

WINCHESTER YOUTH COUNSELLING

England & Wales · Charity number 1195260

Details

Status Registered

Legal form CIO

Registered 2021-07-22

Register [View on the Charity Commission register](#)

Contact

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The Winchester Centre
68 St. Georges Street
Winchester
Hampshire
SO23 8AH

Phone 01962820444

Email admin@winchyc.org

Website www.winchesteryouthcounselling.org

Activities

Objects: TO PROTECT AND PRESERVE GOOD MENTAL HEALTH AND WELLBEING AMONG PEOPLE AGED BETWEEN 11 AND 25 YEARS OF AGE WHO ARE RESIDENT IN HAMPSHIRE BY PROVIDING COUNSELLING AND THERAPEUTIC INTERVENTIONS TO YOUNG PEOPLE, SO AS TO DEVELOP THEIR PHYSICAL, MENTAL AND SPIRITUAL CAPACITIES, AND HELP THEM GROW TO FULL MATURITY AS INDIVIDUALS AND AS MEMBERS OF SOCIETY.

Activities: Winchester Youth Counselling (WYC) provides counselling and other therapeutic activities to young people aged 11-25 experiencing mental health issues in the District of Winchester.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

Geography

- Hampshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£553,191	£427,490	£236,804	7
2024-03-31	£374,232	£373,249	-	-
2023-03-31	£330,594	£369,583	-	-
2022-03-31	£274,835	£250,583	-	-

Trustees

Name	Role	Appointed
Andrew Robin Newberry		2024-03-27
Dason Bodilly		2024-09-26
Julie Ann Todd		2024-11-28
Kirsteen Hook		2024-01-25
Michael David Mander		2024-03-27
Michelle Flynn		2024-09-26
Susannah Claire Webber		2024-07-25
Thursten Clements		2023-12-06

WINCHESTER YOUTH COUNSELLING

England & Wales - Charity number 1195260

Accounts

WINCHESTER YOUTH COUNSELLING

**TRUSTEES' ANNUAL REPORT & UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MARCH 2025**

CHARITY NUMBER: 1195260

**WINCHESTER YOUTH COUNSELLING
TRUSTEES' ANNUAL REPORT & FINANCIAL STATEMENTS
CONTENTS**

	Page
Trustees Report	3
Independent Examiner's Report	8
Statement of financial activities	9
Balance sheet	10
Statement of cash flows	11
Notes to the financial statements	12

WINCHESTER YOUTH COUNSELLING REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their report and accounts for the year ended 31 March 2025. The financial statements have been prepared in accordance with the accounting policies set out in Note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 and Accounting and the Charities Statement of Recommended Practice (second edition) and Financial Reporting Standard FRS102.

Chair Of Trustees Report

It is my pleasure to present the Chair of Trustees' Report for Winchester Youth Counselling (WYC).

The Chair of Trustees' Report for 2023-2024 discussed the way that our service was caring for individuals with greater levels of complexity and risk. This theme continued into 2024-2025, however we also focussed on expanding the capacity of the service to try and satisfy the local need. In the 2024-2025 year we reached more young people in the local area by offering 2536 sessions of counselling (a 9% increase on the previous year). We also returned to schools, offering free provision at King's School to allow young people to be seen in a more convenient location than the town centre where appropriate.

A major shift across this year was the development of our group programming. Noticing the success of the Wellbeing drop-in service in the 2023-2024 financial year, we realised we needed to cater for more young individuals and their supporting adults, and the value of expert-led peer support. To this end, we continued to host the Wellbeing Drop-in service, as well as launching several new groups: a Drop-in at the University of Winchester for students, a parent support group bringing together parents of children with neurodiversity, and a support group for Ukrainian refugees. We also continued our Parent Speaker Series, providing quarterly talks to local parents from expert speakers. All group programming is facilitated by qualified counselling/care professionals. Across the year, we recorded over 375 attendances to these groups – significantly expanding our local reach and impact.

Our focus on the natural world remained a priority this year, with our nature therapy group running across the year and assisting 18 young people across over 200 attendances. Our Walk and Talk (outdoor one-to-one therapy) offering also increased, with 28 clients seen across the 403 sessions offered within this service. We also looked to expand our reach through training other professionals and promoting the benefits of nature for mental health via our resources and social media.

Despite all of this expansion and innovation, our waitlist was higher than ever, peaking at 120 and demonstrating the clear need for our support in the local area.

Our commitment to continuing as a Youth-Led organisation was cemented this year with regular meetings of our Youth Board and specific roles for each member being agreed. The Youth Board participated in activities across every level of the charity: including attending Board meetings, reviewing policies, project and business plans, joining the recruitment process for new staff and Trustees, fundraising, and creating social media and website content. We would like to say a special thank you to all the young people involved, and in particular to the Chairs of the Youth Board across this year, Charlotte and Emaline.

From a strategic perspective, this was a year of fulfilment and action. We were in the first year of two multi-year grants, completing the recruitment of the full core team and putting into place the projects and programmes that we wished to prioritise. Once in progress, we were able to look ahead to plan the diversification of our income streams for the future, when our fundraising situation may be less secure amidst the increasingly difficult Grants landscape. We also pushed hard to strengthen our community presence and networks and focussed on evidencing the impacts of our activities.

At the end of the 2024-2025 financial year, our core staff numbered 9 (6.3 FTE). In the summer of 2024, we appointed Hannah Reidy as permanent CEO and welcomed Erin Tollefsen back from maternity leave in her new role as Trusts and Grants Fundraising Manager. Since the year end, Jill Guppy (previous Clinical Lead) moved to a position focussing on her passion – the outdoors, and we have created a new Clinical Co-Lead team to fulfil the increased Safeguarding burden that the charity faces.

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

To create cohesion within the organisation amidst these changes, we organised a regular training and meeting programme, a highlight being a successful Organisational Day in November 2024, bringing all stakeholders (staff, volunteers, Board and Youth Board) together in nature to agree our new organisational values of Curiosity, Compassion, Collaboration, Courage and Integrity.

During the year we thanked four Trustees who left the board and were extremely pleased to recruit four new Trustees, to maintain the strength of the board.

Looking forward, the Youth Board, Board and Core Team developed the following 5 Priorities for the 2025-2026 financial year:

Priority One: To help more children, young people and their families with high quality therapeutic support, addressing evolving needs.

***Courage:** We will pilot new projects alongside our existing service provision.*

***Compassion:** We will listen and ensure that our services remain grounded to the changing needs of our stakeholders.*

Priority Two: To build on our position as a youth-led organisation, advocating for positive outcomes in mental health.

***Collaboration:** We will continue to increase our community networks and partnerships, spotlighting our youth board.*

***Curiosity:** We will engage with the local and national community to examine and broadcast the importance of youth mental health.*

Priority Three: To recognise and share our responsibilities in promoting a healthy planet in conjunction with healthy lifestyles.

***Courage:** We will speak out in the public domain about the links between the climate crisis and the mental health crisis. We will aim to promote awareness about the importance of both.*

***Integrity:** We will steer the charity's activities in line with our roots and values.*

Priority Four: To develop diverse strategies to generate more funds that allow us to support and sustain our team and our work.

***Collaboration:** We will continue to increase our community networks and partnerships, including in schools.*

***Compassion:** We will support our staff and volunteers with their wellbeing.*

Priority Five: To focus on demonstrating our impact through evidence, upholding strong governance and transparency, ensuring the highest levels of accountability and public trust.

***Integrity:** We will steer the charity's activities through its governance processes and a clinical model.*

We look forward to the year ahead and feel energised to continue supporting the young individuals in our local community who need it most with their mental health.

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

Reference and Administrative Details

The charity is charitable incorporated organisation (CIO) and is governed by its Constitution.

Name: Winchester Youth Counselling

Charity Number: 1195260

Trustees:

Gareth Bloomfield	Resigned 13 th April 2024
Alison Day	Resigned 7 th April 2024
Deborah Lockett	Resigned 27 th February 2025
Natasha Montagu	Appointed 30 June 2022 Resigned 12 June 2025
Thursten Clements	Appointed 6 th December 2023
Kirsteen Hook	Appointed 25 th January 2024
Michael Mander	Appointed 27 th March 2024
Andrew Newberry	Appointed 27 th March 2024
Susannah Webber	Appointed 25 th July 2024
Dason Bodilly	Appointed 26 th September 2024
Michelle Flynn	Appointed 26 th September 2024
Julie Todd	Appointed 28 th November 2024

Trustees are appointed to the Board after interview with the existing Trustees, and the appointment ratified at the next meeting of the Board. Trustees are removed in writing within the provisions that are laid down in the Constitution. Trustees are trained on joining the organisation via an induction pack and discussions with the Chair, CEO and key operational staff. They also engage in mandatory training on Safeguarding.

Senior Staff:

Dr Hannah Reidy:	Consultant from April 2024; permanent CEO from September 2024
Erin Tollefsen:	CEO (until May 2024), Trusts and Grants Fundraising Manager (from May 2024)
Lucy Clarke:	Co-Clinical Lead (January 2025)
Rose Milford:	Deputy Clinical Lead (January 2024), Co-Clinical Lead (January 2025)
Jill Guppy:	Clinical Lead (until January 2025)

Address:

2nd Floor,
East Wing,
The Winchester Centre,
68 St George's Street,
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Hampshire
SO23 8AH

Telephone: 01962 820 444

Email: admin@winchyc.org

Website: www.winchesteryouthcounselling.org

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

Bankers:

National Westminster Bank PLC,
Old Bank Branch,
105, High Street,
Winchester,
Hampshire,
SO23 9AW

Accountants:

Rothmans LLP,
Avebury House,
6, St Peter Street,
Winchester,
Hampshire,
SO23 8BN

Treasurer's Report

In the year ended March 2025, the Charity generated a surplus of £125,701 (2024 £983). This was achieved through increasing income by 47.8% with expenditure increasing by 14.5%. The increase in Grant Income was offset slightly by the fall in income from other sources. The growth in income was achieved mainly through two new multi year grants, which have enabled us to strengthen our core team and expand the services we provide to young people. The lag between being awarded the grant, and achieving full staffing and expanded services has resulted in a significant surplus for the year, which we anticipate falling next financial year when income and costs will be more evenly matched.

Reserves Policy

The surplus increased Reserves to £236,804 (2024 £111,103). Despite the increase in annual expenditure, this represents a significant increase in the period of expenditure covered by reserves, leaving it comfortably within our policy range of 3 to 6 months.

Objectives and activities

WYC is a public benefit entity. Its mission is to provide free counselling, therapy and mental health support to young people aged 11 – 25 in Hampshire as well as support and advice for parents and families. The service is confidential and is supported by a team of professionally trained counsellors including some volunteers.

It primarily offers one to one traditional counselling in its offices but also offers outdoor therapies via its walk and talk and nature therapy programme, as well as group support. In addition, it operates a private counselling service in a school where the school contributes towards the cost of providing free counselling sessions to pupils.

We are incredibly grateful to our team of volunteer counsellors who have contributed valuable time and other generous individuals who have provided additional services free of charge.

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

The trustees confirm that they have complied with their duty under section 17(5) of the Charities Act 2011 to have due regard to the Charity Commission’s guidance on public benefit when exercising any powers or duties to which this guidance is relevant.

This report was approved by the Board of Trustees on 4 December 2025 and signed on its behalf by

Andrew Newberry

.....
Andrew Newberry
Chair

Dason Bodilly

.....
Dason Bodilly
Vice-Chair

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF WINCHESTER YOUTH COUNSELLING FOR THE YEAR ENDED 31 MARCH 2025

I report to the trustees on my examination of the accounts of Winchester Youth Counselling ('the Charity') for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts as carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

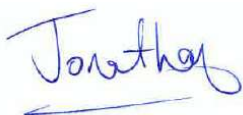
Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am member of the Institute of Chartered Accountants in England & Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Jonathan Poulter
FCA, CTA
Rothmans LLP
Chartered Accountants
Avebury House
St Peter Street
Winchester
Hampshire
SO23 8BN

Date:..... 21 January 2026

**WINCHESTER YOUTH COUNSELLING
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025
(Incorporating an Income & Expenditure Account)**

	<i>Note</i>	Unrestricted 2025 £	Restricted 2025 £	Total 2025 £	Total 2024 £
INCOME FROM:					
Donations and legacies	2	208,139	203,410	411,549	214,442
Charitable activities	3	133,405	-	133,405	150,575
Investments	4	2,145	-	2,145	684
Other Income	5	6,092	-	6,092	8,531
Total Income		349,781	203,410	553,191	374,232
EXPENDITURE ON:					
Raising funds	7	7,202	2,464	9,666	11,707
Charitable activities	8	211,209	206,615	417,824	361,542
Total Expenditure		218,411	209,079	427,490	373,249
NET INCOME / EXPENDITURE		131,370	(5,669)	125,701	983
Transfers between funds	16	(7,920)	7,920	-	-
NET MOVEMENT IN FUNDS		123,450	2,251	125,701	983
RECONCILIATION OF FUNDS:					
Total funds brought forward	16	65,646	45,457	111,103	110,120
Total funds carried forward		189,096	47,708	236,804	111,103

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derives from continuing activities

The accompanying accounting policies and notes form an integral part of these financial statements

WINCHESTER YOUTH COUNSELLING (CHARITY NUMBER: 1195260)
BALANCE SHEET
FOR THE YEAR ENDED 31 MARCH 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	11	9,021	12,494
Total fixed assets		9,021	12,494
Current assets			
Debtors	12	16,066	43,815
Cash at bank and in hand		293,018	272,557
Total current assets		309,084	316,372
Current liabilities			
Creditors: Amounts falling due within one year	13	81,301	217,763
Net current assets		227,783	98,609
Total net assets		236,804	111,103
The funds of the charity:			
Unrestricted funds	16	189,096	65,646
Restricted funds	16	47,708	45,457
Total charity funds		236,804	111,103

These financial statements were approved by the Board of Trustees on 4 December 2025 and signed on its behalf by

Andrew Newberry

Dason Bodilly

Andrew Newberry
Chair

Dason Bodilly
Vice-Chair

The accompanying accounting policies and notes form an integral part of these financial statements

WINCHESTER YOUTH COUNSELLING (CHARITY NUMBER: 1195260)
CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025

	<i>Note</i>	2025 £	2024 £
Cash provided by operating activities:	17	19,274	189,030
Cash flows from investing activities			
Interest from investments		2,145	684
Purchase of fixed assets		<u>(958)</u>	<u>(4,252)</u>
Net cash provided by investing activities		<u>1,187</u>	<u>(3,568)</u>
Increase in cash and cash equivalents in the year		20,461	185,462
Cash and cash equivalents at the beginning of the year		272,557	87,095
Cash and cash equivalents at the end of the year	18	<u>293,018</u>	<u>272,557</u>

1. Accounting Policies

(a) Basis of Preparation and assessment of going concern

The accounts have been prepared under the historical cost convention and in accordance with the second edition of the Charities: Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011. Assets and liabilities are initially recognised at cost or transaction value unless otherwise stated in the relevant accounting policy note(s) below.

