

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO

FINANCIAL STATEMENTS AND TRUSTEES' REPORT

FOR THE PERIOD 14 DECEMBER 2020 TO 31 MARCH 2022

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO

LEGAL & ADMINISTRATIVE INFORMATION

Trustees	F Beckett (Chair) R D'Cunha R Gale (resigned 31/03/2021) JA House (appointed 31/03/2021) Nicola Kuhrt (appointed 05/05/2021) D Mead (resigned 8 November 2021) CE Townend (appointed 31/03/2021)
Chief Executive Officer	E Baldwin
Registered Charity name	Release Counselling And Therapy For Women CIO
Charity number	1192772
Registered office	Community Base 113 Queens Road Brighton East Sussex BN1 3XG
Website	www.releaseforwomen.org.uk
Telephone	07954216995
Independent Examiner	TC Group The Courtyard Shoreham Road Upper Beeding Steyning West Sussex BN44 3TN
Bankers	Co-Operative Bank PLC Delf House Southway Skelmersdale WN8 6NY

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**RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 MARCH 2022**

The Trustees of Release Counselling and Therapy for Women present their Annual Report for the period ended 31 March 2022 together with the accounts for the Charity.

The accounts comply with the requirements of the Charities Act 2011, the charity's governing document and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Message from the chair and chief executive

Release Counselling and Therapy for Women (Release) was formed as a charity in December 2020, and during the sixteen months covered by this report, the charity has been able to respond to the huge mental health needs of women living within Brighton and the surrounding regions, who are often excluded from counselling due to accessibility associated with cost.

Supporting women's mental wellbeing is central to all that we do, and within this we hold a specialism in supporting maternal mental health. The impact of the COVID-19 Pandemic on all of society's wellbeing has been significant, however for new mums, the experience of isolation and anxiety during this time has grown significantly. The support structures that might normally have been in place were removed, and the space that Release has filled has been critical.

Whilst Release was formed as a charity only in December 2020, it has existed since January 2013 in the form of a Community Interest Company (CIC). The decision was made to transition to become a charity to better reflect the work we undertake, and to enable the organisation to access funding streams to further develop its' work. As a result of becoming a charity, Release has been able to develop at a faster pace and been able to respond quickly to the growing need of those it serves.

Demand for services provided by Release has more than quadrupled as a result of the COVID-19 Pandemic, and in its new charitable structure, Release has risen to meet this need.

The year ahead will continue to see Release develop as a charity, increasing its reach of activity and helping to play a crucial role in supporting the mental health and wellbeing of women across the region.

Ellen Baldwin, Chief Executive Officer
Fran Beckett, Chair

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO TRUSTEES' REPORT FOR THE PERIOD ENDED 31 MARCH 2022

Overview of our work

Release Counselling and Therapy for Women (Release), is a UK registered charity, working to improve the mental health of women in Sussex, reduce isolation, and enable women to bring about changes in their lives. We specialise in maternal mental health, supporting mothers and their babies during the perinatal period, a key transition period in which many mothers experience vulnerable mental health.

Release operates a team of qualified counsellors and work within the BACP (British Association for Counsellors and Psychotherapists) Ethical Framework. As a team we have additional specialism in the areas of trauma and sexual violation, perinatal mental health, couples counselling, addictions, and bereavement and loss.

All our activities are funded by voluntary donations and other funding sources, to ensure that all women who are in need of support can access our services.

During 2020 Release Counselling and Therapy for Women transitioned from a Community Interest Company to a UK Registered Charity to better reflect the nature of our work. Release Counselling and Therapy for Women has been operating since 2013.

Mission

Release exists to help women across Sussex change how they feel and to live better, through one-to-one counselling and a range of therapeutic groups.

Charitable objectives

To protect and promote the mental and emotional health of women (and their families where necessary), living in Brighton and Hove and the surrounding areas. This will be achieved through, but not necessarily restricted to: providing an affordable and accessible counselling service, and by the training of individuals or groups in the provision of such counselling and therapeutic support.

