

**BASINGSTOKE AND DISTRICT COUNSELLING SERVICE
REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED
31ST AUGUST 2024**

REGISTERED CHARITY NUMBER: 1197373

BASINGSTOKE AND DISTRICT COUNSELLING SERVICE
CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST AUGUST 2024

Page	
1	Reference and Administrative Details
2	Report of the Trustees
3	Independent Examiner's Report
4	Statement of Financial Activities
5	Balance sheet
6 to 9	Notes to the Financial Statements
10 to 11	Detailed Statement of Financial Activities

BASINGSTOKE AND DISTRICT COUNSELLING SERVICE
REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Number: 1197373

Principal address:

Goldings
London Road
Basingstoke
RG21 4AN

Trustees:

J Bellis
M Green
J Fowler
S Kotecha
C O'Hanlon
C Lovell-Hoare
(Resigned May 2025)
(Resigned May 2025)
(Appointed May 2025)

Independent Examiner

Caroline Scull
B20 Ltd
Charwell House
Wilsons Road
Alton
Hampshire
GU34 2PP

Bankers

CAF Bank

BASINGSTOKE AND DISTRICT COUNSELLING SERVICE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED

31ST AUGUST 2024

The trustees present their report with the financial statements of the charity for the year ended 31st August 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (issued on 16th July 2014)

OBJECTIVES AND ACTIVITIES

The two principal objectives and aims of the charity are:

- 1) to relieve persons suffering from mental and emotional distress,
- 2) to provide education and training for those engaged, or wishing to be engaged, in counselling.

Significant activities

The significant activities of the charity are raising and holding funds from client contributions to achieve the aims of the charity.

Public benefit

The trustees consider the public benefit criteria during decision-making. The trustees are of the opinion that the activities of the charity, described in its objectives and aims, fulfil its public benefit obligations.

Financial Summary

Total income for the year was £355,898, an increase of 27% versus the prior year. Unrestricted fund income rose to £323,304, an increase of 21% versus the prior year. The increase in unrestricted fund income reflects the success of BCS in attracting:

- (a) suitable applicants and thus filling spaces on its flagship BACP accredited Diploma training and Certificate course,

- (b) participants on other courses – not just introduction to Counselling but also other annually run CPD training courses,

- (c) clients for counselling sessions who pay on a sliding scale for the cost of the counselling sessions.

The restricted fund income rose slightly reflecting a donation of £30,725 in support of our Men's Mental Health campaign.

Despite the increased activity by BCS as reflected in its income and cost inflation, its total costs fell by 6% to £370,457 in the year. This reflected:

- (a) tight cost control by BCS's management
- (b) some vacancies in certain positions at BCS – which have now been filled
- (c) reduced reliance on salaried counsellors (as opposed to trainees) for the provision of counselling sessions

As a result, the annual deficit at BCS fell from £115,944 in the 2022/23 financial year to £14,569 in the 2023/24 financial year. This is particularly pleasing as the current financial year included loan repayments and thus the balance of the loan fell from £85,000 at the beginning of the financial year 22/23 to £59,824 at the end of the financial year 23/24. The cash balance was £58,801 as at 31 August 2024.

Since the Balance Sheet Date of 31 August 2024

The financial position of BCS has continued to improve during the current financial year.

Total income for the first seven months to 31 March 2025 has risen by 44% to £309,984. Total operating expenses have fallen slightly to £232,185.

Loan repayments have continued to be made and as at 31 March 2025, the outstanding loan balance was £49,894.

Counselling

BCS provides affordable counselling for people in the Basingstoke and North Hampshire area who would otherwise be unable to access it. We provide a safe environment where members of our community in emotional distress can be heard without judgement. We support our clients in gaining a deeper understanding of themselves and their problems enabling them to make changes to their life which they feel would be of benefit. 70% of clients are recommended to contact us by their GPs when the NHS is unable to provide the counselling required; the remainder come via the website or word of mouth.

Clients pay on a sliding scale, based on annual personal income, with the average being £26 per session, compared with the local market rate of £45 - £70.

For this financial year ending on 31 August 2024, over 4,000 sessions have been provided by 34 counsellors- plans are in place to expand this significantly during the year ending 31 August 2025.

Clients seek our support for a wide range of challenges, including bereavement, divorce, job loss, and financial hardship - each of which can contribute to feelings of anxiety and depression. Individuals also come to us coping with the long-term effects of historic trauma or experiencing suicidal thoughts. Our counselling services provide a vital lifeline, offering compassionate support and therapeutic interventions that empower clients to navigate these difficulties and rebuild their emotional well-being.

In the year ahead, we aim to take a more proactive approach by identifying and reaching out to specific groups who may be at higher risk or underserved—such as men affected by suicidal thoughts. By targeting our outreach and tailoring support, we hope to break down barriers to accessing help and ensure that those who need it most feel seen, supported, and empowered to seek care.