The accounts are prepared on a going concern basis. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The charity constitutes a public benefit entity as defined by FRS102.

This charity (#1195260) was registered as a CIO on 22 July 2021 and took on the activities and net assets of an unincorporated charity by the same name (#1093429) with effect from 14 October 2021. The charity's work, including its purposes and beneficiary class, remain unchanged.

In preparing these accounts the Trustees have not had to make any significant judgements. There are no sources of estimation uncertainty which have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

(b) Incoming resources

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and the amount can be measured reliably.

Grants, whether 'capital' or 'revenue' in nature, are generally credited to the statement of financial activities in the year of receipt. Where a grant requires the provision of services over a period of time, income is recognised on a straight-line basis over the relevant period.

General grants and donations are credited in the year of receipt. Bank interest is recognised in the period to which it relates.

Donated services and facilities are recognised at their estimated value to the charity within voluntary income where the benefit to the charity is reasonably quantifiable and measurable. An equivalent amount is included as expenditure under the appropriate category of the Statement of Financial Activities (SOFA).

(c) Resources expended

Liabilities are recognised when the Charity is under an obligation to make a transfer of value to a third party. The expenses are allocated to the various Income & Expenditure accounts which the charity is required to maintain under the various Restricted Fund Grants show in these accounts.

The majority of costs are directly attributable to specific activities but certain shared costs are apportioned to activities in furtherance of the Charity's objects. The charity has three main activities, being the provision of traditional counselling services, the provision of outdoor therapies and the provision of private counselling through local schools. Where costs cannot be directly attributed to particular activities, they have been allocated to activities on a basis consistent with the use of the resources, which has been estimated by reference to the approximate staff time spent on each activity.

Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

(d) Governance Costs

Governance costs comprise the costs incurred in respect of finance and human resources which are directly attributable to the governance of the Charity. These include such items as fees for legal advice to trustees and costs associated with constitutional and statutory requirements as well as management overheads associated with governance activities.

(e) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donors or raised by the Charity for particular purposes. The cost of raising and administering such funds is charged against the specific fund. The aims and use of each restricted fund are set out in the notes to the financial statements.

The restricted funds carried forward are shown in the financial statements and in Note 16 of these accounts.

(f) Tangible Fixed assets & Depreciation

Assets purchased for the continuing use of the Charity are carried in the balance sheet at cost less depreciation. Depreciation is charged on tangible fixed assets on a straight-line basis over their estimated useful lives as shown below:

Leasehold Improvements	10 years
Fixtures & Fittings	5 years
Computer Equipment	3 years

(g) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

(h) Cash at bank and in hand

Cash at bank and in hand includes petty cash balances and deposits held in instant-access bank accounts.

(i) Creditors & provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

(j) Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

(k) Pensions

The charity operates a defined contribution pension scheme for the benefit of its employees. The contributions made for the accounting period are charged as an expense and are allocated to activities based on the approximate staff time spent on each activity.

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

(I) Taxation

The charity is exempt from tax on its income and gains to the extent that these are applied to its charitable Objects.

2 Income from Donations & Legacies

	2025	2025	2025	2024
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Donations	62,639	-	62,639	32,317
Grants	145,500	203,410	348,910	182,125
	208,139	203,410	411,549	214,442

3 Income from Charitable Activities

	2025	2025	2025	2024
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Traditional Counselling	25,200	-	25,200	32,466
Private Counselling	108,205	-	108,205	118,109
Total income from charitable activities	133,405	-	133,405	150,575

4 Investment Income

	2025	2025	2025	2024
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Bank interest receivable	2145	-	2,145	684
	2,145	-	2,145	684

5 Other Income

	2025	2025	2025	2024
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Fundraising	6,092	-	6,092	8,531
	6,092	-	6,092	8,531

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

6 Income from Government Grants

Income from Government Grants, included within Income from Donations & Legacies and Income from Charitable Activities above, was as follows:

	2025	2025	2025	2024
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Hampshire County Council	-	37,160	37,160	-
Winchester City Council	-	15,513	15,513	7,480
NHS CCG Hampshire Youth Access	25,200	-	25,200	32,466
	25,200	52,673	77,873	39,946

7 Fundraising Expenditure

	2025	2025	2025	2024
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Staff costs	7,106	-	7,106	2,963
Fundraising Costs	96	2,464	2,560	8,744
	7,202	2,464	9,666	11,707

8 Charitable Activities

Current Year

	DIRECT COSTS		SUPPORT COSTS			TOTAL COSTS
	Counselling & Supervision	Staff Costs	Premises Costs	Office Costs	Governance Costs	
	£	£	£	£	£	£
Unrestricted:						
Traditional Counselling	7,927	92,811	7,306	25,278	7,565	140,887
Outdoor Therapies	-	-	-	-	-	-
Private Counselling	70,322	-	-	-	-	70,322
	78,249	92,811	7,306	25,278	7,565	211,209
Restricted:						
Traditional Counselling	76,230	70,005	15,886	9,597	5,969	177,687
Outdoor Therapies	12,483	15,954	100	391	-	28,928
	88,713	85,959	15,986	9,988	5,969	206,615
Total Costs	166,962	178,770	23,292	35,266	13,534	417,824

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

Prior Year

	DIRECT COSTS		SUPPORT COSTS			TOTAL COSTS
	Counselling & Supervision	Staff Costs	Premises Costs	Office Costs	Governance Costs	
	£	£	£	£	£	£
Unrestricted:						
Traditional Counselling	40,519	156,477	14,824	29,486	9,229	250,535
Outdoor Therapies	1,361	2,590	-	-	-	3,951
Private Counselling	69,127	-	-	-	-	69,127
	<u>111,007</u>	<u>159,067</u>	<u>14,824</u>	<u>29,486</u>	<u>9,229</u>	323,613
Restricted:						
Traditional Counselling	6,013	5,921	2,200	6,508	90	20,732
Outdoor Therapies	6,321	10,876	-	-	-	17,197
	<u>12,334</u>	<u>16,797</u>	<u>2,200</u>	<u>6,508</u>	<u>90</u>	37,929
Total Costs	123,341	175,864	17,024	35,994	9,319	361,542

9. Governance Costs

	2025	2024
	Total	Total
	£	£
Accountancy Services	13,534	9,319
	<u>13,534</u>	<u>9,319</u>

Accountancy Services include net fees due to the Independent Examiner, Rothmans LLP, of £2,780 (2024: £2,700) for Independent Examination and £5,860 (2024: £1,350) for other accountancy services.

10. Staff Costs and Related Party Transactions

	2025	2024
	£	£
Wages & salaries	166,514	160,174
Social security	9,960	9,255
Pension contributions	6,908	7,858
Professional counsellors' fees	166,962	123,341
Other Staff Costs	2,494	1,540
	<u>352,838</u>	<u>302,168</u>

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

The average number of employees, analysed by function was:

	2025	2024
Provision of counselling services	3	3
Administration	4	3
	<u>7</u>	<u>6</u>

No employee received remuneration of more than £60,000 in the current or prior year.

No Trustee received any remuneration or other employment benefits during the year. No Trustees expenses were paid in the year.

The Charity purchased indemnity insurance for trustees and employees, which is included in a combined insurance policy. There are no other related party transactions in the period which require disclosure.

The Charity considers the CEO and senior management team to be its key management personnel. The total employment benefits, including employer pension and national insurance contributions, of the key management personnel were £139,405 (2024: £66,022)

11. Tangible Fixed Assets

	Leasehold Improvements £	Fixtures & Fittings £	Computer Equipment £	Total £
Cost				
As at 01 April 2024	4,267	6,066	8,285	18,618
Additions	-	-	958	958
Disposals	-	-	-	-
As at 31 March 2025	<u>4,267</u>	<u>6,066</u>	<u>9,243</u>	<u>19,576</u>
Depreciation				
As at 01 April 2024	960	2,620	2,544	6,124
Charge for the year	426	1,214	2,791	4,431
Elimination on disposal	-	-	-	-
As at 31 March 2025	<u>1,386</u>	<u>3,834</u>	<u>5,335</u>	<u>10,555</u>
Net Book Value				
As at 31 March 2025	<u>2,881</u>	<u>2,232</u>	<u>3,908</u>	<u>9,021</u>
As at 31 March 2024	<u>3,307</u>	<u>3,446</u>	<u>5,741</u>	<u>12,494</u>

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

12. Debtors

	2025	2024
	£	£
Accounts receivable	6,815	24,580
Accrued income	3,010	12,803
Prepayments	3,991	4,182
Other Debtors	2,250	2,250
	16,066	43,815

13. Creditors: amounts falling due within one year

	2025	2024
	£	£
Accounts payable	12,597	20,320
Accruals	11,099	9,628
Deferred Income	53,311	181,049
Taxation and social security	4,290	5,680
Other Creditors	4	1,086
	81,301	217,763

14. Deferred Income

Deferred income relates to private counselling & grant income received in advance of the period to which it relates.

	2025	2024
	£	£
Balance as at 31 March 2024	181,049	-
Amounts released to income	(181,049)	-
Amounts deferred in year	53,311	181,049
Balance as at 31 March 2025	53,311	181,049

15. Operating Lease Commitments

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2025	2024
	£	£
Within one year	12,000	12,000
Between one and five years	2,000	14,000
	14,000	26,000

During the year the charity made operating lease payments totalling £12,000 (2024: £3,750) in respect of the rental of its premises. The lease for the charity's premises expires in May 2032, with an optional break clause arising on every 2-year anniversary of the start date of the lease.

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

16. Analysis of Charitable Funds

Analysis of Movements in Funds - Current Year

	At 1 April 2024	Income	Expenditure	Transfers	At 31 March 2025
	£	£	£	£	£
Restricted Funds:					
Core Funding	-	7,040	(14,960)	7,920	-
Capital Grant	6,997		(1,721)	-	5,276
Outdoor Therapies	3,968	37,160	(28,927)	-	12,201
Drop-in Service	1,414		(1,030)	-	384
National Lottery Community Fund	33,078	149,737	(157,402)	-	25,413
Blagrove Trust - Staff Welfare	-	1,000	(1,000)	-	-
Ukrainian Drop-In Service	-	8,473	(4,039)	-	4,434
Total Restricted Funds	45,457	203,410	(209,079)	7,920	47,708
Unrestricted Funds	65,646	349,781	(218,411)	(7,920)	189,096
Total Funds	111,103	553,191	(427,490)	-	236,804

All restricted funds are supported by bank balances and held within cash at bank and in hand within current assets. As at 31 March 2025, £47,708 of cash at bank and in hand related to restricted funds and all other assets and liabilities relate solely to unrestricted funds.

Analysis of Movements in Funds - Previous Year

	At 1 April 2023	Income	Expenditure	Transfers	At 31 March 2024
	£	£	£	£	£
Restricted Funds:					
Core Funding	-	7,480	(7,480)	-	-
Suicide Prevention	3,951	-	(3,951)	-	-
Capital Grant	9,981	-	(2,984)	-	6,997
Outdoor Therapies	13,299	7,866	(17,197)	-	3,968
Drop-in Service	-	4,770	(3,356)	-	1,414
National Lottery Community Fund	-	37,469	(4,391)	-	33,078
Total Restricted Funds	27,231	57,585	(39,359)	-	45,457
Unrestricted Funds	82,889	316,647	(333,890)	-	65,646
Total Funds	110,120	374,232	(373,249)	-	111,103

As at 31 March 2024, £45,457 of cash at bank and in hand related to restricted funds and all other assets and liabilities relate solely to unrestricted funds.

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

Description of Restricted Funds

Core Funding	This grant has been provided to fund certain core costs for the charity, and was ongoing at the year-end.
Suicide Prevention	This grant has been provided to fund early interventions group sessions for young people who are at risk of self-harm or suicide and was on-going at the year-end.
Capital Grant	These grants were provided to fund the relocation of the charity to better premises and the acquisition of appropriate equipment for the new offices.
Outdoor Therapies	These grants were provided to fund outdoor therapies, such as nature therapy and walk and talk sessions.
Drop-in Service	This grant was provided to fund a Drop-in service for the charity and was ongoing at the year-end.
National Lottery Community Fund	These grants were provided by the National Lottery Community Fund as part of its RC London and South East Region Programme. This grant was provided to cover core funding costs and was ongoing at the year-end.
Blagrove Trust - Staff Welfare	Provided as a grant to cover activities aiding staff welfare including subscriptions and events.
Ukrainian Drop In	Provided by Winchester City Council to support Ukrainian refugees. The young people need to be registered within the Homes for Ukraine scheme.

17. Reconciliation of income to net cash flow from operating activities

	2025	2024
	£	£
Net income for the reporting period (as per the SOFA)	125,701	983
Adjustments for:		
Depreciation charges	4,431	2,984
Interest receivable	(2,145)	(684)
Decrease/(increase) in debtors	27,749	(7,534)
(Decrease)/increase in creditors	(136,462)	193,281
Net cash provided by operating activities	19,274	189,030

18. Analysis of cash and cash equivalents

	2025	2024
	£	£
Cash at bank	293,018	272,557
	293,018	272,557

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

19. Analysis of changes in net debt

	At Start of Year £	Cash Flow £	At End of Year £
Cash at bank and in hand	272,557	20,461	293,018
	272,557	20,461	293,018

20. Prior Year Statement of Financial Activities

	Unrestricted 2024 £	Restricted 2024 £	Total 2024 £
INCOME FROM:			
Donations and legacies	156,857	57,585	214,442
Charitable activities	150,575	-	150,575
Investments	684	-	684
Other Income	8,531	-	8,531
Total Income	316,647	57,585	374,232
EXPENDITURE ON:			
Raising funds	10,277	1,430	11,707
Charitable activities	323,613	37,929	361,542
Total Expenditure	333,890	39,359	373,249
NET INCOME / EXPENDITURE	(17,243)	18,226	983
Transfers between funds	-	-	-
NET MOVEMENT IN FUNDS	(17,243)	18,226	983
RECONCILIATION OF FUNDS:			
Total funds brought forward	82,889	27,231	110,120
Total funds carried forward	65,646	45,457	111,103

Winchester Youth Counselling
2nd Floor, East Wing
The Winchester Centre
68 St. Georges St.
Winchester
SO23 8AH

Tel: 01962 820444

Email: fundraising@winchyc.org

winchesteryouthcounselling.org



22nd January 2026

TO WHOM IT MAY CONCERN

We are pleased to share the 2024 – 25 round-up of Winchester Youth Counselling's impact.

Please note that this report is separate to our accounts and has not been examined as part of our accounts process.

