

TENTERDEN COUNSELLING SERVICE

England & Wales · Charity number 1201106

Details

Status Registered

Legal form CIO

Registered 2022-11-22

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

Contact

Address 102a High Street
Tenterden
Kent
TN30 6HT

Phone 07769683347

Email contact@tenterdencounselling.org.uk

Website <https://www.tenterdencounselling.org.uk/>

Activities

Objects: (1) TO RELIEVE PERSONS SUFFERING FROM MENTAL AND EMOTIONAL PROBLEMS IN SUCH WAYS AS THE SERVICE THINK FIT. (2) TO EDUCATE AND TRAIN PERSONS IN COUNSELLING SO THAT THEY MAY ASSIST IN THE TREATMENT OF PERSONS SUFFERING FROM MENTAL OR EMOTIONAL DISORDERS OR PROBLEMS.

Activities: A counsellor aims to help each person find their own strengths to cope with change and to find resolutions for difficulties. Counselling provides an acceptance of people whoever they are. Counselling allows space to explore thoughts and feelings about oneself

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

Geography

- Kent

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£74,436	£74,226	-	-
2024-12-31	£82,894	£52,508	-	-
2023-12-31	£38,213	£16,984	-	-

Trustees

Name	Role	Appointed
Edward Andrew Perry	Chair	2024-09-03
James Rutter		2025-05-27
Rachel De Silva		2024-05-06
Ruth Davies		2026-04-20

TENTERDEN COUNSELLING SERVICE

England & Wales - Charity number 1201106

Accounts

Trustees Annual Report 2025



Tenterden Counselling Service (TCS)

102a High Street, Tenterden, Kent TN30 6HT
Registered charity number: 1201106

TCS is a Charitable Incorporated Organisation (CIO) governed by Constitution

Summary of the year	1
Objectives and Activities.....	2
Services.....	3
Who We Help	3
Reasons For Seeking Counselling	5
Assessments.....	7
Counselling.....	7
Affordable Counselling (pay what you can).....	7
Open-ended Counselling (for as long as needed).....	8
Counsellor Community.....	9
Plans for the Future	10
Board of Trustees.....	12
2025 Accounts.....	13
Independent Examiner’s Report.....	15

Summary of the year | January, 2025 – 31 December, 2025

In 2025, TCS responded to the growing need for mental health support in our local community by increasing our provision of counselling services and maintaining our new-found financial stability.

Having re-built reserves in 2024, TCS broke even in 2025, as planned, and progressed towards its strategic objective of diversifying income to build financial resilience and continue to meet growing demand.

The Trustees would like to thank our committed donors and the dedicated team members who continued to fulfill key roles for TCS on a voluntary basis, or a reduced rate, enabling the charity to break even in 2025 despite securing less grant funding.

The TCS reserves policy was updated on 9 January, 2025, committing TCS to hold a reserve of at least 8 months' operating costs to safeguard the charity by protecting its renewed financial resilience.

Beyond the financial numbers, 2025 saw TCS having a bigger positive impact than ever on the community in and around Tenterden. It succeeded in growing the number of clients served and sessions completed; adding to our counsellor community; and moving to a new home on Tenterden High Street.

With the need for TCS greater than ever, we are committed to further strengthening our financial position so we can reach and help more people.

Client Voice:

“TCS is an invaluable service that opens up the chance for counselling for those of us that would really benefit but are on a limited income.”

Objectives and Activities

The trustees have given due regard to the Charity Commission's guidance on public benefit in reviewing and setting out the charity's objectives and planning its activities.

The objectives of the charity are as follows:

TCS exists to improve the mental health and relationships of people in and around Tenterden by providing high quality, affordable therapy for as long as it's needed, and by making the ask for help, ordinary.

This report examines how TCS's activities in the reporting year have delivered these objectives.

Services

TCS provides confidential, affordable, accessible, high-quality, one-to-one counselling on open-ended contracts to the people of Tenterden and the surrounding area. The charity was established in 1983 as the Tenterden Advisory Committee, having identified the need for affordable counselling in Tenterden and the surrounding villages.

Since the pandemic we have seen an increased level of demand for our services, which showed no sign of decreasing in 2025. We are therefore committed to making an ever-growing positive impact on the mental health of the community in and around Tenterden.

In 2025, roughly 1% of the local population used our services. Taken on its own, this figure is quite remarkable for a small charity with no public funding. Mental health is extremely transmissible, so our direct beneficiaries' improved experience often spreads to their friends and colleagues, and especially to their families and children through improved relating and parenting. In this way, our positive impact ripples out through the community and into future generations.

From what our clients tell us, we know our service is genuinely life-changing. There are many more local people who would benefit if we can steadily expand our offering and raise our profile. The expansion and constant improvement of our services depends on sufficient funding, and in the *Plans For The Future* section at the end of this report, we outline our new strategy.

Who We Help

Our services are available to anybody living in Tenterden and the surrounding area struggling with depression, anxiety, trauma, stress, loneliness, loss, bereavement, family problems, abuse or other issues. We are not a crisis service.

Our beneficiaries self-refer to our service, often having been signposted to us by their GP. Many of our beneficiaries are registered with Ivy Court Surgery, the GP practice nearest to our service.

We plan to deepen our connections with the other GP practices within reach of Tenterden as we continue to increase our counselling capacity.

GP Voice

“Through our minds we experience the world and so it is vital that charitable organisations like TCS flourish to support mental wellbeing especially through the challenging times we live in. Whereas most NHS funded counselling services are rationed to provide a limited number of sessions, TCS recognises that a one size fits all approach to something as complex as someone’s mental health just does not work. The flexible approach they offer is something to be valued and maintained. I have certainly seen many of my patients who have benefited from their skilled counsellor’s input”.

In 2025, we received 121 self-referrals through our online platform, an increase of 30 (25%) on the previous year.

Breakdown of referrals 2025 (with the previous year’s figure in brackets)

- 79% were female (79%)
- 35% were struggling with financial difficulties (24%)
- 12% were carers (12%)
- 13% were lone parents (12%)
- 65% had previously accessed other forms of therapy or mental health services (76%)

Client voice:

“My counsellor was brilliant at getting me to see things from a different perspective, that I wasn’t the bad person I thought I was and helped me to be kind to myself which shifted my whole outlook on life.”

Referrals to TCS in 2025 were fairly evenly spread across age groups. Over half of our self-referrals were from people aged under 45.

0-18	7%	(3%)	We only provide services to adults.
18-24	9%	(10%)	
25-34	24%	(16%)	
35-44	14%	(19%)	
45-54	14%	(15%)	
55-64	18%	(16%)	
65-74	8%	(11%)	
75-84	5%	(6%)	
Unknown	1%	(4%)	

Client voice:

“I had confidence in my therapist for her experience and professionalism. I felt ‘lighter’ at the end of each session.”

