



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## **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)

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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)

**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
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### 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 £
<b>A1 Receipts</b>				
Donations	1,600	-	-	1,600
Grants		1,305		1,305
Bank Interest	6	-	-	6
Client fees	8,089	-	-	8,089
Miscellaneous receipts	150	-	-	150
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
<b>Sub total</b> (Gross income for AR)	9,845	1,305	-	11,150
<b>A2 Asset and investment sales, (see table).</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total receipts</b>	9,845	1,305	-	11,150
<b>A3 Payments</b>				
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
<b>Sub total</b>	6,811	1,140	-	7,951
<b>A4 Asset and investment purchases, (see table)</b>				
	-	-	-	-
	-	-	-	-
<b>Sub total</b>	-	-	-	-
<b>Total payments</b>	6,811	1,140	-	7,951
<b>Net of receipts/(payments)</b>	3,034	165	-	3,199
<b>A5 Transfers between funds</b>	-	-	-	-
<b>A6 Cash funds last year end</b>	13,695	-	-	13,695
<b>Cash funds this year end</b>	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 £
<b>B1 Cash funds</b>	CAF Bank accounts	16,893	1
		-	-
		-	-
	<b>Total cash funds</b>	16,893	1
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
			-
			-
			-
			-
			-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)
	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

CC16a



Last year  
to the nearest £

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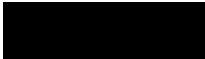
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**Endowment  
funds**

to nearest £

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OK

**Endowment  
funds**

to nearest £

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-

**Current value  
(optional)**

-
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-
-

**Current value  
(optional)**

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-
-
-
-

**When due  
(optional)**


Date of  
approval

15.11.2021