



COUNSELLING MATTERS BEXLEY

Annual Report and Financial Statements for the Year Ended 31st March 2025



REGISTERED CHARITY NUMBER 1182012

REGISTERED OFFICE: THE ABBEY CLINIC, 6A ALBERT ROAD, BELVEDERE, KENT,
DA17 5LJ

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Reference and administrative information

Charity name: Counselling Matters Bexley
Charity registration number: 1182012
Registered Office: The Abbey Clinic, 6A Albert Road, Belvedere, Kent, DA17 5LJ
Email: mail@cmbtalk.org
Website: www.counsellingmattersbexley.org

Trustees

Steven Fryer	Trustee (appointed Chair 11th January 2023)
Felicia Fasokun	Trustee (appointed Treasurer 11th January 2023)
Deborah Cox	Trustee
Jennifer Caney	Trustee
Rahij Anwar	Trustee
Kiera Robbins	Trustee

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

Independent Examiner: Sadler Davies, Trading as: Finsbury Robinson Ltd
Top Floor, West Hill House, Dartford, Kent DA1 2EU

Trustees' report Year to 31 March 2025

The trustees present their report and the financial statements of Counselling Matters Bexley for the year ending 31st March 2025. In preparing the annual report and financial statements, the trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and reporting by Charities" (FRS102).

Structure, Governance and Management

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 Chief Operations Officer, Sarah Skinner, the Placement Officer, Wendy Schmidt, the Children and Young People's Service Manager, Dawn Joseph and the Referrals Manager, Amanda Brooker. The management team carries out a number of functions including line managing qualified and trainee counsellors, managing the Talk Line, Children and Young People's service, 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 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.

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 London Borough of Bexley 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.

Achievements and performance

Counselling Matters Bexley delivered a high-quality counselling service to over 750 clients throughout the year, this included clients from all age groups, from age five upwards. Counselling was provided both face to face and remotely, according to clients' preferences. Counselling sessions took place in various venues in Bexley borough, including school premises. In addition, the charity also ran three free online courses for female survivors of domestic abuse.

The charity built upon last year's growth, both in terms of number of sessions offered to clients and variety of services offered, most notably the expansion of Cognitive Behaviour Therapy and the introduction of support work. The number of counsellors working or volunteering with the charity increased slightly, with 39 qualified counsellors and 19 counselling students.

The charity continued to deliver a counselling service in 3 local primary schools, a large secondary school and an independent secondary school catering for children and young people with emotional difficulties. A new contract was secured with a SEND unit which is part of a secondary academy.

Counselling Matters Bexley continued working in partnership with Bexley Voluntary Service Council (BVSC) to deliver counselling to 10–17-year-olds as part of Bexley's social prescribing scheme. The Peabody Community Foundation provided ongoing funding to deliver free counselling to residents of Thamesmead.

Additional funding and contracts were secured throughout the year, as detailed below.

- In April 2024 a contract worth £61,000 per annum was secured to provide counselling and mindfulness sessions for 10–17-year-olds in the Clocktower Local Care Network (one of three LCNs within Bexley). This funding will last for 2 years.

- In May 2024 Counselling Matters Bexley was honoured to be chosen as the Mayor of Bexley's primary charity, around £5,000 has already been donated in 2024-2025, however most of the fundraising will be donated in 2025-2026 as the Mayor's year in office did not finish until the end of May 2025.

- At the end of July 2024 National Lottery Awards for All granted the charity £19,800 to help cover the cost of our telephone helpline service for a period of two years.

- In October 2024 the charity was awarded an additional sum of £5,000 by Bexley Voluntary Service Council to cover the increased cost of funding counselling sessions to Children and Young People referred via the Social Prescribing service.

- At the end of 2024 the charity was awarded £5,000 from the William Kendall Fund to provide a Domestic Abuse programme to Bexley residents for the 2025 calendar year.

- In March 2025 the charity gained funding from the London Borough of Bexley to provide a talking therapies service to unpaid carers who are resident in the borough. The funding is for a period of three years and is paid in instalments at the rate of £42,500 per annum.

The charity continued to promote its "Affordable Therapy" service, which meant that clients could access general counselling, CBT, couples counselling and child counselling at below average prices and with little or no waiting time.

