

Counselling Matters Bexley

FINANCIAL STATEMENTS of the TRUSTEES

for the Year Ended 31 March 2022

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 2021 to 31st March 2022

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	Trustee
Linda Hill	Treasurer resigned on 25th May 2022
Jennifer Caney	Trustee
Rahij Anwar	Trustee
Steven Fryer	Trustee
Kiera Robbins	Appointed as Trustee on 24th November 2021

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, and the Referrals Manager, Amanda Brooker. 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 continued to provide counselling to approximately 350 clients throughout the year, despite the ongoing difficulties caused by the pandemic. Counselling was provided both face to face and online, according to clients' preferences.

The charity continued to grow, both in terms of number of counsellors working or volunteering for us, and number of sessions offered to clients. By March 2022 we numbered 22 qualified counsellors and 20 trainee counsellors. We were providing over 120 hours of counselling each week and also provided group counselling to survivors of domestic abuse. We continued to operate our "Talk Line" service and our counselling service in 4 local primary schools. We also offered a programme of therapeutic activities for young adults aged 18-25 who had been affected by the pandemic and expanded our service for children and young people aged 10-17.

We launched our "Affordable Therapy" service, which meant that clients could access general counselling, CBT, couples counselling and child counselling at slightly below average prices and with no waiting time. This service has generated a considerable income for the charity and has enabled us to continue providing low cost and free counselling for clients who genuinely cannot afford to pay for therapy.

Financial review

Our income increased somewhat compared to the previous year, however our expenditure also increased by a larger amount due to a range of higher costs, including payments to counsellors, supervisors and management/administrative staff, plus the cost of rent, utilities, equipment, software, accountancy and insurance all rose too. Our income was £137,305.78 and our expenditure was £134,854.25, representing a small surplus of £2,451.53.

- There was a decrease in funding available to cope with the pandemic: whereas in the previous financial year we had received funding from the London Community Foundation, the National Lottery and Bexley Council to assist us in providing a response to the pandemic, some of this funding was not available in 2021-2022. This meant we had to rely more on fundraising and grants from other sources.

The most significant sources of funding were as follows:

- £31,000 for young adults funded by the Peabody Community Foundation (distributed by the London Community Foundation)
- £19,085 from the four primary schools in the Woodland Academy Trust
- £15,360 from Bexley Voluntary Service Council for children and young people's social prescribing service
- £14,500 from Orbit Group for counselling for Orbit tenants
- £10,000 from the National Lottery Awards For All for our Talk Line service
- £5,300 from Peabody Trust for counselling for Peabody tenants
- £4,500 from London Borough of Bexley on behalf of London Funders for groups affected by the pandemic.
- £2,800 distributed by Bexley Mencap for carers counselling.

We also received donations from Chislehurst and Sidcup Grammar School PTA, Green Rewards Points and Landsec.

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



Ms Carol Penny
Chair

Date: 7/11/2022

COUNSELLING MATTERS BEXLEY
STATEMENT OF ASSETS AND LIABILITIES
AS AT 31ST MARCH 2022

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	Note	Unrestricted 2022	Restricted 2022	Total 2022	Total 2021
Tangible Fixed Assets		-	-	-	-
Current Assets					
Monetary Assets					
Cash		-	-	-	-
Bank accounts		£26,219.12	£3,526.28	£29,745.40	£24,433.19
Prepayments & Accrued Income		£6,593.00	-	£6,593.00	£278.00
Debtors		£150.00	-	£150.00	£1,000.00
Total current assets		£32,962.12	£3,526.28	£36,488.40	£25,711.19
Liabilities: amounts falling due within 1 year	2	£16,993.70	-	£16,993.70	£8,668.02
Current Assets less Current Liabilities		£15,968.42	£3,526.28	£19,494.70	£17,043.17
Total Assets less Current Liabilities		£15,968.42	£3,526.28	£19,494.70	£17,043.17
FUNDS	6				
Unrestricted - General		£15,968.42	-	£15,968.42	£3,047.47
Restricted		-	£3,526.28	£3,526.28	£13,995.70
		£15,968.42	£3,526.28	£19,494.70	£17,043.17

Signed by:



Date: 7/11/2022

COUNSELLING MATTERS BEXLEY
STATEMENT OF FINANCIAL ACTIVITIES
AS AT 31ST MARCH 2022

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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>2022</u>	<u>2021</u>
INCOMING RESOURCES					
Voluntary Income & Grants	3a	£27,430.28	£70,475.00	£97,905.28	£89,731.34
Charitable Activities	3b	£39,400.50	-	£39,400.50	£17,114.39
Income from Investments	3c	-	-	-	-
TOTAL INCOMING RESOURCES		<u>£66,830.78</u>	<u>£70,475.00</u>	<u>£137,305.78</u>	<u>£106,845.73</u>
RESOURCES EXPENDED					
Charitable Activities	4a	£40,444.87	£94,406.98	£134,851.85	£94,442.72
Other Expenditure	4b	£2.40	-	£2.40	-
TOTAL RESOURCES EXPENDED		<u>£40,447.27</u>	<u>£94,406.98</u>	<u>£134,854.25</u>	<u>£94,442.72</u>
NET INCOMING / (OUTGOING) RESOURCES BEFORE TRANSFERS		£26,383.51	(23,931.98)	£2,451.53	£12,403.01
ADDITIONS TO & RELEASES FROM FUNDS		(£13,462.56)	£13,462.56	-	-
NET MOVEMENT IN FUNDS		<u>£12,920.95</u>	<u>(£10,469.42)</u>	<u>£2,451.53</u>	<u>£12,403.01</u>
BALANCES BROUGHT FWD AT					
1 APRIL 2021 (2020)		<u>£3,047.47</u>	<u>£13,995.70</u>	<u>£17,043.17</u>	<u>£4,640.16</u>
BALANCES CARRIED FWD AT					
31 MARCH 2022 (2021)		<u>£15,968.42</u>	<u>£3,526.28</u>	<u>£19,494.70</u>	<u>£17,043.17</u>

COUNSELLING MATTERS BEXLEY
NOTES TO THE FINANCIAL STATEMENTS
AS AT 31ST MARCH 2022

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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.

	<u>2022</u>	<u>2021</u>
2 LIABILITIES FALLING DUE WITHIN 1 YEAR		
Accrued expenses	£800.00	£900.00
Tax & National Insurance	-	£444.52
Creditors	£16,193.70	£7,323.50
	<u>£16,993.70</u>	<u>£8,668.02</u>

3 INCOMING RESOURCES

	<u>Unrestricted</u> <u>General</u>	<u>Restricted</u> <u>Funds</u>	<u>TOTAL FUNDS</u> <u>2022</u>	<u>2021</u>
3a Voluntary Income				
Client Contributions	£5,612.50	-	£5,612.50	£12,182.00
Donations and Legacies	£3,522.78	-	£3,522.78	£5,799.34
Grant: General	£18,295.00	-	£18,295.00	£10,000.00
Grant: London Community Fund - Fresh Minds	-	£31,000.00	£31,000.00	£16,090.00
Grant: CCG/Mencap	-	£2,800.00	£2,800.00	£2,800.00
Grant: Orbit Group	-	£16,875.00	£16,875.00	£12,000.00
Grant: Peabody	-	£5,300.00	£5,300.00	£10,860.00
Grant: The National Lottery: BVSC Covid-19 Giving Scheme	-	-	-	£10,000.00
Grant: The National Lottery: Talkline	-	£14,500.00	£14,500.00	£10,000.00
	<u>£27,430.28</u>	<u>£70,475.00</u>	<u>£97,905.28</u>	<u>£89,731.34</u>
3b Charitable Activities				
Contract Income	£19,085.00	-	£19,085.00	£13,300.00
Fundraising: General	£0.00	-	£0.00	£1,398.89
Fundraising: Affordable Counselling	£14,582.50	-	£14,582.50	£145.00
Fundraising: Room Rental Income	£4,830.00	-	£4,830.00	£2,270.50
Fundraising: Training	£903.00	-	£903.00	-
Other Income	-	-	-	-
	<u>£39,400.50</u>	<u>-</u>	<u>£39,400.50</u>	<u>£17,114.39</u>
3c Income from investment				
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL INCOMING RESOURCES	<u><u>£66,830.78</u></u>	<u><u>£70,475.00</u></u>	<u><u>£137,305.78</u></u>	<u><u>£106,845.73</u></u>

