Counselling for Health CIO

Annual report and Financial Statement

1st November 2021 to 31st October 2022

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 – Structure, Governance and Management

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] provides 660 hours of individual therapeutic counselling per year to patients registered with an NHS Medical Practice in Plymouth following the Model for Practice Based Counselling in Primary Care that was presented to the Practice concerned and agreed with the Charity.

Counsellors are appointed and have an Agreement, renewed annually, with CfH to provide these hours of counselling. The Counsellors are Registered members of BACP. There is a Service Level Agreement [SLA] signed by CfH and the Practice, again renewed annually, to provide the service for a year at a time. This service is fully funded by CfH. The Charity also has a SLA with a Counselling Supervisor to provide regular Supervision for the Counsellors concerned.

There was a change of Counsellors during the year. This was managed with minimal disruption to the service provided. For a period of 4 weeks 9 Counselling hours per week were offered instead of the usual 15.

New Counsellors have an Induction to the Practice, prior to beginning to see referred patients.

There were a total of 119 referrals for the year. 80 people were assessed, and 72 of these took up appointments. 590 appointments were offered and there were 111 DNAs and cancellations during the process (18.8%). 56 clients were discharged.

Since April, the waiting list has remained open, with a steady, manageable flow of referrals, and waiting times between 4-6 weeks.

The client feedback has been very good. Of the 56 clients discharged, 40 clients completed feedback forms, (many with the help of the Counsellor because of difficulty completing). Almost all found their expectations of counselling met, some saying it was better than expected. Similarly all found counselling helpful or very helpful, and most commented on things they had been able to change in their lives as a result of counselling. All would recommend counselling to family and friends.

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, 31.10.2022, the Income for the Charity had been £24,987.50, the Expenditure £25,646.97 and the Bank Balance was £15,887.87. 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

At 31.10.2021 the balance at the Charity's Bank account is £15,887.87.

The Charity has an SLA with the Supervisor, and an Agreement with each of the 2 Counsellors which runs until 30th June 2023.

The Charity is in a good financial position to meet its obligations.

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 NHS General Practice to which the service could be relocated.

The SLAs between the Charity and the Medical Practice and the Agreements between the Charity and the Counsellors and the Counsellors' Supervisor are contiguous. The Charity has taken steps to ensure 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	08.12.2022	

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
	01.11.2021		31.10.2022

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	20,020	-	-	20,020
Gift Aid Refund HMRC	4,967	-	-	4,967
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total *(Gross income for AR)*	24,987	-	-	24,987
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	24,987	-	-	24,987
A3 Payments				
Registration with ICO	35	-	-	35
Enhanced DBS checks [3]		-	-	-
Insurance	316	-	-	316
Stationery, Office and Sundry Expenses		-	-	-
Advertisment for Counsellors		-	-	-
Consultancy Services		-	-	-
Induction for Counsellors	92	-	-	92
Counsellors	23,567	-	-	23,567
Supervision	1,636	-	-	1,636
Sub total	25,646	-	-	25,646
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	25,646	-	-	25,646
Net of receipts/(payments)	- 659	-	-	- 659
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	- 659	-	-	- 659

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	Barclays Bank Account	15,887	-
		-	-
		-	-
	Total cash funds	15,887	-
	(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		
Counsellors	Unrestricted	
Supervisor	Unrestricted	
Insurance [expected]	Unrestricted	
ICO [expected]	Unrestricted	
DBS [expected]	Unrestricted	
Expenses approx	Unrestricted	
Expected Total	Unrestricted	

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)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval
15.12.2022

15.12.2022