Reasons For Seeking Counselling

Analyzing reasons given for self-referrals, some important patterns emerge:

1. Most people don't present with “one problem” but with a stack of issues, for example:
 - Anxiety + depression + trauma
 - Health crisis + grief + relationship strain
 - Caregiving + burnout + identity loss

2. The trigger for self-referral is seldom the root cause. Many people cite triggers such as a breakup, medical diagnosis, or work issue, but then explicitly reference long-standing, unresolved past issues.

3. Loneliness is a common theme but rarely named first. Psychological social isolation sits beneath issues as diverse as depression, anxiety, relationship distress, bereavement, aging and illness

4. The impact of the limited provision available through the NHS is visible, with repeated references to:
 - “Counselling ended”
 - “GP recommended”
 - “Little previous support”
 - “Long-term suffering

The table below ranks the main reasons for self-referral, grouped by key words:

Rank	Main Reason / Theme	Typical Keywords Included	Approx. % of Mentions	Relative Frequency
1	Anxiety (incl. panic attacks)	anxiety, severe anxiety, panic attacks, phobias, social anxiety, fear	~65%	Very high
2	Depression / low mood	depression, low mood, feeling low, hopelessness, unhappiness	~60%	Very high
3	Trauma / PTSD / abuse	trauma, PTSD, childhood trauma, domestic abuse, coercive control	~35%	High
4	Relationship difficulties / breakdown	relationship breakdown, marriage issues, separation, trust, conflict	~33%	High
5	Bereavement / grief / loss	bereavement, death of parent/partner/child, grief	~25%	Medium–high
6	Health-related distress	cancer, surgery, diagnosis, menopause, disability, chronic illness	~25%	Medium–high
7	Family conflict / caregiving stress	family problems, caring responsibilities, parenting, dementia	~20%	Medium
8	Suicidal thoughts / self-harm	suicidal thoughts, overdose, “better if I wasn’t here”	~12%	Medium
9	Work-related stress / burnout	work stress, burnout, colleague conflict, return to work	~12%	Medium
10	Addiction / alcohol misuse	alcohol misuse, dependency, relapse, substance abuse	~8%	Low–medium
11	Neurodiversity & emotional regulation	ADHD, rejection sensitivity, avoidant coping, overwhelm	~7%	Low

Notes on interpretation

- Percentages do not total 100%. Most people mention multiple reasons (e.g. anxiety + depression + trauma).
- Anxiety and depression dominate. They appear both as primary reasons and as secondary effects of other issues.
- Trauma is likely undercounted. Many people describe trauma experiences without using the word “trauma.” and/or do not mention trauma at the self-referral stage.
- Health + mental health overlap is significant. Physical illness is very often the trigger that brings people to counselling. There is also a high incidence of physical illness which counselling reveals to have a psychological cause/trigger/exacerbation.

Client Voice:

“My counsellor's empathy, integrity and presence all helped me feel safe enough to make full use of the therapy offered. And their knowledge and psychological education and experience was clear from the start.”

Assessments

Our Intake Team of experienced clinicians promptly processes each self-referral that we receive. The team conducts a detailed assessment of each prospective client and/or signposts them to other services when we believe that this is more appropriate or better suits their needs.

In 2025, we carried out 80 assessments, 10 more than the previous year (+14%).

Following assessment, we aim to avoid a lengthy wait before starting counselling. We try to keep our waiting times down by carefully balancing the marketing of our services with our free capacity of counsellors, counselling rooms and available sessions.

Counselling

In 2025, we provided counselling to 95 individuals (+9 / 10%) and undertook 1,527 counselling sessions (+137), an increase of +10% on the year before.

55 (51) clients started counselling and 48 (45) finished counselling during the year.

We provide face-to-face counselling, with virtual sessions if necessary. The vast majority of sessions in 2025 were face-to-face. Sessions take place in rooms provided by TCS, not at the counsellors' own premises. We moved into new premises in August 2025, providing more and better rooms for counselling. We also retained one of the rooms we used previously to maintain the accessibility of our service.

Affordable Counselling (pay what you can)

We believe a lack of money should never be a barrier to mental health. We ask clients to pay what they can afford for our services and will provide counselling for free if needed.

In 2025, one in three self-referrals were experiencing financial difficulties, up from one in four the previous year.

Nine out of every 10 of the 95 clients we counselled in 2025 paid a subsidised rate owing to their financial circumstances (88 clients), a meaningful increase on the previous year. The "actual" cost of each counselling session was set at £60 and the average contribution by clients was £26 (up from £24 in 2024).

Client Voice

“I strongly feel that, because the fees are not fixed at a high level, this service is accessible to so many more people. The very people who are experiencing shrinking access to any psychological services within the NHS.”

Open-ended Counselling (for as long as needed)

Open-ended work enables a relational approach to counselling, in which a strong relationship between the client and the counsellor can become a catalyst for insight and an experiential model for positive change. Open-ended therapy can also give clients the time and security they need to share and explore past traumas including adverse childhood experiences, gradually gain understanding of them and so reduce their impact on daily life.

This open-ended approach sets TCS apart from many similar organisations and, we believe, increases the likelihood of lasting, positive outcomes (something we will endeavour to evidence in coming years). It is often cited by clients as a highly valuable and essential part of our service.

Our open-ended approach means that the duration of our therapy varies considerably, with a (mean) average duration of 8 months for the 48 clients ending counselling in 2025. Nearly one in four clients who ended therapy in 2025 had been with us for more than one year. The majority (58%) of the 48 people who ended counselling had six months or less of therapy.

GP Voice

“TCS is a trusted, well-established and highly-regarded service which offers open-ended counselling, something which is often needed by clients but rarely available in the NHS. Long may it continue to support our local patient population.”

Counsellor Community

We regard a thriving counsellor community as being essential to delivering a positive impact from our services. In 2025, we grew from 13 to 14 counsellors, including three trainee counsellors (vs two the previous year). Providing a route for trainee counsellors to gain experience and progress towards qualification within a truly supportive counselling community is an indirect but important positive impact of our service.

Our counsellors, many of whom also practice privately, cite the sense of community and connection they gain from TCS as being of considerable personal and professional value, and trainees often stay with the service when they qualify.

Counsellor Voice:

“What I value most about TCS is being part of a community, being able to get support from other counsellors and supervisors, and being able to work other than on my own.”

Our counsellor community is rich in its diversity of theoretical orientation and level of experience, from trainees, through recently qualified to experienced counsellors.

All of our Clinical Supervisors are well-qualified with decades of experience. They provide fortnightly supervision to all of our counsellors in line with BACP guidelines, supporting their professional development and their client work, bringing professional gravitas to TCS' counsellor community, and underpinning the professionalism and quality of our service.