Testimonials

Here are some comments from clients we have helped in the last year:

BASINGSTOKE AND DISTRICT COUNSELLING SERVICE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED

31ST AUGUST 2024

"Counselling has had a massive impact on my life, whilst I still struggle with my feelings, I am able to stop and think about things as if I was talking to my counsellor, it's helped put things into perspective and allow me to trust myself."

"Without my first counsellor I would easily have attempted suicide and not be here now and my children may have not made it back from foster care."

Training

BCS provides a range of training courses, these courses can be taken individually and many do so to enhance their communication skill set within their current profession. However, when taken together, they offer a comprehensive pathway toward becoming a fully qualified counsellor.

Level 1 – Introduction to Counselling

Level 2 & 3 – Certificate in Counselling Skills and Theory

Level 4 & 5 – Diploma in Psychodynamic Counselling (BACP accredited)

During FY23/24, approximately 100 students attended these courses with about 30% on the higher-level Diploma course.

There is a strong symbiotic relationship between our training and counselling services, with all of our Diploma trainees completing their clinical placements at BCS. As a result, trainees comprise a significant portion of our counselling team, enriching our service delivery while gaining vital hands-on experience.

Funding

At BCS, we recognise the importance of maintaining a diverse range of revenue streams to ensure long-term financial stability. While income from our training and counselling services represents a significant portion of our funding, it does not fully cover operational costs. To bridge this gap, we supplement our core income with additional revenue sources. Looking ahead, we are committed to further developing and expanding these supplementary streams to strengthen the resilience and sustainability of BCS. These initiatives include:

- A full programme of CPD courses for the therapeutic community, assisting them in supporting their clients

- Fundraising initiatives:

- We are grateful to people who undertake challenges such as the London Marathon and other inspiring events on our behalf such as the Goring Gap walk in May 2024

- We are also indebted to the support we receive from Trusts, organisations and individual donors who wish to support mental health charities

Facilities

We continue to operate out of a site leased from Basingstoke and Deane Borough Council. In September 2023, we acquired additional rooms within our current premises, such that we could increase both our training and counselling capacity.

We would like to take this opportunity to sincerely thank everyone who supports Basingstoke Counselling Service. Supporting the emotional wellbeing of our community is at the heart of everything we do, and we take this responsibility very seriously. Our ability to provide such a professional, compassionate, and effective service would not be possible without the dedication and commitment of our exceptional team of staff and volunteers. Thank you

STRUCTURE GOVERNANCE AND MANAGEMENT

Government Document

The charity is controlled by its governing document, a constitution registered on 6th January 2022, and constitutes a CIO (Charitable Incorporated Organisation). The charity took over the assets of the previous charitable trust on 1st September 2022 (registered charity number 900659).

Recruitment and appointment of new trustees

Prospective new trustees are normally proposed by an existing trustee and voted onto the board at a trustees meeting.

Organisational structure

Management of the charity is delegated to the trustees, who meet on a quarterly basis to administer the charity. Directors are appointed by the trustees to manage the day to day operation of the charity.

Approved by order of the board of trustees on 26/1/25 and signed on its behalf by:

J F Bellis - Trustee

**Independent Examiner's Report to the Trustees of
Basingstoke & District Counselling Service**

Independent examiner's report to the trustees of Basingstoke & District Counselling Service ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st August 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Mrs Caroline Scull FCCA

B20 Limited
Chartered Certified Accountants
Charwell House
Wilsom Road
Alton
Hampshire
GU34 2PP
Date: 23/6/25

BASINGSTOKE AND DISTRICT COUNSELLING SERVICE

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED

31ST AUGUST 2024

Notes

INCOME AND ENDOWMENTS FROM		2024		2023	
	Notes	Unrestricted Funds	Restricted Total Funds	Unrestricted Funds	Restricted Total Funds
Donations and legacies	2	119,604	33,593	135,056	13,900
Charitable activities To meet the charitable objectives of the charity	5	195,006	0	130,124	0
Other trading activities	3	6,754	0	494	0
Investment income	4	66	0	227	0
Other income		874	0		
TOTAL INCOME		322,304	33,593	265,901	13,900
EXPENDITURE ON					
Raising funds		0	0	111	0
Charitable activities To meet the charitable objectives of the charity	7	107,315	0	89,115	3,000
Other	8	263,152	0	292,619	10,900
TOTAL EXPENDITURE		370,467	0	381,845	13,900
NET (DEFICIT) / INCOME		(48,163)	33,593	(115,944)	0
RECONCILIATION OF FUNDS					
Total funds brought forward		(115,944)	0	0	0
TOTAL FUNDS CARRIED FORWARD		(164,107)	33,593	(115,944)	0

