

EBS COUNSELLING

England & Wales · Charity number 1186362

Details

Status Registered

Legal form CIO

Registered 2019-11-14

Register [View on the Charity Commission register](#)

Contact

Address 12 Romsey Road
Eastleigh
Hants
SO50 9AL

Phone 02380 002755

Email info@ebs-bereavement.co.uk

Website <https://www.ebs.bereavement.co.uk/>

Activities

Objects: TO PRESERVE AND PROTECT PHYSICAL AND MENTAL HEALTH FOR THE PUBLIC BENEFIT BY PROVIDING COUNSELLING IN PARTICULAR BUT NOT LIMITED TO THOSE WHO HAVE LOST A RELATIVE OR FRIEND THROUGH DEATH AND TO ADVANCE PUBLIC EDUCATION ON THE IMPACT OF BEREAVEMENT AND RELATED ISSUES.

Activities: A confidential Counselling Service in Eastleigh and the surrounding areas including Southampton to all those over the age of 18 who are in need of non-judgmental emotional support. To promote understanding of both physical and mental well-being.

Classification

- **How:** Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Hampshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£17,459	£17,968	-	-
2024-03-31	£17,489	£17,104	-	-
2023-03-31	£12,592	£11,980	-	-
2022-03-31	£12,230	£8,978	-	-
2021-03-31	£11,150	£7,951	-	-

Trustees

Name	Role	Appointed
Mary Garner	Chair	2024-05-22
Charles Van Tongeren		2025-12-01
Elizabeth Dawson		2024-05-22
Ilona Valent		2025-03-14
Jean Fletcher		2024-07-01
Josephine Redman		2024-05-22
Linda Jane Mason		2025-02-01

EBS COUNSELLING

England & Wales - Charity number 1186362

Accounts



Trustees' Annual Report for the period

From 1 April 2024 Period start date To 31 March 2025 Period end date

Charity name: EBS Counselling

Charity registration number: 1186362

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	Confidential Counselling Service in Eastleigh & surrounding areas and Southampton.
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	Non judgemental emotional support to promote understanding of both physical and mental wellbeing to all over the age of 18 years.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All Trustees have been kept up to date

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	One to one counselling by volunteer counsellors. Governance by all Trustees
Other		

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	Delivered over 500 one to one counselling sessions face to face and online

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Number of counselling sessions achieved
Performance of fundraising activities against objectives set	Para 1.41	Objective achieved
Investment performance against objectives	Para 1.41	n/a
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Broke even expenses against income
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves maintained to enable at least 1 year forward planning
Amount of reserves held	Para 1.22	£12,000
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Lack of donations in current financial climate

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	Client Donations External Donations
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	Lack of donations going forward
Other		

Structure, Governance and Management

Description of charity's trusts:		n/a
Type of governing document (trust deed, royal charter)	Para 1.25	Trust deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
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	Interview, Reference Check, Trust Board Agreement minuted

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	One to one mentoring by Chair and other Trustees. They must read all Policies, Procedures and the Constitution
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Flat structure with a Trustee Board , minimum quorum of 3 for all decisions Below board are volunteers who deliver counselling
Relationship with any related parties	Para 1.51	n/a
Other		

Reference and Administrative details

Charity name	EBS Counselling
Other name the charity uses	n/a
Registered charity number	1186362
Charity's principal address	12 Romsey Road, Eastleigh, Hants SO50 9AL

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	Mary Garner	Chair		
2	Elizabeth Dawson	Treasurer	May 2024	
3	Josie Redman	Policy		
4	Jean Fletcher	Administration	June 2024	
5	Linda Mason	Fundraising	January 2025	
6	Ilona Valent	Communications	February 2025	
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

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

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)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	<i>Mary Garner</i>	
Full name(s)	Mary Ann Garner	
Position (eg Secretary, Chair, etc)	Chair	
Date	30 July 2025	



Receipts and payments account

For the period from	Period start date 01.04.2024	To
---------------------	---------------------------------	----

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
A1 Receipts			
Donations	7,405		-
Grants	-		
Bank Interest	519		-
Client donations	9,234		-
Miscellaneous receipts	301		-
			-
			-
			-
			-
Sub total (Gross income for AR)	17,459	-	-
A2 Asset and investment sales, (see table).			
	-	-	-
	-	-	-
Sub total	-	-	-
Total receipts	17,459	-	-

