all either work for Counselling Matters Bexley on a part time basis or are volunteering for the charity.

External supervisors provide supervision for our counsellors, all counsellors are required to make a contribution to the cost of their supervision, with the charity making up the rest of the payment.

Achievements and performance

Counselling Matters Bexley adapted quickly and efficiently to the onset of the pandemic, switching fairly seamlessly to a comprehensive online and phone service during the first lockdown, then gradually reintroducing some face to face services in a Covid-safe environment thereafter.

In June 2020 we were able to launch our free "Talk Line" service as a way of providing support for people who were experiencing mental distress or isolation as a result of the pandemic. We have been able to continue providing this service until the present time, thanks to funding from the National Lottery and the London Community Foundation, it has evolved over time and is now also an accessible point of contact for all referrals and enquiries to the charity.

In September 2020 we began our school counselling project in partnership with the Woodland Academy Trust. This has involved providing counselling and workshops to children in 4 Primary schools, three of which are in Bexley borough and one in Kent.

The charity continued to grow in size and by April 2021 we numbered 20 qualified counsellors and 15 trainee counsellors. We were providing around 100 hours of counselling each week, and had established the charity as a major provider of counselling in the borough.

Financial review

Both the income and expenditure increased significantly during the financial year; our income was £106,845.73 (2020 £37,366.44) and our expenditure was £94,442.72 (2020 £32,726.28). This represents a surplus of £12,403. Total funds held as at the 31st March 2021 was £17,043.17, of which £13,995.70 was restricted funds.

In April 2020 a donation of £2,000 was received from Re-Instate, a local charity with which we have a strong connection.

We received funding from Orbit Group of £3,000 in April 2020, £4,500 in November 2020 and £4,500 in January 2021. This represented around 75% of Orbit grant funding which had been agreed for the calendar year of 2020.

In April 2020 we received £10,000 from the London Borough of Bexley as part of its response to Covid-19. This was because we rent a building in the borough (the Abbey Clinic) on which we do not pay rates as it is classified as a small business.

We received two payments from the Peabody Trust for counselling to Peabody residents, one of £4,160 in April 2020 and one of £2,700 in March 2021.

The National Lottery awarded us £10,000 in June 2020 to cover the cost of running our Talk Line.

We received funding of £10,000 on 29th September from the London Community Foundation for funding our response to the pandemic (i.e. continuing our online and face to face counselling). We began receiving payments from the four individual schools in the Woodland Academy Trust in September 2020, we then received four more payments from each school in January-February 2021 for the spring term.

We received £2,500 from Bexley Council's Green Rewards scheme in February 2021.

Bexley Mencap CCG Carers Fund made a payment of £2,800 for us to counsel carers in March 2021. The Albert Hunt Trust made a payment of £2,000 in March 2021 to assist in our work with Orbit Group.

Finally, in March 2021 we received £10,000 from BVSC/National Lottery Covid-19 funding to work with clients particularly affected by the pandemic.

Other income was derived primarily from clients' contributions, but also from rental payments, donations and fundraising.

Our expenditure was in line with the various grant restrictions that were in place, this did mean that our unrestricted reserves were a little lower than we would have liked.

This report was approved by the trustees and signed on their behalf by:

Ms Carol Penny
Chair



Date:

18.1.22

COUNSELLING MATTERS BEXLEY
STATEMENT OF ASSETS AND LIABILITIES
AS AT 31ST MARCH 2021

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	Note	Unrestricted 2021	Restricted 2021	Total 2021	Total 2020
Tangible Fixed Assets		-	-	-	-
Current Assets					
Monetary Assets					
Cash		-	-	-	-
Bank accounts		£11,437.49	£12,995.70	£24,433.19	£3,932.16
Prepayments & Accrued Income		£278.00	-	£278.00	-
Debtors		-	£1,000.00	£1,000.00	£3,175.00
Total current assets		£11,715.49	£13,995.70	£25,711.19	£7,107.16
Liabilities: amounts falling due within 1 year	2	£8,668.02	-	£8,668.02	£2,467.00
Current Assets less Current Liabilities		£3,047.47	£13,995.70	£17,043.17	£4,640.16
Total Assets less Current Liabilities		£3,047.47	£13,995.70	£17,043.17	£4,640.16
FUNDS	6				
Unrestricted - General		£3,047.47	-	£3,047.47	£2,031.33
Restricted		-	£13,995.70	£13,995.70	£2,608.83
		£3,047.47	£13,995.70	£17,043.17	£4,640.16

Signed by:



Date:

