

LONDON ACCESSIBLE PSYCHOTHERAPY & INCLUSIVE SUPERVISION

England & Wales · Charity number 1191467

Details

Other names LAPIS

Status Registered

Legal form CIO

Registered 2020-09-24

Register [View on the Charity Commission register](#)

Contact

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London
N10 2PU

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Activities

Objects: THE RELIEF AND PROTECTION OF THE HEALTH OF PEOPLE AFFECTED BY DISABILITY AND/OR BY OTHER LIFE-CHANGING HEALTH ISSUES THROUGH EVIDENCE-BASED AND PERSON-CENTRED COUNSELLING AND PSYCHOTHERAPY.

Activities: London Accessible Psychotherapy & Inclusive Supervision (LAPIS) is a registered charity offering psychotherapy services to anyone affected by physical or learning disabilities, their carers and family, including individual counselling and psychotherapy, mindfulness and mindful movement classes and groupwork. Therapy is always open-ended and low-cost, where the client decides how much to pay.

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2024-10-31	£41,809	£41,456	-	-
2023-10-31	£49,650	£50,959	-	-
2022-10-31	£14,403	£40,349	-	-
2021-10-31	£43,289	£15,131	-	-

Trustees

Name	Role	Appointed
Arash Andalibi-Abadan		2021-12-01
Carly Shirley Binger		2020-09-20
Catherine Anne Cadman		2021-12-01
Deepanshi Gulati		2023-07-31
Maria Falzetti		2023-04-10
Pollyanna Rodrigues		2023-04-13
Suzanne Lorraine Pearson		2020-09-20
dr LISA GREENSPAN		2020-09-20

Accounts



London Accessible Psychotherapy & Inclusive Supervision

[LAPIS]



Charitable Incorporated Organisation (CIO)
Registered Charity Number: 1191467

Trustee's Annual Report

Financial Statements and Independent Examiner's Report

for the year ended 31 October 2024



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Trustees' Annual Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 October 2024.

Reference and Administrative Details

- **Charity Name:** London Accessible Psychotherapy & Inclusive Supervision
- **Charity Number:** 1191467
- **Registered Address:** 4 Pages Lane, Ground Floor, London, N10 1PS
- **Website:** www.lapis.org.uk
- **Trustees Serving in the Period:**

TRUSTEE NAME

Dr Lisa Greenspan
Arash Andalibi-Abadan
Carly Shirley Binger
Catherine Anne Cadman
Maria Falzetti
Deepanshi Gulati
Suzanne Pearson

- **Bankers:** NatWest Bank plc
- **Independent Examiner:** Kanchan Kapoor, FCCA, Rue Rodier, Paris, 75009

Structure, Governance, and Management

Governing Document

The charity is controlled by its governing document and constitutes a charitable incorporated organisation (CIO).

Recruitment & Appointment of Trustees

Trustees are recruited through a publicly available internet volunteer recruitment agency or word of mouth. They are invited to an informal interview and then an introductory meeting with the other trustees. The trustees then vote to appoint the new member.

Following appointment, the new trustee is given some informal training as to their duties and responsibilities.

Organisational Structure

LAPIS has contracts with outside agencies including short-term projects collaborating with other charities and three-way agreements with training institutions for volunteers who are on clinical placement with LAPIS.

LAPIS has various professionals on our Board of Trustees who are representative of our client group and who have skills to mitigate risk, including a solicitor, three mental health professionals all who have founded and manage their own services, a charity service manager and a retired bookkeeper. An emergency meeting would be called in the event of a major threat.

Objects & Aims



The aims of London Accessible Psychotherapy and Inclusive Supervision (LAPIS) are to provide psychotherapy services to anyone affected by physical or health conditions, learning disabilities or neurodiversity, their carers and family, including individual counselling and psychotherapy, mindfulness and mindful movement classes and group work. Therapy is always open-ended and low cost, where the client decides how much to pay.

Objectives, Strategies & Activities

LAPIS has as its objective the promotion of accessible therapy for people with disabilities and health conditions. The inclusive practice includes community settings, a sliding scale that allows low-cost therapy and therapists who are skilled in working with our client groups. There is also a commitment to educating therapists to work with our client group.

Main Objectives for the Year

LAPIS continued to build the capacity to serve the greater London area face-to-face and online plus eligible people from the UK online. This involved an increase in the number of clients taken on plus an increase in the number of trainees and qualified volunteers.

Achievements and Performance

The number of clients seen over this financial period has increased to 125. The number of trainees seeing LAPIS clients and clinical supervisors during this period was 25.

Financial Review

During the year ended 31 October 2024, LAPIS generated **£40,954** in income — an 18% decrease compared to the prior year (**£49,675**). This decline was largely due to the absence of grant income in the current year (prior year: **£16,000**).

Total expenditure for the year was **£41,456**, representing a 17% reduction from the previous year (**£50,960**). Cost savings were achieved through the use of pro bono accountancy support, reduced insurance costs, and fewer sessional therapist payments. However, costs related to clinical supervision and counselling room hire increased by **£6,222**, a rise of 38%, reflecting continued commitment to safe and high-quality service delivery.