Client Voice:

“My counselling helped me to work through a range of difficult emotions that had been swamping me. My quality of life has improved and I have a better view of the events that led me to seek counselling in the first place. My relationships are, from my point of view, clearer and more genuine. My moods are steadier and happier. And my confidence has improved. I feel positive about the future and better able to cope with any adversity that may come my way.”

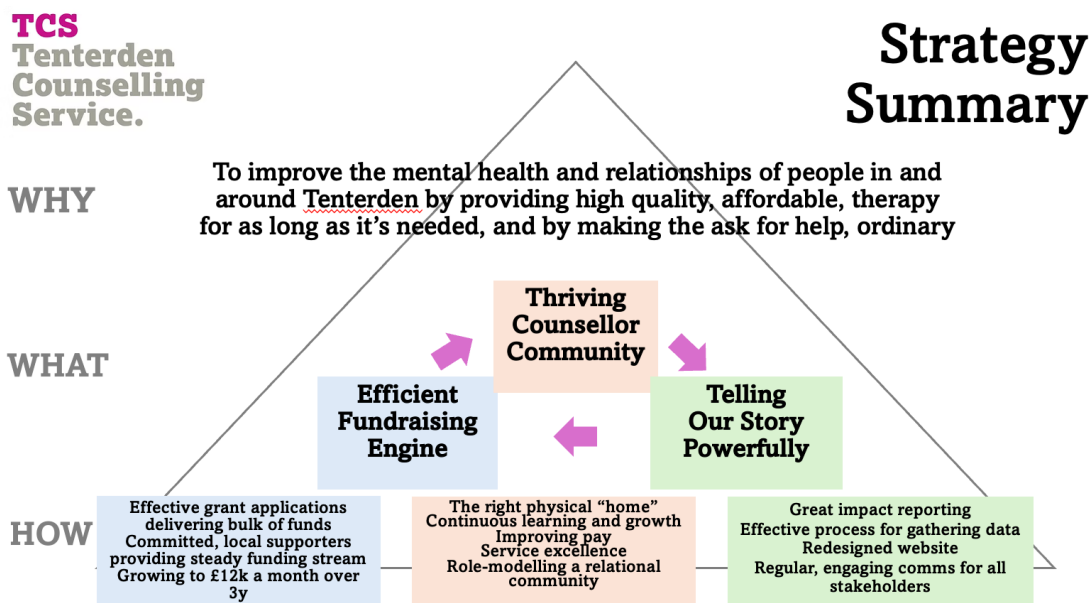
Plans for the Future

2025 was, in many ways, the start of a new era for TCS. Having been on the brink of closure, following a lack of fundraising success in 2023, it took a Herculean effort, and huge sacrifices, from the trustees and clinical team to keep TCS operating. In mid-2025, we signed off a new strategy to take us from surviving to thriving, with the opportunity to play a vital role in improving the mental health of an entire community.

Our simple strategy is built on three, inter-connected pillars:

- An efficient fundraising engine
- A thriving counsellor community
- Telling our story powerfully

Our efficient fundraising engine will enable us to fund a thriving (and growing) counsellor community; through its work we will gather and share powerful stories of positive impact; to make us an attractive proposition for potential funders, and so on.



To help us develop an effective fundraising approach we took part in a workshop with Funding For All, a local charity offering specialist fundraising support, advice and mentoring. While we are at the beginning of our new fundraising journey, our ability to maintain financial stability in 2025, despite a dip in grant funding, was a reassuring step in the right direction.

Beyond maintaining financial stability, our biggest goal for 2025 was to secure new premises for our services. Having sufficient and appropriate rooms in which to conduct counselling sessions has been a major constraint on our service. In August, we moved into a new space on Tenterden High Street with more rooms, better suited for counselling, and a common room for our counsellors to share – something they value hugely. Given our new strategic focus of creating and sustaining a thriving counsellor community, this space will also be used to run a programme of CPD sessions for counsellors, helping them develop their skills, while keeping up-to-date with best practice and the rapidly-changing societal influences on mental health.

With our new space secure, we are planning to keep growing our counselling team, enabling us to continue to increase the number of sessions we offer and clients we serve. We also plan to recruit a part time clinical lead. The clinical lead will have a strategic focus on the needs of our clinical team, and on constantly increasing its effectiveness in responding to and meeting the mental health needs of our community. This will free up other team members to focus more on growing our supporter base and raising funds.

In order to be a compelling proposition to potential funders, we recognise the need to raise our profile locally (our recent surveys have confirmed that we remain unknown to many, despite operating in Tenterden for more than 40 years), and we plan to recruit a part-time team member to focus on engaging our community.

Given our strategic aim to create an efficient fundraising engine, we plan to grow new income streams in 2026 to offset the uplift in TCS' annual costs from these two new (part-time) roles, the first full year of rent for our new home and the ever-growing demand for our services.

In September 2025, we successfully ran our first event for local movers and shakers, to help raise our profile and recruit supporters within the community. Our plans for 2026 include hosting more TCS events, promoting awareness of TCS at a wide variety of community events, enhancing our digital presence including a revamped website and regular digital communications for stakeholder groups, running a campaign to recruit supporters and piloting mental health workshops for businesses.

We don't expect all of these new initiatives to raise significant funds in the short-term but, over time, to help us find the best mix of approaches, to generate a consistent flow of funds from local individuals and businesses.

Among the stated objectives of TCS is to make the ask for help, ordinary. Working to overcome the stigma attached to seeking help for mental health will have a positive impact far beyond the clients we serve directly. Our goal is not simply to support the mental health of the individuals we serve, but to improve the wellbeing of our whole community.

Board of Trustees

TCS is grateful for the service of the following Trustees during 2025.

Trustee name	Office (if any)	Dates acted if not for whole year
Edward Perry	Chair	Appointed 03/09/2024
Rachel De Silva		Appointed 06/05/2024
James Rutter		Appointed 27/05/2025
Catherine Farragher		Appointed 09/05/2024, resigned 16/06/25

All new trustees are recruited by existing trustees, in line with the relevant policies, and as required to provide robust governance and deliver TCS' strategic plan.


All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in notes to the Accounts.