A3 Payments

Supervision	5,588		-
Counsellors' expenses	232		-
Mobile phone, internet & IT costs	564		-
Officers' expenses	334		-
Insurance	170		-
Admin. Assistance	5,241		-
Training	328		-
Room Hire	5,144		-
Bank charges	55		-
Miscellaneous expenses	313		-
Sub total	17,968	-	-

A4 Asset and investment purchases, (see table)

	-	-	-
--	---	---	---

	-	-	-
Sub total	-	-	-
Total payments	17,968	-	-
Net of receipts/(payments)	508	-	-
A5 Transfers between funds			-
A6 Cash funds last year end	21,143		-
Cash funds this year end	20,635	-	-

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

Categories	Details	Unrestricted funds to nearest £
B1 Cash funds	CAF Bank accounts	20,635
		-
		-
	Total cash funds	20,635
	(agree balances with receipts and payments account(s))	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £
		-
		-
		-
		-
		-
B3 Investment assets	Details	Fund to which asset belongs
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs

B5 Liabilities

Details	Fund to which liability relates

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

Signature

Print Name

o (if any)
186362

ounts

Period end date
31.03.2025

CC16a



Total funds

Last year

to the nearest £

to the nearest £

7,405	8,697
-	-
519	488
9,234	7,902
301	402
-	-
-	-
-	-
-	-
17,459	17,489

-	
-	-
-	-

17,459	17,489
--------	--------

5,588	5,400
232	447
564	1,170
334	485
170	170
5,241	3,868
328	405
5,144	4,401
55	60
313	698
17,968	17,104

-	
---	--

-	
-	-

17,968	17,104
--------	--------

- 508	385
-	-
21,143	20,146
20,635	20,531

period

Restricted funds to nearest £	Endowment funds to nearest £
	-
-	-
-	-
-	-
OK	OK

Restricted funds to nearest £	Endowment funds to nearest £
-	-
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-
-	-
-	-
-	-

Cost (optional)	Current value (optional)
-	-
-	-

-	-
-	-
-	-
-	-
-	-
-	-
-	-

**Amount due
(optional)**

**When due
(optional)**

-	
-	
-	
-	

lame

Date of
approval

EBS COUNSELLING

England & Wales - Charity number 1186362

Accounts



Trustees' Annual Report for the period

From 1 April 2023

To 31/3/2024

Charity name: EBS Counselling

Charity registration number: 1186362

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	A confidential counselling service in Eastleigh and the surrounding areas including Southampton to all those aged over the age of 18 years who are in need of non-judgemental emotional support. To promote understanding of both physical and mental well-being.
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	Counselling service offering one-to-one counselling as requested, contributing to community well-being in our area of operation.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Ensuring our work delivers our aims we review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success and benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We do not make grants to other organisations

Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

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>The charity has seen over 60 clients in this period via face-to-face or remote counselling via WhatsApp, FaceTime or Zoom.</p> <p>Feedback from clients has been positive and we have had very good reviews on Evaluation Sheets of the benefits that individuals have received with their time with the Charity.</p> <p>Referrals are from individuals, GP surgeries and Mental health professionals.</p> <p>Reasons for Counselling are for a number of reasons including loss, family challenges and life challenges</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	The overall objective is to provide counselling for members of the community however they need the service; we do not break this down into any more detailed categories, and therefore there are no comparisons to be made
Performance of fundraising activities against objectives set	Para 1.41	See above
Investment performance against objectives	Para 1.41	See above

Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Income £17489.23 Expenditure £17103.96
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	A reserve policy was introduced this year and states that £7000 will be held in reserve by the Charity to ensure that adequate funds are available in the event of unbudgeted challenges. This will ensure that the Charity has financial resilience and the capacity to respond to unforeseen financial circumstances.
Amount of reserves held	Para 1.22	£7000
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

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	Voluntary donations from clients receiving counselling
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	<ol style="list-style-type: none"> 1. The rising cost of suitable accommodation for counselling encounters, as the proportion of face-to-face meetings increases. 2. Ensuring we have sufficient funds to continue to run the Charity
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Foundation Model Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
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	A Trustee is appointed by a resolution passed at a properly convened meeting of the Charity Trustees. References x 2 and a DBS must be undertaken.

