



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## 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	<b>Confidential Counselling Service in Eastleigh &amp; surrounding areas and Southampton.</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>Non judgemental emotional support to promote understanding of both physical and mental wellbeing to all over the age of 18 years.</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>All Trustees have been kept up to date</b>

## Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<b>n/a</b>
Policy on social investment including program related investment	Para 1.38	<b>n/a</b>
Contribution made by volunteers	Para 1.38	<b>One to one counselling by volunteer counsellors. Governance by all Trustees</b>
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	<b>Delivered over 500 one to one counselling sessions face to face and online</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

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

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>Broke even expenses against income</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>Reserves maintained to enable at least 1 year forward planning</b>
Amount of reserves held	Para 1.22	<b>£12,000</b>
Reasons for holding zero reserves	Para 1.22	<b>n/a</b>
Details of fund materially in deficit	Para 1.24	<b>n/a</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>Lack of donations in current financial climate</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>Client Donations External Donations</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	<b>n/a</b>
A description of the principal risks facing the charity	Para 1.46	<b>Lack of donations going forward</b>
Other		

## Structure, Governance and Management

Description of charity's trusts:		n/a
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Trust deed</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>Interview, Reference Check, Trust Board Agreement minuted</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	<b>One to one mentoring by Chair and other Trustees. They must read all Policies, Procedures and the Constitution</b>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<b>Flat structure with a Trustee Board , minimum quorum of 3 for all decisions</b>  <b>Below board are volunteers who deliver counselling</b>
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

[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	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)

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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)	<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
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### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds
	to the nearest £	to the nearest £	to the nearest £

#### A1 Receipts

Donations	7,405		-
Grants	-		
Bank Interest	519		-
Client donations	9,234		-
Miscellaneous receipts	301		-
			-
			-
			-
			-
<b>Sub total</b> (Gross income for AR)	17,459	-	-

#### A2 Asset and investment sales, (see table).

	-	-	-
	-	-	-
<b>Sub total</b>	-	-	-

**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		-
<b>Sub total</b>	17,968	-	-

#### A4 Asset and investment purchases, (see table)

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

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

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


**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
<b>ounts</b>
Period end date 31.03.2025

<b>CC16a</b>
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<b>Total funds</b>	<b>Last year</b>
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
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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

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-	
-	-

17,968	17,104
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- 508	385
-	-
21,143	20,146
20,635	20,531

e period

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

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

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

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

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

Amount due (optional)	When due (optional)
-	
-	
-	
-	

lame	Date of approval