Kindest regards

A handwritten signature in black ink, appearing to read 'Hannah Reidy', enclosed within a large, circular scribble.

Dr Hannah Reidy
Chief Executive Officer



Winchester Youth
Counselling



2024/25 Impact Report

Our Year in Review



Thanks for
stopping to look!



Hello there,

I am pleased to share the 2024-25 round-up of Winchester Youth Counselling's impacts.

This year, the demand for support remains strong, and the issues that young people come for help with have become more complex, so we have carefully adapted to cater for this. To meet this need, our new drop-in sessions and support groups for young people and carers have been a fantastic supplement to our individual counselling services. The increases that we have made to our provision of outdoor therapies have also helped those who find traditional counselling hard.

As a team, we have come together to develop our strategy and values for the future, to ensure that we continue to serve the community around us from the ground up and using best-practice. We have welcomed fantastic new staff, volunteers and four new Trustees, and crucially we have strengthened and grown our Youth Board, ensuring that all we do is led by young people, for young people.

I hope that you enjoy learning a little more about what we have done, and stick with us for the exciting journey ahead.



Hannah

Dr Hannah Reidy
Chief Executive Officer



What young people needed

“It was my first time trying walk and talk counselling and I can honestly said [sic] it’s been the best therapy I’ve received in years. Being out in nature helped me start being more active and appreciate my surroundings a lot more “
(Young person finishing Walk and Talk therapy)

“I mostly enjoyed talking and it’s lovely to know how everyone is, you are all kind and caring. It’s helped me more than you know”.
(Young person at Nature Therapy)

Young people came to us for support with:

- Anger
- Anxiety
- Bereavement
- Body Image
- Bullying
- Depression
- Relationships
- Gender Identity
- Low-mood
- Neurodiversity
- Self-Harm
- Sexuality
- Suicidal Thoughts
- Trauma

...and more.

“Amazing how therapists tailor the number of sessions to you. The standard NHS 6 sessions has never been effective for me, so this gave me the chance to dive deeper into my thoughts and really deal with them. Thank you”
(Young person finishing individual counselling)

“I enjoyed being outside, I have learned that being outside is good for you”. (Young person at Nature Therapy)





Projects



We continued to deliver our vital core work, alongside some fantastic new projects in 2024/25.



Support for Young People

Counselling:

Free, longer-term 1:1 counselling with a qualified or trainee youth counsellor, registered with the British Association of Counsellors and Psychotherapists.

Walk and Talk Counselling:

The same, high quality 1:1 support, delivered outside in the beautiful natural surroundings of Winchester.

Winner of the CPRE Hampshire Health and Wellbeing Award 2024!

Nature Therapy:

Counsellor led, engaging outdoor group activities for 11-16 years old, to improve wellbeing and mental health.

Drop-in Services

Free, friendly and inviting wellbeing sessions, supported by qualified counsellors in various locations across Winchester.

Ukrainian Refugee Support Group (Through the Homes For Ukraine (HFU) Support Service on behalf of Winchester City Council)

A free support group for young people affected by the war in Ukraine, including activities and a hot meal.

NEW PROJECT IN 2024

Support for Parents and Carers

1:1 Parent Consultations

Free 1:1 sessions with a qualified counsellor, to help better support a young person in their care that is struggling with their mental health.

Parent Support Workshops

Professionally led, themed workshops for parents and carers; based on our most common parent support requests.

Neurodiversity Support Group for Parents

A monthly support group for parents and carers of young people who are neurodiverse, offering practical advice and peer support.

NEW PROJECT IN 2024

Our 2024/25 impacts



We received nearly **1 referral a day**

A 49% increase from last year

These young people were supported with through 1:1 support, group work, drop-in services, or were signposted to other services.



We supported **263 Young People** with 1:1 sessions. On average, clients were supported for 19 weeks.



Had 79 safeguarding alerts. **42% involved suicidal thoughts, risk or attempts** and 11% involved self-harm.



Over 110 parents had a 1:1 consultation or joined our support groups or workshops



We were joined by over **375 attendances** at our youth drop-in services



Over 90% of our clients* reported improvements in their overall wellbeing



205 people used our online resource hub, developed by our Youth Board



Had 4933 website users and **50614 page visits** on our website.



Reached 29,900 people on social media.
A 172% increase from last year.

*which completed questionnaires at the initial consultation/start and end of counselling

Feedback



“From counselling I gained a sense of myself, Its helped me to work with my anxiety; I **don't feel so trapped by my anxiety**”

What our clients say...

“Everyone at WYC was warm and welcoming and **[it's] an incredible charity.**”

“WYC was an amazing charity and stepping stone into counselling. It helped me change my perspective on certain things in my life and I'd recommend them highly.”

“I'd recommend WYC to young teens and adults who are looking for support for their mental health and don't know where to start. The team are so kind and understanding and helped me at a time that **I just needed someone to listen**, for that I am incredibly grateful.”

What parents say...

“Through counselling, they have **gained the ability to manage mainstream education,** the ability to progress their independence”

“I just wanted to say thank you for the session you conducted with me this evening. You were the first person to understand how it feels to be a parent of a young person who is really struggling. I felt truly animated about the conversation that we had. X is going through quite a tough time and the session will help me to support X more.”

“I just wanted to thank you for working with X, it has really made a difference. And for all of your time and advice you have given us... Thank you again for all your support and patience, it means a lot.”

“We had a warm friendly welcome, and our child's needs were definitely taken into consideration at all times. The counsellor had good experience when dealing with our lady at difficult challenging sessions. We have seen such a difference after her sessions ended. Her confidence and the way she dealt with things and expressed herself are manageable . It was a pleasure to have met you all and thank you for helping our young lady.”



Youth Board

Highlights

- The board attended a nature therapy session with our nature therapy lead, Jill, at Winnall Moors.
- Charlotte, Astrid and Iona visited our drop-in service and gave feedback on how to improve it.
- Created a 'how to find us' and 'what happens' guide for clients attending our drop-in
- Iona provided a video for social media for International Youth Day, showing the importance of having a youth voice here at WYC.
- Charlotte attended our Corporate Well-Being Day and provided information to local organisations about the youth board and the amazing work they do.
- Astrid stepped into the role of an actor for the day, starring in our Mental Health Week social media post. Astrid provided the acting and voiceover to share an ex-client's personal experience with WYC.
- Iona, Katie, Olivia and Tae shared on social media how their voice contributes to WYC and how their voice influences our community.
- Held 12 Youth Board meetings, and attended Trustee meetings regularly as well as assisting with recruitment and staff interviews, fundraising and community events,
- Gave final review of our 25-26 business plan and strategic outcomes

"I wanted to join the youth board because I am **eager to contribute** my energy, experience, and insights to help **address issues that matter** to myself and the younger generation as a whole." - Kez

"I wanted to join the WYC Youth Board because I feel **it's important to have a space where young people have the opportunity to express issues that are important to them** such as mental health and self-esteem". - Tae



New members this year:

Tae and Iona joined in August 2024, **Astrid, Kez, Katie and Olivia** joined in January 2025.

Community

The local community raised more than **£66,914** through donations, sponsorship and Friends of WYC.

A huge **thank you** to the amazing local people, groups and businesses that went to such great efforts to support WYC in 2024/25

THANK YOU!



Team

We've welcomed several new team members this year that have settled in well alongside our existing team. In September, Dr Hannah Reidy commenced as Chief Executive Officer. We have also introduced some brand-new roles to WYC, including Trusts and Grants Fundraising Manager (Erin Tollefsen), Research and Administration Officer (Bryony Williams), and our Community and Events Fundraiser (Corinne Swayne).

Across the year, some fantastic new counsellors have also joined the team. Our operational and clinical team is now fully staffed, focussed and ready to move into 2025. Our clinical team is now utilising a shared leadership model, with Rose Milford and Lucy Clarke as Clinical Co-Leads, and Jill Guppy supporting and advising them.

We also welcomed several new Trustees to our Board: Kirsteen Hook, Michael Mander, Andrew Newberry, Susannah Webber, Michelle Flynn, Dason Bodilly and Julie Todd. We are extremely fortunate to now have ten outstanding Trustees that govern and safeguard the charity



Values

During our Team workshop in November, we brought together WYC Staff, Volunteers, Trustees, Youth Board and other key stakeholders to formalise our organisational values. We are delighted that our core values are shared by so many of us and we continue to embed these across all aspects of our work:



*Compassion, Collaboration, Courage,
Curiosity and Integrity*

Looking Forward

Our 2024-2029 Strategic Priorities:

1 To generate more funds and help more children and young people with quality therapeutic support.

2 To respond to the evolving need of children, young people and their families and better evidence our impact

3 To build on our position as a youth led organisation advocating for positive outcomes in mental health

4 To strengthen our commitment to good governance and transparency, ensuring the highest levels of accountability and public trust.

5 As we move into 2025/26, we will be reviewing and building upon these strategic priorities. We will be working to highlight the links between the natural world and mental wellbeing as well as focussing on diversifying our income and our community engagement: you'll be seeing lots more of us around Winchester next year!



Spotlight on...

Outdoor Therapies

Outdoor therapies are fast becoming an essential part of our service.

This year, WYC offered over 430 sessions in nature through our nature therapy (30 sessions) and Walk and Talk Counselling (403 sessions). The option to go outside and experience the therapeutic benefits of nature is something so many of our clients enjoy.

Outdoor therapies also known, as 'ecotherapy' or 'nature therapy' have increased in popularity in recent years.¹ Many studies have suggested there is a wide range of psychological and physical benefits of taking part in outdoor therapies and being in the outdoors.

Benefits of Outdoor Therapies and Spending Time in Nature Include:

Reduces

- 🌿 Stress and anxiety²
- 🌿 Blood pressure³
- 🌿 Social isolation⁴

Increases

- 🌿 Mental wellbeing and happiness⁵
- 🌿 Physical activity⁶
- 🌿 Connection with the natural world⁷

In addition to these psychological and physical benefits, nature therapy is suggested to be a cost-effective method compared to alternatives, as it can help to reduce the potential costs by reducing the quantity of medication and healthcare interactions.⁸ Also, a project by Forest Research estimated that people regularly visiting UK woodlands save mental health services £185 million annually.⁹



“The natural world is the co-therapist in our work. Young people often feel safer in nature and the benefits include developing more confidence, feeling less stressed and anxious, developing social connections and helping young people develop a ‘village mind-set’ where everyone is respected and valued including the natural world. This is why WYC also provides training days to other professionals, helping them to provide walk and talk therapies and nature therapy groups.”

Jill Guppy, WYC Founder and Clinical Advisor

1. (Wood, 2020) - <https://www.naturalhealthnews.uk/article/ecotherapy-aims-to-tap-into-nature-to-improve-your-wellbeing/>

2. (Kondo et al., 2018; Zhang et al., 2022) - <https://doi.org/10.1016/j.healthplace.2018.03.001>

3. (Twhig-Bennett & Jones, 2018) - <https://doi.org/10.1016/j.envres.2018.06.030>

4. (Sachs et al., 2024) - <https://www.sciencedirect.com/science/article/pii/S0169204624000707>

5. (NASP, 2023) - <https://socialprescribingacademy.org.uk/media/dmzbrff1/nasp-briefing-natural-environment.pdf>

6. (Mental Health Foundation, 2021) - <https://www.mentalhealth.org.uk/sites/default/files/2022-06/MHAW21-Nature-research-report.pdf>

7. (Martin et al., 2020) - <https://www.sciencedirect.com/science/article/abs/pii/S0272494419301185>

8. (Hinde et al., 2021) - <https://doi.org/10.3390/ijerph18211599>

9. (Forest Research, 2021) - <https://www.forestresearch.gov.uk/news/115156-mental-health-benefits-of-visiting-uk-woodlands-estimated-at-185-million/>



Our Supporters

We would like to sincerely thank every individual and business that gave money, time and in-kind donations to WYC in 2024/25. Your support has been nothing short of essential in helping us make our impact as far reaching as possible. We would like to offer a particular thank you to The South Downs Social Cafe, for hosting our Drop-in service, that has seen over 300 visits from young people this year.

We would also like to thank our wonderful funders for the 2024/25 year, who made our impact possible.

Energise Me, Hampshire Youth Access, Know Thyself Charitable Trust, Oak Foundation, Sir Jeremiah Colman Charitable Trust, The Blagrove Trust The Charlotte Bonham Carter Charitable Trust, The Legge Family Fund, The National Lottery Community Fund, The Sir Jules Thorne Charitable Trust, Winchester City Council

With special thanks to the members of **Royal Winchester Golf Club**, for raising over £20,000 for WYC through their 'Charity of the Year' fundraising. and

The Friends of WYC monthly donors



If you would like to become a **Friend of WYC** and give a one off, or monthly donation the process is quick and easy, and you can make a real, long-term impact on the life and future of a young person:

Scan here to become a Friend of WYC!



How you can help

There are many ways you can get involved with WYC, both individually and at your place of work.



If you are a previous user of our service, a parent or carer, or a member of our wonderful community that has used and loved our service, **sharing your story to inspire others, is a powerful way to help us.** Contact fundraising@winchyc.org to speak with our team.

Other ways to get involved:



Individual and Group challenge events: we love cheering on the community heroes that challenge themselves and raise through sponsorship- we have some fantastic events that we recommend for people of all ages and levels of fitness.



Corporate Partnerships: We absolutely love working with local businesses that share a passion for supporting young people. Donations and Match funding, Charity of the Year and in-kind support, are some of the many ways you could get involved.



Volunteer for us. Our Community Champions programme is a flexible, varied role that helps us immensely, to maximise our impact in the community and our fundraising.

And lastly...

If you or a young person that you know is struggling with their mental health, please take a look at our online resource hub, as well as our projects and way we may be able to support you.

Follow us and keep in touch



Facebook &



Instagram

@WinchesterYouthCounselling

Our website and Resource Hub www.winchyc.org



Please note: this report is separate to our accounts and has not been examined as part of our accounts process.



WINCHESTER YOUTH COUNSELLING

England & Wales - Charity number 1195260

Accounts

WINCHESTER YOUTH COUNSELLING

**TRUSTEES' ANNUAL REPORT & UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MARCH 2024**

CHARITY NUMBER: 1195260

**WINCHESTER YOUTH COUNSELLING
TRUSTEES' ANNUAL REPORT & FINANCIAL STATEMENTS
CONTENTS**

	Page
Trustees Report	3
Independent Examiner's Report	7
Statement of financial activities	8
Balance sheet	9
Notes to the financial statements	10

WINCHESTER YOUTH COUNSELLING REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their report and accounts for the year ended 31 March 2024. The financial statements have been prepared in accordance with the accounting policies set out in Note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 and Accounting and the Charities Statement of Recommended Practice (second edition) and Financial Reporting Standard FRS102.

Chair Of Trustees Report

It is my pleasure to present the Chair of Trustees' Report for Winchester Youth Counselling (WYC).