The year closed with a small deficit of **£502**, leaving **£425** in funds carried forward (prior year: **£903**).

LAPIS remains entirely reliant on voluntary contributions, and private donations, in the absence of external grant funding.

Reserves Policy

The charity aims to retain approximately £10,000 every financial year to cover expenses for the following year. The reserves policy is reviewed annually after the end of the financial year and may be changed if appropriate.



Statement of Responsibilities of the Trustees

The trustees are responsible for preparing the trustees' report and financial statements in accordance with applicable law and UK Accounting Standards. They are also responsible for ensuring proper accounting records are kept.

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period.

In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees and signed on its behalf by:

Trustee	Date	Signature
Dr Lisa Greenspan	30 July 2025	



Independent Examiner's Report

Independent Examiner's Report to the Trustees of London Accessible Psychotherapy & Inclusive Supervision (LAPIS)

I report in my capacity as Independent Examiner, having also prepared the financial statements from the records provided. I am independent of the charity and have no personal or professional relationship with the trustees or management that would impair my objectivity I report on the accounts of the charity for the year ended 31 October 2024, which are set out on pages 7 -11.

Responsibilities and Basis of Report

As the charity's trustees, you are responsible for the preparation of the accounts. I have been appointed as independent examiner and report in accordance with Regulation 31 of the Charities (Accounts and Reports) Regulations 2008.

My examination was carried out in accordance with general directions given by the Charity Commission. It includes a review of the accounting records and a comparison with the accounts presented.

Examiner's Statement

In connection with my examination, no matter has come to my attention:

1. to give me reasonable cause to believe that the accounting records have not been kept in accordance with section 130 of the Charities Act 2011; or
2. to which, in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached.

Kanchan Kapoor, FCCA
Independent Examiner
31 July 2025



STATEMENT OF FINANCIAL ACTIVITIES [SoFA]

For year ended 1 Nov 2023 - 31 Oct 2024

London Accessibility Psychotherapy & Inclusive Supervision [LAPIS]

	Notes	Unrestricted Funds	Restricted Funds	TOTAL 2023/2024	TOTAL 2022/2023	RE- STATED TOTAL 2022/2023
		£	£	£	£	£
1 INCOME						
1000 Donations – Unrestricted	2, 5	£27,342	-	£27,342	£21,509	£21,534
1010 Donations – Restricted		-	-			
1020 Client Therapy Service Fees	2	£9,159	-	£9,159	£12,141	£12,141
1030 Gift Aid Income		£3,598	-	£3,598		
1040 Grant Income – Restricted		-	-		£16,000	£16,000
1050 Other Income	2	£855	-	£855		
TOTAL INCOME		£40,954	£0	£40,954	£49,650	£49,675
2 EXPENDITURE						
2.1 Charitable Activities						
2000 Clinical Supervision	4	£8,160	-	£8,160	£6,385	£6,385
2010 Counselling Room Hires	4	£14,511	-	£14,511	£10,064	£10,064
2020 Sessional Therapists	4	£16,290	-	£16,290	£28,390	£28,390
2030 Parent Conferences		-	-	£0	£2,457	£2,457
2040 Volunteer Expenses	4	£806	-	£806	£813	£813
2050 Staff Training / Conferences	4	£100	-	£100		
Sub-Total 2.1 Charitable Activities		£39,866	£0	£39,866	£48,110	£48,110
2.2 Support / Overhead Costs						
2100 Office Support & Admin	4	£938	-	£938	£1,170	£1,170
2110 Accountant & Governance Costs	4	£585	-	£585	£1,680	£1,680
2120 Website & Comms	4	£67	-	£67	£0	£0
2130 Fundraising Costs		-	-	£0	£0	£0
Sub-Total 2.2 Support / Overhead Costs		£1,590	£0	£1,590	£2,850	£2,850
TOTAL EXPENSES		£41,456	£0	£41,456	£50,960	£50,960
NET INCOME/ (EXPENDITURE)		-£502	-	-£502	-£1,309	-£1,284
FUNDS BROUGHT FORWARD		£903	-	£903	£2,212	£2,212
Re-Stated FUNDS BROUGHT FORWARD	5	£928	-	£928	£0	
FUND CARRIED FORWARD		£425	£0	£425	£903	£928



STATEMENT OF FINANCIAL POSITION [SoFP]

As at 31 Dec 2024

London Accessibility Psychotherapy & Inclusive Supervision [LAPIS]

