



CHARITY COMMISSION  
FOR ENGLAND AND WALES

HOPE COUNSELLING SERVICE 1185376

## Receipts and payments accounts

CC16a

For the period  
from

To  
01/01/21

To

31/12/21

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
GIFT/GRANTS	7163 -	-	-	-	-
COUNSELLING DONATIONS	11747 -	-	-	-	-
GIFT AID TAX REFUND	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	18910 -	-	-	-	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	18910 -	-	-	-	-
<b>A3 Payments</b>					
RENT	1900 -	-	-	-	-
DANAGER	6624 -	-	-	-	-
DECORATING	3033 -	-	-	-	-
EQUIPMENT	-	-	-	-	-
COUNSELLING SUPERVISION	4037 -	-	-	-	-
INSURANCE	122 -	-	-	-	-
TEL/POSTAGE	630 -	-	-	-	-
GENERAL ADMIN EXPENSES	520 -	-	-	-	-
TRAINING	-	-	-	-	-
<b>Sub total</b>	16866 -	-	-	-	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	16866 -	-	-	-	-
<b>Net of receipts/(payments)</b>	2044 -	-	-	-	-
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	10226 -	-	-	-	-
<b>Cash funds this year end</b>	12270 -	-	-	-	-

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	BANK BALANCE	12270	-	-
	CHEQUES TO CLEAR	-	-	-
		-	-	-
	<b>Total cash funds</b>	12270-	-	-

(agree balances with receipts and payments account(s))

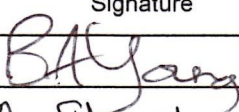

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Barry Young	13/10/22
	ALISON STEWART	13/10/22



Section A

Independent Examiner's Report

Report to the trustees/  
members of

Charity Name

HOPE COUNSELLING SERVICE

On accounts for the year  
ended

31 DECEMBER 2021

Charity no  
(if any)

1185376

Set out on pages

eg. 1 to 10, or the page numbers of additional sheets.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 12 2021.

Responsibilities and  
basis of report

As the charity trustees of the Trust, 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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (~~other than that disclosed below~~ \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

\* Please delete the words in the brackets if they do not apply.

Signed:

*Iain George*

Date:

6/10/2022

Name:

IAIN DAVID GEORGE

Relevant professional  
qualification(s) or body  
(if any):

Address:

59 ST MARYS AVENUE, PURLEY ON  
THAMES, READING, BERKSHIRE  
RG8 8BJ



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## **Trustees' Annual Report for the period**

**From 1<sup>st</sup> January 2021 To 31 December 2021**

**Charity name: HOPE COUNSELLING SERVICE**

**Charity registration number: 1185376**

### **Objectives and Activities**

Summary of the purposes of the charity as set out in its governing document	The object of the CIO is to promote and protect the mental health of people residing in Reading and the surrounding areas through the provision of a counselling service in accordance with the values of the Christian faith.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Providing counselling to individuals in person and online. Providing online support for individuals on the waiting list. Providing counselling supervision for the counsellors working with the charity. Providing managerial and administrative services to run the charity. Fundraising. Networking with other charities and community groups.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	The Trustees have done so.

### **Additional information (optional)**

You may choose to include further statements where relevant about:

Contribution made by volunteers	There were twelve volunteer counsellors working with the Service during this period and one volunteer admin helper.
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## Achievements and Performance

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>The number of members of the public who we saw for counselling during the period covered by this report is sixty-seven.</p> <p>The number of counselling sessions given to members of the public was 1480 during this period.</p> <p>Common issues presented by clients were anxiety and depression. Other presenting issues were: the difficult effects of changes in life circumstances, job instability, grief, relationship break-ups, social anxiety, self-esteem issues, anger management, porn addiction, trauma, getting life back on track after break-up or addiction. The Service provided a place where people could come and speak about their problems in a confidential setting. Our fees via donations mean that it is affordable to members of the public who would struggle to pay the professional going-rate.</p> <p>Due to Covid meeting restrictions, some of our counselling sessions were online, especially in the earlier months of 2021. We continued to offer both online and in-person sessions throughout the year.</p> <p>We provided fortnightly supervision to our volunteer counsellors to advise, support and direct them in their work. This supervision was given by a qualified counselling supervisor; their fees paid for from Hope Counselling Service funds.</p> <p>We provided a placement for counselling experience for five trainee counsellors. We continue to be a Service where trainee counsellors apply to work with us and appreciate the support we give them during their training. A number of trainees stay with us to work as counsellors after they have completed their training.</p> <p>We offered six 6-week courses on the subject of "Building Resilience in Challenging Times" to the members of the public on our waiting list, with appreciative feedback on the help this gave individuals, waiting to see a counsellor.</p> <p>We receive referrals from the NHS Talking Therapies, local charities, community-support organisations, faith leaders, etc. We also have students who are studying locally applying for counselling. In this way we provide a service to the community.</p> <p>In the autumn of 2021, we closed our application process for two months as our waiting list was getting too long.</p> <p>Our experience indicates that, in being an avenue for relief, progress, hope and restoration for the individual coming for counselling, the benefits can extend to that individual's family, colleagues, friends and community.</p>
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## Structure, Governance and Management

Description of charity's trusts:	
Type of governing document (trust deed, royal charter)	Constitution
How is the charity constituted? (e.g. unincorporated association, CIO)	C.I.O.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Interview and references taken. No constitutional provisions.

## Reference and Administrative details

Charity name	Hope Counselling Service
Other name the charity uses	
Registered charity number	1185376
Charity's principal address	229 Kings Road, Reading RG1 4LS. Postal address is 233 Kings Road, Reading RG1 4LS

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Elaine Holmes	Chair of Trustees		
2	Barry Young	Treasurer		
3	Neil Hooley			
4	Debbie Hunt			
5	Alison Stewart			

## Name of chief executive or names of senior staff members (Optional information)

Deborah Marsden, Manager

## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Elaine Holmes</i>	<i>Neil Hoozey</i>
Full name(s)	ELAINE HOLMES	NEIL HOOZEY
Position (eg Secretary, Chair, etc)	CHAIR	TRUSTEE

Date	13 OCTOBER 2022
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