

UMBRELLA COUNSELLING EAST MIDLANDS CIO

England & Wales · Charity number 1200745

Details

Other names	UMBRELLA COUNSELLING EAST MIDLANDS CIC
Status	Registered
Legal form	CIO
Registered	2022-10-19
Register	View on the Charity Commission register

Contact

Address	Unit 4 Hill Court Turnpike Close Swingbridge Road Grantham LINCOLNS
Phone	01476249403
Email	office@umbrellacounselling.com
Website	www.umbrellacounselling.com

Activities

Objects: THE PRESERVATION AND PROTECTION OF THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS IN THE EAST MIDLANDS IMPACTED AND AFFECTED BY RAPE, SEXUAL ABUSE, AND/OR SEXUAL VIOLENCE, THEIR FAMILIES/CARERS, PRIMARILY THROUGH: A) PROVIDING TRAUMA COUNSELLING SESSIONS; B) PROVIDING TRAINING TO COUNSELLORS AND SUPERVISED VOLUNTEERING/COUNSELLING HOURS TO TRAINEE COUNSELLORS TO ENHANCE PROVISION AND SUPPORT FOR THOSE IMPACTED BY THE ABOVE.

Activities: We are based in Grantham, Lincolnshire. We offer one to one counselling to anyone who has been affected by recent or non recent sexual violence. We provide training to counsellors to support their continued professional development, as well as supervised volunteering/counselling hours to trainee counsellors.

Classification

- **How:** Provides Services
- **What:** Education/training, Disability, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Leicestershire
- Lincolnshire
- North East Lincolnshire
- North Lincolnshire
- Nottinghamshire
- Peterborough City
- Rutland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-28	£90,579	£98,276	-	-
2024-02-28	£127,977	£121,710	-	-

Trustees

Name	Role	Appointed
Robert Alexander Ballentine	Chair	2022-10-18
Laura Joanknecht		2025-03-27
Sarah Louise Gibson		2023-09-01
Victoria Holden		2025-03-27
Victoria Katherine Stephenson		2022-10-18

Accounts

**Umbrella Counselling
East Midlands CIO**

Charity Number: 1200745

Trustees' Annual Report

**for the Period
1 March 2024 to 28 February 2025**

Reference & Administration Details

Charity name: Umbrella Counselling East Midlands CIO

Charity number: 1200745

Charity's operating address: Unit 4 Hill Court, Turnpike Close, Grantham, Lincs, NG31 7XY

Names of the Charity Trustees who manage the Charity

	<u>Trustee Name</u>	<u>Office</u>	<u>Appointed</u>	<u>Retired</u>
1:	Victoria Stephenson	Chair	October 2022	
2:	Robert Ballentine	Secretary	October 2022	
3:	Sarah Gibson	Treasurer	September 2023	

Names & Addresses of Advisors

<u>Type of advisor</u>	<u>Name</u>	<u>Address & Postcode</u>
Bank	National Westminster Bank Plc	250 Bishopsgate, London EC2M 4AA
Independent Examiner	Roger White (ACA)	12 Tentercroft street, Lincoln, LN5 7DB

Structure, Governance & Management

Description of the Charity's Trusts

Type of Governing Document:	Constitution
How the Charity is Constituted:	Charitable Incorporated Organisation
Trustee Selection Methods:	Appointed by existing Trustees

Objectives & Activities

Summary of the Objects of the Charity as set out in its Governing Document

The objects of the CIO are:

To aid the preservation and protection of the physical and mental health of individuals in the East Midlands affected by rape, sexual abuse or sexual violence through:

- a) providing trauma informed counselling;
- b) providing training to counsellors;
- c) providing supervised placements to trainee counsellors to enhance the ability to provide for those impacted by the above.

Summary of the Main Activities Undertaken for the Public Benefit in Relation to the Charity's Objects

Umbrella Counselling East Midlands CIO has undertaken the following activities:

- Delivered one-to-one counselling to survivors of rape and sexual violence in the East Midlands.
- Provided supervision and training to volunteer and trainee counsellors, including keeping them up to date with current legislation regarding CPS decision making.

Public Benefit

The Charity operates as a Public Benefit to the Community of the East Midlands in providing support for the victims of rape, sexual abuse and violence.