The Chair of Trustees' Report for 2022-2023 highlighted the way in which COVID impacted on the mental health context, with clients presenting with more complexity, including higher levels of suicidal thoughts, and therefore often needing more intensive or longer lasting support. As we moved towards a post-pandemic world this year, WYC has continued to note this trend, with our clients on average being offered 12 sessions of counselling or therapy.

This increased depth in our counselling work continued to benefit significant numbers of the local population. In the year April 2023 to March 2024, we were able to offer 2,432 counselling / therapy sessions.

Our focus on the natural world continued, with our nature therapy group running across the year and assisting 13 young people across 136 attendances. Our Walk and Talk (outdoor one-to-one therapy) offering also increased, with 17 clients seen across the 199 sessions offered within this service.

Outside of our core therapy offering, the service continued with its aim to reach as many individuals in need as possible and trialled several new services. A youth 'drop-in' was set up, where individuals can access support without the need to engage in formal therapy, and was shown to be successful with attendees utilising it as a one-off support or attending regularly to be supported by our counsellors.

A key highlight of the year was the development of the Youth Board. This group, set up in mid-2022, continued to have a pivotal role in the charity's direction, featuring in recruitment, reporting, and shaping the charity's progress across the year. We would like to say a special thank you to all the young people involved, and in particular to the Chairs of the Youth Board across this year, Bluebell Symonds (April 23-Aug 23), Harry Dymott (Aug 23 – Dec 23), and Emaline Hamnett (Dec 23 onwards).

This year was one of change and planning, with the Board and staff undergoing some restructuring to solidify the charity for the future. The planning that commenced at the end of the previous budget year (March 2023) allowed us to navigate a temporary tightening of resources, and to focus our attention on applying for core funding. We were incredibly pleased to be successful in receiving two significant, multi-year grants from new funders. These grants were confirmed during the last few months of the budget year and will allow us to recruit for positions such as a dedicated fundraiser and a grants manager as we move into the next year.

We were extremely pleased to recruit several new members of the Board across the year. Thursten Clements, with a background in systems and management – joined December 2023; Kirsteen Hook, with her expertise in charity law – joined January 2024; Michael Mander, who brings with him his background in communications and technology – joined March 2024; and Andrew Newberry, with extensive experience as a Chartered Accountant – joined March 2024 to become Chair in November 2024. After the reporting period, we also welcomed Susannah Webber (July 2024), Dason Bodilly and Michelle Flynn (September 2024), and Julie Todd (November 2024). All these individuals are dedicated to using their skillsets to further the cause of Winchester Youth Counselling and supporting youth mental health. We bid farewell to Kayleigh Ryan (July 2023) and Sian Searles (March 2024), who stepped down from the Board for personal reasons. The Board has therefore continued to recruit after the end of this reporting period, and now spans a full spectrum of relevant experiences to give invaluable backing to the executive team at WYC.

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024**

During this reporting period, our CEO Erin Tollefsen, went onto maternity leave and Juliette Gillard stepped into her shoes for an interim period. Juliette brought with her a wealth of experience to ensure that the charity ran effectively over the course of the year. On return from maternity leave (Oct 2024), Erin moved into the new Trusts and Grants Fundraising Manager position to take a lead focus on this element of our operations. She was replaced in the permanent CEO role by Dr Hannah Reidy, who commenced her role in the summer of 2024. We also saw WYC's founder, Jill Guppy, moving into the Clinical Lead position to help the charity to continue with its core clinical remit and utilising her years of experience within the organisation and the sector.

As we move forwards, we are looking forward to strengthening our staffing within our improved finances. Our focus will remain on steadily increasing the number of sessions that we can provide, whilst also offering wraparound support services such as the development of further groups and online resources. We also stay committed to ensuring that our staff are well-trained and well-supported to fulfil their roles and would like to highlight and express our gratitude for their achievements across this year.

Reference and Administrative Details

The charity is charitable incorporated organisation and is governed by its Constitution.

Name: Winchester Youth Counselling

Charity Number: 1195260

Trustees:

Kayleigh Ryan	Resigned 18 July 2023
Sian Searles	Resigned 7 March 2024
Gareth Bloomfield	Resigned 13 April 2024
Alison Day	Resigned 7 April 2024
Deborah Lockett	Approved 17 January 2022
Natasha Montagu	Approved 30 June 2022
Thursten Clements	Approved 6 December 2023
Kirsteen Hook	Approved 25 January 2024
Michael Mander	Approved 27 March 2024
Andrew Newberry	Approved 27 March 2024
Susannah Webber	Approved 25 July 2024
Michelle Flynn	Approved 26 September 2024
Dason Bodilly	Approved 26 September 2024
Julie Todd	Approved 28 November 2024

Trustees are appointed to the Board after interview with the existing trustees and the appointment ratified at the next meeting of trustees. Trustees are removed in writing within the provisions laid down in the Constitution.

Senior Staff:

Erin Tollefsen: CEO (Maternity Leave July 2023)

Marta Shepherd: Clinical Lead (to July 2023)

Jill Guppy: Clinical Lead (from July 2023)

Juliette Gillard: Interim CEO (from August 2023 to April 2024)

Dr Hannah Reidy: CEO (Consultant from April 2024; permanent from September 2024)

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024**

Address:

2nd Floor,
East Wing,
The Winchester Centre,
68 St George's Street,
Winchester,
Hampshire
SO23 8AH

Telephone: 01962 820 444

Email: admin@winchyc.org

Website: www.winchesteryouthcounselling.org

Bankers:

National Westminster Bank PLC,
Old Bank Branch,
105, High Street,
Winchester,
Hampshire,
SO23 9AW

Accountants:

Rothmans LLP,
Avebury House,
6, St Peter Street,
Winchester,
Hampshire,
SO23 8BN

Treasurer's Report – Andrew Newberry

In the year ended March 2024, the Charity generated a surplus of £983 (2023: Deficit £38,989). This was achieved through increasing income by 13% whilst expenditure increased by only 1%. Whilst income from donations fell by 46%, income from grants rose by 32% leaving income from Donations and Grants 8% higher than 2023 at £214,442 (2023: £198,081). Income from Charitable Activities increased by 24% to £150,575 (2023: £121,950).

The Charity has secured new multi-year grants which will assist it in growing the range and number of sessions we are able to offer. Receipt of the first tranche of these grants significantly improved the Charity's liquid resources, with Cash at bank and in hand increasing to £272,557 (2023: £87,095).

The new grant income is allowing the Charity to recruit additional staff to increase and diversify its sources of income, and expand the services it provides.

Reserves policy

The surplus increased Reserves to £111,103 (2023: £110,120). Given the increase in annual expenditure, this represents a small reduction in the period of expenditure covered by reserves, but it still exceeds 3 months. It is anticipated that this position will improve during the next financial year, allowing the Charity to move higher up the policy range of 3-6 months expenditure in reserves.

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024**

Objectives and activities

WYC is a public benefit entity. Its mission is to provide free counselling, therapy and mental health support to young people aged 11 – 25 in Hampshire as well as support and advice for parents and families. The service is confidential and is supported by a team of professionally trained counsellors including some volunteers.

It primarily offers one to one traditional counselling in its offices but also offers outdoor therapies via its walk and talk and nature therapy programme, as well as group support. In addition, it operates a private counselling service in a school where the school contributes towards the cost of providing free counselling sessions to pupils.

We are incredibly grateful to our team of volunteer counsellors who have contributed valuable time and other generous individuals who have provided additional services free of charge.

The trustees confirm that they have complied with their duty under section 17(b) of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit when exercising any powers or duties to which this guidance is relevant.

This report was approved by the Board of Trustees on 20/12/2024 and signed on its behalf by



.....
Andrew Newberry
Chair of Trustees & Treasurer

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF WINCHESTER YOUTH
COUNSELLING
FOR THE YEAR ENDED 31 MARCH 2024**

I report to the trustees on my examination of the accounts of Winchester Youth Counselling ('the Charity') for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts as carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I a member of the Institute of Chartered Accountants in England & Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act;
or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Jonathan Poulter
FCA
Rothmans LLP
Chartered Accountants
Avebury House
St Peter Street
Winchester
Hampshire
SO23 8BN

Date: 20/12/2024

**WINCHESTER YOUTH COUNSELLING
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024
(Incorporating an Income & Expenditure Account)**

	Note	Unrestricted 2024 £	Restricted 2024 £	Total 2024 £	Total 2023 £
INCOME FROM:					
Donations and legacies	2	156,857	57,585	214,442	198,081
Charitable activities	3	150,575	-	150,575	121,950
Investments	4	684	-	684	230
Other Income	5	8,531	-	8,531	10,333
Total Income		316,647	57,585	374,232	330,594
EXPENDITURE ON:					
Raising funds	7	10,277	1,430	11,707	38,915
Charitable activities	8	323,613	37,929	361,542	330,668
Total Expenditure		333,890	39,359	373,249	369,583
NET INCOME / EXPENDITURE		(17,243)	18,226	983	(38,989)
Transfers between funds	15	-	-	-	-
NET MOVEMENT IN FUNDS		(17,243)	18,226	983	(38,989)
RECONCILIATION OF FUNDS:					
Total funds brought forward	15	82,889	27,231	110,120	149,109
Total funds carried forward		65,646	45,457	111,103	110,120

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derives from continuing activities

The accompanying accounting policies and notes form an integral part of these financial statements

WINCHESTER YOUTH COUNSELLING (CHARITY NUMBER: 1195260)
BALANCE SHEET
FOR THE YEAR ENDED 31 MARCH 2024

	<i>Note</i>	2024 £	2023 £
Fixed assets			
Tangible assets	11	12,494	11,226
Total fixed assets		12,494	11,226
Current assets			
Debtors	12	43,815	36,281
Cash at bank and in hand		272,557	87,095
Total current assets		316,372	123,376
Current liabilities			
Creditors: Amounts falling due within one year	13	217,763	24,482
Net current assets		98,609	98,894
Total net assets		111,103	110,120
The funds of the charity:			
Unrestricted funds	16	65,646	82,889
Restricted funds	16	45,457	27,231
Total charity funds		111,103	110,120

These financial statements were approved by the Board of Trustees on 20/12/2024 and signed on its behalf by



Andrew Newberry
Chair of Trustees & Treasurer



Natasha Montagu
Trustee

The accompanying accounting policies and notes form an integral part of these financial statements

1. Accounting Policies

(a) Basis of Preparation and assessment of going concern

The accounts have been prepared under the historical cost convention and in accordance with the second edition of the Charities: Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011. Assets and liabilities are initially recognised at cost or transaction value unless otherwise stated in the relevant accounting policy note(s) below.

The accounts are prepared on a going concern basis. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The charity constitutes a public benefit entity as defined by FRS102.

This charity (#1195260) was registered as a CIO on 22 July 2021 and took on the activities of an unincorporated charity by the same name (#1093429) with effect from 14 October 2021. The charity's work, including its purposes and beneficiary class, remain unchanged.

In preparing these accounts the Trustees have not had to make any significant judgements. There are no sources of estimation uncertainty which have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

(b) Incoming resources

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and the amount can be measured reliably.

Grants, whether 'capital' or 'revenue' in nature, are generally credited to the statement of financial activities in the year of receipt. Where a grant requires the provision of services over a period of time, income is recognised on a straight-line basis over the relevant period.

General grants and donations are credited in the year of receipt.

Donated services and facilities are recognised at their estimated value to the charity within voluntary income where the benefit to the charity is reasonably quantifiable and measurable. An equivalent amount is included as expenditure under the appropriate category of the Statement of Financial Activities (SOFA).

(c) Resources expended

Liabilities are recognised when the Charity is under an obligation to make a transfer of value to a third party. The expenses are allocated to the various Income & Expenditure accounts which the charity is required to maintain under the various Restricted Fund Grants show in these accounts.

The majority of costs are directly attributable to specific activities but certain shared costs are apportioned to activities in furtherance of the Charity's objects. The charity has three main activities, being the provision of traditional counselling services, the provision of outdoor therapies and the provision of private counselling through local schools. Where costs cannot be directly attributed to particular activities, they have been allocated to activities on a basis consistent with the use of the resources, which has been estimated by reference to the approximate staff time spent on each activity.

Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

(d) Governance Costs

Governance costs comprise the costs incurred in respect of finance and human resources which are directly attributable to the governance of the Charity. These include such items as fees for legal advice to trustees and costs associated with constitutional and statutory requirements as well as management overheads associated with governance activities.

(e) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donors or raised by the Charity for particular purposes. The cost of raising and administering such funds is charged against the specific fund. The aims and use of each restricted fund are set out in the notes to the financial statements.

The restricted funds carried forward are shown in the financial statements and in Note 14 of these accounts.

(f) Tangible Fixed assets & Depreciation

Assets purchased for the continuing use of the Charity are carried in the balance sheet at cost less depreciation. Depreciation is charged on tangible fixed assets on a straight-line basis over their estimated useful lives as shown below:

Leasehold Improvements	10 years
Fixtures & Fittings	5 years
Computer Equipment	3 years

(g) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

(h) Cash at bank and in hand

Cash at bank and in hand includes petty cash balances and deposits held in instant-access bank accounts.

(i) Creditors & provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

(j) Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

(k) Pensions

The charity operates a defined contribution pension scheme for the benefit of its employees. The contributions made for the accounting period are charged as an expense and are allocated to activities based on the approximate staff time spent on each activity.

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

(I) Taxation

The charity is exempt from tax on its income and gains to the extent that these are applied to its charitable Objects.