			Unrestricted Funds	Restricted Funds	TOTAL 2023/2024	TOTAL 2022/2023	RE-STATED TOTAL 2022/2023
	Notes		£	£	£		
3		CURRENT ASSETS					
3000	Bank Account – GBP	6	£425	-	£425	£903	£903
3010	PayPal Account - GBP	5, 6	-	-	£0	£0	£25
3020	Debtors		-	-	£0	£0	£0
3030	Prepayments		-	-	£0	£0	£0
	TOTAL CURRENT ASSETS		£425	£0	£425	£903	£928
4		CURRENT LIABILITIES					
4000	Accruals		-	-	£0	£0	£0
4010	Creditors		-	-	£0	£0	£0
	TOTAL CURRENT LIABILITIES		£0	£0	£0	£0	£0
	NET ASSETS		£425	£0	£425	£903	£928
5		FUNDS					
5000	Unrestricted Funds		£928	-	£928	£2,212	£2,212
5010	Restricted Fund		-	-	£0	£0	£0
5020	Designated Funds		-	-	£0	£0	£0
5030	Net Income	6	-£502	-	-£502	-£1,309	-£1,284
	TOTAL FUNDS		£425	£0	£425	£903	£928



Notes to the Financial Statements

1. Accounting Policies: Basis of preparation

- The Charities SORP (FRS 102),
- FRS 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland, and
- the Charities Act 2011.

2. Analysis of Income

All sources of income were unrestricted and are broken down as follows:

Source of Funds	Type of Funds	2023/2024 £	2023/2024 £
Direct Private Donations (Trustee)	Unrestricted Donations	£23,000	£21,223
Donations - PayPal & JustGiving		£3,967	£0
Miscellaneous Direct Donations		£375	£311
SUB-TOTAL		£27,342	£21,534
Client Service Contributions (42 Clients, 326 sessions)	Unrestricted Contributions	£9,159	£12,141
Grant Income	N/A	£0	£16,000
Gift Aid – HMRC Charities	Gift Aid Claim	£3,598	£0
Consultancy Training Provision – The Bowlby Centre	Consultancy Income	£855	£0
	TOTAL	£40,954	£49,675

3. Examiner's fees

The Independent Examination was carried out pro bono, and recruited through Accountants for International Development (AfID), to whom an annual subscription is paid.



4. Expenditures

The charity incurred the following **Charitable Expenditures**, which comprised **96% of total expenses**

CHARITABLE EXPENSES	EXPLANATION for 2023/2024	2023/2024 £	2022/2023 £
Clinical Supervision	4 Clinical Supervisors have provided Clinical Supervision for all therapists	£8,160	£6,385
Counselling Room Hires	8 different locations were hired for provision of counselling services to clients	£14,511	£10,064
Sessional Therapists	In addition to Dr Lisa Greenspan's services, 2 additional sessional therapists provided services in Dance/ Movement Psychotherapy and Case Management & Therapy	£16,290	£28,390
Volunteer Expenses	3 Volunteers provided therapy services, and claimed transport and basic costs	£806	£813
Staff Training / Conferences	Additional training was provided for a volunteer by the Pregnancy Sickness Support Charity	£100	£2,457
	TOTAL	£39,866	£48,110

The Charity incurred the following **Overhead Costs**, which comprised **4% of total expenses**.

OVERHEADS	EXPLANATION for 2023/2024	2023/2024 £	2022/2023 £
Office Support & Admin	Google Suite subscription and insurance	£938	£1,170
Accountant & Governance Costs	Data Protection & Accountant Costs	£585	£1,680
Website & Comms	Branding font costs	£67	£0.
	TOTAL	£1,590	£2,850

5. Restatement of Opening Balance and Prior Year Income

The financial statements for the year beginning 1 November 2023 reflect a restatement of the opening cash balance and unrestricted income from the prior year.

An amount of **£25**, representing an **unrestricted donation** received into the charity's PayPal account before 31 October 2023, was **omitted** from the previous year's accounts. As a result:

- The **PayPal bank balance** as at 1 November 2023 has been increased by £25 (from £903 to £928);
- The **unrestricted donations** for the year ended 31 October 2023 have been increased by £25 (from £21,509 to £21,534);
- The **unrestricted fund balance** carried forward into the current financial year has also been restated to reflect this correction (from -£1,309 to -£1,284)



These adjustments do not affect the current year's income, expenditure, or net movement in funds.

	Originally Stated	Adjustment	Restated
Opening Cash / Bank (1 Nov 2023)	£903	£25	£928
Unrestricted donations (2022/2023)	£21,509	£25	£21,534
Net Income (31 Oct 2023)	-£1,309	£25	-£1,284

6. Bank Accounts Held

The charity held 1 bank account with **NatWest** as follows:

Bank Address: 135 Bishopsgate, London, EC2M 3UR, United Kingdom
Account Name: London Accessible Psychotherapy & Inclusive Supervision
Account Number: 69457255
Sort Code: 60-15-20
Bank Balance on 31 December 2024: £425.48

The charity held 1 **PayPal** account as follows:

PayPal ID: dave.smith@thelapis.uk
Bank Balance on 31 December 2024: £0.00

7. Related Party Transactions & Trustee Remuneration

During the period, no Trustees received any funds from the charity

Trustees are not remunerated and receive no benefits.