Statutory Declaration

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

Achievements & Performance

Year in Review

During the year we have received 352 referrals to the service. These were received from a variety of sources including:

- Victim Services
- ISVA
- Spring Lodge
- Victim Lincs
- Educational Establishments
- NHS
- The Castle Project
- Self Referrals

Throughout the year we have delivered a total of 1985 counselling sessions, a mixture of face to face and online sessions.

We have provided supervised counselling placements to 16 student counsellors.

Our clinical lead provided supervision to 15 ISVAs and crisis workers in Lincolnshire.

Financial Review

Brief Statement of the Charity's Policy on Reserves

The Trustees regularly review the reserves of the charity. This review encompasses the nature of the income and expenditure streams and the need to maintain adequate working capital for all core costs and liabilities. The Trustees have established a policy whereby the unrestricted funds held by the charity should include between one and three months core costs.

Details of Any Funds Materially in Deficit

N/A

Other

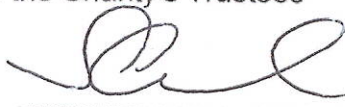
Donations were received from a Charity Netball match, workplace raffles and fundraisers.

Declaration

The Trustees declare that they have approved the Trustees' Report above.

Signed on behalf of the Charity's Trustees

Signature(s):



Full Name(s): Sarah Gibson

Position(s): Trustee/Treasurer

Date:

9.12.25



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Umbrella Counselling East Midlands CIO

**On accounts for the year
ended**

28th February 2025

**Charity no
(if any)**

1200745

Set out on pages

6-8

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 28th February 2025.

**Responsibilities and
basis of report**

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

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

03/12/2025

Name:

Roger White

**Relevant professional
qualification(s) or body
(if any):**

ACA (ICAEW)

Address:

Saul Fairholm Limited Chartered Accountants, 12 Tentercroft Street,
Lincoln, LN5 7DB

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Receipts and Payments Accounts

Charity Name: Umbrella Counselling East Midlands CIO
Charity Number: 1200745
Period from (start date): 01/03/2024 **to (end date):** 28/02/2025

Section A

Receipts and payments

	Unrestricted funds £	Restricted funds £	Endowment funds £	Total funds £	Last year £
A1 Receipts					
Counselling	1,680.00	-	-	1,680.00	656.00
OPCC Uplift	-	-	-	-	32,389.56
OPCC FT	81,819.52	-	-	81,819.52	22,733.20
Donations	1,654.85	-	-	1,654.85	1,237.94
University	2,135.00	-	-	2,135.00	4,760.00
Supervision	3,290.00	-	-	3,290.00	2,625.00
Misc	-	-	-	-	209.99
<i>Sub total</i>	90,579.37	-	-	90,579.37	64,611.69
A2 Asset & investment sales, etc	-	-	-	-	-
<i>Total receipts</i>	90,579.37	-	-	90,579.37	64,611.69

A3 Payments

Counselling	12,800.00	-	-	12,800.00	8,920.00
Rent	9,600.00	-	-	9,600.00	9,600.00
Stationary	1,012.08	-	-	1,012.08	437.20
Training	560.00	-	-	560.00	271.52
Misc	1,145.71	-	-	1,145.71	2,671.59
Salary	59,602.55	-	-	59,602.55	38,463.54
Supervision	2,889.00	-	-	2,889.00	1,762.50
Insurance	784.74	-	-	784.74	-
Utilities	9,882.27	-	-	9,882.27	9,156.35
<i>Sub total</i>	98,276.35	-	-	98,276.35	71,282.70
A4 Asset & investment purchases, etc	-	-	-	-	-
<i>Total payments</i>	98,276.35	-	-	98,276.35	71,282.70
<i>Net of receipts/(payments)</i>	(7,696.98)	-	-	(7,696.98)	(6,671.01)
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	12,313.13	-	-	12,313.13	18,984.14
<i>Cash funds this year end</i>	4,616.15	-	-	4,616.15	12,313.13

All Income and Expenditure in 2024 was unrestricted

Section B

Statement of assets and liabilities at the end of the period

	Unrestricted funds	Restricted funds	Endowment funds
Details	£	£	£
B1 Cash funds			
Current account	5,405.01	-	-
Total cash funds	5,405.01	-	-

