



Talk Counselling CIO

(A Charitable Incorporated Organisation)

Trustees' Report and Financial Statements for the financial period ended 31st May 2025

Charity Registration Number: **1194317**

Talk Counselling CIO

(A Charitable Incorporated Organisation)

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Talk Counselling CIO

(A Charitable Incorporated Organisation)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISORS FOR THE YEAR ENDED 31st May 2025

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

The trustees present their annual report together with the financial statements of Talk Counselling CIO for the financial year ended May 31, 2025.

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.

Talk Counselling CIO

TRUSTEES REPORT FOR THE FINANCIAL YEAR ENDED 31/05/2025

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 & ACHIEVEMENTS

Our Peer Support Group for adults (over 18) affected by serious mental illness (SMI) has continued to run fortnightly via Zoom, remaining a vital and consistent source of support within the community. Attendance has remained strong, with an average of around 20 participants per session. We continue to see a mixture of regular attendees alongside individuals who engage intermittently, reflecting the flexible and accessible nature of the service. Word of mouth, particularly through our counsellors and peer mentors, remains the most effective method of engagement, supported by ongoing use of WhatsApp broadcasts and community outreach.

Over the course of the year, we have continued to provide a range of therapeutic and social interventions including one-to-one counselling, mentoring, CBT-informed support, and peer-led sessions. These services remain the most in-demand and continue to form the core of our delivery model. Our counsellors and peer mentors have also continued to

prescribe social activities such as exercise programmes, walking groups, and creative sessions, recognising the importance of holistic approaches to mental health and wellbeing.

We have continued to support individuals at varying levels of need, including those at risk of hospitalisation and those transitioning from secure settings. Alongside direct support for individuals, we have also worked closely with families and carers, recognising their crucial role in recovery and stability.

Workshops and psychoeducational sessions have continued throughout the year, focusing on areas such as stress management, resilience, emotional wellbeing, and personal development. These sessions have helped equip service users with practical tools to better manage their mental health and navigate daily challenges.

A key focus this year has been the **National Lottery-funded project**, which has enabled us to expand our reach and deepen the level of support provided. Through this funding, we have been able to deliver structured interventions, increase access to counselling, and strengthen our peer support offer. The project has had a significant positive impact, particularly for individuals from underserved communities who may otherwise face barriers to accessing culturally appropriate mental health support.

As the project has progressed towards completion, a balance of approximately £3,000 remains, which is being used to ensure a smooth and responsible close to the project. This includes finalising support for existing service users, maintaining continuity of care, and embedding elements of the programme into our ongoing service delivery.

Feedback from service users continues to be overwhelmingly positive, with many reporting improvements in confidence, mood, and overall wellbeing. Users frequently highlight the importance of feeling heard, understood, and supported in a culturally sensitive environment. The combination of professional support and peer connection remains a key strength of the charity's approach.

Reducing social isolation continues to be a central outcome of our work, with many individuals reporting increased connection, improved communication, and a greater sense of belonging. The ability to both receive and provide peer support has been particularly empowering for many participants.

Overall, the charity continues to demonstrate meaningful impact through its services, with clear evidence of improved mental health outcomes, increased resilience, and strengthened community connections. Moving forward, we aim to build on these foundations, expand our reach, and secure further funding to sustain and grow our work.

Signed on behalf of the Trustees

Michael Edmund

Chair

Talk Counselling CIO

INCOME AND EXPENDITURE ACCOUNTS

For the year ended 31st May, 2025

	2024/2025		2023/2024	
	<u>£s</u>	<u>£s</u>	<u>£s</u>	<u>£s</u>
<u>INCOME</u>				
Grants	20,000		17,000	
Fundraising & Donations	6,938		3,873	
		26,938		20,873
<u>EXPENDITURE</u>				
Direct Project Costs	21,418		16,872	
Office Costs & Administration	3,207		2,265	
Telephone & Internet Services	1,619		1,351	
Travel & Subsistence	526		403	
Depreciation	25		58	
		26,795		20,949
Net Income/(Deficit)		143		(76)

Talk Counselling CIO

BALANCE SHEET AS AT 31st MAY 2025

	<u>31/05/2025</u>		<u>31/05/2024</u>	
	<u>£s</u>	<u>£s</u>	<u>£s</u>	<u>£s</u>
<u>FIXED ASSETS</u>				
Equipment b/f	150		208	
New Equipment	-		-	
<i>Less</i> current year depreciation	25		(58)	
		125		150
<u>CURRENT ASSETS</u>				
Debtors and Prepayments	-		-	
Bank Account	3,195		2	
Cash In Hand	-		-	
		3,195		2
<u>CURRENT LIABILITIES</u>				
Creditors & Accruals	-		-	
		-		-
		----		----
		3,420		152
<u>FUNDS</u>				
Restricted Funds	3,125		-	
General & Unrestricted Funds b/f	152		228	
Income and Expenditure Account	143		(76)	
		----		----
		3,420		152

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 surplus (income over expenditure) for the year was £143
 - (II) The main income was from a National Lottery grant of £20,000,
 - (III) The only current asset of the CIO at the end of the year was £3,195 in the bank
 - (IV) The bank balance of includes restricted funds of £3,125 related to the National Lottery funded project.
 - (V) The only fixed asset was a laptop computer revalued at £125 meaning £25 depreciation was charged.
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These financial statements were approved by the members of the committee on 29th March 2026 and signed on their behalf by.

Signature: _____

Name: **Michael Edmund**

Position: **Trustee (Chair)**

Signature: _____

Name: **Joyti Bhudia**

Position: **Trustee**