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	A Handbook of Procedures, Induction and Training, together with details of the Service's Organisation and Responsibilities is provided to all volunteers and trustees to maintain consistent performance and delivery.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	See above
Relationship with any related parties	Para 1.51	None
Other		

Reference and Administrative details

Charity name	EBS Counselling
Other name the charity uses	
Registered charity number	1186362
Charity's principal address	68 Monarch Way West End Southampton SO30 3JR

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	Nicola Beale	Secretary	April 23 to January 24	
2	Lorna Jenkins	Treasurer		
3	Cheryl Nicholls			
4	Julie Williams	Chair		
5	Kash Chail		January 24 to March 24	
6	Alex Bassett		February 24 to March 24	
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
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)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

--	--

Full name(s)

--	--

Position (eg Secretary,
Chair, etc)

--	--

Date

--



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name EBS COUNSELLING	No (if any) 1186362
--	-------------------------------

CC16a

Receipts and payments accounts

For the period from	Period start date 01.04.2023	To	Period end date 31.03.2024
---------------------	--	----	--------------------------------------

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 £
A1 Receipts					
Donations	8,697		-	8,697	577
Grants	-		-	-	300
Bank Interest	488		-	488	138
Client donations	7,902		-	7,902	10,481
Miscellaneous receipts	402		-	402	1,095
			-	-	-
			-	-	-
			-	-	-
Sub total(Gross income for AR)	17,489	-	-	17,489	12,591
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	17,489	-	-	17,489	12,591
A3 Payments					
Supervision	5,400		-	5,400	5,250
Counsellors' expenses	447		-	447	142
Mobile phone, internet & IT costs	1,170		-	1,170	446
Officers' expenses	485		-	485	670
Insurance	170		-	170	495
Membership	28		-	28	25
Admin. Assistance	3,868		-	3,868	
Training	405		-	405	769
Room Hire	4,401		-	4,401	3,940
Bank charges	60		-	60	72
Miscellaneous expenses	670		-	670	170
Sub total	17,104	-	-	17,104	11,979
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	17,104	-	-	17,104	11,979
Net of receipts/(payments)	385	-	-	385	612
A5 Transfers between funds			-	-	-
A6 Cash funds last year end	20,758		-	20,758	20,146
Cash funds this year end	21,143	-	-	21,143	20,758

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	CAF Bank accounts	20,674	469	-
		-	-	-
		-	-	-
	Total cash funds	20,674	469	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK

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

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

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

Categories	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
<i>L M Jenkins</i>	Lorna Jenkins - Treasurer	17th April 2024

EBS COUNSELLING

England & Wales - Charity number 1186362

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
EBS COUNSELLING

No (if any)
1186362

CC16a

Receipts and payments accounts

For the period from **01.04.2022** To **31.03.2023**

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 £
A1 Receipts					
Donations	577		-	577	96
Grants	-	300	-	300	3,249
Bank Interest	138	-	-	138	3
Client donations	10,481		-	10,481	8,411
Miscellaneous receipts	1,095		-	1,095	470
			-	-	-
			-	-	-
			-	-	-
			-	-	-
Sub total (Gross income for AR)	12,291	300	-	12,591	12,229
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	12,291	300	-	12,591	12,229
A3 Payments					
Supervision	5,250		-	5,250	5,280
Counsellors' expenses	142		-	142	431
Mobile phone, internet & IT costs	446		-	446	555
Officers' expenses	670		-	670	641
Insurance	495		-	495	450
Membership	25		-	25	52
Training	769		-	769	525
Room Hire	3,940		-	3,940	710
Bank charges	72		-	72	112
Miscellaneous expenses	170		-	170	223
Sub total	11,979	-	-	11,979	8,979
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	11,979	-	-	11,979	8,979
Net of receipts/(payments)	312	300	-	612	3,250
A5 Transfers between funds	320	- 320	-	-	-
A6 Cash funds last year end	19,310	836	-	20,146	16,896
Cash funds this year end	19,942	816	-	20,758	20,146