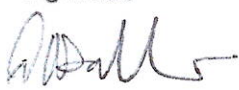
	Unrestricted funds	Restricted funds	Endowment funds
Details	£	£	£
B2 Other monetary assets			
	-	-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
Details			
B3 Investment assets			
	-	-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
Details			
B4 Assets retained for the charities own use			
	-	-	-

	Fund to which liability relates	Amount due (optional)	When due (optional)
Details			
B5 Liabilities			
PAYE	Unrestricted	550.48	Mar-25
Pension	Unrestricted	238.38	Mar-25

Signed by one or two trustees on behalf of all the trustees

Signature	Name	Date of approval
	Robert Alexander Ballentine	12/12/25
	Victoria Katherine Stephenson	10/12/25

Notes to the accounts

General

Umbrella Counselling CIO has nothing to disclose with regard to following:

- a) particulars of any guarantee given by the CIO, where any potential liability under guarantee is outstanding at the date of the statement of assets and liabilities; and
- b) particulars of any debt outstanding at the date of the statement of assets and liabilities which is owed by the CIO and which is secured by an express charge on any assets of the CIO.

Trustee Remuneration

The Charity Trustees were not paid or received any other benefits from employment with the Trust in the year (2024: £Nil) neither were they reimbursed expenses during the year (2024: £Nil). No Charity Trustee received payment for professional or other services supplied to the Charity (2024: £Nil).

Accounts

**Umbrella Counselling
East Midlands CIO**

Charity Number: 1200745

Trustees' Annual Report

**for the Period
1 March 2023 to 29 February 2024**

Reference & Administration Details

Charity name: Umbrella Counselling East Midlands CIO

Charity number: 1200745

Charity's operating address: Unit 4 Hill Court, Turnpike Close, Grantham, Lincs, NG31 7XY

Names of the Charity Trustees who manage the Charity

	<u>Trustee Name</u>	<u>Office</u>	<u>Appointed</u>	<u>Retired</u>
1:	Victoria Stephenson	Chair	October 2022	
2:	Robert Ballentine	Secretary	October 2022	
3:	Sarah Gibson	Treasurer	September 2023	

Names & Addresses of Advisors

<u>Type of advisor</u>	<u>Name</u>	<u>Address & Postcode</u>
Bank	National Westminster Bank Plc	250 Bishopsgate, London EC2M 4AA
Independent Examiner	Roger White (ACA)	12 Tentercroft street, Lincoln, LN5 7DB

Structure, Governance & Management

Description of the Charity's Trusts

Type of Governing Document: Constitution

How the Charity is Constituted: Charitable Incorporated Organisation

Trustee Selection Methods: Appointed by existing Trustees

Objectives & Activities

Summary of the Objects of the Charity as set out in its Governing Document

The objects of the CIO are:

To aid the preservation and protection of the physical and mental health of individuals in the East Midlands affected by rape, sexual abuse or sexual violence through:

- a) providing trauma informed counselling;
- b) providing training to counsellors;
- c) providing supervised placements to trainee counsellors to enhance the ability to provide for those impacted by the above.

Summary of the Main Activities Undertaken for the Public Benefit in Relation to the Charity's Objects

Umbrella Counselling East Midlands CIO has undertaken the following activities:

- Delivered one-to-one counselling to survivors of rape and sexual violence in the East Midlands.
- Provided supervision and training to volunteer and trainee counsellors, including keeping them up to date with current legislation regarding CPS decision making.

Public Benefit

The Charity operates as a Public Benefit to the Community of the East Midlands in providing support for the victims of rape, sexual abuse and violence.

Statutory Declaration

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

Achievements & Performance

Year in Review

During the year we have received 281 referrals to the service. These were received from a variety of sources including:

- Victim Services
- ISVAs
- Educational Establishments
- NHS
- Self Referrals

Throughout the year we have delivered a total of 1985 counselling sessions and have provided supervised counselling placements to 14 student counsellors.

Financial Review

Brief Statement of the Charity's Policy on Reserves

The Trustees regularly review the reserves of the charity. This review encompasses the nature of the income and expenditure streams and the need to maintain adequate working capital for all core costs and liabilities. The Trustees have established a policy whereby the unrestricted funds held by the charity should include between one and three months core costs.

