

Talk Counselling CIO

(A Charitable Incorporated Organisation)

Trustees' Report and Financial Statements for the initial financial period ended 31st May 2022

Charity Registration Number: 1194317

Talk Counselling CIO

(A Charitable Incorporated Organisation)

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Talk Counselling CIO

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISORS FOR THE YEAR ENDED 31st May 2022

Charity Registration Number: 1194317

Registered Office: Gemma House, 39a Lilestone Street, London NW8 8SS

Trustees:

Michael Edmund (Chair)

Sharon Thomas

Tanya Phillips

Joyti Bhudia

Nadine Leanne Maitland

Talk Counselling CIO

Trustees Report for the Initial Period Ended 31/05/2022

The trustees present their annual report together with the financial statements of Talk Counselling CIO for the initial financial year ended May 31, 2022.

Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Trustees are required to prepare financial statements for each financial year and ensure that they 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 charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

a. Constitution

The charity is registered as a Charitable Incorporated Organisation (CIO) adopting a standard **Foundation Model** constitution

b. Charity Objectives

The objectives of the charity are to promote the preservation of mental health and assist in relieving and rehabilitating persons suffering from mental health disorders or conditions of mental distress, through the provision of support education, advocacy and practical advice

c. Method of Appointment of Elected Trustees

The management of the company is the responsibility of the trustees who are elected and co-opted under the terms of the Foundation Model constitution.

d. Organisational Structure and Decision Making

The chair of the trustees is responsible for the induction of new trustees which involves awareness of the trustee's responsibilities, the charity's governing document, administrative procedures, together with the history and philosophical approach of the charity. A new trustee receives copies of the previous year's financial statements, annual report and a copy of the Charity Commissions leaflets providing guidance for trustees.

e. Risk Management

The trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the company, and are satisfied that systems and procedures are in place to mitigate our exposure to the major risks.

ACTIVITIES

Our major outward facing activities this year were centred around our lottery funded project which had the following objectives:

- Enhancing our helpline and enable us to respond to more people;
- Increase our offering of counselling or therapy session;
- Put on weekly mental health workshops;
- Develop a peer support group;
- Develop a parenting/carer support group;

The project was completed successfully and a lot of the outputs are still in place.

Our other main focus was to setup administrative and other processes in preparation of increased activities and outputs in the year ahead and beyond. This work continues

Michael Edmund
Chair

Talk Counselling CIO

INCOME AND EXPENDITURE ACCOUNTS

For the year ended 31st May, 2022

	<u>£'s</u>	<u>£'s</u>
<u>INCOME</u>		
Grants	11,000	
Fundraising & Donations	1,824	

		12,824
 <u>EXPENDITURE</u>		
Direct Project Costs	11,302	
Freelance Contractors	363	
Office Rent and Overheads	347	
Administration Charges	191	
Advertising and Promotion	198	
Telephone & Internet	391	

		12,792
 Net Income/Deficit		 32

Talk Counselling CIO

BALANCE SHEET AS AT 31st MAY 2022

	<u>04/05/2021</u>		<u>31/05/2022</u>	
	<u>£'s</u>	<u>£'s</u>	<u>£'s</u>	<u>£'s</u>
<u>FIXED ASSETS</u>				
Equipment b/f	-		2,800	
New Equipment	-		-	
Disposals & Revaluation	-		-	
<i>Less</i> current year depreciation	-		-	
		0		0
<u>CURRENT ASSETS</u>				
Debtors and Prepayments	-		-	
Bank Account	-		-	
Cash In Hand	-		32	
		0	-	
<u>CURRENT LIABILITIES</u>				
Creditors & Accruals	-			
		-----		-----
		0		32
<u>FUNDS</u>				
Restricted Funds	-		-	
General & Unrestricted Funds b/f	-		-	
Income and Expenditure Account	-		32	
		-----		-----
		0		32

Talk Counselling CIO

BALANCE SHEET *continued*

Declaration

The trustees confirm that the accounts (financial statements) have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 and UK Generally Accepted Practice as it applies from 1 January 2019, applicable in the UK and Republic of Ireland.

Notes to the Accounts

I. The net income generated for the year was £32.

II. The main income was two small grants, £10,000 from the National Lottery (Awards For All) and also £1,000 from the Albert Hunt Trust.

III. There were no restricted funds declared at the end of the financial year.

IV. The only asset of the company at the end of the year was £32 in the bank.

These financial statements were approved by the members of the committee on 25th July, 2022 and signed on their behalf by.

Signature: _____

Name: **Michael Edmund**

Position: **Trustee (Chair)**

Date: **5th August, 2022**

Signature: _____

Name: **Joyti Bhudia**

Position: **Trustee**

Date: **5th August, 2022**