18.1.22

COUNSELLING MATTERS BEXLEY
STATEMENT OF FINANCIAL ACTIVITIES
AS AT 31ST MARCH 2021

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	<u>Note</u>	<u>Unrestricted</u> <u>Funds</u> <u>General</u>	<u>Restricted</u> <u>Funds</u>	<u>TOTAL FUNDS</u>	
				<u>2021</u>	<u>2020</u>
INCOMING RESOURCES					
Voluntary Income & Grants	3a	£27,981.34	£61,750.00	£89,731.34	£36,061.44
Charitable Activities	3b	£17,114.39	-	£17,114.39	£1,305.00
Income from Investments	3c	-	-	-	-
TOTAL INCOMING RESOURCES		<u>£45,095.73</u>	<u>£61,750.00</u>	<u>£106,845.73</u>	<u>£37,366.44</u>
RESOURCES EXPENDED					
Charitable Activities	4a	£36,569.19	£57,873.53	£94,442.72	£32,726.28
Other Expenditure	4b	-	-	-	-
TOTAL RESOURCES EXPENDED		<u>£36,569.19</u>	<u>£57,873.53</u>	<u>£94,442.72</u>	<u>£32,726.28</u>
NET INCOMING / (OUTGOING) RESOURCES BEFORE TRANSFERS		£8,526.54	£3,876.47	£12,403.01	£4,640.16
ADDITIONS TO & RELEASES FROM FUNDS		(£7,510.40)	£7,510.40	-	-
NET MOVEMENT IN FUNDS		<u>£1,016.14</u>	<u>£11,386.87</u>	<u>£12,403.01</u>	<u>£4,640.16</u>
BALANCES BROUGHT FWD AT 1 APRIL 2020 (2019)		<u>£2,031.33</u>	<u>£2,608.83</u>	<u>£4,640.16</u>	<u>-</u>
BALANCES CARRIED FWD AT 31 MARCH 2021 (2020)		<u>£3,047.47</u>	<u>£13,995.70</u>	<u>£17,043.17</u>	<u>£4,640.16</u>

COUNSELLING MATTERS BEXLEY
NOTES TO THE FINANCIAL STATEMENTS
AS AT 31ST MARCH 2021

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1 Accounting Policies

1a Accounting Convention

The financial statements have been prepared under the historical cost convention and in accordance with the Charities Statement of Recommended Practice (SORP FRS102) 2015 and the Charities Act 2011. An independent examination is required under the Charities Act 2011.

1b Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

2 LIABILITIES FALLING DUE WITHIN 1 YEAR	2021	2020
Accrued expenses	£900.00	£810.00
Tax & National Insurance	£444.52	-
Creditors	£7,323.50	£1,657.00
	<u>£8,668.02</u>	<u>£2,467.00</u>

3 INCOMING RESOURCES

	<u>Unrestricted</u> <u>General</u>	<u>Restricted</u> <u>Funds</u>	<u>TOTAL FUNDS</u> 2021	2020
3a Voluntary Income				
Client Contributions	£12,182.00	-	£12,182.00	£13,870.44
Donations and Legacies	£5,799.34	-	£5,799.34	£821.00
Grant: General	£10,000.00	-	£10,000.00	-
Grant: London Community Fund	-	£16,090.00	£16,090.00	-
Grant: CCG/Mencap	-	£2,800.00	£2,800.00	-
Grant: Orbit Group	-	£12,000.00	£12,000.00	£6,400.00
Grant: Peabody	-	£10,860.00	£10,860.00	£5,000.00
Grant: The National Lottery: BVSC Covid-19 Giving Scheme	-	£10,000.00	£10,000.00	-
Grant: The National Lottery: Talkline	-	£10,000.00	£10,000.00	-
Grant: Awards For All: Women's Aid	-	-	-	£9,970.00
	<u>£27,981.34</u>	<u>£61,750.00</u>	<u>£89,731.34</u>	<u>£36,061.44</u>
3b Charitable Activities				
Contract Income	£13,300.00	-	£13,300.00	-
Fundraising: General	£1,398.89	-	£1,398.89	£793.00
Fundraising: Affordable Counselling	£145.00	-	£145.00	-
Fundraising: Room Rental Income	£2,270.50	-	£2,270.50	£305.00
Other Income	-	-	-	£207.00
	<u>£17,114.39</u>	<u>-</u>	<u>£17,114.39</u>	<u>£1,305.00</u>
3c Income from investment				
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL INCOMING RESOURCES	<u><u>£45,095.73</u></u>	<u><u>£61,750.00</u></u>	<u><u>£106,845.73</u></u>	<u><u>£37,366.44</u></u>

