



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From: Period start date: **01.01.2021** **To:** Period end date: **31.12.2021**

Charity name: Bridge Counselling

Charity registration number: 1191105

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote the mental health of people residing in Bromham and the Bedford areas through provision of a counselling service in accordance with the values of the Christian faith
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	<ul style="list-style-type: none">• Receiving requests for counselling,• Providing an initial interview and then introduction to a counsellor who is appropriately trained and supervised• Counselling sessions provided as agreed between client and counsellor• Regular supervision sessions for each counsellor and financial contributions for each counsellor towards training and ongoing development.• Bi monthly Counsellor meetings• Bi monthly Trustees meetings
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Bridge Counselling is open to all enquiries from people with varying issues who wish to discuss them with a trained counsellor. Most clients approach the service via telephone, email or communication direct from our web site. During this year, because of the Covid 19 pandemic counselling has still continued if the client is willing and able to use technology such as Zoom. Our counsellors have been as flexible

		as they can be to continue offering services during this difficult time. The Trustees have read the Charity Commission guidance on public benefit and are satisfied that the activities outlined above clearly demonstrate that the charity is meeting its Purpose and is providing a benefit to the public.
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A at this time
Policy on social investment including program related investment	Para 1.38	N/A at this time
Contribution made by volunteers	Para 1.38	All counsellors offer their services free of charge to Bridge Counselling and the service could not run without their support. Throughout the pandemic one of the counsellors has co-ordinated the service, managed the waiting list and carried out initial interviews by phone to those who enquired about counselling.
Other		Trustees have taken on roles to assist with the running of this service - Finance, Data Protection, Safeguarding etc. Their time is given free of charge

Achievements and Performance

	SORP reference	
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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>Bridge Counselling has received 50 enquiries during the period January 1st 2021 and December 31st 2021</p> <p>This has resulted in 44 Initial interviews</p> <p>28 people receiving or received counselling</p> <p>3 people on hold for various reasons</p> <p>703 hours of counselling given by 10 counsellors during this period</p>
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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>A total of £11,200 was received during the year of which £4,000 was a grant from Bromham Baptist Church, £1000 was a loan from same church to open a bank account and £1,600 from other donations. In addition, income from counselling was £4,600.</p> <p>Bridge Counselling also receives services in kind from Bromham Baptist Church covering accommodation facilities and utilities.</p> <p>The main items of expenditure are: Counselling supervision which was £2466, and administrative charges which include the following:- ICO - £35, bank charges - £80, insurance - £135 professional registration and training £635. Web site - £168 Other - £17</p> <p>Our counsellors provide their services free of charge.</p>
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		This resulted in a surplus for the year of £7,664
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Bridge Counselling maintains a reserve fund to allow the organisation to adapt to any changes in our income or expenditure. The reserve is the equivalent to one month of day to day running costs plus an additional sum for one off professional indemnity insurance costs if the organisation has to close down
Amount of reserves held	Para 1.22	The Trustees currently agreed that this amount should be £1000.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Bridge Counselling is reliant on the counsellors who give their time and expertise freely. We are seeking new counsellors to join the team and encouraging those interested in training to be counsellors to find out more. If we cannot recruit new counsellors the charity cannot continue to function and provide the service

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	Grant from Bromham Baptist Church - £4,000 Counselling fees Donations One off gifts
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A at this time
A description of the principal risks facing the charity	Para 1.46	Counsellors resigning their service and not being able to replace their given time for counselling.
Other		N/A

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Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity	Para 1.25	Charitable Incorporated Organisation

constituted? (e.g unincorporated association, CIO)		(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	Invitation to serve as Trustee followed by information sharing and decision by the invited Trustee to commit to the role

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	Continuing as a work in progress
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The Charity is based at Bromham Baptist Church, Village Road, Bromham, Bedford. MK43 8LJ. For most of the year we have had one of the counsellors volunteering to co-ordinate the enquiries and carrying out the initial interviews
Relationship with any related parties	Para 1.51	Bromham Baptist Church supports Bridge Counselling CIO with an annual grant and the use of premises and facilities within the church building. This arrangement is confirmed with a Memorandum of Understanding which will be reviewed every 6 months
Other		

Reference and Administrative details

Charity name	Bridge Counselling Bromham
Other name the charity uses	Bridge Counselling
Registered charity number	1191105
Charity's principal address	Bridge Counselling, Bromham Baptist Church, Village Road, Bromham, Bedford. MK43 8LJ

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	Mrs Barbara Bannard-Smith	Chair		
2	Mrs Lesley Dean	Co-ordinator		
3	Mrs Felicity Leinster	Finance		
4	Mrs Jenny Hadley	Safeguarding and Data Protection		
5	Dr Michael O'Rourke		1 st January 2021 - 29 th June 2021	

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

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	<i>BL Bannard-Smith</i>	<i>LR Dean</i>
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Full name(s)	Barbara Lesley Bannard-Smith	Lesley Rita Dean
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Position (eg Secretary, Chair, etc)	Chair	Co-Ordinator
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Date

16th August 2022

Bridge Accounts February 25th 2020

Bridge Counselling Budget

	2021	Dec- 20	Year to date	Jan	Feb
Income					
BBC grant for reserves	1000		1000	100 0	
BBC grant	4000		1000		1000
Income - counselling	3160	1683	147.5	60	87.5
Charge income - counselling			0		
Schools		270	0		
Other donations	1200		500		500
			0		
			0		
Total income	8360	1953	1647.5	60	1587.5
Expenditure					
Supervision	2500	2125	328	60	268
Schools		225	0		
Insurance	135	308	0		
Registration	1200	595	175	175	
ICO	40		0		
Website	204		0		
Training	700	181	0		
Conference	1400		0		
Expenses - other			10.95		10.95
			0		
Total expenditure	6179	3434	513.95	235	278.95
Reserve	1000		1000		
			1133.5	-	
Income - expenditure	2181	-1481	5	175	1308.55
			2133.5		
Money in Bank			5		