Counselling Matters Bexley played an active role in the local community throughout the year, helping to raise awareness of the benefits of counselling and the services available. Events attended included "marketplace" events for children and young people's services, and two events for unpaid carers, one of which was organised by the charity on behalf of Peabody Community Foundation. The charity itself ran low-cost yoga classes, recognising the link between physical and mental health.

The charity remains committed to providing educational and training opportunities to local people who wish to develop a career in counselling. It continues to be one of the largest providers of counselling placements in the local area, it also provides in-house training for all its counsellors, which complements the learning provided by counselling colleges.

Risk assessment

The trustees monitor risk at each meeting. The primary risks identified for 2024-2025 were the need to recruit more staff to manage the increased workload that has resulted from our expansion, together with the need to identify additional premises where counselling sessions can be held.

Future plans

The charity aims to continue providing a high quality, professional counselling service to residents of Bexley borough and surrounding areas. There will be increased emphasis on raising funds through our "Affordable Therapy" service, as the income generated by this service can be used to subsidise the free and low-cost services that we provide to clients in difficult financial circumstances. We recognise that by generating income in this way, we are protecting ourselves against potential problems being caused by over reliance on grant and contract funding, which can sometimes be withdrawn at very short notice.

Trustees' responsibilities in relation to financial statements

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Financial review

For the financial year 2024-2025, total income was £323,236 an increase of £74,717 compared with the previous year. This figure also exceeded the budgeted income of £283,000 by approximately £40,000, driven primarily by higher-than-anticipated grant funding and counselling service income.

Total expenditure for the year was £295,733 slightly above the budgeted £277,000 resulting in an adverse variance of £18,733. The overspend was mainly due to a £16,000 rise in staff costs associated with the charity's continued growth. However, this was partially mitigated by £13,000 savings in counselling fees, achieved through effective planning and resource management. Compared to the prior year, expenditure increased by around £50k (from £233k), reflecting the organisation's expanding activities and capacity.

Overall, the charity generated a surplus of £27,503 significantly above the budgeted surplus of £6,000.

Signed on behalf of the charity's trustees:



Steven Fryer (Chair)

Date: 24/11/2025

**COUNSELLING MATTERS BEXLEY
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31ST MARCH 2025**

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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>2025</u>	<u>2024</u>
INCOMING RESOURCES					
Voluntary Income & Grants	3a	£19,540.21	-	£19,540.21	£14,528.70
Charitable Activities	3b	£186,574.29	£116,179.75	£302,754.04	£233,644.41
Income from Investments	3c	£941.28	-	£941.28	£345.16
TOTAL INCOMING RESOURCES		<u>£207,055.78</u>	<u>£116,179.75</u>	<u>£323,235.53</u>	<u>£248,518.27</u>
RESOURCES EXPENDED					
Charitable Activities	4a	£181,284.63	£113,622.73	£294,907.36	£232,869.51
Other Expenditure	4b	£825.43	-	£825.43	£564.49
TOTAL RESOURCES EXPENDED		<u>£182,110.06</u>	<u>£113,622.73</u>	<u>£295,732.79</u>	<u>£233,434.00</u>
NET INCOMING / (OUTGOING) RESOURCES BEFORE TRANSFERS		£24,945.72	£2,557.02	£27,502.74	£15,084.27
ADDITIONS TO & RELEASES FROM FUNDS		(£2,309.48)	£2,309.48	-	-
NET MOVEMENT IN FUNDS		<u>£22,636.24</u>	<u>£4,866.50</u>	<u>£27,502.74</u>	<u>£15,084.27</u>
BALANCES BROUGHT FWD AT 1 APRIL 2024 (2023)		<u>£8,772.65</u>	<u>£28,261.27</u>	<u>£37,033.92</u>	<u>£21,949.65</u>
BALANCES CARRIED FWD AT 31 MARCH 2025 (2024)		<u>£31,408.89</u>	<u>£33,127.77</u>	<u>£64,536.66</u>	<u>£37,033.92</u>