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	CAF Bank accounts	19,942	816	-
		-	-	-
		-	-	-
	Total cash funds	19,942	816	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

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

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

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

Categories	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
<i>L M Jenkins</i>	Lorna Jenkins - Treasurer	30/11/2023



Trustees' Annual Report for the period

From 1st April 2022 to 31st March 2023

Charity name: **EBS COUNSELLING**

Charity registration number: **1186362**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	A confidential counselling service in Eastleigh and the surrounding areas including Southampton to all those aged over the age of 18 years who are in need of non-judgemental emotional support. To promote understanding of both physical and mental well-being.
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	counselling service offering one-to-one counselling as requested, contributing to community well-being in our area of operation.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Ensuring our work delivers our aims we review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success and benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We do not make grants to other organisations
	Para 1.38	

Policy on social investment including program related investment		
Contribution made by volunteers	Para 1.38	
Other		

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>The charity has seen over 90 clients in this period via face-to-face or remote counselling via WhatsApp, FaceTime or Zoom.</p> <p>Feedback from clients has been positive and we have had very good reviews on Evaluation Sheets of the benefits that individuals have received with their time with the Charity.</p> <p>Many of our referrals are from GP Surgeries and with strong links with Social Prescribers and Mental Health Professionals.</p> <p>We have are seen several clients who had lost loved ones from Covid and the consequent Mental Health issues that the lockdowns had previously caused.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	The overall objective is to provide counselling for members of the community however they need the service; we do not break this down into any more detailed categories, and therefore there are no comparisons to be made
Performance of fundraising activities against objectives set	Para 1.41	See above
Investment performance against objectives	Para 1.41	See above
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Income £12592 Expenditure £11980
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	No formal policy but adequate funds are held at Bank which would fund up to 2 years forecast expenditure
Amount of reserves held	Para 1.22	Zero – but see above
Reasons for holding zero reserves	Para 1.22	Adequate Bank balance £20758 – see above
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

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	Voluntary donations from clients receiving counselling
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	The rising cost of suitable accommodation for counselling encounters, as the proportion of face-to-face meetings increases
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Foundation Model Constitution
How is the charity constituted?	Para 1.25	CIO
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	A Trustee is appointed by a resolution passed at a properly convened meeting of the Charity Trustees. References x 2 and a DBS must be undertaken.

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	A Handbook of Procedures, Induction and Training, together with details of the Service's Organisation and Responsibilities is provided to all volunteers and trustees to maintain consistent performance and delivery.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	See above
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	EBS Counselling
Other name the charity uses	
Registered charity number	1186362
Charity's principal address	68 Monarch Way West End Southampton SO30 3JR

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	Nicola Beale	Secretary		
2	Lorna Jenkins	Treasurer		
3	Cheryl Nicholls		Oct.2022 – Mar. 2023	
4	Julie Williams	Chair		
5	Charlotte Harding		April 2022 – Sept 2022	
6	Georgia Gay		April 2022 – Jan 2023	
7	Nichola Beach		April 2022 – Oct.2022	

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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
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)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

None

Other optional information

--

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	<i>L M Jenkins</i>	<i>J Williams</i>
Full name(s)	Lorna Margaret Jenkins	Julia Mary Williams

Position (eg Secretary, Chair, etc)	Trustee and Treasurer	Chair
-------------------------------------	-----------------------	-------

Date 30 November 2023

EBS COUNSELLING

England & Wales - Charity number 1186362

Accounts



Trustees' Annual Report for the period

From 1st April 2021 to 31st March 2022

Charity name: EBS COUNSELLING

Charity registration number: 1186362

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	A confidential Counselling Service in Eastleigh and the surrounding areas including Southampton to all those aged over the age of 18 years who are in need of non-judgemental emotional support. To promote understanding of both physical and mental well-being.
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	Counselling Service offering one-to-one Counselling as requested, contributing to community well-being in our area of operation.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Ensuring our work delivers our aims we review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success and benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We do not make grants to other organisations
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

