

Charity Registration No. 1192772

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO

FINANCIAL STATEMENTS AND TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2025

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO LEGAL & ADMINISTRATIVE INFORMATION

Trustees	F Purchase (Chair) L O'Connor I Altinkaya J Kopelman E Jacob K King P O'Connor
Chief Executive Officer	A Huston
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

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO

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RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

The Trustees of Release Counselling and Therapy for Women present their Annual Report for the period ended 31 March 2025 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 2019).

Message from the chair and chief executive



Founded in 2013 and established as a charity in 2020, Release Counselling and Therapy for Women is a Sussex-based charity, led by women, for women.

Over the past year, we ran focus groups and surveys with our current and past participants to learn what further support is needed from us.

They shared with us that there is little support for midlife women, despite this being a challenging time dealing with hormonal changes, parenting older children, looking after ageing parents and often juggling a career. This led to the development of our first-ever Meno Nurture therapeutic group for midlife women, which is due to launch later in 2025.

We have also created a new, shorter 4-week version of our current Second Nature therapeutic group to suit people who cannot attend the full 8-week group.

And importantly, we have continued to run our popular, much-needed, Mother Nurture and Second Nature groups for first and second time+ mums and birthing parents across Sussex, alongside our one-to-one counselling service.

We look forward to the year ahead as we continue to expand our reach and support the mental health of more women across Sussex and beyond.

**Amy Hutson, Chief Executive Officer
Felicity Purchase, Chair**

**RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2025**

Overview of our work

Women are at the highest risk of suicide up to a year after giving birth and during perimenopause. And we provide mental health support for women at these key times in their lives.

We offer therapeutic groups for mums and birthing parents and women in midlife, along with wellbeing days and a women's one-to-one online counselling service.

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 during the different stages of parenting, when many mothers experience vulnerable mental health.

We have a team of qualified counsellors and carefully selected trainee counsellors, and we work within the BACP (British Association for Counsellors and Psychotherapists) Ethical Framework. 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.

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 support the mental health of women in Sussex by running the following three areas of service:

1. **One-to-One affordable counselling** for women, on a time-limited basis.
2. **Therapeutic Groups**
3. **Wellbeing days**

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

Achievements and performance

Over the past twelve months across Sussex, we have:



- Developed a new Meno Nurture therapeutic group for midlife women.
- Created a 4-week Second Nature therapy group to suit second-time+ mums and birthing parents unable to attend the full 8-week course.
- Delivered our 10-week Mother Nurture groups for mums experiencing postnatal depression and anxiety, 5 times.
- Delivered our 8-week group Second Nature group for second/third+ time mums, 6 times.
- Delivered our Mother Nurture for Survivors of Sexual Violence groups, 2 times.
- Delivered our mum and baby wellbeing days, 3 times.
- Delivered a 1-1 counselling service for women online.

What do participants say about us:

"My counsellor has been an incredible help through a very difficult period of my life. Through our sessions, I've been able to finally understand and truly benefit from therapy".

Counselling client:

"The Mother Nurture group came at exactly the right time for me. Having had a premature baby and a traumatic start to motherhood, I was able to process my feelings and what happened to us in a safe and open environment, alongside other mums."



"Everyone's experiences were different, yet we had so much in common. Being able to take part in a group like this transformed the end of my maternity leave, helping me to prepare for returning to work and that next "phase" of motherhood. It makes it so much easier to get this type of support as a new mum when you can take along your baby too! I'm so grateful to have had the opportunity to take part"

- Group participant

Plans for the future

In the year ahead, we plan to deliver our first Meno Nurture therapy group and build a variety of holistic 1-1 mental health support for menopausal women, from coaching to nutritional support. We are also creating a specialised counselling service for young women aged 13+, so we can widen the support we can offer where we know it is needed.

We will also continue all the work we have become known for and know works – our women's one-to-one counselling service, wellbeing days and therapeutic groups for first and second time+ mums.

**RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2025**

Trustees

F Purchase (Chair)

I Atinkaya

L O'Connor (appointed 20 June 2024)

CE Townend (resigned 31 December 2024)

J Kopelman (appointed 24 February 2025)

LH Yaffe (resigned 29 February 2025)

N Kuhrt (resigned 24 March 2025)

E Jacob (appointed 22/07/2025)

K King (appointed 14/11/2025)

P O'Connor (appointed 11/12/2025)

Chief Executive Officer

E Baldwin (resigned 24 August 2024)

A Hutson (appointed 24 August 2024)

Registered office

Community Base

113 Queens Road

Brighton

BN1 3XG

UK registered charity number

1192772

Financial review

During the year ended 31 March 2025, Release Counselling and Therapy for Women saw an increase in income to £155,829 (2024: £141,946), which represented a significant increase on the prior year. This strong growth in income was driven predominantly through an increase in grant funding. Expenditure during this period decreased to £103,944 (2024: £129,656).

Whilst the impact of this growth in income has resulted in a surplus of £51,885 at the year end, and an increase in reserves to £71,706, the investment of unrestricted funds to support long term growth has led to an increase in unrestricted reserves, leaving a year-end balance of £32,492.

The year ahead is projected to see a growth in unrestricted income, leading to a further growth in unrestricted reserves. This strong financial performance, combined with the positive financial projections for the year ahead, leave the charity well placed to continue to deliver impactful, life-changing work within our community.

Remuneration

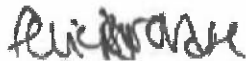
The salaries of the staffing team are determined by the board of trustees and reviewed annually. The board ensures that the charity pay staff an appropriate and competitive level of remuneration. The board of trustees set and approve any annual cost of living increase.

**RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2025**

Reserves

The trustees are focused on developing a proportionate reserves policy for the charity, whilst recognising that it is still in its infancy. The reserves policy looks to maintain an appropriate level of free reserves to support the ongoing activities of the organisation. This policy takes 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 the Charity Commission guidelines and are reviewed by the trustees annually.

The Trustees' Report was approved by the Board of Trustees on 17/12/2025 and signed on its behalf by;



Felicity Purchase
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 year ended 31 March 2025.

Responsibilities and basis of report

As the charity trustees 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 charity'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 charity 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: 18 December 2025

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

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted Year ended 31 March 2025	Restricted Year ended 31 March 2025	Total Year ended 31 March 2025	Total Year ended 31 March 2024
<u>Income from:</u>		£	£	£	£
Donations	3	26,358	-	26,358	32,342
Grants	4	5,450	114,486	119,936	97,513
Charitable activities	5	9,535	-	9,535	12,091
Total income		41,343	114,486	155,829	141,946
<u>Expenditure on:</u>	6				
Raising funds		3,665	-	3,665	1,296
Charitable activities		10,978	89,301	100,279	128,360
Total expenditure		14,643	89,301	103,944	129,656
Net income and movement in funds		26,700	25,185	51,885	12,290
Fund balances at 31 March 2024		5,792	14,029	19,821	7,531
Fund balances at 31 March 2025		32,492	39,214	71,706	19,821

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

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
BALANCE SHEET
AS AT 31 MARCH 2025

		31 March 2025 £	31 March 2024 £
	Notes		
Current assets			
Cash at bank and in hand		77,664	24,845
Debtors	9	638	2,516
		78,302	27,631
Creditors: amounts falling due within one year	10	(6,596)	(7,540)
Net current assets			19,821
Total net assets		71,706	19,821
Income funds			
Restricted funds	11	39,214	14,029
Unrestricted funds		32,492	5,792
		71,706	19,821

The accounts were approved by the Board on 17/12/2025.



Felicity Purchase
Chair
1192772

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025

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 2019) – (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.

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 YEAR ENDED 31 MARCH 2025

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 CIO
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025

3 Income from donations

	Unrestricted funds	Restricted funds	Total 2025	Total 2024
	£	£	£	£
Donations	26,358	-	26,358	32,342
	<u>26,358</u>	<u>-</u>	<u>26,358</u>	<u>32,342</u>

