

Transform Counselling
Charity Number: 1193026
(CIO)
For the year ended 5 April 2025

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TRANSFORM COUNSELLING

Charity Number: 1193026

TRUSTEES' REPORT

FOR THE YEAR ENDED 5 April 2025

The Trustees present their annual report together with the financial statements of the charity for the year ended 5 April 2025. The Trustees confirm that the annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Structure, governance and management

a. Constitution

The Charity is a CIO. It was established under a Memorandum of Association which set out its objects and powers, and it is governed by its Articles of Association.

b. Methods of appointment or election of Trustees

Potential new trustees are interviewed by representatives of the existing trustees and selected based on particular expertise and skills which will add value to the Charity. Trustees serve a probationary period of three months prior to their election to the Board. Once appointed to the board all Trustees need to be re-elected at least once every three years at an Annual General Meeting.

c. Organisational structure and decision-making policies

Trustees are inducted to the Charity and receive copies of all the relevant organisational policies and documents.

The powers and responsibilities of Trustees are specified in the Memorandum of Association and Articles of Association.

The Charity is controlled by the Trustees who are accountable to the Annual General Meeting and they meet several times each year. The day-to-day running of the Charity is carried out by a number of volunteers who offer their energy, empathy and expertise with diligence and compassion.

d. Financial risk management

The Trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks. They keep this area under regular review. This is monitored with due diligence to the needs of the charity sector in raising funds.

e. Members' liability

None of the trustees have any beneficial interest in the charitable company. All the Trustees are members of the charitable company and guarantee to contribute £10 in the event of it winding up.

Objectives and activities

f. Policies and objectives

The Charity's principal object is to the relief of the physical and mental sickness of persons in need by the provision of counselling, befriending, pastoral care and support, and to relieve the mental and physical sickness of persons resident in England suffering from bereavement or loss by the provision of counselling and support for such persons.

The policies adopted by the Charity in furtherance of its objects have been to continue to run the counselling service as outlined above and there has been no change in these during the year.

Our on-going objectives are:

- To provide professional psychotherapy and counselling;
- To offer practical pastoral care support and befriending to people in need;
- To evaluate the need and provision of a counselling service for those struggling mentally and emotionally, identifying gaps and exploring possibilities for future service provision;
- To raise the funds for the projects identified;
- To use resources efficiently;
- To monitor the effectiveness of our services;
- To maintain high standards in service provision and organisational practice; and
- To offer volunteering opportunities.

The Charity's activities and achievements are monitored, evaluated and reviewed throughout the year and information from this process used to inform future plans and developments that will best support people who come to us for support.

g. Main activities undertaken to further the charity's purposes for the public benefit

In producing their assessment of the benefit to the public provided by the charity, the Trustees confirm that they have complied with the duty in Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefits, Charities and Public benefit. By helping individuals reconnect with others, navigate difficult circumstances, and find ways to live more fulfilling lives, the charity provides significant public benefit, aligned with its mission and the Charity Commission's guidance on public benefit.

The main activity carried out by the Charity was counselling and pastoral care for adults in who live in England. The provision of counselling to the charities beneficiaries was achieved chiefly through remoting working. Pastoral care is carried out by face-to-face, via video support and telephone support. Clients have benefited from ongoing support from members of the Transform Counselling Team to reduce feeling of loneliness, isolation, vulnerability, assistance with the cost-of-living crisis, helping people reconnect with other people and helping people live a fuller life. We have further developed key areas of support for bereavement and end of life issues which is an area that will grow in future years we hope. Clients have reported of how much they value the support that they have received from us. They feel supported in their grief, loss, loneliness and isolation. The charity continues to endeavour to support as many people as possible with due diligence to the resources of the charity.

Achievements and performance

Financial review

a. Financial review

It will be important to keep reviewing our funding strategies and service delivery models to maintain sustainability and respond to changing circumstances. The financial transactions during the year and position at the end of the year are summarised in the attached accounts. As the charity undertakes most of its work remotely, we have been fortunate not to have to pay rent, and a considerable saving was made. This may change in future years. The actual day-to-day running costs of the service are considered essential, and the minimum expenditure required for administration of the charity's activities. It was the considered view of the board that given the importance of psychotherapy and pastoral care of our clients that we maintain our level of care while still not depleted our reserves. This aspect of our funding is being continuously review in line with best practice.

Our central fundraising activity remains sourcing funds to cover the expenditure of counselling for our clients, clinical supervision for our volunteers and counsellors, offering practical pastoral care and befriending. The trustees believe this is easy to understand, relates directly to the work we do at Transform Counselling and pastoral care is readily understood by those who have little direct experience of the provision of counselling and pastoral care.