Details of Any Funds Materially in Deficit

N/A

Declaration

The Trustees declare that they have approved the Trustees' Report above.

Signed on behalf of the Charity's Trustees

Signature(s): _____

Full Name(s): Victoria Stephenson

Position(s): Chair

Date: 19th May 2025



Section A

Independent Examiner's Report

Report to the trustees/ members of	Charity Name Umbrella Counselling East Midlands CIO		
On accounts for the year ended	29 th February 2024	Charity no (if any)	1200745
Set out on pages	6-8 (remember to include the page numbers of additional sheets)		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 29th February 2024.

Responsibilities and
basis of report

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

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:  Date: 19/05/2025

Name: Roger White

Relevant professional
qualification(s) or body
(if any):

ACA (ICAEW)

Address:

Saul Fairholm Limited Chartered Accountants, 12 Tentercroft Street,
Lincoln, LN5 7DB

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Receipts and Payments Accounts

Charity Name: Umbrella Counselling East Midlands CIO
Charity Number: 1200745
Period from (start date): 01/03/2023 **to (end date):** 29/02/2024

Section A	Receipts and payments
------------------	------------------------------

	Unrestricted funds £	Restricted funds £	Endowment funds £	Total funds £	Last year £
A1 Receipts					
Counselling	656.00	-	-	656.00	2,416.66
OPCC Uplift	32,389.56	-	-	32,389.56	-
OPCC FT	22,733.20	-	-	22,733.20	43,972.03
Donations	1,237.94	-	-	1,237.94	1,050.75
University	4,760.00	-	-	4,760.00	14,595.00
Supervision	2,625.00	-	-	2,625.00	1,160.00
Misc	209.99	-	-	209.99	170.91
<i>Sub total</i>	64,611.69	-	-	64,611.69	63,365.35
A2 Asset & investment sales, etc	-	-	-	-	-
<i>Total receipts</i>	64,611.69	-	-	64,611.69	63,365.35

A3 Payments

Counselling	8,920.00	-	-	8,920.00	1,797.00
Rent	9,600.00	-	-	9,600.00	9,272.85
Stationary	437.20	-	-	437.20	723.17
Training	271.52	-	-	271.52	-
Misc	2,671.59	-	-	2,671.59	2,711.96
Salary	38,463.54	-	-	38,463.54	26,670.50
Supervision	1,762.50	-	-	1,762.50	2,260.00
Utilities	9,156.35	-	-	9,156.35	6,991.75
<i>Sub total</i>	71,282.70	-	-	71,282.70	50,427.23
A4 Asset & investment purchases, etc	-	-	-	-	-
<i>Total payments</i>	71,282.70	-	-	71,282.70	50,427.23
<i>Net of receipts/(payments)</i>	(6,671.01)	-	-	(6,671.01)	12,938.12
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	18,984.14	-	-	18,984.14	6,046.02
<i>Cash funds this year end</i>	12,313.13	-	-	12,313.13	18,984.14

All Income and Expenditure in 2023 was unrestricted

Section B
Statement of assets and liabilities at the end of the period
B1 Cash funds

Details	Unrestricted funds £	Restricted funds £	Endowment funds £
Current account	12,313.13	-	-
<i>Total cash funds</i>	12,313.13	-	-

B2 Other monetary assets

Details	Unrestricted funds £	Restricted funds £	Endowment funds £
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	-	-	-

B4 Assets retained for the charities own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	-	-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	-	-	-

Signed by one or two trustees on behalf of all the trustees

Signature

Name

Date of approval

Robert Alexander Ballentine

19th May 2025

Victoria Katherine Stephenson

19th May 2025

Notes to the accounts

General

Umbrella Counselling CIO has nothing to disclose with regard to following:

- a) particulars of any guarantee given by the CIO, where any potential liability under guarantee is outstanding at the date of the statement of assets and liabilities; and
- b) particulars of any debt outstanding at the date of the statement of assets and liabilities which is owed by the CIO and which is secured by an express charge on any assets of the CIO.

Trustee Remuneration

The Charity Trustees were not paid or received any other benefits from employment with the Trust in the year (2023: £Nil) neither were they reimbursed expenses during the year (2023: £Nil). No Charity Trustee received payment for professional or other services supplied to the Charity (2023: £Nil).