2 Income from Donations & Legacies

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Donations	28,637	3,680	32,317	60,334
Grants	128,220	53,905	182,125	137,747
	156,857	57,585	214,442	198,081

3 Income from Charitable Activities

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Traditional Counselling	32,466	-	32,466	29,037
Private Counselling	118,109	-	118,109	92,913
Total income from charitable activities	150,575	-	150,575	121,950

4 Investment Income

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Bank interest receivable	684	-	684	230
	684	-	684	230

5 Other Income

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Fundraising	8,531	-	8,531	10,333
	8,531	-	8,531	10,333

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

6 Income from Government Grants

Income from Government Grants, included within Income from Donations & Legacies and Income from Charitable Activities above, was as follows:

	2024 Unrestricted	2024 Restricted	2024 Total	2023 Total
	£	£	£	£
Hampshire County Council	-	-	-	600
Winchester City Council	-	7,480	7,480	7,920
NHS CCG Hampshire Youth Access	32,466	-	32,466	29,037
	32,466	7,480	39,946	37,557

7 Fundraising Expenditure

	2024 Unrestricted	2024 Restricted	2024 Total	2023 Total
	£	£	£	£
Staff costs	2,963	-	2,963	34,360
Fundraising Costs	7,314	1,430	8,744	4,555
	10,277	1,430	11,707	38,915

8 Charitable Activities

Current Year

	DIRECT COSTS		SUPPORT COSTS			TOTAL COSTS
	Counselling & Supervision	Staff Costs	Premises Costs	Office Costs	Governance Costs	
	£	£	£	£	£	£
Unrestricted:						
Traditional Counselling	40,519	156,477	14,824	29,486	9,229	250,535
Outdoor Therapies	1,361	2,590	-	-	-	3,951
Private Counselling	69,127	-	-	-	-	69,127
	111,007	159,067	14,824	29,486	9,229	323,613
Restricted:						
Traditional Counselling	6,013	5,921	2,200	6,508	90	20,732
Outdoor Therapies	6,321	10,876	-	-	-	17,197
	12,334	16,797	2,200	6,508	90	37,929
Total Costs	123,341	175,864	17,024	35,994	9,319	361,542

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

Prior Year

	DIRECT COSTS		SUPPORT COSTS			TOTAL COSTS
	Counselling & Supervision	Staff Costs	Premises Costs	Office Costs	Governance Costs	
	£	£	£	£	£	£
Unrestricted:						
Traditional Counselling	26,086	120,405	22,206	29,444	8,207	206,348
Outdoor Therapies	2,380	-	-	-	-	2,380
Private Counselling	78,169	5,920	-	-	-	84,089
	106,635	126,325	22,206	29,444	8,207	292,817
Restricted:						
Traditional Counselling	2,013	13,341	-	2,763	-	18,117
Outdoor Therapies	5,486	14,038	-	210	-	19,734
	7,499	27,379	-	2,973	-	37,851
Total Costs	114,134	153,704	22,206	32,417	8,207	330,668

9. Governance Costs

	2024 Total	2023 Total
	£	£
Staff Costs	-	4,257
Accountancy Services	9,319	3,950
	9,319	8,207

Accountancy Services include net fees due to the Independent Examiner, Rothmans LLP, of £2,700 (2023: £2,500) for Independent Examination and £1,350 (2023: £792) for other accountancy services.

10. Staff Costs and Related Party Transactions

	2024 £	2023 £
Wages & salaries	160,174	170,362
Social security	9,255	10,202
Pension contributions	7,858	8,751
Professional counsellors' fees	123,341	114,134
Other Staff Costs	1,540	3,006
	302,168	306,455

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

The average number of employees, analysed by function was:

	2024	2023
Provision of counselling services	3	5
Administration	3	3
	6	8

No employee received remuneration of more than £60,000 in the current or prior year.

No Trustee received any remuneration or other employment benefits during the year. No Trustees' expenses were paid in the year.

The Charity purchased indemnity insurance for trustees and employees, which is included in a combined insurance policy. There are no other related party transactions in the period which require disclosure.

The Charity considers the CEO and senior management team to be its key management personnel. The total employment benefits, including employer pension and national insurance contributions, of the key management personnel were £66,022 (2023: £123,492)

11. Tangible Fixed Assets

	Leasehold Improvements	Fixtures & Fittings	Computer Equipment	Total
	£	£	£	£
Cost				
As at 01 April 2023	4,267	6,066	4,033	14,366
Additions	-	-	4,252	4,252
Disposals	-	-	-	-
As at 31 March 2024	4,267	6,066	8,285	18,618
Depreciation				
As at 01 April 2023	533	1,407	1,200	3,140
Charge for the year	427	1,213	1,344	2,984
Elimination on disposal	-	-	-	-
As at 31 March 2024	960	2,620	2,544	6,124
Net Book Value				
As at 31 March 2024	3,307	3,446	5,741	12,494
As at 31 March 2023	3,734	4,659	2,833	11,226

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

12. Debtors

	2024	2023
	£	£
Accounts receivable	24,580	-
Accrued income	12,803	32,782
Prepayments	4,182	1,249
Other Debtors	2,250	2,250
	43,815	36,281

13. Creditors: amounts falling due within one year

	2024	2023
	£	£
Accounts payable	20,320	11,457
Accruals	9,628	8,233
Deferred Income	181,049	-
Taxation and social security	5,680	3,286
Other Creditors	1,086	1,506
	217,763	24,482

14. Deferred Income

Deferred income relates to private counselling, grant income, and Walk and Talk funding received in advance of the period to which it relates.

	2024	2023
	£	£
Balance as at 31 March 2023	-	1,512
Amounts released to income	-	(1,512)
Amounts deferred in year	181,049	-
Balance as at 31 March 2024	181,049	-

15. Operating Lease Commitments

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2024	2023
	£	£
Within one year	24,000	12,000
Between one and five years	2,000	1,000
	26,000	13,000

During the year the charity made operating lease payments totalling £3,750 (2023: £8,981) in respect of the rental of its premises.

WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

16. Analysis of Charitable Funds

Analysis of Movements in Funds - Current Year

	At 1 April 2023	Income	Expenditure	Transfers	At 31 March 2024
	£	£	£	£	£
Restricted Funds:					
Core Funding	-	7,480	(7,480)	-	-
Suicide Prevention	3,951	-	(3,951)	-	-
Capital Grant	9,981	-	(2,984)	-	6,997
Outdoor Therapies	13,299	7,866	(17,197)	-	3,968
Drop-in Service	-	4,770	(3,356)	-	1,414
National Lottery Community Fund	-	37,469	(4,391)	-	33,078
Total Restricted Funds	27,231	57,585	(39,359)	-	45,457
Unrestricted Funds	82,889	316,647	(333,890)	-	65,646
Total Funds	110,120	374,232	(373,249)	-	111,103

All restricted funds are supported by bank balances and held within cash at bank and in hand within current assets. As at 31 March 2024, £45,457 of cash at bank and in hand related to restricted funds and all other assets and liabilities relate solely to unrestricted funds.

Analysis of Movements in Funds - Previous Year

	At 1 April 2022	Income	Expenditure	Transfers	At 31 March 2023
	£	£	£	£	£
Restricted Funds:					
Senior Counsellor	10,334	-	(10,334)	-	-
Suicide Prevention	8,971	-	(5,020)	-	3,951
Capital Grant	12,744	-	(2,763)	-	9,981
Outdoor Therapies	23,933	9,100	(19,734)	-	13,299
Total Restricted Funds	55,982	9,100	(37,851)	-	27,231
Unrestricted Funds	93,127	321,494	(331,732)	-	82,889
Total Funds	149,109	330,594	(369,583)	-	110,120

As at 31 March 2023, £27,231 of cash at bank and in hand related to restricted funds and all other assets and liabilities relate solely to unrestricted funds.

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

Description of Restricted Funds

Core Funding	This grant has been provided to fund certain core costs for the charity, and was ongoing at the year-end.
Senior Counsellor	This grant has been provided to fund a senior counsellor for the charity, and was ongoing at the year-end.
Suicide Prevention	This grant has been provided to fund early interventions group sessions for young people who are at risk of self-harm or suicide and was on-going at the year-end.
Capital Grant	These grants were provided to fund the relocation of the charity to better premises and the acquisition of appropriate equipment for the new offices.
Outdoor Therapies	These grants were provided to fund outdoor therapies, such as nature therapy and walk and talk sessions.
Drop-in Service	This grant was provided to fund a Drop-in service for the charity and was ongoing at the year-end.
National Lottery Community Fund	These grants were provided by the National Lottery Community Fund as part of its RC London and South East Region Programme. This grant was provided to cover core funding costs and was ongoing at the year-end.

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

17. Prior Year Statement of Financial Activities

	Unrestricted	Restricted	Total
	2023	2023	2023
	£	£	£
INCOME FROM:			
Donations and legacies	188,981	9,100	198,081
Charitable activities	121,950	-	121,950
Investments	230	-	230
Other Income	10,333	-	10,333
Total Income	321,494	9,100	330,594
EXPENDITURE ON:			
Raising funds	38,915	-	38,915
Charitable activities	292,817	37,851	330,668
Total Expenditure	331,732	37,851	369,583
NET INCOME / EXPENDITURE	(10,238)	(28,751)	(38,989)
Transfers between funds	-	-	-
NET MOVEMENT IN FUNDS	(10,238)	(28,751)	(38,989)
RECONCILIATION OF FUNDS:			
Total funds brought forward	93,127	55,982	149,109
Total funds carried forward	82,889	27,231	110,120

WINCHESTER YOUTH COUNSELLING

England & Wales - Charity number 1195260

Accounts

WINCHESTER YOUTH COUNSELLING

**TRUSTEES' ANNUAL REPORT & UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MARCH 2023**

CHARITY NUMBER: 1195260

**WINCHESTER YOUTH COUNSELLING
TRUSTEES' ANNUAL REPORT & FINANCIAL STATEMENTS
CONTENTS**

	Page
Trustees Report	3
Independent Examiner's Report	7
Statement of financial activities	8
Balance sheet	9
Notes to the financial statements	10

WINCHESTER YOUTH COUNSELLING REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their report and accounts for the year ended 31 March 2023. The financial statements have been prepared in accordance with the accounting policies set out in Note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 and Accounting and the Charities Statement of Recommended Practice (second edition) and Financial Reporting Standard FRS102.

Chair Of Trustees Report

It is my pleasure to present the Chair of Trustees' Report for Winchester Youth Counselling (WYC).

As outlined in the Chair of Trustee Report 2022, the Charity's focus from April 2022 was on the growth of the service through increasing of the number of sessions offered to young people and the halving of the waiting list. From April 2021 to March 2022, 1,791 counselling and therapy sessions were offered. During the financial year April 2022 to March 2023 these sessions were increased by 34%, with the Charity offering 2,727 counselling and therapy sessions. The target of halving the waiting list proved impossible to deliver. As quickly as the number of sessions offered were increased, they were being filled.

Nationally, only one in three children and young people with a diagnosable mental health condition was getting access to NHS care and treatment.¹ As a result, we saw an increase in the number of children and young people trying to access our service.

This picture of the national impact of the Covid pandemic on young people, was also manifesting itself in our clients presenting with increasingly more complex issues, including a significant increase in the number of young people presenting with suicidal thoughts. These more complex issues resulted in an increase in the average number of sessions required to provide the support children and young people needed.

To meet this growing demand, the key focus for the charity during this period was to invest more funds in fundraising and the delivery of our therapeutic services including counselling, nature therapy, walk and talk and wellbeing sessions to ensure we could have a significant impact on children and young people's mental health in the Winchester District.

The team at WYC committed to providing this increased support to the young people that had been impacted by the Covid pandemic. To help facilitate the delivery of this service, the Board approved the formation of a Youth Advisory Board, made up of young people aged between 16 and 25.

The aim of the Youth Advisory Board was to ensure the charity moved forward, incorporating a youth focus, by empowering young people to shape both our strategic development and day to day operations. In summer 2022, our Youth Engagement Lead, Katy Seymour led the recruitment and training of the Youth Advisory Board. They held their first meeting in September 2022.

The Youth Advisory Board had an immediate impact on the Charity. In their first official role on the 1st December 2022, they interviewed our Patron, Chris Packham CBE, prior to him speaking at a fundraising event for the Charity. WYC was very grateful to have been hosted at the West Downs Auditorium by the University of Winchester, as part of an ongoing partnership.

The Board of Trustees were delighted to welcome two new Trustees in 2022, Natasha Montagu (June 2022) and Gareth Bloomfield (August 2022). Their appointments strengthened the Board, with their respective experience of Charity management and fundraising, and psychology and resilience training.

In June 2022, WYC was the winner of Best Charity at the annual Winchester Business Excellence Awards. The Charity was recognised as "A fantastic and much needed organisation which supports and champions

¹ (NHS Mental Health Dashboard, 2023).

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

mental wellbeing within the Winchester District.” This recognition was very much appreciated by the whole WYC team.

In March 2023, James Murphy resigned from the Board as he was offered a new job that required an office relocation. At this time Andrew Simpson and John Lander also tendered their resignations for personal reasons.

By the end of the financial year in 2023 the cost-of-living crisis was beginning to bite. The available funding was becoming harder to access and services were being cut and stretched across the country. WYC provides free counselling and therapeutic services to young people, who can be referred or can self-refer for services. The tightening of available funding together with the increase in the counselling service being offered, led to a reassessment of the services being provided by WYC and a review of different options around funding and expenditure.

In the next financial year to April 2024, the Board and CEO are reviewing the structure of WYC to ensure it can continue to deliver vital core services, given the increasing combined challenges of the economic environment and the youth mental health crisis.

Reference and Administrative Details

The charity is charitable incorporated organisation and is governed by its Constitution.

NAME Winchester Youth Counselling

CHARITY NUMBER 1195260

TRUSTEES:	Sian Searles	Chair
	Deborah Lockett	
	Alison Day	
	Natasha Montagu	Appointed 30 June 2022
	Gareth Bloomfield	Appointed 18 August 2022
	John Lander	Resigned 31 March 2023
	Andrew Simpson	Resigned 31 March 2023
	James Murphy	Treasurer, Resigned 31 March 2023
	Jamie Robinson	Resigned 30 June 2022
	Kayleigh Ryan	Resigned 18 July 2023

Trustees are appointed to the Board after interview with the existing trustees and the appointment ratified at the next meeting of trustees. Trustees are removed in writing within the provisions laid down in the Constitution.

SENIOR STAFF:	Erin Tollefsen	Appointed CEO on 4 May 2021
	Jill Guppy	Therapies Lead
	Marta Shepherd	Clinical lead

ADDRESS: 2nd Floor
East Wing
The Winchester Centre
68 St George’s Street
Winchester
SO23 8AH

Telephone	01962 820 444
E-mail:	admin@winchesteryouthcounselling.org

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

Web site: www.winchesteryouthcounselling.org

BANKERS: National Westminster Bank plc
Old Bank Branch
105 High Street
Winchester
Hants
SO23 9AW

ACCOUNTANTS : Rothmans LLP
Avebury House
6 St Peter Street
Winchester
Hampshire
SO23 8BN

Treasurer's Report – Natasha Montagu

In the year ending March 2022, the Charity realised a net surplus of £23,982, which enabled the Board to increase the number of counselling sessions provided and allocate funds to consultancy to support fundraising. During the subsequent year to March 2023, as outlined in the Chair's report, there was a 34% increase in the number of counselling sessions provided. However, the increased costs of these, combined with a squeeze on grants and other funding led to the charity ending the year with a deficit of £38,989.

Total fundraising was up 19% in the year to March 2023 at £320,031 (vs £269,685). Within that figure, income from donations and legacies rose 24% year-on-year to £198,081 (vs £159,868). The charity also achieved an increase of 11% in income from charitable activities at £121,950 (vs £109,817). Investment income increased to £230 (vs £5) and other income doubled to £10,333 (vs £5,145).

