

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

Full name(s) Dr Lisa Greenspan DPsych

Position Trustee

Date 27.01.2023

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:

27.01.2023

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 01/11/2021 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

		Unrestricted funds £	Restricted funds £	Endowment funds £
B1 Cash funds	Details			
	Cash at bank	2,212	0	0
	Total cash funds	2,212	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

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

Dr Lisa Greenspan DPpsych

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
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