



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

**From: 1 January 2024**

**To: 31 December 2024**

**Charity name: HOPE COUNSELLING SERVICE**

**Charity registration number: 1185376**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>The object of the CIO is to promote and protect the mental health of people living in Reading and the surrounding areas through provision of a Counselling service in accordance with the Christian faith.</b>
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.	Para 1.17 and 1.19	<b>Counselling to individual adults in person and online. Counselling supervision for the counsellors. Providing managerial and administrative services to run the charity. Fundraising.</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The Trustees have had regard to the guidance issued by the Charity Commission on public benefit.</b>

## Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	<b>During this period there have been 14 volunteer counsellors working with the service. 7 volunteers were fully trained counsellors and 7 were trainee counsellors. There have been 5 Trustees.</b>

Other		
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## Achievements and Performance

	SORP reference	
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.	Para 1.20	<p><b>Hope Counselling Service (HCS) counselled 128 members of the public and provided 1204 counselling sessions during this period.</b></p> <p><b>Common presenting issues have been anxiety and depression. Other presenting issues included grief, relationship breakdown, anger, and difficulties in managing life changes. Through counselling, HCS makes a difference to the lives of individuals, and in turn, to families, workplaces, society and the local community. It enables those who require more than Talking Therapies can offer, to receive help. It provides counselling for those unable to afford the cost of private counselling.</b></p> <p><b>We have provided in person and online counselling with both daytime and evening appointments.</b></p> <p><b>Referrals are largely from Talking Therapies, and we also receive referrals from local charities, community support organisations, faith leaders etc. There are also referrals via the local university.</b></p> <p><b>All of the counsellors are supervised by a qualified counselling supervisor every 2 weeks. The supervision fees are paid from HCS funds.</b></p> <p><b>HCS provides placements for trainee counsellors. A number remain with HCS once qualified. The counsellor body is approximately half fully qualified and half trainees.</b></p> <p><b>In 2024 HCS had a part-time manager and a part-time administration assistant.</b></p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
	Para 1.41	

Performance of fundraising activities against objectives set		
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>At the end of 2024 the bank balance was £12 273.40.</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>HCS is a small charity and relies on donations from clients and financial gifts. The economic climate means that our clients do not always give donations for counselling which cover the costs and so some reserve enables HCS to continue to function. During 2024, donations from clients have reduced and the bank balance has steadily reduced. The reserve will allow HOPE to continue to fund building rental, a part-time administration assistant and a very part time manager. Efforts are being made to seek donations from local organisations though these are limited in success. A reserve will be required in order to pay self employed people working with Hope for a period of time, should the service have to wind down and cease.</b>
Amount of reserves held	Para 1.22	<b>£12 273.40</b>
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	<b>None</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>Going forward into 2025 there is some concern about funding. Due to the economic climate, and our client base, Hope's donations have reduced this year. The Manager and Trustees will review some processes in order to attempt to rectify this and attempt to improve the financial position.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<b>Donations from clients of the service. Some donations of up to a few hundred pounds from individuals and from local organisations.</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	

Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Constitution</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>CIO</b>
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	Para 1.25	<b>The Trustee body appoints new Trustees having regard to their skills, knowledge and experience. The Trustee body has been stable in 2024 with a body of 5 Trustees of different professional and life experience. This includes a Counsellor who was also a Counselling supervisor.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

## 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: 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	Alison Stewart	Chair of Trustees		The whole Trustee body agrees to the appointment of new Trustees.
2	William Stewart Johnston	Treasurer		
3	Neil Hooley	Safeguarding Trustee		
4	Debbie Hunt			
5	Jane Clark			
6				
7				
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11				
12				
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14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

Deborah Marsden, Manager
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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	<u>A. Stewart</u>	
Full name(s)	Alison Stewart	
Position (eg Secretary, Chair, etc)	Chair of Trustees	
Date	15 October 2025	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Hope Counselling

1185376

## Receipts and payments accounts

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For the period  
from

Period start date  
01/01/2024

To

Period end date  
31/12/2024

### 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>					
	14,758	-	-	14,758	14,758
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	14,758	-	-	14,758	14,758
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	14,758	-	-	14,758	14,758
<b>A3 Payments</b>					
Office	2,365	-	-	2,365	2,365
Rent	2,458	-	-	2,458	2,458
Staff	17,869	-	-	17,869	17,869
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	22,693	-	-	22,693	22,693
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	22,693	-	-	22,693	22,693
<b>Net of receipts/(payments)</b>	- 7,935	-	-	- 7,935	- 7,935
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	- 7,935	-	-	- 7,935	- 7,935

## 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 £
<b>B1 Cash funds</b>	Bank Balance 31/12/2024	12,273	-	-
		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	12,273	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

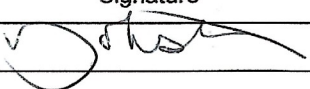
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	W. S. JOHNSTON	28/10/25