1 Trustee donated funds to the charity, totalling £23,000

8. Movement in Funds

Net movement of funds comprise only of unrestricted funds, as follows:

As at 1 Nov 2023	Income	Expenses	As at 31 Oct 2024
£927.68	£40,953.87	£40,456.07	\$425.48

Accounts

Charity registration number: 1191467

London Accessible Psychotherapy & Inclusive Supervision

known as

LAPIS

Annual Report and Financial Statements

for the Year Ended 31 October 2023

London Accessible Psychotherapy & Inclusive Supervision

known as LAPIS

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London Accessible Psychotherapy & Inclusive Supervision

known as LAPIS

Reference and Administrative Details

Trustees

Dr Lisa Greenspan
Arash Andalibi-Abadan
Carly Shirley Binger
Catherine Anne Cadman
Maria Falzetti
Deepanishi Gulati
Suzanne Pearson
Pollyanna Rodrigues

Charity Registration Number

1191467

Principal Office

4 Pages Lane
Ground Floor
London
N10 1PS

Independent Examiner

Lisa King
Independent Examiner
Burdett King Accountancy Limited
8 The Hamiltons
Newmarket
CB8 0NF

London Accessible Psychotherapy & Inclusive Supervision

known as LAPIS

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 October 2023.

Objectives and activities

Objects and aims

The aims of London Accessible Psychotherapy and Inclusive Supervision (LAPIS) are to provide psychotherapy services to anyone affected by physical or learning disabilities, their carers and family, including individual counselling and psychotherapy, mindfulness and mindful movement classes and group work. Therapy is always open-ended and low cost, where the client decides how much to pay.

Objectives, strategies and activities

We have provided online or telephone weekly individual counselling and psychotherapy, and had begun to work face-to-face in various community settings. We also run individual and groupwork and counselling schemes commissioned by other organisations and charities. LAPIS provides professional training in order to provide specialist disability education plus high quality individual fortnightly clinical supervision to all staff by registered psychotherapists and counselling psychologists with expertise in this field. The training and supervision/support services are also provided to other charitable and commercial organisations.

LAPIS currently has 30 volunteer psychotherapists, administrative and social media volunteers, a website designer volunteers, a graphic designer volunteer, and eight trustees.

During the year we have utilised our grant for sessional psychotherapists and have retained two, one to fulfill a partnership at The Disability Foundation, Stanmore Orthopedic Hospital, and one to carry out and hoc case management.

Achievements and performance

During this financial year we served 120 clients and currently have 100 clients on our books plus a waiting list of around 10 referrals. They will all be placed with a LAPIS therapist over the next few weeks.

Other activities: This year we have also continued our online mindful movement classes for women with disabilities, serving 4-10 women weekly. We have continued to facilitate monthly staff support sessions for another charity. LAPIS carried out two lectures for the counselling psychology doctorate training at a London university and has been commissioned to teach a series of 7 lectures in Disability Psychotherapy at a Psychotherapy training organization.

LAPIS has started Partnerships with three charities, setting up a weekly clinic space in their facilities over the next financial year.

LAPIS carried out a Parent Carer Wellbeing Conference for May 2023 in partnership with a national service, and secured funding for this from four other organisations. We provided for 80 parents at this event and this was filmed to and the material was distributed widely on our social media. The conference was staffed by LAPIS and other skilled volunteers.

London Accessible Psychotherapy & Inclusive Supervision

known as LAPIS

Trustees' Report (continued)

Financial review

We have had £15,000 in private donations, and some Gift Aid on this period of donations is pending. We're currently writing grant applications and have cowritten an application in conjunction with one of our new partners. We have also reduced our outgoings through charity partnerships who allow us to use their spaces at no cost, and reduced the number of paid sessional therapists due to the increase in numbers of volunteer therapists.

Our corporate partnership team continues to market our services in industry, now our Branding and website are ready. We hope to gain at least two contracts in industry and with solicitors, and are promoting bespoke Packages including training staff support services and individual psychotherapy (Disability Employee Assistance Program). The proceeds from the partnerships will directly financially support the charity whilst helping companies to fulfil their corporate responsibilities.

Policy on reserves

The charity retains circa £10,000 every financial year to cover expenses for the following year. The reserves policy is reviewed annually after the end of the financial year and may be changed if appropriate.

Structure, governance and management

Nature of governing document

The charity is controlled by its governing document and constitutes a charitable incorporated organisation (CIO).

Recruitment and appointment of trustees

Trustees are recruited through a publicly available internet volunteer recruitment agency or word of mouth. They are invited to an informal interview and then an introductory meeting with the other trustees. The trustees then vote to appoint the new member.

Following appointment, the new trustee is given some informal training as to their duties and responsibilities.

Organisational structure

LAPIS has contracts with outside agencies including short-term projects collaborating with other charities and annual agreements with psychotherapy and counselling psychology training institutions for volunteers who are on clinical placement with LAPIS.