4 Income from grants

	Unrestricted funds	Restricted funds	Total 2025	Total 2024
	£	£	£	£
Allen Lane Foundation	-	-	-	6,277
Brighton & Sussex Medical School	-	-	-	1,872
Chalk Cliffe Trust	-	3,678	3,678	-
Early Birth Association	-	-	-	4,657
Friarsgate Trust	-	3,000	3,000	-
Heads On	950	-	950	18,059
Henry Smith Charity	-	49,700	49,700	48,200
Mid Sussex District	-	-	-	4,998
Movement For Good	-	-	-	1,000
National Lottery Awards for All	-	20,000	20,000	-
Postcode Society Trust	-	20,000	20,000	-
Sport England	-	-	-	6,700
Sussex Community Foundation	4,500	-	4,500	5,750
The Albert Hunt Trust	-	5,000	5,000	-
Trusthouse Charitable Trust	-	13,108	13,108	-
	<u>5,450</u>	<u>114,486</u>	<u>119,936</u>	<u>97,513</u>

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025

5 Income from charitable activities

	Unrestricted funds	Restricted funds	Total 2025	Total 2024
	£	£	£	£
Counselling	9,535	-	9,535	12,091
	<u>9,535</u>	<u>-</u>	<u>9,535</u>	<u>12,091</u>

6 Total expenditure

	Staff costs	Other Costs	Total 2025	Total 2024
	£	£	£	£
Raising funds				
Fundraising activities	-	3,665	3,665	1,296
	<u>-</u>	<u>3,665</u>	<u>3,665</u>	<u>1,296</u>
Charitable activities				
Salaries	72,007	-	72,007	82,890
Programme costs	-	18,536	18,536	34,561
Support costs	-	9,736	9,736	10,909
	<u>72,007</u>	<u>28,272</u>	<u>100,279</u>	<u>128,360</u>
Total expenditure	<u>72,007</u>	<u>31,937</u>	<u>103,944</u>	<u>129,656</u>

7 Support costs

	Total 2025	Total 2024
	£	£
Bank fees	13	9
Independent examiner	1,600	1,500
Legal & Professional Fees	3,601	3,456
Administrative costs	2,964	4,499
Staff training	1,558	1,445
	<u>9,736</u>	<u>10,909</u>

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025

8. Staff cost

The total average monthly number of employees (number of staff employed) during the reporting period was 11 (2024: 9).

	Total 2025 £	Total 2024 £
Wages and salaries	69,398	79,638
Staffing costs	162	552
Pension costs	2,447	2,700
	72,007	82,890

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 £36,109 (2024: £43,036).

9. Debtors

	2025 £	2024 £
Due within one year		
Trade debtors	335	880
Other debtors	303	76
Accrued Income	-	1,560
	638	2,516

10. Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	1,308	2,476
Accruals	4,584	4,484
Pension payable	696	580
Other Creditors	8	-
	6,596	7,540

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025

11. 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 31 March 2024	Income	Expenditure	Balance at 31 March 2025
Core infrastructure fund	-	52,700	(39,470)	13,230
Maternal mental health fund	-	61,786	(35,802)	25,984
Women's wellbeing fund	14,029	-	(14,029)	-
	14,029	114,486	(89,301)	39,214

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 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.

12. Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2025 are represented by:			
Current assets	39,088	39,214	78,302
Creditors	(6,596)	-	(6,596)
	32,492	39,214	71,706

	Unrestricted funds £	Restricted funds £	Total £
Fund balances at 31 March 2024 are represented by:			
Current assets	13,332	14,029	27,361
Creditors	(7,540)	-	(7,540)
	5,792	14,029	19,821

RELEASE COUNSELLING AND THERAPY FOR WOMEN CIO
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2025

13. Control

No one member has overall control of the Charity.

14. Comparative funds – Statement of Financial Activities for the period ended 31 March 2024

	Unrestricted funds	Restricted funds	Total 2024
<u>Income from:</u>	£	£	£
Donations	32,342	-	32,342
Grants	7,529	89,984	97,513
Charitable activities	12,091	-	12,091
Total income	51,962	89,984	141,946
<u>Expenditure on:</u>			
Raising funds	1,296	-	1,296
Charitable Activities	45,262	83,098	128,360
Total expenditure	46,558	83,098	129,656
Net income and movement in funds	5,404	6,886	12,290
Fund balances at 31 March 2023	388	7,143	7,531
Fund balances at 31 March 2024	5,792	14,029	19,821