This 2025 trustees' annual report has been approved by the trustees on 13th February, 2026 and signed on their behalf by:



Rachel De Silva, Trustee

2025 Accounts

 CHARITY COMMISSION FOR ENGLAND AND WALES	Tenterden Counselling Service		No (if any) 1201106	CC16a
	Receipts and payments accounts			
For the period from	Period start date 01.01.2025	To	Period end date 31.12.2025	

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Business donations	3,259	-	-	3,259	3,300
Client donations	39,842	-	-	39,842	33,287
Individual donations (non clients)	15,215	-	-	15,215	64
Interest income	359	-	-	359	508
Grant funding	8,000	-	-	8,000	41,000
Gift Aid income	7,761	-	-	7,761	3,521
Transfer from LLOYDS	-	-	-	-	1,214
Sub total (Gross income for AR)	74,436	-	-	74,436	82,894
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	74,436	-	-	74,436	82,894
A3 Payments					
Contractors	15,474	-	-	15,474	11,100
Counsellors fees	29,405	-	-	29,405	27,885
Supervisors fees	8,179	-	-	8,179	4,857
Insurance	2,046	-	-	2,046	820
Accommodation	12,419	-	-	12,419	4,675
Client referral processing	2,461	-	-	2,461	450
Sundries	903	-	-	903	1,117
Team Development	3,339	-	-	3,339	1,604
Sub total	74,226	-	-	74,226	52,508
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	74,226	-	-	74,226	52,508
Net of receipts/(payments)	211	-	-	211	30,386
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	51,615	-	-	51,615	21,229
Cash funds this year end	51,826	-	-	51,826	51,615

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank balance	51,826	-	-
		-	-	-
	Total cash funds	51,826	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


B2 Other monetary assets	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
	Accommodation	2,882	-	-
		-	-	-
		-	-	-
		-	-	-

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

B4 Assets retained for the charity's 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)
		Accommodation	unrestricted	1,301
Counsellors December fees	unrestricted	420		
Team Development	unrestricted	45		
Contractors	unrestricted	1,950		
Supervision	unrestricted	315		
Client referral processing	unrestricted	90		

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

Signature	Print Name	Date of approval
	Rachel De Silva	06/02/2026

Independent Examiner's Report



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees	Tenterden Counselling Service		
On accounts for the year ended	31 st December 2025	Charity no (if any)	1201126
	Set out on pages 1 and 2		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2025.

Responsibilities and basis of report

As the charity's trustees, 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 all 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 in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

Signed:  **Date:** 19 February 2026

Name: Leslie Michael Etheridge

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

Address: 93 High Street, Tenterden, Kent TN 30 6LB

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Section B

Disclosure

Only complete if the examiner needs to highlight material 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.

None

TENTERDEN COUNSELLING SERVICE

England & Wales - Charity number 1201106

Accounts

Trustees Annual Report 2024



Tenterden Counselling Service (TCS)

Milroy House, Sayers Lane, Tenterden, Kent TN30 6BW
Registered charity number: 1201106

TCS is a Charitable Incorporated Organisation (CIO) governed by Constitution

Financial summary of the year	1
Objectives and Activities	2
Services	2
Who We Help	3
Counselling	4
Affordable Counselling (pay what you can)	5
Open-ended Counselling (for as long as needed)	5
Counsellor Community	6
Client Feedback	7
Plans for the Future	8
Board of Trustees	10
2024 Accounts	11
Independent Examiner's Report	13

Financial summary of the year | January, 2024 – 31 December, 2024

Following a drop in reserves last year, 2024 has seen a steady rebuilding, with TCS declaring a surplus for the year of just over £30,000, and ending the year with a renewed sense of purpose and ambition.

The Trustees would especially like to thank the dedicated members of our team who made this surplus possible by fulfilling key roles for TCS on a voluntary basis through much of 2024, saving the charity costs we estimate to be in the region of the surplus recorded.

This enabled TCS to review its reserves policy, which was updated on 9 January, 2025, committing TCS to hold a reserve of at least 8 months' operating costs to safeguard the charity by protecting its renewed financial resilience.

Objectives and Activities

The trustees have given due regard to the Charity Commission's guidance on public benefit in reviewing and setting out the charity's objectives and planning its activities.

The objectives of the charity are as follows:

TCS exists to improve the mental health and relationships of people in and around Tenterden by providing high quality, affordable therapy for as long as it's needed, and by making the ask for help, ordinary.

This report examines how TCS's activities in the reporting year have delivered these objectives.

Services

TCS provides confidential, affordable, accessible, high-quality, one-to-one counselling services to the people of Tenterden and the surrounding area. The charity was established in 1983 as the Tenterden Advisory Committee, having identified the need for affordable counselling in Tenterden and the surrounding villages.

Since the pandemic we have seen an increased level of demand for our services, which showed no sign of decreasing in 2024. We are therefore committed to making an ever-growing positive impact on the mental health of the community in and around Tenterden. In 2024, roughly 1% of the local population used our services. Taken on its own, this figure is quite remarkable for a small charity with no public funding. Given the powerful transmissibility of mental health, we know that most of our beneficiaries have family and friends who, perhaps unknowingly, will also have benefited from our services, through improved relationships and wellbeing. Our impact ripples out and improves the mental health of our whole community.

From what our clients tell us, we know our service is genuinely life-changing. There are many more local people who would benefit if we can steadily expand our offering and raise our profile. The expansion and constant improvement of our services depends on sufficient funding, and in the *Plans For The Future* section at the end of this report, we outline our new strategy.

Who We Help

Our services are available to anybody living in Tenterden and the surrounding area struggling with depression, anxiety, trauma, stress, loneliness, loss, bereavement, family problems, abuse or other issues. We are not a crisis service.

Our beneficiaries self-refer to our service, often having been signposted to us by their GP. Many of our beneficiaries are registered with Ivy Court Surgery, the GP practice nearest to our service.

We plan to deepen our connections with the other GP practices around Tenterden as we increase our counselling capacity.

GP Voice

“With the provision of NHS mental health services at an all-time low, to have a local counselling charity willing and able to provide high quality psychological therapies to our patients is something all the GPs at Ivy Court Surgery are truly grateful for. TCS is a trusted, well-established and highly-regarded service which offers open-ended counselling, something which is often needed by clients but rarely available in the NHS. Long may it continue to support our local patient population.”

In 2024, we received 91 self-referrals. The most common issues highlighted in referrals were anxiety, depression, trauma, bereavement, family and relationship issues.

Of referrals:

- 24% were struggling with financial difficulties
- 12% were carers
- 12% were lone parents
- 76% had previously accessed other forms of therapy or mental health services
- 79% were female (compared to 54% of the local population, suggesting men are less likely to seek support for mental health challenges)
- 95% were white British (compared to 97% white ethnicity locally, according to ONS 2021)

Referrals to TCS in 2024 were fairly evenly spread across age groups, despite the population of Tenterden being more elderly (56% aged 50+, 27% 70+). This may reflect more openness among younger people to actively address mental health issues.

0-18 3% (we only provide services to adults)

18-24 10%

25-34 16%

35-44 19%

45-54 15%

55-64 16%

65-74 11%

75-84 6%

Unknown 4%

Assessments

Following self-referral, we carry out a detailed assessment of each individual to determine their suitability for counselling. Not all those who self-refer go on to undertake an assessment. In 2024, we carried out 70 assessments.