COUNSELLING MATTERS BEXLEY
NOTES TO THE FINANCIAL STATEMENTS
AS AT 31ST MARCH 2021

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4	RESOURCES EXPENDED	<u>Unrestricted</u>	<u>Restricted</u>	<u>TOTAL FUNDS</u>	
		<u>General</u>	<u>Funds</u>	<u>2021</u>	<u>2020</u>
4a	Expenditure on charitable activities				
	Clinic Rent	£2,902.50	£3,037.50	£5,940.00	£2,400.00
	Counselling Fees	£27,056.29	£48,569.51	£75,625.80	£27,341.61
	Training for Counsellors	-	£718.38	£718.38	-
	Advertising & Marketing	£258.76	£199.12	£457.88	£225.54
	Office Expenses: Equipment	£953.16	£614.40	£1,567.56	£0.00
	Office Expenses: Printing, postage & stationary	£297.61	£41.72	£339.33	£657.52
	Office Expenses: Software	-	£158.37	£158.37	-
	Office Expenses: Telephone	£63.17	£719.72	£782.89	£158.14
	Office Expenses: Utilities	£110.11	£190.39	£300.50	£50.00
	Office Expenses: Wages	£3,221.22	£2,549.42	£5,770.64	-
	Office Expenses: Website & Internet	£122.90	-	£122.90	£184.80
	Accountancy	£750.75	-	£750.75	£910.00
	Insurance	-	£556.43	£556.43	£672.67
	Other Professional Services	£451.00	-	£451.00	-
	Travel & Accommodation	£118.00	£77.92	£195.92	-
	Other Expenses	£263.72	£440.65	£704.37	£126.00
		<u>£36,569.19</u>	<u>£57,873.53</u>	<u>£94,442.72</u>	<u>£32,726.28</u>
4b	Other expenditure				
	Depreciation	-	-	-	-
	Bank charges	-	-	-	-
		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
	TOTAL RESOURCES EXPENDED	<u>£36,569.19</u>	<u>£57,873.53</u>	<u>£94,442.72</u>	<u>£32,726.28</u>

5 Trustee Remuneration

One or more of the trustees have been paid remuneration or received other benefits from employment with the charity:

	<u>2021</u>	<u>2020</u>
Deborah Cox - payment for expenses incurred to provide a service	£530.99	£188.05
	<u>£530.99</u>	<u>£188.05</u>

6 Funds

	<u>Restricted Funds</u>	<u>BFWD</u>	<u>Income</u>	<u>Expenditure</u>	<u>Net Movement</u>	<u>Transfers</u>	<u>CFWD</u>
Grant: London Community Fund		-	£16,090.00	£16,090.00	-	-	-
Grant: CCG/Mencap		-	£2,800.00	£232.88	£2,567.12	-	£2,567.12
Grant: Orbit Group		-	£12,000.00	£12,329.36	(£329.36)	-	(£329.36)
Grant: Peabody		(£714.50)	£10,860.00	£7,979.68	£2,165.82	-	£2,165.82
Grant: The National Lottery: BVSC Covid-19 Giving Scheme		-	£10,000.00	£407.88	£9,592.12	-	£9,592.12
Grant: The National Lottery: Talkline		-	£10,000.00	£13,729.63	(£3,729.63)	£3,729.63	-
Grant: Awards For All: Women's Aid		£3,323.33	-	£7,104.10	(£3,780.77)	£3,780.77	-
		<u>£2,608.83</u>	<u>£61,750.00</u>	<u>£57,873.53</u>	<u>£6,485.30</u>	<u>£7,510.40</u>	<u>£13,995.70</u>
<u>General</u>							
General Reserve		<u>£2,031.33</u>	<u>£45,095.73</u>	<u>£36,569.19</u>	<u>£8,526.54</u>	<u>(£7,510.40)</u>	<u>£3,047.47</u>
TOTAL FUNDS		<u>£4,640.16</u>	<u>£106,845.73</u>	<u>£94,442.72</u>	<u>£15,011.84</u>	<u>-</u>	<u>£17,043.17</u>

COUNSELLING MATTERS BEXLEY

INDEPENDENT EXAMINER'S REPORT

FOR THE YEAR ENDED 31 MARCH 2021

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE COUNSELLING MATTERS BEXLEY

This report on the financial statements of the **COUNSELLING MATTERS BEXLEY** for the year ended 31 March 2021, which are set on pages 4 to 7 is in respect of an examination carried out in accordance with s145 of the Charities Act 2011 (the Act).

Respective responsibilities of the trustees and the examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) or under Regulation 10(1)(d) of the Charities Accounts (Scotland) Regulations 2006 (the 2006 Accounts Regulations) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act 2011 and section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 (the 2005 Act)
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

Our examination was carried out in accordance with the General Directions given by the Charity Commissioners. The examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with our examination, no matter has come to our attention:

(1) which gives us reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Act; and
- to prepare financial statements which accord with the accounting records and comply with the requirements of the Act:
- have not been met; or
- to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached; or
- which gives us reasonable cause to believe that in any material respect the accounting rules of the charity's constitution have not been met.



Graham E.J. Sadler FCA
SADLER DAVIES & CO
Chartered Accountants
3 Enterprise House
8 Essex Road
Dartford,
Kent, DA1 2AU

Date: 10th January 2022