LAPIS has various professionals on our board of trustees with skills to mitigate risk, including a solicitor, three mental health professionals, a Health and Safety, a business consultant and a retired bookkeeper. Trustees retain a value of six month's savings in the LAPIS bank account as insurance against risk. An emergency meeting would be called in the event of a major threat.

The annual report was approved by the trustees of the charity on 22 August 2024 and signed on its behalf by:

Dr Lisa Greenspan

.....

Dr Lisa Greenspan

Trustee

London Accessible Psychotherapy & Inclusive Supervision

known as LAPIS

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

London Accessible Psychotherapy & Inclusive Supervision

known as LAPIS

Independent Examiner's Report to the trustees of London Accessible Psychotherapy & Inclusive Supervision

I report to the trustees on my examination of the accounts of London Accessible Psychotherapy & Inclusive Supervision for the year ended 31 October 2023.

Responsibilities and basis of report

As the charity trustees of London Accessible Psychotherapy & Inclusive Supervision you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the London Accessible Psychotherapy & Inclusive Supervision's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of London Accessible Psychotherapy & Inclusive Supervision as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



.....
Lisa King
Independent Examiner

Burdett King Accountancy Limited
8 The Hamiltons
Newmarket
CB8 0NF

22 August 2024

London Accessible Psychotherapy & Inclusive Supervision

known as LAPIS

Statement of Financial Activities for the Year Ended 31 October 2023

	Note	Unrestricted funds £	Total 2023 £
Income and Endowments from:			
Donations and legacies		33,650	33,650
Charitable activities		16,000	16,000
Total income		49,650	49,650
Expenditure on:			
Charitable activities		(50,959)	(50,959)
Total expenditure		(50,959)	(50,959)
Net expenditure		(1,309)	(1,309)
Net movement in funds		(1,309)	(1,309)
Reconciliation of funds			
Total funds brought forward		2,212	2,212
Total funds carried forward	9	903	903
	Note	Unrestricted funds £	Total 2022 £
Income and Endowments from:			
Donations and legacies		14,403	14,403
Total income		14,403	14,403
Expenditure on:			
Charitable activities		(40,349)	(40,349)
Total expenditure		(40,349)	(40,349)
Net expenditure		(25,946)	(25,946)
Net movement in funds		(25,946)	(25,946)
Reconciliation of funds			
Total funds brought forward		28,158	28,158
Total funds carried forward	9	2,212	2,212

All of the charity's activities derive from continuing operations during the above two periods.

The notes on pages 8 to 11 form an integral part of these financial statements.

London Accessible Psychotherapy & Inclusive Supervision

known as LAPIS

**(Registration number: 1191467)
Balance Sheet as at 31 October 2023**

	Note	2023 £	2022 £
Current assets			
Cash at bank and in hand	8	<u>903</u>	<u>2,212</u>
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		<u>903</u>	<u>2,212</u>
Total funds	9	<u>903</u>	<u>2,212</u>

The financial statements on pages 6 to 11 were approved by the trustees, and authorised for issue on 22 August 2024 and signed on their behalf by:

Dr Lisa Greenspan

.....
Dr Lisa Greenspan
Trustee

London Accessible Psychotherapy & Inclusive Supervision

known as LAPIS

Notes to the Financial Statements for the Year Ended 31 October 2023

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

London Accessible Psychotherapy & Inclusive Supervision meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

London Accessible Psychotherapy & Inclusive Supervision

known as LAPIS

Notes to the Financial Statements for the Year Ended 31 October 2023 (continued)

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

2 Income from charitable activities

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Fund raising	12,141	12,141	14,161
Donations	21,509	21,509	242
Grants	16,000	16,000	-
	<u>49,650</u>	<u>49,650</u>	<u>14,403</u>

London Accessible Psychotherapy & Inclusive Supervision

known as LAPIS

Notes to the Financial Statements for the Year Ended 31 October 2023 (continued)

3 Expenditure on charitable activities

	Note	Unrestricted funds General £	Total 2023 £	Total 2022 £
Allocated support costs		813	813	-
Governance costs		1,680	1,680	1,600
		<u>2,493</u>	<u>2,493</u>	<u>1,600</u>
		Unrestricted funds General £	Total 2023 £	Total 2022 £
Legal & professional		-	-	40
Consultancy		-	-	2,500
Insurance		1,170	1,170	771
Charitable activities		47,296	47,296	35,438
		<u>48,466</u>	<u>48,466</u>	<u>38,749</u>

4 Analysis of governance and support costs

Governance costs

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Independent examiner fees			
Examination of the financial statements	1,680	1,680	1,600
	<u>1,680</u>	<u>1,680</u>	<u>1,600</u>

5 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

London Accessible Psychotherapy & Inclusive Supervision

known as LAPIS

Notes to the Financial Statements for the Year Ended 31 October 2023 (continued)

6 Independent examiner's remuneration

	2023 £	2022 £
Examination of the financial statements	<u>1,680</u>	<u>1,600</u>

7 Taxation

The charity is a registered charity and is therefore exempt from taxation.