Our core work

We fulfil our mission by running the following three areas of service:

1. **One-to-One affordable counselling** for individuals, on a time-limited basis.
2. **Therapeutic Groups**
3. **Workshops & Retreats**

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO TRUSTEES' REPORT FOR THE PERIOD ENDED 31 MARCH 2022

Achievements and performance

The charity has up scaled its work during the period covered by this report, and facilitated the delivery of a wide range of community support, including:

- Delivering our 10-week postnatal counselling groups for mums experiencing postnatal depression and anxiety, eleven times, in a variety of new locations. All 11 groups developed into peer support groups at the end of the courses.
- We launched and ran a new 8-week parenting group, three times over the year.
- We ran nine monthly women's mental health wellbeing days, set in nature for 150 women, and 128 infants, in partnership with Plot 22, The Plot Stanmer Park, and Rock Farm.
- We developed a new LGBTQI+ project, looking to support the needs of new mums, parents and non-gestational parents in the LGBTQI+ community.
- In addition, we have provided low-cost counselling for women in Brighton & Hove through our 1-2-1 counselling provision, with over 400 hours of counselling.

The following stories give an insight of the impact that our services have had on individual women:

"I just want to say a huge thank you for running this course. I was in a really fragile state when I started, I had only recently admitted to myself that I was struggling with my mental health since having my daughter. This course has given me a safe space to acknowledge those feelings, to understand that other mothers maybe feeling the same despite outwards appearances. It's given me the confidence to speak out and ask for additional help, that there is no shame in it, and reminded me that I still matter. It has been such a valuable experience I only wish I had heard of it sooner. I would recommend it in a heartbeat."

"It was so lovely having Mummyslock to look forward to each week when support services were so limited. It created a very safe, open and honest space, which was really effective even though it was a virtual space. I now feel like I have me extra tools to help me continue to develop as a parent and protect my mental health."

"Mummyslock has completely changed me, for the better. When I started the course I was struggling with PPD, PTSD and depression from the impact of my traumatic birth. Since meeting so many incredible women and feeling heard, I have massively turned a corner. I am starting to get back to my old self again and I'm a much better mother because of processing and sharing my feelings with women that understand".

Plans for the future

In the year ahead, along with continuing our existing delivery, we plan to launch a new therapeutic group for second and third-time mums. We also plan to deliver our 'Into the Light' therapeutic groups for survivors of sexual abuse. We also plan to build on our current success by continuing to meet the growing need for our postnatal groups by providing services in new locations throughout Sussex.

**RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
TRUSTEES' REPORT
FOR THE PERIOD ENDED 31 MARCH 2022**

Financial review

Release Counselling and Therapy for Women, in its first set of accounts, has been able to report generated income of over £100,000, and an unrestricted surplus of over £3,500. This represents an excellent inaugural financial performance and lays an excellent foundation for the charity to continue to develop and grow in the years ahead.

This income, driven from a healthy mixture of grant funding and fundraised income, has enabled the charity to address the significant need of the local community. The demand for our services however continues to far exceed our current provision, and we will continue to seek further funding to support this critical work.

The year ahead is projected to build upon this positive financial performance. Confirmed income has been achieved from a number of sources and reflects our funders confidence in our ability to deliver impactful, life-changing work, and our position as a well-run and financially secure organisation.

Remuneration

The salaries of the staffing team are determined by the board of trustees and reviewed annually. The board ensures that the charity pays staff an appropriate and competitive level of remuneration. The board of trustees set and approve any annual cost of living increase.

Reserves

During this first year of operation as a charity, the trustees have been focused on securing new income to the charity, whilst ensuring that expenditure remains proportionate to this income. This has successfully been achieved with the charity returning reserves of just over £5,000.

During the forthcoming year it is the trustees' aim to set a proportionate reserves policy, whilst recognizing that the charity is still in its infancy. This policy will look to maintain an appropriate level of reserves to support the ongoing activities of the organisation. It will also take into account any risks to which the charity is exposed, along with the current and projected future levels of income and expenditure. The policy and determination of the required level of reserves are set in accordance with Charity Commission guidelines and are reviewed by the trustees annually.

