

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

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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

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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.

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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

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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.

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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.



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Lisa King
Independent Examiner

Burdett King Accountancy Limited
8 The Hamiltons
Newmarket
CB8 0NF

22 August 2024

London Accessible Psychotherapy & Inclusive Supervision

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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.

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**(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

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Dr Lisa Greenspan
Trustee

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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.

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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>

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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.

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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>