



Trustees' Annual Report for the period

From: Period start date: 01.01.2024 **To:** Period end date: 31.12.2024

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.</p> <p>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. We now have a self employed co-ordinator in post and they have been able to take on the administration of the service. This includes receiving referrals, managing the waiting list and carrying out initial interviews by phone to those who enquired about counselling. They also support the counsellors and arrange team meetings with them bi-monthly. The Co-ordinator also reports to the Trustees at their meetings.
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 57 enquiries during the period January 1st 2024 and December 31st, 2024</p> <p>28 people are receiving or have received counselling for the following issues: Anxiety (7), family issues (4), past life issues (3), trauma (3), relationships (3), bereavement (2), Marriage (2 couples), anger (1), health issues (1)</p> <p>411 hours of counselling were given by 6 counsellors, 2 student counsellors on placement with Bridge and 1 other student who then became a full counsellor with the team 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 £9,230 was received during the year – this was the first year Bridge Counselling did not receive a grant from Bromham Baptist Church.</p> <p>£7,515 from counselling income and £1,260 from other donations, £413 from supervision and £42 interest</p> <p>Bridge Counselling continues to receive services in kind from Bromham Baptist Church covering accommodation facilities and utilities.</p> <p>The main items of expenditure are: Counselling supervision which was £1,626 and administrative costs which include the following:-</p> <p>ICO – £35, Bank charges - £60, Insurance - £135 Professional registration £917 Training £300. Safeguarding - £164 Web site - £196 Expenses - £1862 Zoom - £156 Administrator salary costs - £5,385</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. 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> <p>This resulted in a deficit for the year of £1,606</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>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</p>
Amount of reserves held	Para 1.22	<p>The Trustees agreed that this amount should be £1000.</p>
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 always 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	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. The deficit of £1606 this year has been due to several clients requiring to pay less due to their financial circumstances. At present we have the reserves to accommodate these requests but the Trustees are aware that this assistance needs to be monitored. They are also looking to raise the fees charged for counselling

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	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. During most of 2024 we have had 6 counsellors and 3 students working with the service

		<p>We have worked with 6 Trustees for most of this year.</p> <p>We now have one self employed Co-ordinator managing the referrals and administration of the service</p> <p>Bridge Counselling is a member of The Association of Christian Counsellors (ACC)</p>
Relationship with any related parties	Para 1.51	<p>Bromham Baptist Church supports Bridge Counselling CIO with the use of premises and facilities within the church building.</p> <p>This arrangement is confirmed with a Memorandum of Understanding which is reviewed annually</p>

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 Timothy Pedley	Minute Taker	From 8 th March 2022	Bridge Trustees
6	Mr Brian Bennet	Trustee	From 11 th November 2024	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)

BL Bannard-Smith

LR Dean

Full name(s)

Barbara Lesley Bannard-Smith

Lesley Rita Dean

Position (eg Secretary,
Chair, etc)

Chair of Trustees

Trustee/Co-Ordinator/Counsellor

Date

30th June 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name	No (if any)
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Receipts and payments accounts

CC16a

For the period from	Period start date Jan-24	To	Period end date Dec-24
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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 £
A1 Receipts					
Bromham Baptist Church	-	-	-	-	2,000
Counselling Income	7,515	-	-	7,515	6,980
Counselling Supervision	413	-	-	413	375
Donations	1,260	-	-	1,260	1,450
Interest	42	-	-	42	38
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	9,230	-	-	9,230	10,843
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	9,230	-	-	9,230	10,843
A3 Payments					
Bank Charges	60	-	-	60	60
Supervision	1,626	-	-	1,626	1,445
Insurance	135	-	-	135	135
Registration / Accreditation	917	-	-	917	494
ICO	35	-	-	35	35
Website / Domain	196	-	-	196	29
Training / Conference	300	-	-	300	200
Safeguarding	164	-	-	164	238
Expenses	1,862	-	-	1,862	1,085
Zoom	156 ##	- ##	- ##	156 ##	-
Administration	5,385 ##	- ##	- ##	5,385 ##	1,760
Sub total	10,836	-	-	10,836	5,481
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	10,836	-	-	10,836	5,481
Net of receipts/(payments)	- 1,606	-	-	- 1,606	5,362
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 1,606	-	-	- 1,606	5,362

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	2,024	- 1,606	-	-
	2,023	5,365	-	-
	2,022	16,130	-	-
	Total cash funds	19,889	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK



	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds 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
	Felicity Leinster	13-Jan-25
	Barbara Bannard-Smith	13-Jan-25