

LONDON ACCESSIBLE PSYCHOTHERAPY (LAPIS)
Charity number 1191467

ANNUAL REPORT
FOR YEAR ENDING 31/10/2021

CONTENTS

Trustees' Annual Report	1
Aims and purposes	1
Objectives and activities	1
Achievements and performance	1
Financial review	1
Reserves policy	1
Financial review	1
Structure, governance and management	1
Reference and administration details	2
Trustees	2
Declaration	2
Independent examiner's report on the accounts	3
Section A: Independent Examiner's Report	3
Receipts and Payments Accounts	4
Section A: Receipts and Payments	4
Section B: Statement of assets and liabilities at end of the period	5

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)


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

Full name(s)

Dr Lisa Greenspan DPsych

Position

Trustee

Date

18.01.2022

London Accessible Psychotherapy (LAPIS) 31 October 2021
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 31/10/2021 **Charity number** 1191467

Set out on pages 4 to 5

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/10/2021.

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 in connection with the examination which give 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:

18.01.2022

Name: Benedicts

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

Address: 873 High Road

North Finchley

London N12 8QA

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

		Unrestricted funds £	Restricted funds £	Endowment funds £
B1 Cash funds	Details			
	Cash at bank	28,158	0	0
	Total cash funds	28,158	0	0
B2 Other monetary assets	Details	Unrestricted funds £	Restricted funds £	Endowment funds £
	None			
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None			
B4 Assets retained for charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None			
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	None			
Signed by one or two trustees on behalf of all the trustees	Signature	Print name	Date of approval	
		Dr Lisa Greenspan DPpsych	18.01.2022	
	