Counselling for Health CIO

Annual report and Financial Statement

11th January 2021 to 31st October 2021

Charity Commission Registration Number 1193066

Address: Tumblehome, 1, Coronation Road, Salcombe, Devon TQ8 8EA

Trustees [Founding] who served from the start and up to the date of this report are as follows:

Ralph T L Bayley [Chair]

Judith M Bayley [Secretary]

Susan M Flynn [Treasurer]

A Louise Dawson

Alan Plummer

Richard S Sanders

Bankers Barclays, Leicester LE87 2BB

The organisation is a charitable incorporated organisation [CIO], and registered as a charity at The Charity Commission on 11th January 2021.

Constitution

The CIO was established under a written Constitution whose only voting members are its Charity trustees. Its constitution sets out the object and powers of the charity, the decision making processes to govern the Charity and appointment of Trustees. The charity is managed by its 3 officers and supported by the 3 other trustees. All the Trustees are appointed for varying set periods. The Charity recruits Trustees by invitations to persons who have an understanding of the role of therapeutic counselling and who can contribute with their knowledge, skills and experience to the effective running/management of the Charity.

All Trustees must agree to the appointment of any new Trustees.

Any new Trustees would, before committing to the role, have a full introduction to the work of the Charity, and be given a copy of the Charity's Constitution, Annual Report, Annual Accounts and the guidance document from The Charity Commission "The Essential Trustee".

All Trustees give their time voluntarily and receive no benefits from the Charity. Any expenses claimed by Trustees are set out in the annual accounts.

Regular minuted meetings of the Trustees have been held during the year.

The Charity does not have any volunteers to undertake work for the Charity.

Objectives and Activities

The object of the Charity is to protect and preserve good mental health and wellbeing among people aged 16 and over by providing free short or medium term therapeutic counselling in cooperation with National Health Service General Practices.

The trustees have had due regard to the Commission's Public Benefit Guidance about the service provided, with a particular focus on ensuring that our activities achieve our charitable aims.

In order to provide this service, the Charity has funded 15 hours of therapeutic counselling a week at an NHS General practice in Plymouth from 14th July 2021.

The Trustees review the aims, objectives and activities of the charity each year.

Achievements and Performance

Counselling for Health [CfH] produced a Model for Practice Based Counselling in Primary Care [General Practice]. CfH approached an NHS Medical Practice in Plymouth and discussed and agreed that the Model would work in that setting. Following that, CfH became a registered Charity and signed a Service Level Agreement [SLA] with the Practice concerned to fully fund such a service for patients registered at that Practice. CfH advertised for Self Employed Counsellors and subsequently interviewed, selected and contracted with 2 BACP [British Association for Counselling and Psychotherapy] Registered Counsellors to provide between them 660 hours of individual therapeutic counselling a year to patients. The Charity also has a SLA with a Counselling Supervisor to provide regular Supervision for the Counsellors concerned.

Counsellors had a full day's Induction to the Practice, prior to beginning to see referred patients on 14th July 2021. Since then 26 clients have started counselling and of these, 9 clients have completed a course of counselling. All but one of those completing have completed evaluations. Of these evaluations, 7 reported that the service had been very helpful and 1 that the service had been helpful. 1 client, after 6 sessions, did not return for an ending session, and was discharged with no final evaluation collected.

The Objective of the Charity has been met and the funds raised so far have matched the needs of the service.

The Charity's Status

The Charity is free standing and is not in a wider network to provide services.

Financial Review

At the Charity's year end, 31.10.2021, the Income for the Charity had been £24,687.50, the Expenditure £8,140.16 and the Bank Balance was £16,547.34. The Income was derived from individual donations. The Charity has received no legacies and no grants from organisations or local or national government sources.

The Charity does not intend to make any investments. Its reserves will be the balance in the Charity's Bank Account.

The Charity aims to always have enough financial reserve to contract with both the Counsellors and the Supervisor for the full term of their annual renewable agreements and meet renewal costs of Insurance, CIO and DBS checks for the year ahead.

The Charity does not hold any funds on behalf of others, does not own any property and does not employ any staff.

There are no policies for grant making or social investment.

Financial Risk

Outstanding Guarantee

At 31.10.2021 the balance at the Charity's Bank account is £16,547.

The Charity has an SLA with the Supervisor, and an agreement with each of the 2 Counsellors which run until 30th June 2022 in the case of the Supervisor, and 31st July 2022 in the case of the 2 Counsellors.

The maximum outstanding payments in excess of reserves, under these agreements, [providing they are fulfilled], together with forthcoming renewals of the Charity's Insurance, Information Commissioners Office and Enhanced Disclosure Barring Service fees, total £3,051. The funds required for this financial year were higher than we expect in future, because of the start-up costs for Consultancy, Advertising and Inductions.

The Charity [CIO] therefore has a guarantee, where potential liability to provide the above services under this guarantee is outstanding at the date of the statement [31.10.2021]. [CfH had commitments from donors in excess of this liability which meant that the outstanding amount was met by 5th November 2021.]

Other Risks facing the Charity and its service provision

The Medical Practice could merge, close or relocate. The Charity would then endeavour to find a similar General Practice to which the service could be relocated.

The SLAs between the Charity and the Medical Practice and between the Charity and the Counsellors and the Counsellors' Supervisor are not at present contiguous. The Charity will ensure that, in future, that SLAs between the Charity and this or any body or persons cover the full period of the agreements.

National Health Service Regulations or Provision with regard to Mental Health Services could change significantly and adversely affect the Charity's ability to provide the present service. The Charity would have to adapt to the changes, but the SLAs would be honoured to ensure that the service would continue up to the end date of existing agreements and that work with any clients would finish in a timely way.

Death of major donors. This has been covered by codicils to wills of these donors with the aim of sustaining funding for the Charity at its present level for a further 5 years.

Major Incidents

There have been no major incidents involving the Charity, the Practice or contractors to the Charity.

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Ralph Timothy Lowndes Bayley	Judith Mary Bayley
Position (eg Secretary, Chair)	Chair	Secretary

Date 17.11.2017

CHARITY COMMISSION FOR ENGLAND AND WALES

Charity Name	No (if any)
Counselling for Health	1193066

Receipts and payments accounts

For the period from	Period start date	To	Period end date
	11.01.2021		31.10.2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Donations	19,750	-	-	19,750
HMRC Gift Aid Refund	4,937	-	-	4,937
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
***Sub total** (Gross income for AR)*	24,687	-	-	24,687
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	24,687	-	-	24,687
A3 Payments				
Postage	21	-	-	21
Insurance	314	-	-	314
Counsellors	5,740	-	-	5,740
Stationery	88	-	-	88
DBS	168	-	-	168
ICO	35	-	-	35
Travel Expenses	14	-	-	14
Counsultancy	600	-	-	600
Advertising	190			190
Supervision	550	-	-	550
Induction for Counsellors	420			420
Sub total	8,140	-	-	8,140
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	8,140	-	-	8,140
Net of receipts/(payments)	16,547	-	-	16,547
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	16,547	-	-	16,547

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds		-	-
		-	-
		-	-
	Total cash funds	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK

Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-

Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets		-
		-
		-
		-
		-

Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use		-
		-
		-
		-
		-
		-
		-
		-
		-

Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities		-
		-
		-
		-
		-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
	Susan Mary Flynn
	Ralph Timothy Lowndes Bayley

CC16a

[redacted]

Last year

to the nearest £

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[redacted]

Endowment funds

to nearest £

-
-
-
-

OK

Endowment funds

to nearest £

-
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-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
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-
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-
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-
-

When due (optional)

Date of approval
15.11.2021
15.11.2021