The Trustees' Report was approved by the Board of Trustees on 22 September 2022 and signed on its behalf by;



**Fran Beckett
Chair**

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees, who are also the Directors of Release Counselling and Therapy for Women CIO for the purpose of company law, are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Charity law requires the Trustees to prepare accounts 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 charitable company for that year.

In preparing these accounts, 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 UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that 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. They are also responsible for safeguarding the assets of the Charity and hence 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 Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO

I report to the trustees on my examination of the accounts of The Charity for the period ended 31 March 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 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:

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.

1. accounting records were not kept in respect of the Trust 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 applicable 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.

TC Group

Mr Mark Cummins FCCA FCIE
for and on behalf of TC Group

The Courtyard
Shoreham Road
Upper Beeding
Steyning
West Sussex
BN44 3TN

Dated: 22 September 2022

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE PERIOD ENDED 31 MARCH 2022

		Unrestricted funds	Restricted funds	Total Period ended 31 March 2022
<u>Income from:</u>	Notes	£	£	£
Donations	3	13,643	-	13,643
Grants	4	39,500	45,758	85,258
Charitable activities	5	2,247	-	2,247
Total income		55,390	45,758	101,148
<u>Expenditure on:</u>	6			
Raising funds		96	-	96
Charitable activities		51,695	43,458	95,153
Total expenditure		51,791	43,458	95,249
Net income and movement in funds		3,599	2,300	5,899
Fund balances at 14 December 2020		-	-	-
Fund balances at 31 March 2022		3,599	2,300	5,899

All activities are classified as continuing. There are no recognised gains or losses other than those reported on the Statement of Financial Activities.

RELEASE CONSELLING AND THERAPY FOR WOMEN CIO
BALANCE SHEET
AS AT 31 MARCH 2022

	Notes	31 March 2022 £
Current assets		
Cash at bank and in hand		36,764
		<u>36,764</u>
Creditors: amounts falling due within one year	9	(30,865)
		<u></u>
Net current assets		5,899
		<u></u>
Total net assets		5,899
		<u></u>
Income funds		
Restricted funds	10	2,300
Unrestricted funds		3,599
		<u>5,899</u>

The accounts were approved by the Board on 22 September 2022



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 Fran Beckett
 Chair

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO

NOTES TO THE ACCOUNTS

FOR THE PERIOD ENDED 31 MARCH 2022

1.0 Statutory information

Release Counselling and Therapy for Women is an incorporated charity registered with the Charity Commission in England & Wales. Further details regarding the charity are shown on the Legal and Administrative page.

2.0 Accounting policies

2.1 Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Release Counselling and Therapy for Women meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s). There are no material uncertainties about Release Counselling and Therapy for Women's ability to continue as a going concern. This conclusion takes into account the financial effect of the COVID-19 pandemic.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest pound.

2.2 Income

All income is accounted for in the Statement of Financial Activities (SOFA) when the Charity is legally entitled to the income, receipt is probable and the amount can be quantified with reasonable accuracy.

Income from donations is accounted for as received by the Charity. The income from fund raising ventures is shown gross, with the associated costs included in fund raising costs. The value of voluntary work is not included in the financial statements.

Grants are recognised in full in the year in which they are receivable and the charity is entitled to the income.

Other income is recorded on an accruals basis.

2.3 Expenditure

Costs are included in the Statement of Financial Activities on an accruals basis inclusive of irrecoverable VAT. All costs are allocated between expenditure categories and departments on a basis designed to reflect the use of the resource.

Where possible, costs have been allocated directly to the activity to which they relate. However, there are also central support costs that enable the Charity's charitable income generating and administrative activities to be undertaken.

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31 MARCH 2022

2.4 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments. The trustees seek to use short and medium term deposits where possible to maximise the return on monies held at the bank and to manage cash flow.