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>The charity has seen over 80 clients in this period via Face to Face or Remote Counselling via WhatsApp, FaceTime or Zoom. Feedback from clients has been positive and we have had very good reviews on Evaluation Sheets of the benefits that individuals have received with their time with the Charity.</p> <p>Many of our referrals are from GP Surgeries and with strong links with Social Prescribers and Mental Health Professionals.</p> <p>We are seeing several clients who have lost loved ones from Covid and the Mental Health issues that the lockdowns have previously caused.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	The overall objective is to provide counselling for members of the community who need the service; we do not break this down into any more detailed categories, and therefore there are no comparisons to be made
Performance of fundraising activities against objectives set	Para 1.41	See above
Investment performance against objectives	Para 1.41	See above
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Income £12230 Expenditure £8978
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	No formal policy but adequate funds held at Bank which would fund up to 2 years forecast expenditure
Amount of reserves held	Para 1.22	Zero - see above
Reasons for holding zero reserves	Para 1.22	Adequate Bank balance £20146 - see above
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

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	Voluntary donations from clients receiving counselling
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	The provision of suitable accommodation for counselling encounters, as we are released from Covid restraints and increase face-to-face meetings.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Foundation Model Constitution
How is the charity constituted?	Para 1.25	CIO
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	A Trustee must be appointed by a resolution passed at a properly convened meeting of the Charity Trustees. References x 2 and a DBS must be undertaken.

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	A Handbook of Procedures, Induction and Training, together with details of the Service's Organisation and Responsibilities is provided to all volunteers and trustees to maintain consistent performance and delivery.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	See above
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	EBS Counselling
Other name the charity uses	
Registered charity number	1186362
Charity's principal address	68 Monarch Way West End Southampton SO30 3JR

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	Nicola Beale	Secretary		
2	Lorna Jenkins	Treasurer		
3	Nicola Beach	Chair		
4	Julie Williams	Minutes Secretary	10.07.2021 - 31.03.2022	
5	Linda Tyrie	Fundraising	01.04.2020 - 15.11.2021	
6	Valerie Winstone		01.04.2020 - 15.11.2021	
7	Charlotte Eyre		01.04.2021 - 15.11.2021	
8	Tracy Purvis		01.04.2021 - 19.08.2021	
9	Lesley Hands		01.04.2021 - 20.09.2021	
10	Charlotte Harding		30.01.2022 - 31.03.2022	
11	Georgia Gay		03.09.2021 - 31.03.2022	
12	Richard Whinerary	Treasurer (deceased)	01.04.2021 - 04.07.2021	

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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
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)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

L M Jenkins

N A Beale

Full name(s)

Lorna Margaret Jenkins

Nicola Anne Beale

Position (eg
Secretary, Chair, etc)

Trustee and Treasurer

Trustee and Secretary

Date

24.11.2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
EBS COUNSELLING

No (if any)
1186362

Receipts and payments accounts

For the period from	Period start date 01.04.2021	To	Period end date 31.03.2022
---------------------	---------------------------------	----	-------------------------------

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 £
A1 Receipts				
Donations	96	-	-	96
Grants	1,000	2,249	-	3,249
Bank Interest	3	-	-	3
Client fees	8,411	-	-	8,411
Miscellaneous receipts	470	-	-	470
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	9,980	2,249	-	12,229
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	9,980	2,249	-	12,229
A3 Payments				
Supervision	5,280	-	-	5,280
Counsellors' expenses	81	350	-	431
Mobile phone, internet & IT costs	555	-	-	555
Officers' expenses	641	-	-	641
Insurance	415	35	-	450
Membership	52	-	-	52
Training	450	75	-	525
Room Hire	60	650	-	710
Bank charges	112	-	-	112
Miscellaneous expenses	168	55	-	223
Sub total	7,814	1,165	-	8,979
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	7,814	1,165	-	8,979
Net of receipts/(payments)	2,166	1,084	-	3,250
A5 Transfers between funds	414	- 414	-	-
A6 Cash funds last year end	16,895	1	-	16,896
Cash funds this year end	19,475	671	-	20,146

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	CAF Bank accounts	19,614	532
		-	-
		-	-
	Total cash funds	19,614	532
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error