BASINGSTOKE AND DISTRICT COUNSELLING SERVICE

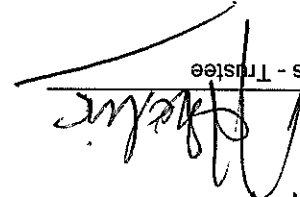
BALANCE SHEET

AS AT 31ST AUGUST 2024

	Notes	2024	2023
		£	£
Current Assets			
Debtors			
Cash at bank and in hand	12	1,618	4,412
Total Current Assets		60,419	60,513
Creditors: amounts falling due within one year	13	(119,900)	(87,555)
Net current assets/(liabilities)		(59,482)	(27,042)
Total assets less current liabilities		(59,482)	(27,042)
Creditors: amounts falling due after one year	14	(41,959)	(59,829)
Total net assets or liabilities		(101,441)	(86,871)
Funds			
Unrestricted funds	15	(164,107)	(115,944)
Restricted funds		33,593	0
Funds transferred from Charitable Trust		29,073	29,073
Total funds		(101,441)	(86,871)

Approval

These financial statements were approved by the Board of Trustees and authorised for issue on 24th June 2025 and signed on its behalf by:


J F Bellis - Trustee

Page 6

BASINGSTOKE AND DISTRICT COUNSELLING SERVICE
NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED
31ST AUGUST 2024

	2024		2023	
	£	£	£	£
3 OTHER TRADING ACTIVITIES				
Fundraising events	0	494		
4 INVESTMENT INCOME				
Deposit account interest	66	227		
5 INCOME FROM CHARITABLE ACTIVITIES				
Training fees	195,006	130,124		
6 CHARITABLE ACTIVITIES COSTS				
To meet the charitable objectives of the cha	107,315	92,115		
7 DIRECT COSTS OF CHARITABLE ACTIVITIES				
Counselling supervision	9,600	18,330		
Counsellors	0	390		
Training fees and costs	97,715	71,744		
Counsellors' expenses	0	1,651		
8 SUPPORT COSTS				
Other resources expended				
Management	251,505	285,956		
Finance	8,036	3,693		
Governance costs	3,611	13,870		
Total	263,152	303,519		

BASINGSTOKE AND DISTRICT COUNSELLING SERVICE

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED

31ST AUGUST 2024

9 TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st August 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st August 2024.

10 STAFF COSTS

The average monthly number of employees during the year was as follows:

	2024	2023
Administration and support	16	18
No employees received remuneration in excess of £60,000.		

11 FUND ACCOUNTING

The charity established an Assistance Fund during the year ending 31st August 2022 from grant funding from Basingstoke & Deane Borough Council.

The purpose of the fund was to provide free of charge counselling to clients.

This fund was fully utilised by 31 August 2023.

12 DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

£	1618	£
Trade Debtors		
Other debtors	0	0
Prepayments	0	3,470
		942
		0
		3,470
		4,412

13 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Accruals	0	474
Deferred income	89,155	51,074
Payroll liabilities	1,871	3,682
Trade creditors	3,704	7,154
Loan repayable within one year	25,171	25,171
Accruals and deferred income	119,900	87,555

14 CREDITORS: AMOUNTS FALLING DUE AFTER ONE YEAR

Loan	41,959	59,829
------	--------	--------

14 RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st August 2024.

**BASINGSTOKE AND DISTRICT COUNSELLING SERVICE
DETAILED STATEMENT OF FINANCIAL ACTIVITIES**

FOR THE YEAR ENDED

31ST AUGUST 2024

	2024	2023
INCOME AND ENDOWMENTS	£	£
Donations and legacies	118,104	119,999
Client contributions	35,093	28,841
Grants and donations	267	116
Other Income	608	0
Gift Aid		
Other trading activities	154,071	148,956
Fundraising events	6,754	494
Investment income	66	227
Deposit account interest		
Charitable activities	195,006	130,124
Training fees		
TOTAL INCOMING RESOURCES	355,898	279,801
EXPENDITURE		
TOTAL RESOURCES EXPENDED	370,467	395,745
NET (DEFICIT) / INCOME	(14,569)	(115,944)

**BASINGSTOKE AND DISTRICT COUNSELLING SERVICE
DETAILED STATEMENT OF FINANCIAL ACTIVITIES**

FOR THE YEAR ENDED

31ST AUGUST 2024

	2024	2023
EXPENDITURE		
Raising donations and legacies		
Fundraising costs	0	111
Charitable activities		
Counselling supervision	9,600	18,330
Counselling	0	390
Training fees and costs	97,715	71,744
Counsellors' expenses	0	1,651
	107,315	92,115
Support costs		
Management		
Wages	215,880	250,349
Pensions	4,993	6,390
Recruitment	120	3,381
Rent & Services	13,722	10,628
Insurance	1,193	979
Telephone	1,055	973
Postage and stationery	1,118	1,295
Equipment purchases	2,026	1,435
Cleaning	1,772	1,417
Website	352	389
Repairs & Renewals	0	0
Computer support costs	2,771	935
Bookkeeping	1,186	2,893
Sundries	5,316	5,891
Total Management costs	251,505	285,956
Finance		
Bank charges & interest	8,036	3,693
Governance costs		
Accountancy and legal fees	3,611	13,870
TOTAL RESOURCES EXPENDED	370,467	395,745