8 Cash and cash equivalents

	2023 £	2022 £
Cash at bank	<u>903</u>	<u>2,212</u>

9 Funds

	Balance at 1 November 2022 £	Incoming resources £	Resources expended £	Balance at 31 October 2023 £
Unrestricted funds				
General	<u>2,212</u>	<u>49,650</u>	<u>(50,959)</u>	<u>903</u>

	Balance at 1 November 2021 £	Incoming resources £	Resources expended £	Balance at 31 October 2022 £
Unrestricted funds				
General	<u>28,158</u>	<u>14,403</u>	<u>(40,349)</u>	<u>2,212</u>

10 Analysis of net funds

	At 1 November 2022 £	At 31 October 2023 £
Cash at bank and in hand	<u>2,212</u>	<u>2,212</u>
Net debt	<u>2,212</u>	<u>2,212</u>

Accounts

LONDON ACCESSIBLE PSYCHOTHERAPY (LAPIS)
Charity number 1191467

ANNUAL REPORT
FOR YEAR ENDING 31/10/2022

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Trustees' Annual Report for the period 01/11/2021 to 31/10/2022

Aims and purposes

The aims of London Accessible Psychotherapy and Inclusive Supervision (LAPIS) are to provide psychotherapy services to anyone affected by physical or learning disabilities, their carers and family, including individual counselling and psychotherapy, mindfulness and mindful movement classes and group work. Therapy is always open-ended and low-cost, where the client decides how much to pay.

Objectives and activities

We have provided online or telephone weekly individual counselling and psychotherapy, and had begun to work face-to-face in various community settings. We also run individual and groupwork and counselling schemes commissioned by other organisations and charities. LAPIS provides professional training in order to provide specialist disability education plus high quality individual fortnightly clinical supervision to all staff by registered psychotherapists and counselling psychologists with expertise in this field. The training and supervision/support services are provided to other charitable and commercial organizations.

LAPIS currently has 19 volunteer psychotherapists, three grant writer volunteers, two website designer volunteers, a graphic designer volunteer, and seven trustees (two are about to be inducted and one is leaving). To utilise our grant to cope with increased referrals during COVID lockdowns, we have 5 paid sessional psychotherapists.

Achievements and performance

During this financial year we served 115 clients and currently have 90 clients on our books plus a waiting list of around 10 referrals. They will all be placed with a LAPIS therapist by February 2023.

Other activities: This year we have also continued online our online mindful movement classes for women with disabilities, serving 4-10 women weekly. We have hosted and facilitated monthly staff support sessions for another charity. LAPIS carried out a pilot counselling scheme of adults with Cerebral Palsy, commissioned by another charity and is currently submitting a journal article for publication based in the outcomes. LAPIS carried out a lecture for a psychoanalytic psychotherapy training organisation and has been commissioned to provide two lectures on the counselling psychology doctorate training at a London university. LAPIS has started Partnerships with one charity, setting up a weekly clinic space in their facility, and we are currently in partnership discussions with three other services. LAPIS is planning a Parent Carer Wellbeing Conference for May 2023 in partnership with a national service and have secured funding for this from four other organisations. We will provide for 80 parents at this event and will be filmed to distribute more widely. A London school alternative education facility has been volunteering to write to and visit businesses to provide wellbeing products for the parent carers. Other individuals and businesses have been making and providing gifts and printing for the conference and it will be staffed by LAPIS and other skilled volunteers

Financial review

Reserves policy

The charity retains circa £10,000 every financial year to cover expenses for the following year. The Reserves policy is reviewed annually after the end of the financial year and may be changed if appropriate.

Financial review

'We have had £15,000 in private donations, with at least £10,000 further pending that is our reserve (we're waiting for Gift Aid approval for this and further pledges to be actualised). We're waiting on a few grants, adding up to £25,000 and others are currently being written. We have also reduced our outgoings through charity partnerships who allow us to use their spaces at no cost, and are reducing the number of paid sessional therapists due to the increase in numbers of volunteer therapists.

On the advice and guidance of 180 DC and the consultant we hired last summer, our corporate partnership team is starting to market our services in industry next month, once our Branding and website are ready. We hope to gain at least two contracts in industry and with solicitors, and are promoting bespoke Packages including training, staff support services and individual psychotherapy (Disability Employee Assistance Program). The proceeds from the partnerships will directly financially support the charity whilst helping companies to fulfil their corporate responsibilities.

Structure, governance and management

Governing document

The charity is controlled by its governing document and constitutes a charitable incorporated organisation (CIO).

Trustees

Trustees are recruited through a publicly available internet volunteer recruitment agency or word of mouth. They are invited to an informal interview and then an introductory meeting with the other trustees. The trustees then vote to appoint the new member. Following appointment, the new trustee is given some informal training as to their duties and responsibilities.

Management

LAPIS has contracts with outside agencies including short-term projects collaborating with other charities and three-day agreements with training institutions for volunteers who are on clinical placement with LAPIS.