The board continues to focus on donation activity to grow income. Consideration will be given to how we can best achieve our aims by linking in with other charities and organisations to help alleviate the loneliness, isolation and vulnerability of people who come to us seeking support.

b. Reserves policy

It is the policy of the Charity to aim to hold unrestricted funds which have not been designated for specific use at a level of between two- and three-months unrestricted expenditure. Holding reserves of unrestricted funds will always be decided at the discretion of the board with reference to the primacy of the charity's service delivery in the local community. It is the intention of the board to grow the reserves of the charity.

c. Going Concern

After making appropriate enquiries, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

d. Monitoring Impact

Outcome measures are routinely used with clients in counselling to ensure that we are providing optimal levels of care for our clients. The Core 10 is the most frequently used measurement tool.

e. Plans for future periods

1. As with many charities we have been impacted by the cost-of-living crisis. Many charities have noticed a greater demand for services with a corresponding decrease in resources. Transform Counselling is not immune to these issues, and the board wishes to strive as far as possible to maintain its support to as many people as possible given our capabilities. The charity's strategic review is being implemented and constantly monitored to ensure that the charity remains on track to perform at optimal levels.

2. Key to the operations for Transform Counselling is to reach our fundraising targets. The charity seeks funding for pastoral care, counselling, and clinical supervision. These are the core elements of what the charity does and is crucial for maintaining high standards of professional good practice.

3. The board is continually seeking ways to improve our services and reach as many people as possible. This remains core to the aims of the charity.

4. Community networking also continues to be a priority for Transform Counselling. With greater challenges posed of the charity sector and greater demands being expected of it, an aim of Transform Counselling is to seek partnerships with other charities and organisations that reduce loneliness and isolation for people in need in society.

Approved by the Trustees on 9 December 2025 and signed on its behalf by:

Michael Murtagh

Chair of the Board of Trustees

Garrett Coyle

Treasurer of the Board of Trustees

Independent examiner's report to the Trustees of Transform Counselling ('the charity')

I report to the charity Trustees on my examination of the accounts of the charity for the year ended 5 April 2025.

Responsibilities and basis of report

As the Trustees of the charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.

This report is made solely to the charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the charity's Trustees those matters I am required to state to them in an Independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's Trustees as a body, for my work or for this report.

E Barbossa
29 Tite St
Chelsea
London
07/12/2025

Transform Counselling

Receipts and payments account for the year ended 5 April 2025

	Restricted Income 2025	Unrestricted Income 2025	Total 2025	Restricted Income 2024	Unrestricted Income 2024	Total 2024
<u>Receipt</u>						
Donations	-	24,872	24,872	-	69,223	69,223
<u>Other Income:</u>						
Total	-	24,872	24,872	-	69,223	69,223

<u>Payments</u>						
Therapeutic Fees -		11,650	11,650		36,250	36,250
Pastoral Care Fees -		17,403	17,403		54,782	54,782
Travel Expenses -		601	601		851	851
Insurance -		147	147		147	147
Telephone & Internet		412	412		723	723
Printing, Postage, Stationery, Photocopying		219	219		507	507
IT and Software -		98	98		113	113
Volunteer Welfare and Training		423	423		674	674
Sundry Expenses -		1218	1218		1938	1938
Subscriptions -		330	330		330	330
Total	-	32,501	32,501		96315	96315

Net Surplus (Deficit)		(7,629)	(7,629)	-	(27,092)	(27,092)
Fund Balance c'f at 1/04/2025		28,618	28,618		-	

Amount brought from previous year		36,247	36,247		63,339	63,339
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	Restricted Income 2025	Unrestricted Income 2025	Total 2025	Restricted Income 2024	Unrestricted Income 2024	Total 2024
<u>Current Assets</u>						
Cash and Cash in Bank		28,618	28,618	-	36,247	36,247
Lodgements not credited @ 5/04/2025 -			-	-	-	-
Current Liabilities		-	-	-	-	-
Net surplus/(deficit)		(7,629)	(7,629) -		(27,092)	(27,092)
Designated Fund per reserves policy			8,128			17,305
<u>General Funds</u>			20,490			<u>18,942</u>

Transform Counselling

Notes to the accounts for the year ended 5 April 2025

1. Receipts & payments accounts

Receipts and payments accounts are statements that summarise the movement of cash into and out of the charity during the financial year. In this context cash includes cash equivalents, for example, bank accounts where cash can be readily withdrawn to pay for debts as they become due.

2. Therapy, supervision, pastoral care and befriending

The charity has a team of therapists and self-employed supervisors, volunteers and trustees.

3. Funds

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity. The Charity has no restricted funds at the date of this Balance Sheet.

4. Trustee's Remuneration

During the period no Trustees received expenses, remuneration or benefits.

5. Related party transactions

During the period there were no related party transactions.