2.5 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.6 Creditors and provisions

Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

2.7 Accumulated funds

Funds held by the Charity are either:

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds – Donations, bequests or incoming resources for which the donor has earmarked for a specific purpose are treated as restricted funds.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2.8 Taxation

As a charity, Release Counselling and Therapy for Women is exempt from tax on income and gains to the extent that these are applied to its charitable objects.

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIC
NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31 MARCH 2022

3 Income from donations

	Unrestricted funds	Restricted funds	Total 2022
	£	£	£
Donations	4,959	-	4,959
Release Counselling and Therapy for Women CIC	8,684	-	8,684
	<u>13,643</u>	<u>-</u>	<u>13,643</u>

4 Income from grants

	Unrestricted funds	Restricted funds	Total 2022
	£	£	£
Brighton & Hove Council	20,500	-	20,500
Comic Relief	-	2,000	2,000
Foyle Foundation	-	4,000	4,000
Groundworks	-	1,125	1,125
Henry Smith Charity	3,000	-	3,000
JJ Charitable Trust	5,000	-	5,000
National Lottery	5,000	2,500	7,500
Peacehaven Town Council	-	750	750
Postcode Society Trust	-	20,000	20,000
Schreier Foundation	3,000	-	3,000
Souter Christian Trust	3,000	-	3,000
Sport England	-	7,050	7,050
Sussex Community Foundation	-	8,333	8,333
	<u>39,500</u>	<u>45,758</u>	<u>85,258</u>

5 Income from charitable activities

	Unrestricted funds	Restricted funds	Total 2022
	£	£	£
Counselling	2,247	-	2,247
	<u>2,247</u>	<u>-</u>	<u>2,247</u>

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31 MARCH 2022

6 Total expenditure

	Staff costs £	Other Costs £	Total 2022 £
Raising funds			
Fundraising activities	-	96	96
	-	96	96
Charitable activities			
Salaries	54,406	-	54,406
Programme costs	-	27,294	27,294
Support costs	-	13,453	13,453
	54,406	40,747	95,153
Total expenditure	54,406	40,843	95,249

7 Support costs

	Total 2022 £
Bank fees	26
Independent examiner	1,080
Legal & Professional Fees	3,150
Administrative costs	6,941
Staff training	2,256
	13,453

These costs include amounts payable to the independent examiners of £1,080 for independent examination and other services.

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31 MARCH 2022

8 Staff cost

The total average monthly number of employees (number of staff employed) during the reporting period was 4.

	Total 2022 £
Wages and salaries	49,701
Employers National Insurance	3,387
Pension costs	1,318
	<u>54,406</u>

No employee received remuneration above £60k.

The key management personnel of the Charity comprised the Chief Executive. The total employee benefits of the key management personnel were £36,455.

9 Creditors: amounts falling due within one year

	2022 £
Accruals	5,368
Deferred income	25,497
	<u>30,865</u>

10 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants for specific purposes:

	Balance at 14 December 2020	Income	Expenditure	Balance at 31 March 2022
Core infrastructure fund	-	20,000	(20,000)	-
Maternal mental health fund	-	16,208	(15,083)	1,125
Women's wellbeing fund	-	9,550	(8,375)	1,175
	<u>-</u>	<u>45,758</u>	<u>(43,458)</u>	<u>2,300</u>

Core infrastructure fund - The core infrastructure fund comprises grant funding restricted to investment in the central management of the charity.

Maternal mental health fund - The maternal mental health fund comprises grant funding restricted to the support of new mums mental health and wellbeing. Funders include the Foyle Foundation and the National Lottery.

Women's wellbeing fund - The women's mental health fund comprises grant funding restricted to improving the mental health and wellbeing of women within Sussex.

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
NOTES TO THE ACCOUNTS
FOR THE PERIOD ENDED 31 MARCH 2022

11 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2022 are represented by:			
Current assets	34,464	2,300	36,764
Creditors	(30,865)	-	(30,865)
	<u>3,599</u>	<u>2,300</u>	<u>5,899</u>

12 Control

No one member has overall control of the Charity.