Following assessment, we aim to avoid a lengthy wait before starting counselling. We try to keep our waiting times down by carefully balancing the marketing of our services with our supply of counsellors, counselling rooms and available sessions.

Counselling

In 2024, we provided counselling to 86 individuals and undertook 1,390 counselling sessions, an increase of +4.6% on the year before.

51 clients started counselling and 45 finished counselling during the year.

We provide face-to-face counselling, with virtual sessions if necessary. The vast majority of sessions in 2024 were face-to-face. Sessions take place in rooms provided by TCS, not at the counsellors' own premises. The availability of suitable rooms for counselling is one of the constraints on our service. We plan to move to new premises in 2025 (see [Plans for the Future](#)).

Affordable Counselling (pay what you can)

We believe a lack of money should never be a barrier to mental health. We ask clients to pay what they can afford for our services and will provide counselling for free if needed.

Three out of every four of the 86 clients we counselled in 2024 paid a subsidised rate owing to their financial circumstances (61 clients or 73%). The “actual” cost of each counselling session was set at £50 and the average contribution by clients was £24 (down from £25 in 2023).

Client Voice

“I strongly feel that, because the fees are not fixed at a high level, this service is accessible to so many more people. The very people who are experiencing shrinking access to any psychological services within the NHS.”

Open-ended Counselling (for as long as needed)

Open-ended work enables a relational approach to counselling, in which a strong relationship between the client and the counsellor can become a catalyst for insight and an experiential model for positive change. Open-ended therapy can also give clients the time and security they need to share and explore past traumas, gradually gain understanding of them and so reduce their impact on daily life.

This open-ended approach sets TCS apart from many similar organisations and, we believe, increases the likelihood of lasting, positive outcomes (something we will endeavour to evidence in coming years). It is often cited by clients as a highly valuable and essential part of our service.

Our open-ended approach means that the duration of our therapy varies considerably, with a (mean) average duration between 6 and 12 months. Two thirds of clients (64%) who ended their TCS therapy in 2024 had been with us for between 3 and 17 months.

Counsellor Community

We regard a thriving counsellor community as being essential to delivering a positive impact from our services. In 2024, we grew from 10 to 12 qualified counsellors and took on two trainee counsellors. Providing a route for trainee counsellors to gain experience and progress towards qualification within a truly supportive counselling community is an indirect but important positive impact of our service.

Our counsellors, many of whom also practice privately, cite the sense of community and connection they gain from TCS as being of considerable personal and professional value, and trainees often stay with the service when they qualify.

Counsellor Voice:

“What I value most about TCS is being part of a community, being able to get support from other counsellors and supervisors, and being able to work other than on my own.”

Our counsellor community is rich in its diversity of theoretical orientation and level of experience, from trainees, through recently qualified to experienced counsellors.

All of our Clinical Supervisors are well-qualified with decades of experience. They provide fortnightly supervision to all of our counsellors in line with BACP guidelines, supporting their professional development and their client work, bringing professional gravitas to TCS' counsellor community, and underpinning the professionalism and quality of our service.

Client Voice:

“My counsellor's empathy, integrity and presence all helped me feel safe enough to make full use of the therapy offered. And their knowledge and psychological education and experience was clear from the start.

Client Feedback

We ask our clients to complete a short survey on completing their counselling. Unfortunately, only 7 clients completed this survey in 2024, so we are reviewing our process, with a view to collecting feedback from a higher proportion of clients.

Those who did complete the survey in 2024, provided overwhelmingly positive feedback:

Did TCS listen to you and treat your concerns seriously?

Please rate from 1 ("not at all") to 5 ("very much so")

Av. 4.9

Do you feel that the service helped you to better understand and address your difficulties?

Please rate from 1 ("not at all") to 5 ("very much so")

Av. 4.9

Did you have confidence in your counsellor and their skills and techniques?

Please rate from 1 ("not at all") to 5 ("very much so")

Av. 5.0

On a scale of 0 – 10 how satisfied were you with the service?

Av. 9.9

Additional comments provided by clients highlighted:

- the life-changing impact of the service;
- the existence of a safe space in which to explore difficult issues and emotions;
- the care and empathy of counsellors;
- and the high level of trust in our counsellors and the service more broadly.

Client Voice:

“My counselling helped me to work through a range of difficulty emotions that had been swamping me. My quality of life has improved and I have a better view of the events that led me to seek counselling in the first place. My relationships are, from my point of view, clearer and more genuine. My moods are steadier and happier. And my confidence has improved. I feel positive about the future and better able to cope with any adversity that may come my way.”

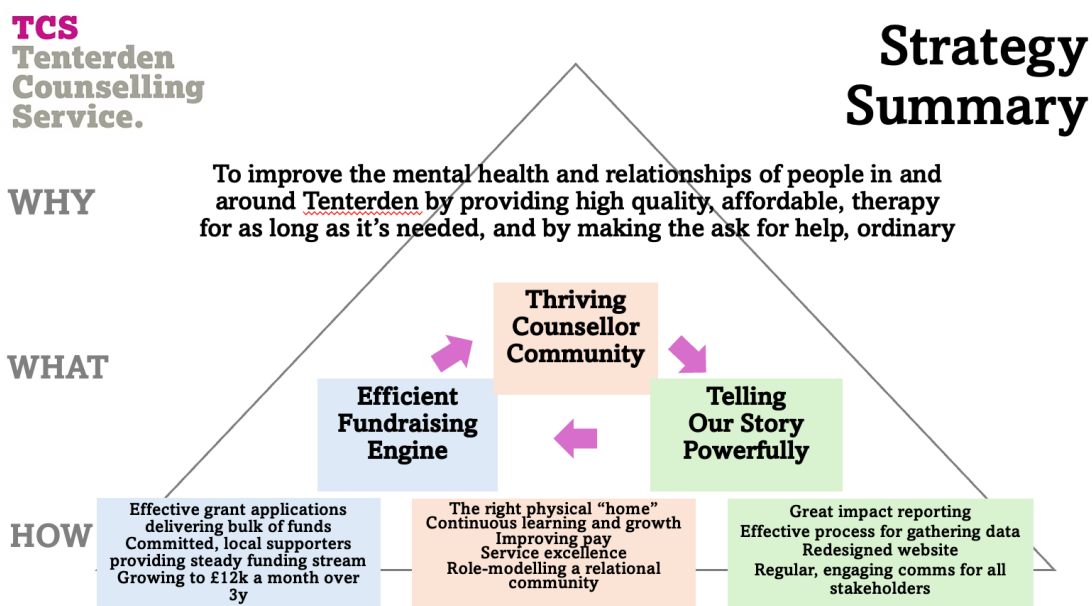
Plans for the Future

After a lack of fundraising success in 2023, TCS was compelled to consider closure. It survived thanks to dedication and commitment from its trustees and its clinical team. This rebirth has, at times, been painful. But it has also generated new energy and ambition to ensure TCS not only survives but thrives going forwards, playing a vital role in improving the mental health of an entire community.