LAPIS has various professionals on our board of trustees with skills to mitigate risk, including a solicitor, three mental health professionals, a Health and Safety, IT and GDPR consultant and a retired bookkeeper. Trustees retain a value of six month's savings in the LAPIS bank account as insurance against risk. An emergency meeting would be called in the event of a major threat.

Reference and administration details

The charity is registered as LONDON ACCESSIBLE PSYCHOTHERAPY (LAPIS).
The registered charity number is 1191467.

The registered address is:
4 Pages Lane, Ground floor
London
N10 1PS

Trustees

Carly Shirley Binger
Dr Lisa Greenspan DPsych
Suzanne Lorraine Pearson
David Smith
Arash Andalibi-Abadan
Catherine Anne Cadman

Declaration

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

Signed on behalf of the charity's trustees

Signature(s) 
Lisa Greenspan (Jan 27, 2023 21:01 GMT)

Full name(s) Dr Lisa Greenspan DPsych

Position Trustee

Date 27.01.2023

LONDON ACCESSIBLE PSYCHOTHERAPY (LAPIS) 31 October 2022
Independent examiner's report on the accounts

Section A: Independent Examiner's Report

Report to the trustees/ members of	LONDON ACCESSIBLE PSYCHOTHERAPY (LAPIS)		
On accounts for the year ended	31/10/2022	Charity number	1191467
Set out on pages	4 to 4		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/10/2022.

Responsibilities and basis of report As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below) in connection with the examination which gives me cause to believe that in any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

Name:

Relevant professional qualification(s) or body (if any):

Address:

Receipts and Payments Accounts

For LONDON ACCESSIBLE PSYCHOTHERAPY (LAPIS)
Charity number 1191467
For period 01/11/2021 to 31/10/2022

Section A: Receipts and Payments

	Unrestricted funds £	Last Year £
A1 Receipts		
Funds raising	14,161	16,615
Donations	242	22,674
Grants	0	4,000
Sub total	14,403	43,289
A2 Asset and investment sales		
	0	0
Total receipts	14,403	43,289
A3 Payments		
Accountancy	1,600	1,710
Data protection	40	40
Consultancy	2,500	0
Insurance	771	833
Charitable activities	35,438	12,548
Sub total	40,349	15,131
A4 Asset and investment purchases, etc		
	0	0
Total payments	40,349	15,131
Excess of receipts over payments	-25,946	28,158
A5 Transfers between funds		
	0	0
A6 Cash funds last year end		
	28,158	0
Cash funds this year end	2,212	28,158

The charity has no restricted or endowment funds.

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

	Details	Unrestricted funds £	Restricted funds £	Endowment funds £
B1 Cash funds	Cash at bank	2,212	0	0
	Total cash funds	2,212	0	0
B2 Other monetary assets	None			
B3 Investment assets	None			
B4 Assets retained for charity's own use	None			
B5 Liabilities	None			

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

Signature

Print name

Date of approval

Lisa Greenspan
Lisa Greenspan (Jan 29, 2023 21:01 GMT)

Dr Lisa Greenspan DPsyCh

27.01.2023







LAPIS FINAL ACCOUNTS Y.E. 31.10.2022

Final Audit Report

2023-01-29

Created:	2023-01-26
By:	Justin Benedict (admin@jbenedict.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAARqw3OKKVf5q-4hzR2Vrv9b8ugz-G_30P

"LAPIS FINAL ACCOUNTS Y.E. 31.10.2022" History

-  Document created by Justin Benedict (admin@jbenedict.co.uk)
2023-01-26 - 2:54:01 PM GMT- IP address: 185.43.78.11
-  Document emailed to lisa.greenspan@thelapis.uk for signature
2023-01-26 - 2:54:48 PM GMT
-  Email viewed by lisa.greenspan@thelapis.uk
2023-01-29 - 9:00:35 PM GMT- IP address: 51.182.153.235
-  Signer lisa.greenspan@thelapis.uk entered name at signing as Lisa Greenspan
2023-01-29 - 9:01:31 PM GMT- IP address: 51.182.153.235
-  Document e-signed by Lisa Greenspan (lisa.greenspan@thelapis.uk)
Signature Date: 2023-01-29 - 9:01:33 PM GMT - Time Source: server- IP address: 51.182.153.235
-  Agreement completed.
2023-01-29 - 9:01:33 PM GMT

Accounts

LONDON ACCESSIBLE PSYCHOTHERAPY (LAPIS)
Charity number 1191467

ANNUAL REPORT

FOR YEAR ENDING 31/10/2021

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Trustees' Annual Report for the period 01/11/2020 to 31/10/2021

Aims and purposes

The aims of London Accessible Psychotherapy and Inclusive Supervision (LAPIS) are to provide psychotherapy services to anyone affected by physical or learning disabilities, their carers and family, including individual counselling and psychotherapy, mindfulness and mindful movement classes and group work. Therapy is always open-ended and low-cost, where the client decides how much to pay.

