



Trustees' Annual Report for the period

From: Period start date: 01.01.2023 **To:** Period end date: 31.12.2023

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	<p>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.</p> <p>During this year and since the Covid 19 pandemic counselling has continued to be offered face to face or via technology such as Zoom. Our counsellors have been as flexible as they can be to continue offering services.</p> <p>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.</p>

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	Our counsellors offer their services free of charge to Bridge Counselling and the service could not run without their support. For part of this year we had a self employed co-ordinator in post but otherwise one of the counsellors, who is also a Trustee has co-ordinated the service, managed the waiting list and carried out initial interviews by phone to those who enquired about counselling. She has also assisted our newly appointed Co-Ordinator to be inducted into the role and to take over the work required We also benefitted from some administration support from a volunteer member of the church
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

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	SORP reference	<p>Bridge Counselling has received 58 enquiries during the period January 1st 2023 and December 31st, 2023 39 people are receiving or have received counselling.</p> <p>Issues for counselling were: Marriage (10), Past life issues (8), Relationships (6), Anxiety and depression (5), Loss and bereavement (2), Trauma (2), Life changes (2), and then 1 each for Health, Domestic abuse, Anger and Counselling course therapy.</p> <p>392 hours of counselling were given by 5 counsellors and 3 student counsellors on placement with Bridge 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 £10,843 was received during the year of which £2,000 was a grant from Bromham Baptist Church, £6,980 from counselling income and £1,450 from other donations and £38 interest. 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 £1,445 plus expenses and administrative costs of £1,760</p> <p>This resulted in a surplus for the year of £5,365</p> <p>Our counsellors and students provide their services free of charge but we are now providing some travel costs in addition to supervision and training support.</p> <p>Recruitment of administration services last year has helped co-ordinate the service and reduce the need for voluntary requirements from the counsellors to administer the enquiries and waiting list.</p>
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 must 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	<p>Bridge Counselling is reliant on the counsellors who give their time and expertise freely.</p> <p>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</p>

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	

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 constituted? (e.g. unincorporated association , CIO)	Para 1.25	Charitable Incorporated Organisation (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, interview and decision by the Trustees and 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	
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	

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/ Counsellor		
3	Mrs Felicity Leinster	Finance		
4	Mrs Jenny Hadley	Safeguarding and Data Protection		
5	Dr Timothy Pedley	Minute Taker	From 8 th March 2022	Bridge Trustees
6	Mr George Hadley	Trustee	From 8 th March 2022	Bridge Trustees

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>Felicity AE Leinster</i>
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Full name(s)	Barbara Lesley Bannard-Smith	Felicity Audrey Endersley Leinster
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Position (eg Secretary, Chair, etc)	Chair of Trustees	Trustee for Finance
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Date

20th June 2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name	No (if any)
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Receipts and payments accounts

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For the period from	Period start date 1/1/2023	To	Period end date 1/31/2023
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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 £	Last year to the nearest £
A1 Receipts					
Bromham Baptist Church	2,000	-	-	2,000	3,000
Counselling Income	6,980	-	-	6,980	8,170
Counselling Supervision	375	-	-	375	560
Donations	1,450	-	-	1,450	2,242
Interest	38	-	-	38	13
Gift Aid	-	-	-	-	245
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	10,843	-	-	10,843	14,230
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	10,843	-	-	10,843	14,230
A3 Payments					
Initial Grant Repayment	- ##	- ##	- ##	- ##	1,000
Bank Charges	60 ##	- ##	- ##	60 ##	81
Supervision	1,445	-	-	1,445	2,072
Insurance	135	-	-	135	135
Registration / Accreditation	494	-	-	494	623
ICO	35	-	-	35	35
Website / Domain	29	-	-	29	206
Training	200	-	-	200	60
Safeguarding	238	-	-	238	141
Expenses	1,085	-	-	1,085	441
Admin	1,760	-	-	1,760	971
Sub total	5,479	- ##	- ##	5,479 ##	5,764
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,479	-	-	5,479	5,764
Net of receipts/(payments)	5,365	-	-	5,365	8,466
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	5,365	-	-	5,365	8,466

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	Cash funds in 2023	5,365	-	-
	Total cash funds end 2022	16,130	-	-
		-	-	-
	Total cash funds	21,495	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK


	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
 <i>B.L. Bannard-Smith</i>	Felicity Leinster	
	Barbara Bannard-Smith	