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

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

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

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

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

Signature	Print Name
L M Jenkins	Lorna Jenkins - Treasurer

CC16a



**Last year
to the nearest £**

1,600
1,305
6
8,089
150
-
-
-
-
11,150

-
-
-

11,150

5,595
335
542
47
370
52
290
459
103
158
7,951

-
-

7,951

3,199
-
-
3,199



Endowment funds

to nearest £

-
-
-
-

OK

Endowment funds

to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval

15.11.2021

EBS COUNSELLING

England & Wales - Charity number 1186362

Accounts



Trustees' Annual Report for the period

From 14 November 2019 To 31 March 2021

Charity name: EBS COUNSELLING

Charity registration number: 1186362

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	A confidential Counselling Service in Eastleigh and the surrounding areas including Southampton to all those aged over the age of 18 years who are in need of non-judgemental emotional support. To promote understanding of both physical and mental well-being.
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	Counselling Service offering One to One Counselling as requested.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Ensuring our work delivers our aims we review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success and benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aim, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

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	
Other		

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>The charity has seen over 100 clients in this period via Face to Face or Remote Counselling via WhatsApp, FaceTime or Zoom.</p> <p>Feed back from clients has been positive and we have had very good reviews on Evaluation Sheets of the benefits that individuals have received with their time with the Charity.</p> <p>Many of our referrals are from GP Surgeries and with strong links with Social Prescribers and Mental Health Professionals.</p> <p>We are seeing several clients who have lost loved ones from Covid and the Mental Health issues that the Lockdowns have caused.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
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	Income £11150 Expenditure £7951
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	No formal policy but adequate funds held at Bank
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	Bank balance £16894
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

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	
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	Para 1.25	Foundation Model Constitution
How is the charity constituted?	Para 1.25	CIO
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	A Trustee must be appointed by a resolution passed at a properly convened meeting of the Charity Trustees. References x 2 and a DBS must be undertaken.

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	EBS Counselling
Other name the charity uses	
Registered charity number	1186362
Charity's principal address	196 Ludlow Road Itchen Southampton So19 2EN

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	Nicola Beale	Secretary		
2	Lorna Jenkins			
3	Richard Whineray	Treasurer		
4	Nicola Beach	Chair		
5	Linda Tyrie	Fundraising		
6	Valerie Winstone			
7	Charlotte Eyre			
8	Tracy Purvis			
9	Lesley Hands			
10				

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

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
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)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

L M Jenkins

N A Beale

Full name(s)

Lorna Margaret Jenkins

Nicola Anne Beale

Position (eg
Secretary, Chair, etc)

Trustee & now Treasurer

Trustee and Secretary

Date

17/01/2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
EBS COUNSELLING

No (if any)
1186362

Receipts and payments accounts

For the period from	Period start date 14.11.2019	To	Period end date 31.03.2021
----------------------------	---------------------------------	-----------	-------------------------------

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 £
A1 Receipts				
Donations	1,600	-	-	1,600
Grants		1,305		1,305
Bank Interest	6	-	-	6
Client fees	8,089	-	-	8,089
Miscellaneous receipts	150	-	-	150
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	9,845	1,305	-	11,150
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	9,845	1,305	-	11,150
A3 Payments				
Supervision	5,595	-	-	5,595
Counsellors' expenses	335	-	-	335
Mobile phone, internet & IT costs	362	180	-	542
Officers' expenses	47	-	-	47
Insurance	-	370	-	370
Membership	52	-	-	52
Training	-	290	-	290
Room Hire	159	300	-	459
Bank charges	103	-	-	103
Miscellaneous expenses	158	-	-	158
Sub total	6,811	1,140	-	7,951
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	6,811	1,140	-	7,951
Net of receipts/(payments)	3,034	165	-	3,199
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	13,695	-	-	13,695
Cash funds this year end	16,729	165	-	16,894

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	CAF Bank accounts	16,893	1
		-	-
		-	-
	Total cash funds	16,893	1
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error

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

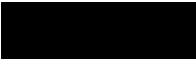
Categories	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

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

Categories	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities	Underpayment to Supervisor - invoice error	unrestricted	30
			-
			-
			-

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

Signature	Print Name
L M Jenkins	Lorna Jenkins - Treasurer



Endowment funds

to nearest £

-
-
-
-

OK

Endowment funds

to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval

15.11.2021