Total expenditure was £369,583 (vs £250,853), up 47% year on year. Total spending on charitable activities was £330,668 (vs £231,997), up 43%. Fundraising costs rose 106% to £38,915 (vs £18,856). The aim being to increase fundraising income to meet the unprecedented demand for services. However, the cost-of-living crisis and increased competition for funding across the charity sector resulted in an underperformance in income generation for the charity.

The deficit in the year drove a fall in current net assets and total charity funds to £110,120 from £149,109. We expect to see our cash reserves decline further in the short to medium term as we deal with an increasingly challenging economic climate impacting fundraising and income from activities amid an increased demand for mental health services. In the meantime, the charity will need to review its expenditure and level of charitable activities, whilst it develops plans to diversify its income.

Reserves policy

The trustees agreed a reserves policy to hold 3 – 6 months of forecast operating expenses in free reserves in order to protect against the risks of unexpected expenditures and to manage the impact of shortfalls in income. As at 31 March 2023 the free reserves equated to approximately 3 months' worth of operating expenses, based on expenditure in the year.

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

Objectives and activities

WYC is a public benefit entity. Our mission is to provide free counselling, therapy and mental health support to young people aged 11 – 25 in Hampshire as well as support and advice for parents and families. Our service is confidential and is supported by a team of professionally trained counsellors including some volunteers.

We primarily offer one to one traditional counselling in our offices but also offer alternative therapies via our outdoor therapies programme. In addition, we operate a private counselling service in certain schools where the school contributes towards the cost of providing free counselling sessions to pupils.

We are incredibly grateful to our team of volunteer counsellors who have contributed valuable time and other generous individuals who have provided additional services such as website design to us free of charge.

The trustees confirm that they have complied with their duty under section 17(5) of the Charities Act 2011 to have due regard to the Charity Commission’s guidance on public benefit when exercising any powers or duties to which this guidance is relevant

This report was approved by the Board of Trustees on ^{23/01/2024}and signed on its behalf by

Sian Searles

.....
Sian Searles
Chair of Trustees

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF WINCHESTER YOUTH
COUNSELLING
FOR THE YEAR ENDED 31 MARCH 2023**

I report to the trustees on my examination of the accounts of Winchester Youth Counselling ('the Charity') for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts as carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I a member of the Institute of Chartered Accountants in England & Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act;
or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Susan Sullivan
FCA
Rothmans LLP
Chartered Accountants
Avebury House
St Peter Street
Winchester
Hampshire
SO23 8BN

Date: 24 January 2024.....

WINCHESTER YOUTH COUNSELLING
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023
(Incorporating an Income & Expenditure Account)

	<i>Note</i>	Unrestricted 2023 £	Restricted 2023 £	Total 2023 £	Total 2022 £
INCOME FROM:					
Donations and legacies	2	188,981	9,100	198,081	159,868
Charitable activities	3	121,950	-	121,950	109,817
Investments	4	230	-	230	5
Other Income	5	10,333	-	10,333	5,145
Total Income		321,494	9,100	330,594	274,835
EXPENDITURE ON:					
Raising funds	7	38,915	-	38,915	18,856
Charitable activities	8	292,817	37,851	330,668	231,997
Total Expenditure		331,732	37,851	369,583	250,853
NET INCOME / EXPENDITURE		(10,238)	(28,751)	(38,989)	23,982
Transfers between funds	15	-	-	-	-
NET MOVEMENT IN FUNDS		(10,238)	(28,751)	(38,989)	23,982
RECONCILIATION OF FUNDS:					
Total funds brought forward	15	93,127	55,982	149,109	125,127
Total funds carried forward		82,889	27,231	110,120	149,109

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derives from continuing activities

The accompanying accounting policies and notes form an integral part of these financial statements

WINCHESTER YOUTH COUNSELLING (CHARITY NUMBER: 1195260)
BALANCE SHEET
FOR THE YEAR ENDED 31 MARCH 2023

	<i>Note</i>	2023	2022
		£	£
Fixed assets			
Tangible assets	11	11,226	12,710
Total fixed assets		11,226	12,710
Current assets			
Debtors	12	36,281	27,580
Cash at bank and in hand		87,095	141,077
Total current assets		123,376	168,657
Current liabilities			
Creditors: Amounts falling due within one year	13	24,482	32,258
Net current assets		98,894	136,399
Total net assets		110,120	149,109
The funds of the charity:			
Unrestricted funds	16	82,889	93,127
Restricted funds	16	27,231	55,982
Total charity funds		110,120	149,109

These financial statements were approved by the Board of Trustees on ^{23/01/2024} and signed on its behalf by

Sian Searles

Sian Searles
Chair of Trustees



Natasha Montagu
Treasurer

The accompanying accounting policies and notes form an integral part of these financial statements

1. Accounting Policies

(a) Basis of Preparation and assessment of going concern

The accounts have been prepared under the historical cost convention and in accordance with the second edition of the Charities: Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011. Assets and liabilities are initially recognised at cost or transaction value unless otherwise stated in the relevant accounting policy note(s) below.

The accounts are prepared on a going concern basis. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The charity constitutes a public benefit entity as defined by FRS102.

This charity (#1195260) was registered as a CIO on 22 July 2021 and took on the activities of an unincorporated charity by the same name (#1093429) with effect from 14 October 2021. The charity's work, including its purposes and beneficiary class, remain unchanged therefore the transfer of activities to the CIO has been accounted for on the merger basis in accordance with paragraph 27.13 of the Charity SORP.

Merger accounting involves presenting the assets, liabilities, and funds of the combining charities as though they had always been part of the same (restructured) charity. Therefore, even though the change in legal form took place part way through the prior reporting period, these accounts have been drawn up to include the results of the combining charities for the whole of the reporting period in which the restructure occurred. These accounts therefore cover the year to 31 March 2023, with comparative for the year to 31 March 2022.

In preparing these accounts the Trustees have not had to make any significant judgements. There are no sources of estimation uncertainty which have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

(b) Incoming resources

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and the amount can be measured reliably.

Grants, whether 'capital' or 'revenue' in nature, are generally credited to the statement of financial activities in the year of receipt. Where a grant requires the provision of services over a period of time, income is recognised on a straight-line basis over the relevant period.

General grants and donations are credited in the year of receipt.

Donated services and facilities are recognised at their estimated value to the charity within voluntary income where the benefit to the charity is reasonably quantifiable and measurable. An equivalent amount is included as expenditure under the appropriate category of the Statement of Financial Activities (SOFA).

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

(c) Resources expended

Liabilities are recognised when the Charity is under an obligation to make a transfer of value to a third party. The expenses are allocated to the various Income & Expenditure accounts which the charity is required to maintain under the various Restricted Fund Grants show in these accounts.

The majority of costs are directly attributable to specific activities but certain shared costs are apportioned to activities in furtherance of the Charity's objects. The charity has three main activities, being the provision of traditional counselling services, the provision of outdoor therapies and the provision of private counselling through local schools. Where costs cannot be directly attributed to particular activities they have been allocated to activities on a basis consistent with the use of the resources, which has been estimated by reference to the approximate staff time spent on each activity.

Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

(d) Governance Costs

Governance costs comprise the costs incurred in respect of finance and human resources which are directly attributable to the governance of the Charity. These include such items as fees for legal advice to trustees and costs associated with constitutional and statutory requirements as well as management overheads associated with governance activities.

(e) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donors or raised by the Charity for particular purposes. The cost of raising and administering such funds is charged against the specific fund. The aims and use of each restricted fund are set out in the notes to the financial statements.

The restricted funds carried forward are shown in the financial statements and in Note 14 of these accounts.

(f) Tangible Fixed assets & Depreciation

Assets purchased for the continuing use of the Charity are carried in the balance sheet at cost less depreciation. Depreciation is charged on tangible fixed assets on a straight line basis over their estimated useful lives as shown below:

Leasehold Improvements	10 years
Fixtures & Fittings	5 years
Computer Equipment	3 years

(g) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

(h) Cash at bank and in hand

Cash at bank and in hand includes petty cash balances and deposits held in instant-access bank accounts.

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

(i) Creditors & provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

(j) Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

(k) Pensions

The charity operates a defined contribution pension scheme for the benefit of its employees. The contributions made for the accounting period are charged as an expense and are allocated to activities based on the approximate staff time spent on each activity.

(l) Taxation

The charity is exempt from tax on its income and gains to the extent that these are applied to its charitable Objects.

2 Income from Donations & Legacies

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Donations	60,334	-	60,334	28,308
Grants	128,647	9,100	137,747	131,560
	188,981	9,100	198,081	159,868

Donations include donations in kind of £Nil (2022: £7,480). These donations related to volunteer counselling and supervision hours provided to the charity and website design services in the prior year.

3 Income from Charitable Activities

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Traditional Counselling	29,037	-	29,037	37,945
Private Counselling	92,913	-	92,913	71,872
Outdoor Therapies	-	-	-	
Total income from charitable activities	121,950	-	121,950	109,817

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

4 Investment Income

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Bank interest receivable	230	-	230	5
	230	-	230	5

5 Other Income

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Fundraising	10,333	-	10,333	5,145
	10,333	-	10,333	5,145

6 Income from Government Grants

Income from Government Grants, included within Income from Donations & Legacies and Income from Charitable Activities above, was as follows:

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Hampshire County Council	600	-	600	18,287
Winchester City Council	7,920	-	7,920	7,000
NHS CCG Hampshire Youth Access	29,037	-	29,037	37,366
	37,557	-	37,557	62,653

7 Fundraising Expenditure

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Staff costs	34,360	-	34,360	16,606
Fundraising Costs	4,555	-	4,555	2,250
	38,915	-	38,915	18,856

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

8 Charitable Activities

Current Year

	DIRECT COSTS		SUPPORT COSTS			TOTAL COSTS
	Counselling & Supervision	Staff Costs	Premises Costs	Office Costs	Governance Costs	
	£	£	£	£	£	£
Unrestricted:						
Traditional Counselling	26,086	120,405	22,206	29,444	8,207	206,348
Outdoor Therapies	2,380	-	-	-	-	2,380
Private Counselling	78,169	5,920	-	-	-	84,089
	106,635	126,325	22,206	29,444	8,207	292,817
Restricted:						
Traditional Counselling	2,013	13,341	-	2,763	-	18,117
Outdoor Therapies	5,486	14,038	-	210	-	19,734
	7,499	27,379	-	2,973	-	37,851
Total Costs	114,134	153,704	22,206	32,417	8,207	330,668

Prior Year

	Counselling & Supervision	Staff Costs	Premises Costs	Office Costs	Governance Costs	TOTAL COSTS
	£	£	£	£	£	£
Unrestricted:						
Traditional Counselling	11,114	77,588	9,152	12,914	8,405	119,173
Outdoor Therapies	5,984	-	453	1,063	-	7,500
Private Counselling	58,407	12,000	1,134	2,015	934	74,490
	75,505	89,588	10,739	15,992	9,339	201,163
Restricted:						
Traditional Counselling	570	17,612	-	2,756	-	20,938
Outdoor Therapies	7,896	-	597	1,403	-	9,896
	8,466	17,612	597	4,159	-	30,834
Total Costs	83,971	107,200	11,336	20,151	9,339	231,997

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

9. Governance Costs

	2023	2022
	Total	Total
	£	£
Staff Costs	4,257	1,661
Trustees Meetings	-	200
Accountancy Services	3,950	7,478
	8,207	9,339

Accountancy Services above include fees due to the Independent Examiner, Rothmans LLP, of £3,000 (2022: £4,100) for Independent Examination and £950 (2022: £2,050) for other accountancy services.

10. Staff Costs and Related Party Transactions

	2023	2022
	£	£
Wages & salaries	170,362	114,403
Social security	10,202	3,599
Pension contributions	8,751	5,637
Professional counsellors' fees	114,134	83,971
Other Staff Costs	3,006	1,828
	306,455	209,438

The average number of employees, analysed by function was:

	2023	2022
Provision of counselling services	5	3
Administration	3	3
	8	6

No employee received remuneration of more that £60,000 in the current or prior year.

No Trustee received any remuneration or other employment benefits during the year. No Trustees expenses were paid in the year.

The Charity purchased indemnity insurance for trustees and employees, which is included in a combined insurance policy. There are no other related party transactions in the period which require disclosure.

The Charity considers the CEO, Clinical Lead & Deputy Clinical Lead to be its key management personnel. The total employment benefits, including employer pension and national insurance contributions, of the key management personnel were £123,492 (2022: £86,667)

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

11. Tangible Fixed Assets

	Leasehold Improvements £	Fixtures & Fittings £	Computer Equipment £	Total £
Cost				
As at 01 April 2022	4,267	6,066	2,754	13,087
Additions	-	-	1,279	1,279
Disposals	-	-	-	-
As at 31 March 2023	4,267	6,066	4,033	14,366
Depreciation				
As at 01 April 2022	107	193	77	377
Charge for the year	426	1,214	1,123	2,763
Elimination on disposal	-	-	-	-
As at 31 March 2023	533	1,407	1,200	3,140
Net Book Value				
As at 31 March 2023	3,734	4,659	2,833	11,226
As at 31 March 2022	4,160	5,873	2,677	12,710

12. Debtors

	2023 £	2022 £
Accounts receivable	-	5,851
Accrued income	32,782	21,108
Prepayments	1,249	621
Other Debtors	2,250	-
	36,281	27,580

13. Creditors: amounts falling due within one year

	2023 £	2022 £
Accounts payable	11,457	14,529
Accruals	8,233	12,810
Deferred Income	-	1,512
Taxation and social security	3,286	2,482
Other Creditors	1,506	925
	24,482	32,258

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

14. Deferred Income

Deferred income relates to private counselling fees paid in advance.

	2023	2022
	£	£
Balance as at 31 March 2022	1,512	1,479
Amounts released to income	(1,512)	(1,479)
Amounts deferred in year	-	1,512
Balance as at 31 March 2023	<u>-</u>	<u>1,512</u>

15. Operating Lease Commitments

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2023	2022
	£	£
Within one year	12,000	-
Between one and five years	1,000	-
	<u>13,000</u>	<u>-</u>

During the year the charity made operating lease payments totalling £8,981 (2022: £8,030) in respect of the rental of its premises.

16. Analysis of Charitable Funds

Analysis of Movements in Funds - Current Year

	At 1 April 2022	Income	Expenditure	Transfers	At 31 March 2023
	£	£	£	£	£
Restricted Funds:					
Senior Counsellor	10,334		(10,334)	-	-
Suicide Prevention	8,971		(5,020)	-	3,951
Capital Grant	12,744		(2,763)	-	9,981
Outdoor Therapies	23,933	9,100	(19,734)	-	13,299
Total Restricted Funds	<u>55,982</u>	<u>9,100</u>	<u>(37,851)</u>	<u>-</u>	<u>27,231</u>
Unrestricted Funds	93,127	321,494	(331,732)	-	82,889
Total Funds	<u>149,109</u>	<u>330,594</u>	<u>(369,583)</u>	<u>-</u>	<u>110,120</u>

All restricted funds are supported by bank balances and held within cash at bank and in hand within current assets. As at 31 March 2023, £27,231 of cash at bank and in hand related to restricted funds and all other assets and liabilities relate solely to unrestricted funds.

