



CHARITY COMMISSION
FOR ENGLAND AND WALES

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

[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	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)

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Full name(s)

--	--

Position (eg Secretary,
Chair, etc)

--	--

Date

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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
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	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	
	L M Jenkins	Lorna Jenkins - Treasurer	17th April 2024	