We have created a simple strategy built on three, inter-connected pillars:

- An efficient fundraising engine
- A thriving counsellor community
- Telling our story powerfully

Our efficient fundraising engine will enable us to fund a thriving (and growing) counsellor community; through its work we will gather and share powerful stories of positive impact; to make us an attractive proposition for potential funders, and so on.



To help us develop an effective fundraising approach we are working with Funding For All, a local charity offering specialist fundraising support, advice and mentoring.

An important development for 2025 is securing new premises for our services. As mentioned earlier in the report, having sufficient and appropriate rooms in which to conduct counselling sessions is one of the constraints on our service. We have now found a space on Tenterden High Street with more rooms, better suited for counselling, with the potential for a common room for our counsellors to share – something they will value hugely. This space will also enable us to run a programme of CPD sessions for counsellors, helping them develop their skills, while keeping up-to-date with best practice and the rapidly-changing societal influences on mental health.

We hope to move into the new premises in the summer of 2025. With this new space secure, we are planning to expand our counselling team by another four, enabling us to continue to increase the number of sessions we offer and clients we serve. We also hope to recruit a part time clinical lead. The clinical lead will have a strategic focus on the needs of our clinical team, and on constantly increasing its effectiveness in responding to and meeting the mental health needs of our community. This will free up our clinical trustee to focus on governance, and our clinical supervisors to focus on supervising.

In order to be a compelling proposition to potential funders, we recognise the need to raise our profile locally (we remain unknown to many, despite operating in Tenterden for more than 40 years). We hope to recruit a part-time team member to focus on our community engagement. We also plan to revamp our website, publish our first impact report, produce regular communications for stakeholder groups and extend our public outreach in the community.

Among the stated objectives of TCS is to make the ask for help, ordinary. Working to overcome the stigma attached to seeking help for mental health will have a positive impact far beyond the clients we serve directly. Our goal is not simply to support the mental health of the individuals we serve, but to improve the wellbeing of our whole community.

Board of Trustees

TCS is grateful for the service of the following Trustees during 2024.

Trustee name	Office (if any)	Dates acted if not for whole year
Kimberley Trow		Resigned 26/3/24
Jonathan Dowling		Resigned 6/5/24
Jolyon Vickers		Resigned 31/5/24
Debbie Bray		Resigned 31/5/24
Christine Wilding		Resigned 31/5/24
Jill Perkins		Appointed 31/01/2024, resigned 31/5/24
Mark Harlow		Appointed 09/05/2024, resigned 3/9/24
Rachel De Silva		Appointed 06/05/2024
Catherine Farragher		Appointed 09/05/2024
Edward Perry	Chair	Appointed 03/09/2024

All new trustees are recruited by existing trustees, in line with the relevant policies, and as required to provide robust governance and deliver TCS' strategic plan.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in notes to the Accounts.

This 2024 trustees' annual report has been approved by the trustees on 15 May, 2025 and signed on their behalf by:



Rachel De Silva, Trustee

2024 Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Tenterden Counselling Service	No (if any) 1201126
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Receipts and payments accounts

CC16a

For the period from	Period start date 01.01.2024	To	Period end date 31.12.2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Business donations	3,300	-	-	3,300	2,700
Client donations	33,287	-	-	33,287	6,380
Individual donations (non clients)	64	-	-	64	31
Interest income	508	-	-	508	2
Grant funding	41,000	-	-	41,000	-
Gift Aid income	3,521	-	-	3,521	-
Transfer from TCS	1,214	-	-	1,214	29,100
	-	-	-	-	-
Sub total(Gross income for AR)	82,894	-	-	82,894	38,213
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	82,894	-	-	82,894	38,213
A3 Payments					
Bank fees	39	-	-	39	12
Contractors	11,100	-	-	11,100	5,900
Counsellors fees	27,885	-	-	27,885	5,920
Supervisors fees	4,857	-	-	4,857	1,485
Insurance	331	-	-	331	1,521
Insurance run off cover	489	-	-	489	489
General expenses	-	-	-	-	116
IT software	306	-	-	306	68
Legal expenses	-	-	-	-	5
Recruitment and training	-	-	-	-	59
Rent Milroy House	2,880	-	-	2,880	1,154
Milroy expenses	25	-	-	25	-
Rent West View	1,770	-	-	1,770	180
Subscriptions	253	-	-	253	75
Intakes	280	-	-	280	-
Intake meetings	170	-	-	170	-
Advertising & marketing	431	-	-	431	-
Printing & stationery	47	-	-	47	-
Team Development	1,604	-	-	1,604	-
Telephone & postage	41	-	-	41	-
Sub total	52,508	-	-	52,508	16,984
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	52,508	-	-	52,508	16,984
Net of receipts/(payments)	30,386	-	-	30,386	21,229
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	21,229	-	-	21,229	-
Cash funds this year end	51,615	-	-	51,615	21,229

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank balance	51,614	-	-

	-	-	-
	-	-	-
Total cash funds	51,614	-	-

(agree balances with receipts and payments account (s))

Agreement Error OK OK

Unrestricted funds **Restricted funds** **Endowment funds**

to nearest £ to nearest £ to nearest £

B2 Other monetary assets

Details	Unrestricted funds	Restricted funds	Endowment funds
	to nearest £	to nearest £	to nearest £
Rent for Milroy	664	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

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

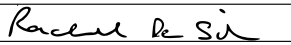
B4 Assets retained for the charity's own use

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)
Rent West View 3 months	unrestricted	480	
Counsellors December fees	unrestricted	950	
Team Development	unrestricted	157	
Supervision	unrestricted	180	
Intake meetings	unrestricted	85	
Intakes	unrestricted	160	
Contractors	unrestricted	1,100	

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

Signature	Print Name	Date of approval
	Rachel De Silva	23.5.25

Independent Examiner's Report



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees	Tenterden Counselling Service		
On accounts for the year ended	31 st December 2024	Charity no (if any)	1201126
	Set out on pages 1 and 2		

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2024.