COUNSELLING MATTERS BEXLEY
NOTES TO THE FINANCIAL STATEMENTS
AS AT 31ST MARCH 2022

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4	RESOURCES EXPENDED	<u>Unrestricted</u> <u>General</u>	<u>Restricted</u> <u>Funds</u>	<u>TOTAL FUNDS</u> <u>2022</u>	<u>2021</u>
4a	Expenditure on charitable activities				
	Fundraising: costs	£170.00	-	£170.00	-
	Clinic Rent	£135.00	£7,526.00	£7,661.00	£5,940.00
	Counselling Fees	£33,324.10	£77,405.24	£110,729.34	£75,625.80
	Training for Counsellors	-	-	-	£718.38
	Advertising & Marketing	£52.28	-	£52.28	£457.88
	Office Expenses: Equipment	£207.36	£63.79	£271.15	£1,567.56
	Office Expenses: Printing, postage & stationary	£1,124.96	£114.35	£1,239.31	£339.33
	Office Expenses: Software	£232.50	£144.53	£377.03	£158.37
	Office Expenses: Telephone	£87.11	£462.00	£549.11	£782.89
	Office Expenses: Utilities	£420.17	£362.28	£782.45	£300.50
	Office Expenses: Wages	£1,952.24	£7,543.80	£9,496.04	£5,770.64
	Office Expenses: Website & Internet	£134.40	-	£134.40	£122.90
	Accountancy	£1,058.00	-	£1,058.00	£750.75
	Insurance	£844.43	-	£844.43	£556.43
	Other Professional Services	£523.00	£130.00	£653.00	£451.00
	Volunteer Expenses	£80.00	£648.59	£728.59	-
	Travel & Accommodation	-	-	-	£195.92
	Other Expenses	£99.32	£6.40	£105.72	£704.37
		<u>£40,444.87</u>	<u>£94,406.98</u>	<u>£134,851.85</u>	<u>£94,442.72</u>
4b	Other expenditure				
	Depreciation	-	-	-	-
	Bank charges	£2.40	-	£2.40	-
		<u>£2.40</u>	<u>-</u>	<u>£2.40</u>	<u>-</u>
	TOTAL RESOURCES EXPENDED	<u><u>£40,447.27</u></u>	<u><u>£94,406.98</u></u>	<u><u>£134,854.25</u></u>	<u><u>£94,442.72</u></u>

5 Trustee Remuneration

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

	2022	2021
Deborah Cox - payment for expenses incurred to provide a service	£650.00	£530.99
	<u><u>£650.00</u></u>	<u><u>£530.99</u></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 - Fresh Minds		-	£31,000.00	£39,136.75	(£8,136.75)	£9,532.17	£1,395.42
Grant: CCG/Mencap		£2,567.12	£2,800.00	£5,350.58	£16.54	(£16.54)	£0.00
Grant: Orbit Group		(£329.36)	£16,875.00	£16,806.39	(£260.75)	£2,391.61	£2,130.86
Grant: Peabody		£2,165.82	£5,300.00	£8,674.06	(£1,208.24)	£1,208.24	£0.00
Grant: The National Lottery: BVSC Covid-19 Giving Scheme		£9,592.12	£0.00	£9,592.12	£0.00		£0.00
Grant: The National Lottery: Talkline		-	£14,500.00	£14,847.08	(£347.08)	£347.08	£0.00
		<u>£13,995.70</u>	<u>£70,475.00</u>	<u>£94,406.98</u>	<u>(£9,936.28)</u>	<u>£13,462.56</u>	<u>£3,526.28</u>
<u>General</u>							
General Reserve		<u>£3,047.47</u>	<u>£66,830.78</u>	<u>£40,447.27</u>	<u>£26,383.51</u>	<u>(£13,462.56)</u>	<u>£15,968.42</u>
TOTAL FUNDS		<u><u>£17,043.17</u></u>	<u><u>£137,305.78</u></u>	<u><u>£134,854.25</u></u>	<u><u>£16,447.23</u></u>	<u><u>-</u></u>	<u><u>£19,494.70</u></u>

COUNSELLING MATTERS BEXLEY

INDEPENDENT EXAMINER'S REPORT

FOR THE YEAR ENDED 31 MARCH 2022

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 2022, 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: 7th November 2022