Objectives and activities

We have provided online or telephone weekly individual counselling and psychotherapy, and had begun to work face-to-face where possible. We also run groupwork and counselling schemes commissioned by other organisations and charities. LAPIS provides professional training in order to provide specialist disability education plus high quality individual fortnightly clinical supervision to all staff by registered psychotherapists and counselling psychologists with expertise in this field.

LAPIS currently has twelve volunteers psychotherapists, five grant writer volunteers and six trustees. Looking forward into 2022, we have also commissioned a volunteer website designer and a team of pro bono business consultants.

Achievements and performance

LAPIS has provided psychotherapy to 75 clients over the 20/21 financial year and currently have 60 clients on our books plus a waiting list of around 15 referrals. They will all be placed with a LAPIS therapist by February 2023.

Other activities: This year we have also continued online our online mindful movement classes for women with disabilities, serving 4-10 women weekly. We have hosted and facilitated two online 8-week groups for blind and visually impaired people with six attendees in each group. LAPIS co-led a British Psychological Society webinar in February. LAPIS has been commissioned this year to carry out a pilot counselling scheme of adults with Cerebral Palsy.

Financial review

Reserves policy

The charity retains circa £30,000 every financial year to cover expenses for the following year. The Reserves policy is reviewed annually after the end of the financial year and may be changed if appropriate.

Financial review

The charity was incorporated as a CIO on 24 September 2020 and was funded with an initial donation of £22,000. In providing its services, the charity has received additional funding of £21,000 and incurred costs of £15,000. The retained surplus will enable the charity to pursue its objectives of providing psychotherapy and related services in the future

Structure, governance and management

Governing document

The charity is controlled by its governing document and constitutes a charitable incorporated organisation (CIO).

Trustees

Trustees are recruited through a publicly available internet volunteer recruitment agency or word of mouth. They are invited to an informal interview and then an introductory meeting with the other trustees.

The trustees then vote to appoint the new member.

Following appointment, the new trustee is given some informal training as to his duties and responsibilities.

Management

LAPIS has contracts with outside agencies including short-term projects collaborating with other charities and three-day agreements with training institutions for volunteers who are on clinical placement with LAPIS. LAPIS has various professionals on our board of trustees with skills to mitigate risk, including a solicitor, three mental health professionals, an Health and Safety, IT and GDPR consultant and a retired bookkeeper. Trustees retain a value of six month's savings in the LAPIS bank account as insurance against risk. An emergency meeting would be called in the event of a major threat.

Reference and administration details

The charity is registered as London Accessible Psychotherapy (LAPIS). The charity is also known as LAPIS.

Our registered charity number is 1191467.

The registered address is:

Rowlandson House
289-297 Ballards Lane
London
N12 8NP

Trustees

Trustee name	Office (if any)	Dates acted if not for whole year
Carly Shirley Binger		
Dr Lisa Greenspan DPsych		
Suzanne Lorraine Pearson		
David Smith		From 15 December 2020

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	 <small>Lisa Greenspan (Jan 17, 2022 22:01 GMT)</small>
Full name(s)	Dr Lisa Greenspan DPsych
Position	Trustee
Date	18.01.2022

Receipts and Payments Accounts

For London Accessible Psychotherapy (LAPIS)
Charity number 1191467
For period 01/11/2020 to 31/10/2021

Section A: Receipts and Payments

	Unrestricted funds £	Restricted funds £	Endowment funds £	Total funds £	Last Year £
A1 Receipts					
Funds raising	16,615	0	0	16,615	0
Donations	22,674	0	0	22,674	0
Grants	4,000	0	0	4,000	0
Sub total	43,289	0	0	43,289	0
A2 Asset and investment sales					
	0	0	0	0	0
Total receipts	43,289	0	0	43,289	0
A3 Payments					
Accountancy	1,710	0	0	1,710	0
Data protection	40	0	0	40	0
Insurance	833	0	0	833	0
Charitable activities	12,548	0	0	12,548	0
Sub total	15,131	0	0	15,131	0
A4 Asset and investment purchases, etc					
	0	0	0	0	0
Total payments	15,131	0	0	15,131	0
Excess of receipts over payments	28,158	0	0	28,158	0
A5 Transfers between funds					
	0	0	0	0	0
A6 Cash funds last year end					
	0	0	0	0	0
Cash funds this year end	28,158	0	0	28,158	0

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

	Details	Unrestricted funds £	Restricted funds £	Endowment funds £
B1 Cash funds	Cash at bank	28,158	0	0
	Total cash funds	28,158	0	0

	Details	Unrestricted funds £	Restricted funds £	Endowment funds £
B2 Other monetary assets	None			

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	None			

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for charity's own use	None			

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	None			

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

Signature

Print name

Date of approval

Lisa Greenspan
Lisa Greenspan (Jan 17, 2022 22:01 GMT)

Dr Lisa Greenspan DPpsych

18.01.2022