As the charity's trustees, 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 all 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 in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

Signed:  Date: 24 May 2025

Name: Leslie Michael Etheridge

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

Address: 93 High Street, Tenterden, Kent TN 30 6LB

TENTERDEN COUNSELLING SERVICE

England & Wales - Charity number 1201106

Accounts

Trustees' Annual Report for the period

	Period start date	Period end date
From	22 November 2022	31 December 2023
	To	

Section A Reference and administration details

Charity name	Tenterden Counselling Service		
Other names charity is known by	TCS		
Registered charity number (if any)	1201106		
Charity's principal address	Milroy House,		
	Sayers Lane,		
	Tenterden, Kent.		
	Postcode	TN30 6BW	

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Joe Scarboro	Chair	01/09/2020 – 03/07/2023	Existing Trustees
2	Mark Hassan-Ali	Trustee then Chair	(Chair 03/07/23 – 31/12/23)	Existing Trustees
3	Jolyon Vickers			Existing Trustees
4	Debbie Bray			Existing Trustees
5	Kimberley Trow			Existing Trustees
6	Jonathan Dowling			Existing Trustees
7	Christine Wilding			Existing Trustees
8	Rachel De Silva		06/05/2024 - current	Existing Trustees
9	Catherine Farragher		09/05/2024 – current	Existing Trustees
10	Edward Perry	Chair	03/09/2024 – current	Existing Trustees
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

--	--	--

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Tim Beaman, CEO (03/06/2024 – current)

Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

In summary, the objectives of the charity are to help and support people suffering from mental and emotional problems; and, in support of this, to offer counsellors opportunities to enhance and develop their practice through experience, clinical supervision and training.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

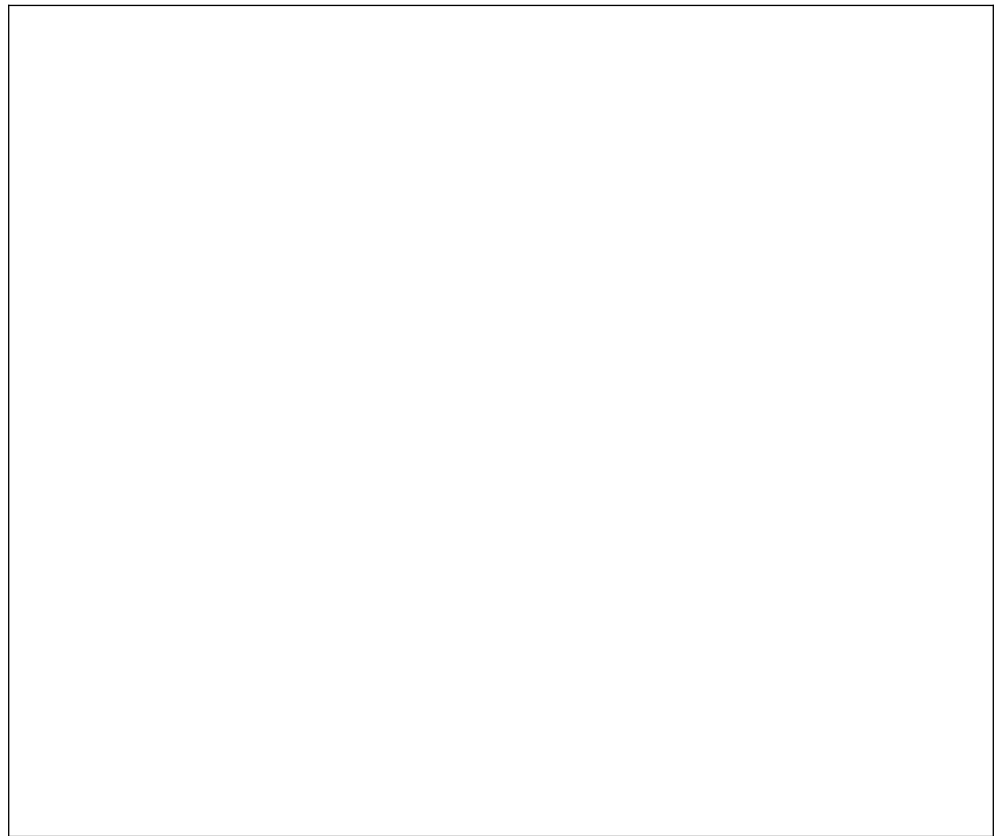
The main activity undertaken for the public benefit has been the provision of weekly, affordable, open-ended counselling to people suffering emotional distress who live in and around Tenterden in Kent.

Trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

On 1/10/23, Tenterden Counselling Service CIO (charity number 1201106) took over the activities of Tenterden Counselling Service (charity number 292667 - please see Section F below).

From its start of trading on 1/10/23 to its year end on 31/12/23, the counsellors of Tenterden Counselling Service provided 355 affordable, professionally supervised, counselling sessions to local people who referred themselves to the Service suffering from emotional distress.

Most of these counselling sessions took place in two dedicated counselling rooms in Tenterden, with a small minority taking place online for reasons including safety and accessibility.

Section E

Financial review

Brief statement of the charity's policy on reserves

The policy is to hold £15000 as a reserve.

Details of any funds materially in deficit

None.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Tenterden Counselling Service CIO (charity number 1201106) was constituted on 22/11/2022 (the start-date of this report) but did not start trading until 1/10/2023. Up until this date, the organisation traded as a charity, (charity number 292667).

Please note that the 2023 annual accounts pertain to the CIO, registered charity number 1201106, and therefore only include 3 months of transactions (from its start of trading on 1/10/23 to its year end on 31/12/23).

On request, TCS is happy to provide an aggregated set of 2023 accounts representing the financial activities of both legal entities during that year.

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Rachel De Silva

Full name(s)

Rachel De Silva

Position (eg Secretary, Chair, etc)

Trustee

Date 10 October, 2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Tenterden Counselling Service

1201126

Registered 22.11.22 Commenced 1.10.23

Receipts and payments accounts

CC16a

For the period
from

Period start date
22.11.22

To

Period end date
31.12.2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Business donations	2,700	-	-	2,700	-
Client donations	6,380	-	-	6,380	-
Individual donations (non client)	31	-	-	31	-
Interest income	2	-	-	2	-
Transfer from TCS	29,100	-	-	29,100	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	38,213	-	-	38,213	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	38,213	-	-	38,213	-
A3 Payments					
Bank fees	12	-	-	12	-
Contractors	5,900	-	-	5,900	-
Counsellors fees	5,920	-	-	5,920	-
Supervision fees	1,485	-	-	1,485	-
Insurance	1,521	-	-	1,521	-
Insurance run off cover	489	-	-	489	-
General expenses	116	-	-	116	-
IT software	68	-	-	68	-
Legal expenses	5	-	-	5	-
Recruitment and training	59	-	-	59	-
Rent Milroy House	1,154	-	-	1,154	-
Rent Westview	180	-	-	180	-
Subscriptions	75	-	-	75	-
Sub total	16,984	-	-	16,984	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	16,984	-	-	16,984	-
Net of receipts/(payments)	21,229	-	-	21,229	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	21,229	-	-	21,229	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	Bank balance	21,229	-	-