COUNSELLING MATTERS BEXLEY
STATEMENT OF ASSETS AND LIABILITIES
YEAR ENDED 31ST MARCH 2025

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	Note	Unrestricted 2025	Restricted 2025	Total 2025	Total 2024
Tangible Fixed Assets		-	-	-	-
Current Assets					
Monetary Assets					
Bank accounts		£73,471.27	£33,127.77	£106,599.04	£113,539.19
Prepayments & Accrued Income		£0.00	-	£0.00	£0.00
Debtors		£4,060.00	-	£4,060.00	£5,775.00
Total current assets		£77,531.27	£33,127.77	£110,659.04	£119,314.19
Liabilities: amounts falling due within 1 year	2	£45,322.38	-	£45,322.38	£82,280.27
Current Assets less Current Liabilities		£32,208.89	£33,127.77	£65,336.66	£37,033.92
Total Assets less Current Liabilities		£32,208.89	£33,127.77	£65,336.66	£37,033.92
FUNDS	8				
Unrestricted - General		£31,408.89	-	£31,408.89	£8,772.65
Restricted		-	£33,127.77	£33,127.77	£28,261.27
		£31,408.89	£33,127.77	£64,536.66	£37,033.92

Signed by:



Steven Fryer

Date: 24/11/2025

COUNSELLING MATTERS BEXLEY
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31ST MARCH 2025

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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>2025</u>	<u>2024</u>
2 LIABILITIES FALLING DUE WITHIN 1 YEAR		
Accrued expenses	£800.00	£800.00
Deferred Income	£21,750.00	61,000.00
Creditors	£21,140.50	£19,678.08
HMRC Tax & National Insurance	£1,408.31	£675.70
Nest Pension	£223.57	£126.49
	<u>£45,322.38</u>	<u>£82,280.27</u>

3 INCOMING RESOURCES

	<u>Unrestricted</u> <u>General</u>	<u>Restricted</u> <u>Funds</u>	<u>TOTAL FUNDS</u> <u>2025</u>	<u>2024</u>
3a Voluntary Income				
Client Contributions	£16,163.91	-	£16,163.91	£13,398.91
Donations and Legacies	£3,376.30	-	£3,376.30	£1,129.79
	<u>£19,540.21</u>	<u>£0.00</u>	<u>£19,540.21</u>	<u>£14,528.70</u>
3b Charitable Activities				
Grant: SAFE	-	-	-	£10,235.00
Grant: Peabody	-	-	-	£6,500.00
Grant: BVSC: CYP Social Prescribing	-	£12,400.00	£12,400.00	£24,320.00
Grant: Carers Counselling Project	-	£4,200.00	£4,200.00	-
Grant: ClockTower CYP	-	£61,000.00	£61,000.00	-
Grant: Domestic Abuse Programme	-	£1,250.00	£1,250.00	-
Grant: The National Lottery: Talkline	-	£9,800.00	£9,800.00	£7,470.00
Contract Income	£34,744.00	-	£34,744.00	£33,823.00
Contract: London Borough of Bexley: Maximus	-	£4,808.75	£4,808.75	£30,090.00
Contract: Peabody	-	£8,935.00	£8,935.00	-
Contract: SAFE	-	£13,786.00	£13,786.00	-
Fundraising: General	£2,159.72	-	£2,159.72	£2,398.52
Fundraising: Affordable Counselling	£142,989.56	-	£142,989.56	£113,597.89
Fundraising: Room Rental Income	£2,436.00	-	£2,436.00	£4,034.00
Fundraising: Training	£1,540.00	-	£1,540.00	£825.00
Other Income	£2,705.01	-	£2,705.01	£351.00
	<u>£186,574.29</u>	<u>£116,179.75</u>	<u>£302,754.04</u>	<u>£233,644.41</u>
3c Income from investment	<u>£941.28</u>	<u>-</u>	<u>£941.28</u>	<u>£345.16</u>
	<u>£941.28</u>	<u>-</u>	<u>£941.28</u>	<u>£345.16</u>
TOTAL INCOMING RESOURCES	<u><u>£207,055.78</u></u>	<u><u>£116,179.75</u></u>	<u><u>£323,235.53</u></u>	<u><u>£248,518.27</u></u>

COUNSELLING MATTERS BEXLEY
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31ST MARCH 2025