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

Analysis of Movements in Funds - Previous Year

	At 1 April 2021	Income	Expenditure	Transfers	At 31 March 2022
	£	£	£	£	£
Restricted Funds:					
BBC Children in Need	-	9,984	(9,984)	-	-
Website Redesign		2,000	(2,000)		
Senior Counsellor	-	17,716	(7,382)	-	10,334
Suicide Prevention	-	9,787	(816)	-	8,971
Capital Grant	-	13,500	(756)	-	12,744
Outdoor Therapies	-	33,829	(9,896)	-	23,933
Total Restricted Funds	-	86,816	(30,834)	-	55,982
Unrestricted Funds	125,127	188,019	(220,019)	-	93,127
Total Funds	125,127	274,835	(250,853)	-	149,109

All restricted funds were supported by bank balances and held within cash at bank and in hand within current assets. As at 31 March 2022, £55,982 of cash at bank and in hand related to restricted funds and all other assets and liabilities relate solely to unrestricted funds.

Description of Restricted Funds

BBC Children in Need	The BBC Children in Need grant was provided to fund counselling sessions for children and young people experiencing mental health issues.
Website Redesign	This grant has been provided to redevelop the charity's website. The project was completed in the year.
Senior Counsellor	This grant has been provided to fund a senior counsellor for the charity, and was ongoing at the year-end.
Suicide Prevention	This grant has been provided to fund early interventions group sessions for young people who are at risk of self-harm or suicide and was on-going at the year-end.
Capital Grant	These grants were provided to fund the relocation of the charity to better premises and the acquisition of appropriate equipment for the new offices.
Outdoor Therapies	These grants were provided to fund outdoor therapies, such as nature therapy and walk and talk sessions.

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

17. Prior Year Statement of Financial Activities

	Unrestricted 2022 £	Restricted 2022 £	Total 2022 £
INCOME FROM:			
Donations and legacies	82,839	77,029	159,868
Charitable activities	100,030	9,787	109,817
Investments	5	-	5
Other Income	5,145	-	5,145
Total Income	188,019	86,816	274,835
EXPENDITURE ON:			
Raising funds	18,856	-	18,856
Charitable activities	201,163	30,834	231,997
Other	-	-	-
Total Expenditure	220,019	30,834	250,853
NET INCOME / EXPENDITURE	(32,000)	55,982	23,982
Transfers between funds	-	-	-
NET MOVEMENT IN FUNDS	(32,000)	55,982	23,982
RECONCILIATION OF FUNDS:			
Total funds brought forward	125,127	-	125,127
Total funds carried forward	93,127	55,982	149,109

WINCHESTER YOUTH COUNSELLING

England & Wales - Charity number 1195260

Accounts

WINCHESTER YOUTH COUNSELLING

**TRUSTEES' ANNUAL REPORT & UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MARCH 2022**

CHARITY NUMBER: 1195260

**WINCHESTER YOUTH COUNSELLING
TRUSTEES' ANNUAL REPORT & FINANCIAL STATEMENTS
CONTENTS**

	Page
Trustees' Report	3
Independent Examiner's Report	7
Statement of financial activities	8
Balance sheet	9
Notes to the financial statements	10

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022**

The trustees present their report and accounts for the year ended 31 March 2022. The financial statements have been prepared in accordance with the accounting policies set out in Note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 and Accounting and the Charities Statement of Recommended Practice (second edition) and Financial Reporting Standard FRS102.

Chair Of Trustees Report

It is my pleasure to present the Chair of Trustees' Report for Winchester Youth Counselling (WYC).

2021 was a year of change and consolidation for the charity. The Charity's Founder, Jill Guppy, had announced to the Board that she, after many years of dedicated service, wished to reduce her hours. As a result, the board of trustees led by Chair, Nick Bell, approved the appointment of our first CEO, Erin Tollefsen (nee McMurtry). From her first day on the 4th May 2021, Erin quickly made an impact on the organisation. A fresh perspective resulted in a series of positive moves including a change of office. WYC moved from its base within the Trinity Centre (Bradbury House) to rooms on St George's Street. This new home has been a very welcome move, offering more space for counselling and a central Winchester location.

The move of premises was also an opportunity to reposition WYC through its refreshed marketing. During the year the team developed a new look through superb design work by our Ambassador, Graphic Designer, Dan Bee. Dan further supported the charity with new designs for an updated website. Erin and the team further consolidated this by using the new designs through everything from the social media to the signage. The clear new branding has helped to create a clear, friendly and consistent image for WYC.

During the year the Board of Trustees accepted the resignation of long-standing Treasurer, David Platt, and welcomed the appointment of James Murphy, as the new Treasurer. The diversity of the Board was also reviewed and three new female board members were appointed; Kayleigh Ryan, Alison Day and Debbie Lockett, together with Jamie Robinson. Sadly, Jamie was unable to remain on the Board due to personal reasons. We very much appreciated his breadth of experience and insight during his time with us. The Board accepted the resignation of Nick Bell as Chair of Trustees and appointed John Lander to the role of Chair.

During the year the Board of Trustees agreed to transition WYC from an unincorporated charity to a Charitable Incorporated Organisation (CIO). This reinforced the change and consolidation theme for the year. The new CIO status provides a strong legal framework for the charity, employees, and the Board.

To further consolidate the changes within WYC, a new operating structure was agreed which saw the promotion of Marta Shepherd to Clinical Lead, and the repositioning of Jill Guppy's role to Therapeutic Interventions Lead overseeing the Outdoor Therapies Programme, Destress Relax and Chill therapy, and the Wellbeing Group.

In March of 2022, WYC was delighted to welcome its first Patron, Chris Packham. Chris is the perfect Patron for WYC with his personal connection with the Winchester area and his well-documented struggles, especially as an adolescent, with mental health issues. Despite his extremely busy schedule, Chris has already committed to giving a keynote speech for WYC and to support WYC through his extensive social media activity. Chris's role as Patron also coincided with the appointment of Business Administrator, Tammy Whitehouse, who quickly got to grips with the systems and processes at WYC, and worked closely with Caroline Hobbs to strengthen the processes in place to ensure all our clients

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022**

and staff can more efficiently be supported. We were sorry to see Caroline move on to pursue other interests.

As a mental health charity, it is extremely important that we not only support our clients, but also our team. A strong brand direction has to be supported by strong and supportive internal culture. As an organisation our teams are often supporting vulnerable and distressed young people and it is essential that we, as a board, ensure their mental health and wellbeing is being taken care of. To this end, all of our team from the administrators to the counsellors are provided with free clinical supervision.

I would like to thank the bereaved families who, in their most difficult times, have thought of WYC and selected WYC for their loved one's charitable donation rather than flowers. As a team, we are very grateful for these donations and strive to ensure that the donated money is used to support a young person and their family during a traumatic period in their lives.

With last year's theme of change and consolidation behind us, John resigned as Chair, and I was appointed. This coming financial year is all about growth. We have set ourselves the ambitious target of doubling the number of counselling sessions we offer and halving the waiting list. I am confident that the platform built in this financial year will enable us to hit all our goals and ensure that we support as many young people in the district of Winchester as we possibly can.

Finally, I would like to thank everyone who was instrumental in supporting WYC, including our previous Chairs, Nick and John, and especially Jill, and new CEO, Erin.

Reference and Administrative Details

The charity is charitable incorporated organisation and is governed by its Constitution.

NAME Winchester Youth Counselling

CHARITY NUMBER 1195260

TRUSTEES:	Nick Bell	Chair, Resigned 11 November 2021
	Ronni Davis	Vice Chair, Resigned 7 June 2021
	Sian Searles	Chair
	John Lander	
	Andrew Simpson	
	David Platt	Resigned 21 March 2022
	James Murphy	Appointed Treasurer on 6 April 2021
	Jamie Robinson	Appointed 11 November 2021, resigned 30 June 2022
	Kayleigh Ryan	Appointed 14 December 2021
	Alison Day	Appointed 14 December 2021
	Deborah Lockett	Appointed 17 January 2022
	Natasha Monague	Appointed 30 June 2022
	Gareth Bloomfield	Appointed 18 August 2022

Trustees are appointed to the Board after interview with the existing trustees and the appointment ratified at the next meeting of trustees. Trustees are removed in writing within the provisions laid down in the Constitution.

SENIOR STAFF:	Erin Tollefsen	Appointed CEO on 4 May 2021
	Jill Guppy	Therapies Lead
	Marta Shepherd	Clinical lead

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022**

ADDRESS: 2nd Floor
East Wing
The Winchester Centre
68 St George's Street
Winchester
SO23 8AH

Telephone 01962 820 444
E-mail: admin@winchesteryouthcounselling.org
Web site: www.winchesteryouthcounselling.org

BANKERS: National Westminster Bank plc
Old Bank Branch
105 High Street
Winchester
Hants
SO23 9AW

ACCOUNTANTS : Rothmans LLP
Avebury House
6 St Peter Street
Winchester
Hampshire
SO23 8BN

Key achievements

To echo the words in Sian's report as Chair, the year has been of much change, and we have made great progress in laying the foundations for the future success of Winchester Youth Counselling (WYC).

I am pleased to report that a further net surplus of £23,982 was achieved for the year despite our total expenditure growing by over 40%. This surplus has been added to our reserves to support our ambitious plans to increase our impact even further in the future.

These plans begin with our goals for the 2023 financial year of doubling the number of counselling sessions and halving our waiting list.

During the year we have invested in the future of our service by moving to a larger more suitable office space. We were able to secure funding and spent funds of £13,087 renovating the office, decorating and obtaining new computer equipment to support our growing team and clients.

We were largely supported by grant funders for the year and secured funding of £169,505 in total during the year from grant funders. Our CEO, Erin, led the fundraising strategy during the year and helped to increase our total income by over 25%.

As you may notice from our report and website, with the help of generous volunteers, we completed a rebranding of our service from November 2021, and unveiled our new and improved logo and website. Alongside this, we also increased our social media engagement significantly throughout the year as part of a committed exercise to improve awareness for our services.

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022**

In addition, the charity registered as a CIO on 22 July 2021 having previously operated under an unincorporated structure. The activities of WYC were transferred to the CIO with effect from 14 October 2021.

**WINCHESTER YOUTH COUNSELLING
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022**

Financial position and reserves

Total income increased to £274,835 for the year which was largely supported by the increased income we have been able to obtain from grant funders. Reserves as at 31 March 2022 are made up of £93,127 held as free reserves plus a balance of £55,982 held in restricted funds.

We received donations of £28,308 in the year including over £3,000 from our 'Friends of WYC' who kindly donate to the charity on a regular basis. Fundraising income of £5,145 was generated during the year from the sale of our cookbook and other events kindly organised by our ambassadors.

Our total expenditure rose to £250,583 for the year with the increase largely made up of staff costs and sessional counsellors fees as a result of our expanding service.

Reserves policy

During the year the trustees agreed a reserves policy to hold 3 – 5 months of forecast operating expenses in free reserves in order to protect against the risks of unexpected expenditures and to manage the impact of shortfalls in income. I am pleased to report that our free reserves at 31 March 2022 fall comfortably within this range based on the forecast expenditure for the following year.

Since the year end, in light of increased premises costs and our new enhanced maternity pay policy, the trustees have agreed that a maximum of 6 months of forecast operating expenses should be held in free reserves going forward.

Objectives and activities

WYC is a public benefit entity. Our mission is to provide free counselling, therapy and mental health support to young people aged 11 – 25 in Hampshire as well as support and advice for parents and families. Our service is confidential and is supported by a team of professionally trained counsellors including some volunteers.

We primarily offer one to one traditional counselling in our offices but also offer alternative therapies via our outdoor therapies programme. In addition, we operate a private counselling service in certain schools where the school contributes towards the cost of providing free counselling sessions to pupils.

We are incredibly grateful to our team of volunteer counsellors who have contributed valuable time and other generous individuals who have provided additional services such as website design to us free of charge.

The trustees confirm that they have complied with their duty under section 17(5) of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit when exercising any powers or duties to which this guidance is relevant

This report was approved by the Board of Trustees on 19th January 2022 and signed on its behalf by

Sian Searles

**Sian Searles
Chair of Trustees**

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF WINCHESTER YOUTH
COUNSELLING
FOR THE YEAR ENDED 31 MARCH 2022**

I report to the trustees on my examination of the accounts of Winchester Youth Counselling ('the Charity') for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts as carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England & Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act;
or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Susan Sullivan
FCA
Rothmans LLP
Chartered Accountants
Avebury House
St Peter Street
Winchester
Hampshire
SO23 8BN

Date: 24 January 2023

WINCHESTER YOUTH COUNSELLING
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022
(Incorporating an Income & Expenditure Account)

	<i>Note</i>	Unrestrict ed 2022 £	Restricted 2022 £	Total 2022 £	Total 2021 £
INCOME FROM:					
Donations and legacies	2	82,839	77,029	159,868	84,274
Charitable activities	3	100,030	9,787	109,817	121,388
Investments	4	5	-	5	22
Other Income	5	5,145	-	5,145	1,090
Total Income		188,019	86,816	274,835	206,774
EXPENDITURE ON:					
Raising funds	7	18,856	-	18,856	9,632
Charitable activities	8	201,163	30,834	231,997	168,070
Total Expenditure		220,019	30,834	250,853	177,702
NET INCOME / EXPENDITURE		(32,000)	55,982	23,982	29,072
Transfers between funds	15	-	-	-	-
NET MOVEMENT IN FUNDS		(32,000)	55,982	23,982	29,072
RECONCILIATION OF FUNDS:					
Total funds brought forward	15	125,127	-	125,127	96,055
Total funds carried forward		93,127	55,982	149,109	125,127

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derives from continuing activities

The accompanying accounting policies and notes form an integral part of these financial statements

WINCHESTER YOUTH COUNSELLING (CHARITY NUMBER: 1195260)
BALANCE SHEET
FOR THE YEAR ENDED 31 MARCH 2022

	<i>Note</i>	2022	2021
		£	£
Fixed assets			
Tangible assets	11	12,710	-
Total fixed assets		<u>12,710</u>	<u>-</u>
Current assets			
Debtors	12	27,580	14,542
		141,07	122,81
Cash at bank and in hand		7	6
		<u>168,65</u>	<u>137,35</u>
Total current assets		7	8
Current liabilities			
Creditors: Amounts falling due within one year	13	32,257	12,231
		<u>136,40</u>	<u>125,12</u>
Net current assets		0	7
		<u>149,11</u>	<u>125,12</u>
Total net assets		<u>0</u>	<u>7</u>
The funds of the charity:			
Unrestricted funds	15	93,127	125,12
Restricted funds	15	55,982	7
		<u>149,10</u>	<u>125,12</u>
Total charity funds		<u>9</u>	<u>7</u>

These financial statements were approved by the Board of Trustees on 19th January 2022 and signed on its behalf by

Sian Searles

Sian Searles
Chair of Trustees

James Murphy

James Murphy
Treasurer

The accompanying accounting policies and notes form an integral part of these financial statements

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

1. Accounting Policies

(a) Basis of Preparation and assessment of going concern

The accounts have been prepared under the historical cost convention and in accordance with the second edition of the Charities: Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011. Assets and liabilities are initially recognised at cost or transaction value unless otherwise stated in the relevant accounting policy note(s) below.