		-	-	-
		-	-	-
	Total cash funds	21,229	-	-
	(agree balances with receipts and payments account (s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
	Details	to nearest £	to nearest £	to nearest £
B2 Other monetary assets	Rent for Milroy	664		-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Rent West View November & December	unrestricted	240	
	Counsellors December Fees	unrestricted	1,225	
	Supervision Fees	unrestricted	225	
	Contractors December	unrestricted	100	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
	<i>Rachel De Silva</i>	Rachel De Silva		15.10.24



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
Tenterden Counselling Service

On accounts for the year ended

31st December 2023

Charity no (if any)

1201106

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

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 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:

L. Etheridge

Date:

12 OCTOBER 2024

Name:

MR. LESLIE MICHAEL ETHERIDGE

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

Address:

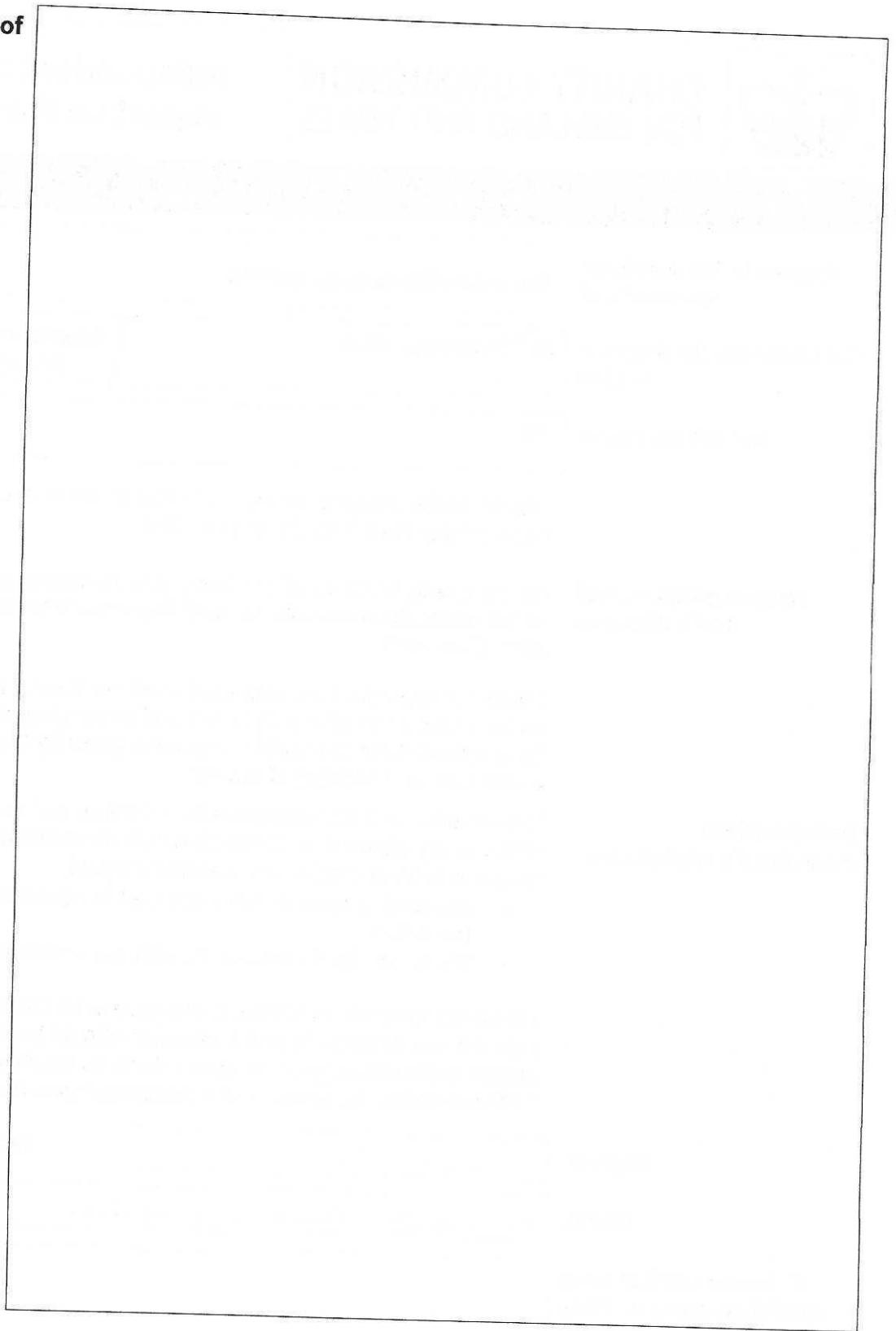
93 HIGH STREET, TENTERDEN, KENT TN30 6LB

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.





CHARITY COMMISSION
FOR ENGLAND AND WALES

Interden Counselling Service

Registered 22.11.22 Commenced 1.10.23

1201126

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	22.11.22		31.12.2023

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Business donations	2,700	-	-	2,700	-
Client donations	6,380	-	-	6,380	-
Individual donations (non client)	31	-	-	31	-
Interest income	2	-	-	2	-
Transfer from TCS	29,100	-	-	29,100	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	38,213	-	-	38,213	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	38,213	-	-	38,213	-
A3 Payments					
Bank fees	12	-	-	12	-
Contractors	5,900	-	-	5,900	-
Counsellors fees	5,920	-	-	5,920	-
Supervision fees	1,485	-	-	1,485	-
Insurance	1,521	-	-	1,521	-
Insurance run off cover	489	-	-	489	-
General expenses	116	-	-	116	-
IT software	68	-	-	68	-
Legal expenses	5	-	-	5	-
Recruitment and training	59	-	-	59	-
Rent Milroy House	1,154	-	-	1,154	-
Rent Westview	180	-	-	180	-
Subscriptions	75	-	-	75	-
Sub total	16,984	-	-	16,984	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	16,984	-	-	16,984	-
Net of receipts/(payments)	21,229	-	-	21,229	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	21,229	-	-	21,229	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank balance	21,229	-	-

	-	-	-
	-	-	-
Total cash funds	21,229	-	-

(agree balances with receipts and payments account (s))

OK	OK	OK
Unrestricted funds	Restricted funds	Endowment funds
to nearest £	to nearest £	to nearest £

B2 Other monetary assets

Details	Unrestricted funds	Restricted funds	Endowment funds
	to nearest £	to nearest £	to nearest £
Rent for Milroy	664		-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

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

B4 Assets retained for the charity's 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)
Rent West View November & December	unrestricted	240	
Counsellors December Fees	unrestricted	1,225	
Supervision Fees	unrestricted	225	
Contractors December	unrestricted	100	
		-	

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

Signature	Print Name	Date of approval