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4	RESOURCES EXPENDED	Unrestricted	Restricted	TOTAL FUNDS	
4a	Expenditure on charitable activities			2025	2024
	Fundraising: costs	£56.00	-	£56.00	£306.14
	Clinic Rent	£2,924.00	£11,741.00	£14,665.00	£10,527.50
	Counselling Fees	£141,049.27	£65,724.50	£206,773.77	£178,280.24
	Counselling Fees: Admin	£12,267.14	£6.75	£12,273.89	-
	Counselling Fees: Training for counsellors	-	£75.60	£75.60	£159.00
	Advertising & Marketing	-	-	-	£186.00
	Office Expenses: General	£4,280.80	-	£4,280.80	£2,988.99
	Office Expenses: Equipment	£501.47	£152.26	£653.73	£592.94
	Office Expenses: Printing, postage & stationary	£783.46	£545.79	£1,329.25	£1,244.32
	Office Expenses: Refreshments	£111.00	-	£111.00	-
	Office Expenses: Software	£790.92	-	£790.92	£782.71
	Office Expenses: Telephone	-	£143.40	£143.40	£131.40
	Office Expenses: Utilities	£2,496.00	-	£2,496.00	£3,057.16
	Office Expenses: Wages	£13,387.74	32,354	£45,741.57	£31,658.96
	Office Expenses: Website & Internet	£199.20	-	£199.20	£166.80
	Accountancy	£1,250.00	£350.00	£1,600.00	£765.00
	Insurance	£995.63	-	£995.63	£938.36
	Other Professional Services	£192.00	£2,529.60	£2,721.60	£513.00
	Volunteer Expenses	-	-	-	£86.10
	Other Expenses	-	-	-	£484.89
		<u>£181,284.63</u>	<u>£113,622.73</u>	<u>£294,907.36</u>	<u>£232,869.51</u>
	Bank charges	£825.43	-	£825.43	£564.49
		<u>£825.43</u>	<u>-</u>	<u>£825.43</u>	<u>£564.49</u>
	TOTAL RESOURCES EXPENDED	<u>£182,110.06</u>	<u>£113,622.73</u>	<u>£295,732.79</u>	<u>£233,434.00</u>

5 Trustee Remuneration

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

	2025	2024
Deborah Cox - payment for expenses incurred to provide a service	£2,056.75	£1,803.00
	<u>£2,056.75</u>	<u>£1,803.00</u>

6 Staff Costs

	2025	2024
	£	£
Gross wages, salaries and benefits in kind	£44,974.99	£31,100.31
Employer's National Insurance	£0.00	£0.00
Employer's Pension	£766.58	£558.65
Total staff costs	<u>£45,741.57</u>	<u>£31,658.96</u>

7 Trustee Expenses

None of the trustees have claimed expenses or had their expenses met by the charity.

COUNSELLING MATTERS BEXLEY
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31ST MARCH 2025

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8	Funds						
	<u>Restricted Funds</u>	BFWD	Income	Expenditure	Net Movement	Transfers	CFWD
Grant:	BVSC: CYP Social Prescribing	£9,985.21	£12,400.00	£9,536.00	£12,849.21		£12,849.21
Grant:	Carers Counselling Project	-	£4,200.00	£90.60	£4,109.40		£4,109.40
Grant:	ClockTower CYP	-	£61,000.00	£56,041.60	£4,958.40		£4,958.40
Grant:	Domestic Abuse Programme	-	£1,250.00	£300.00	£950.00		£950.00
Grant:	Orbit Group	-	-	£120.00	-£120.00	£120.00	-
Grant:	The National Lottery: Talkline	-	£9,800.00	£10,545.00	-£745.00	£745.00	-
Contract:	London Borough of Bexley: Maximus	£18,276.06	£4,808.75	£18,714.05	£4,370.76		£4,370.76
Contract:	Peabody	-	£8,935.00	£3,045.00	£5,890.00		£5,890.00
Contract:	SAFE	-	£13,786.00	£15,230.48	-£1,444.48	£1,444.48	-
		£28,261.27	£116,179.75	£113,622.73	£30,818.29	£2,309.48	£33,127.77
	<u>General</u>						
	General Reserve	£8,772.65	£207,055.78	£182,110.06	£24,945.72	-£2,309.48	£31,408.89
	TOTAL FUNDS	£37,033.92	£323,235.53	£295,732.79	£55,764.01	£0.00	£64,536.66

COUNSELLING MATTERS BEXLEY

INDEPENDENT EXAMINER'S REPORT

FOR THE YEAR ENDED 31 MARCH 2025

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 2025, which are set on pages 2 to 10 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 2008 (the 2008 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.



Gemma L Fogarty FCA
Sadler Davies
Trading as: Finsbury Robinson Ltd
Top Floor, West Hill House,
Dartford,
Kent DA1 2EU

Date: 20th October 2025