The accounts are prepared on a going concern basis. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The charity constitutes a public benefit entity as defined by FRS102.

This charity (#1195260) was registered as a CIO on 22 July 2021 and took on the activities of an unincorporated charity by the same name (#1093429) with effect from 14 October 2021. The charity's work, including its purposes and beneficiary class, remain unchanged. The transfer of activities to the CIO has, therefore, been accounted for on the merger basis in accordance with paragraph 27.13 of the Charity SORP.

Merger accounting involves presenting the assets, liabilities and funds of the combining charities as though they had always been part of the same (restructured) charity. Therefore, even though the change in legal form took place part way through the reporting period, these accounts have been drawn up to include the results of the combining charities for the whole of the reporting period in which the restructure occurred. These accounts therefore cover the year to 31 March 2022, with comparatives for the year to 31 March 2021.

In preparing these accounts the trustees have not had to make any significant judgements. There are no sources of estimation uncertainty which have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

(b) Incoming resources

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and the amount can be measured reliably.

Grants, whether 'capital' or 'revenue' in nature, are generally credited to the statement of financial activities in the year of receipt. Where a grant requires the provision of services over a period of time, income is recognised on a straight-line basis over the relevant period.

General grants and donations are credited in the year of receipt.

Donated services and facilities are recognised at their estimated value to the charity within voluntary income where the benefit to the charity is reasonably quantifiable and measurable. An equivalent amount is included as expenditure under the appropriate category of the Statement of Financial Activities (SOFA).

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

(c) Resources expended

Liabilities are recognised when the charity is under an obligation to make a transfer of value to a third party. The expenses are allocated to the various Income & Expenditure accounts which the charity is required to maintain under the various Restricted Fund Grants shown in these accounts.

The majority of costs are directly attributable to specific activities, but certain shared costs are apportioned to activities in furtherance of the charity's objects. The charity has three main activities, being the provision of traditional counselling services to young people aged between 11 and 25, the provision of outdoor therapies and the provision of private counselling through local schools. Where costs cannot be directly attributed to particular activities, they have been allocated to activities on a basis consistent with the use of the resources, which has been estimated by reference to the approximate staff time spent on each activity.

Irrecoverable VAT is charged against the expenditure heading for which it was incurred.

(d) Governance Costs

Governance costs comprise the costs incurred in respect of finance and human resources which are directly attributable to the governance of the charity. These include such items as fees for legal advice to trustees and costs associated with constitutional and statutory requirements as well as management overheads associated with governance activities.

(e) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donors or raised by the charity for particular purposes. The cost of raising and administering such funds is charged against the specific fund. The aims and use of each restricted fund are set out in the notes to the financial statements.

The restricted funds carried forward are shown in the financial statements and in Note 14 of these accounts.

(f) Tangible Fixed assets & Depreciation

Assets purchased for the continuing use of the charity are carried in the balance sheet at cost less depreciation. Depreciation is charged on tangible fixed assets on a straight line basis over their estimated useful lives as shown below:

Leasehold Improvements	10 years
Fixtures & Fittings	5 years
Computer Equipment	3 years

(g) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

(h) Cash at bank and in hand

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

Cash at bank and in hand includes petty cash balances and deposits held in instant-access bank accounts.

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

(i) Creditors & provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

(j) Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

(k) Pensions

The charity operates a defined contribution pension scheme for the benefit of its employees. The contributions made for the accounting period are charged as an expense and are allocated to activities based on the approximate staff time spent on each activity.

(l) Taxation

The charity is exempt from tax on its income and gains to the extent that these are applied to its charitable objectives.

2 Income from Donations & Legacies

	2022 Unrestricted £	2022 Restricted £	2022 Total £	2021 Total £
Donations	28,308	-	28,308	52,681
Grants	54,531	77,029	131,566	31,593
			159,868	
	82,839	77,029	8	84,274

Donations include donations in kind of £7,480 (2021: £14,160). These donations relate to volunteer counselling and supervision hours provided to the charity and, in 2022, also include donated website design services.

3 Income from Charitable Activities

	2022 Unrestricted £	2022 Restricted £	2022 Total £	2021 Total £ as restated
Traditional Counselling	28,158	9,787	37,945	51,262
Private Counselling	71,872	-	71,872	69,126
Outdoor Therapies	-	-	-	1,000
			109,817	
Total income from charitable activities	100,030	9,787	7	121,388

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

4 Investment Income

	2022 Unrestrict ed £	2022 Restrict ed £	2022 Total £	2021 Total £
Bank interest receivable	5	-	5	22
	5	-	5	22

5 Other Income

	2022 Unrestrict ed £	2022 Restrict ed £	2022 Total £	2021 Total £
Fundraising	5,145	-	5,145	1,090
	5,145	-	5,145	1,090

6 Income from Government Grants

Income from government grants, included within Income from donations and legacies and Income from charitable activities above, was as follows:

	2022 Unrestrict ed £	2022 Restrict ed £	2022 Total £	2021 Total as restated £
Hampshire County Council	8,000	10,287	18,287	8,900
Winchester City Council	7,000	-	7,000	7,500
NHS CCG Hampshire Youth Access	27,933	9,433	37,366	24,710
Police & Crime Commissioners	-	-	-	9,960
Coronavirus Job Retention Scheme	-	-	-	2,533
	42,933	19,720	62,653	53,603

7 Fundraising Expenditure

	2022 Unrestrict ed £	2022 Restrict ed £	2022 Total £	2021 Total £
Staff costs	16,606	-	16,606	9,632
Fundraising Costs	2,250	-	2,250	-
	18,856	-	18,856	9,632

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

8 Charitable Activities

Current Year

	DIRECT COSTS		SUPPORT COSTS			TOTAL COSTS
	Counselling & Supervision	Staff Costs	Premises Costs	Office Costs	Governance Costs	
	£	£	£	£	£	£
Unrestricted:						
Traditional Counselling	11,114	77,588	9,152	12,914	8,405	119,173
Outdoor Therapies	5,984	-	453	1,063	-	7,500
Private Counselling	58,407	12,000	1,134	2,015	934	74,490
				15,992		201,163
	75,505	89,588	10,739	2	9,339	3
Restricted:						
Traditional Counselling	570	17,612	-	2,756	-	20,938
Outdoor Therapies	7,896	-	597	1,403	-	9,896
	8,466	17,612	597	4,159	-	30,834
Total Costs	83,971	107,200	11,336	20,151	9,339	231,997

Prior Year

	DIRECT COSTS		SUPPORT COSTS			TOTAL COSTS
	Counselling & Supervision	Staff Costs	Premises Costs	Office Costs	Governance Costs	
	as restated £	as restated £	as restated £	as restated £	as restated £	as restated £
Unrestricted:						
Traditional Counselling	24,885	40,767	5,676	6,051	766	78,145
Private Counselling	44,611	12,000	2,400	180	-	59,191
	69,496	52,767	8,076	6,231	766	137,336
Restricted:						
Traditional Counselling	3,945	19,232	1,400	1,145	-	25,722
Outdoor Therapies	3,425	1,587	-	-	-	5,012
	7,370	20,819	1,400	1,145	-	30,734
Total Costs	76,866	73,586	9,476	7,376	766	168,070

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

9. Governance Costs

	2022	2021
	Total	Total
		as restated
	£	£
Staff Costs	1,661	-
Trustees Meetings	200	-
Accountancy Services	7,478	766
	9,339	766

Accountancy costs include £6,150 payable to the Independent Examiner in relation to the preparation and examination of the financial statements.

10. Staff Costs and Related Party Transactions

	2022	2021
	£	£
Wages & salaries	114,403	75,403
Social security	3,599	210
Pension contributions	5,637	3,493
Professional counsellors' fees	83,971	59,101
Other Staff Costs	1,828	-
	209,438	138,207

The average number of employees, analysed by function was:

	2022	2021
Provision of counselling services	3	5
Administration	3	1
	6	6

No employee received remuneration of more than £60,000 in the current or prior year.

No trustee received any remuneration or other employment benefits during the year. No trustees' expenses were paid in the year.

The charity purchased indemnity insurance covering the period 1 April 2021 to 31 March 2022 for trustees and employees, which is included in a combined insurance policy. There are no other related party transactions in the period which require disclosure.

The charity considers the CEO, Clinical Lead and Therapies Lead to be its key management personnel. The total employment benefits, including employer pension and national insurance contributions, of the key management personnel were £86,667 (2021: £42,634)

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

11. Tangible Fixed Assets

	Leasehold Improvements	Fixtures & Fittings	Computer Equipmen t	Total
	£	£	£	£
Cost				
As at 01 April 2021	-	-	-	-
Additions	4,267	6,066	2,754	13,087
Disposals	-	-	-	-
As at 31 March 2022	4,267	6,066	2,754	13,087
Depreciation				
As at 01 April 2021	-	-	-	-
Charge for the year	107	193	77	377
Elimination on disposal	-	-	-	-
As at 31 March 2022	107	193	77	377
Net Book Value				
As at 31 March 2022	4,160	5,873	2,677	12,710
As at 31 March 2021	-	-	-	-

12. Debtors

	2022	2021
	£	£
Accounts receivable	5,851	13,240
Accrued income	21,108	-
Prepayments	621	1,302
	27,580	14,542

13. Creditors: amounts falling due within one year

	2022	2021
	£	£
Accounts payable	14,529	5,635
Accruals	12,810	3,671
Deferred Income	1,512	1,479
Taxation and social security	2,482	852
Other Creditors	924	594
	32,257	12,231

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

14. Deferred Income

	2022	2021
	£	£
Balance as at 31 March 2021	1,479	-
Amounts released to income	(1,479)	-
Amounts deferred in year	1,512	1,479
Balance as at 31 March 2022	1,512	1,479

Deferred income relates to private counselling fees paid in advance.

15. Analysis of Charitable Funds

Analysis of Movements in Funds - Current Year

	At 1 April 2021	Income	Expenditur e	Transfer s	At 31 March 2022
	£	£	£	£	£
Restricted Funds:					
BBC Children in Need		9,984	(9,984)	-	-
Website Redesign	-	2,000	(2,000)	-	-
Senior Counsellor	-	17,716	(7,382)	-	10,334
Suicide Prevention	-	9,787	(816)	-	8,971
Capital Grant	-	13,500	(756)	-	12,744
Outdoor Therapies	-	33,829	(9,896)	-	23,933
Total Restricted Funds	-	86,816	(30,834)	-	55,982
	125,12				
Unrestricted Funds	7	188,019	(220,019)	-	93,127
	125,12				
Total Funds	7	274,835	(250,853)	-	149,109

All restricted funds are supported by bank balances and held within cash at bank and in hand within current assets. As at 31 March 2022, £55,982 of cash at bank and in hand related to restricted funds and £85,095 related to unrestricted funds. All other assets and liabilities relate solely to unrestricted funds.

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

Analysis of Movements in Funds - Previous Year (as restated)

	At 1 April 2020	Income	Expenditur e	Transfer s	At 31 March 2021
	£	£	£	£	£
Restricted Funds:					
BBC Children in Need	-	12,254	(12,254)	-	-
Big lottery grant	-	9,968	(9,968)	-	-
De-stress and Relax grants	-	2,000	(3,500)	1,500	-
Walk and Talk	-	1,000	(3,320)	2,320	-
Nature therapy	1,692	-	(1,692)	-	-
Total Restricted Funds	1,692	25,222	(30,734)	3,820	-
	94,36				
Unrestricted Funds	3	181,552	(146,968)	(3,820)	125,127
	96,05				
Total Funds	5	206,774	(177,702)	-	125,127

There were no restricted fund balances as at 31 March 2021, so all assets and liabilities included in the balance sheet related solely to unrestricted funds.

Description of Restricted Funds

Website Redesign	This grant has been provided to redevelop the charity's website. The project was completed in the year.
Senior Counsellor	This grant has been provided to fund a senior counsellor for the charity, and was ongoing at the year-end.
Suicide Prevention	This grant has been provided to fund early interventions group sessions for young people who are at risk of self-harm or suicide and was on-going at the year-end.
Capital Grant	These grants were provided to fund the relocation of the charity to better premises and the acquisition of appropriate equipment for the new offices.
Outdoor Therapies	These grants were provided to fund outdoor therapies, such as nature therapy and walk and talk sessions.
BBC Children in Need	The BBC Children in Need grant was provided to fund counselling sessions for children and young people experiencing mental health issues.
Big Lottery grant	The Big Lottery grant for 2020-21 was provided to cover costs arising during the Covid-19 pandemic.
De stress and Relax grants	These grants were provided to fund sessions with a relaxation and wellbeing therapist
Walk and Talk therapy grants	This is a grant from the Tesco Groundwork scheme to fund Walk and Talk therapy.
Nature therapy grants	These grants were provided to fund nature therapy sessions and

**WINCHESTER YOUTH COUNSELLING
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

introduce young people to the positive benefits of connecting with nature.

16. Prior Year Statement of Financial Activities (as restated)

	Unrestricted	Restricted	Total
	2021	2021	2021
	£	£	£
	as restated	as restated	as restated
INCOME FROM:			
Donations and legacies	84,274	-	84,274
Charitable activities	96,166	25,222	121,388
Investments	22	-	22
Other Income	1,090	-	1,090
Total Income	181,552	25,222	206,774
EXPENDITURE ON:			
Raising funds	9,632	-	9,632
Charitable activities	137,336	30,734	168,070
Other	-	-	-
Total Expenditure	146,968	30,734	177,702
NET INCOME / EXPENDITURE	34,584	(5,512)	29,072
Transfers between funds	(3,820)	3,820	-
NET MOVEMENT IN FUNDS	30,764	(1,692)	29,072
RECONCILIATION OF FUNDS:			
Total funds brought forward	94,363	1,692	96,055
Total funds carried forward	125,127	-	125,127

17. Prior Period Adjustment

During FY2022 the charity reviewed its restricted and unrestricted funds and identified that in previous periods some funds had been treated as restricted, when in fact there were no restrictions applied by funders. The comparative figures for 2021 presented in the 2022 accounts, including the prior year statement of activities shown above, have therefore been restated to correct the classification of unrestricted and restricted funds.