



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 <b>01.04.2022</b>	To	Period end date <b>31.03.2023</b>
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### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
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
			-	-	-
			-	-	-
			-	-	-
			-	-	-
<b>Sub total (Gross income for AR)</b>	<b>12,291</b>	<b>300</b>	<b>-</b>	<b>12,591</b>	<b>12,229</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>12,291</b>	<b>300</b>	<b>-</b>	<b>12,591</b>	<b>12,229</b>
<b>A3 Payments</b>					
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
<b>Sub total</b>	<b>11,979</b>	<b>-</b>	<b>-</b>	<b>11,979</b>	<b>8,979</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>11,979</b>	<b>-</b>	<b>-</b>	<b>11,979</b>	<b>8,979</b>
<b>Net of receipts/(payments)</b>	<b>312</b>	<b>300</b>	<b>-</b>	<b>612</b>	<b>3,250</b>
<b>A5 Transfers between funds</b>	<b>320</b>	<b>- 320</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>19,310</b>	<b>836</b>	<b>-</b>	<b>20,146</b>	<b>16,896</b>
<b>Cash funds this year end</b>	<b>19,942</b>	<b>816</b>	<b>-</b>	<b>20,758</b>	<b>20,146</b>

## 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>	CAF Bank accounts	19,942	816	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>19,942</b>	<b>816</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
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	



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From 1<sup>st</sup> April 2022 to 31<sup>st</sup> 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)

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## Exemptions from disclosure

#### Reason for non-disclosure of key personnel details

None
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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)	<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
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Date	30 November 2023
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