

PATHWAYS & PERSPECTIVES COUNSELLING AND WELL-BEING

England & Wales · Charity number 1201821

Details

Status Registered

Legal form CIO

Registered 2023-02-02

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

Contact

Address 6 Bedford Square
Houghton Regis.
Houghton Regis
Bedfordshire
Lu5 5es

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Website <https://ppcounselling.org.uk/>

Activities

Objects: THE PROMOTION AND PROTECTION OF GOOD MENTAL HEALTH OF RESIDENTS IN HOUGHTON REGIS AND THE SURROUNDING AREAS, THROUGH THE PROVISION OF COUNSELLING SERVICES, SUPPORT AND PRACTICAL ADVICE

Activities: Pathways and Perspectives services are open to residents of Houghton Regis and its borders, and we currently provide three types of services: adult affordable professional counselling, Wellness Workshops (led by professional counsellors), and creative art/craft.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups

Geography

- Central Bedfordshire

Finances

Period end	Income	Expenditure	Assets	Employees	
2025-04-05		£778	£711	-	-
2024-04-05		£2,020	£1,695	-	-

Trustees

Name	Role	Appointed
Rachel Jacqueline Honeyford PGD MBACP	Chair	2024-01-01
Dr Gillian Mary Harvey DPsy MBACP		2022-06-22
Glenda Chenai Danda		2022-06-22
Lilian Shingy Ogunbiyi		2022-06-22
Ronald Reeves		2022-06-22

Accounts



Pathways and Perspectives Counselling and Well-being Annual Report – Submission to
the Charity Commission, March 2026

Charity Number 1201821

Jewels, 6 Bedford Square, LU5 5ES

AGM 28th October, 2024

Summary of year April 2024 until March 2025

STAFF:

- **TRUSTEE NAMES:** Glenda Danda, Gillian Harvey, Rachel Honeyford, Lilian Ogunbiyi, Ronald Reeves
- **MANAGER NAME:** Rachel Honeyford
- **VOLUNTEER NAMES:** David Gibbons (charity documentation/administration and IT consultation, publicity) Rachel Honeyford, (event organisation, facilitation, administration, publicity) Anne-Marie Hoade (event facilitation), Anne Jones, (event facilitation), Ronald Reeves (event organisation, facilitation)

HOW STAFF ARE RECRUITED:

- **From the local community of Houghton Regis, Bedfordshire**
- **Social networking and service users at Jewels, Bedford Square, Houghton Regis**
- **Professional networking counselling/supervision community**

OBJECTIVES

- **To provide an accessible and affordable counselling service for Houghton Regis residents**
- **To provide accessible free of charge or low-cost well-being activities/events**

ACTIVITIES

- **Well-being sessions in the community - Jewels/Visits to Care Centres**
- **Affordable Professional Counselling Sessions**
- **Creative Craft Group Sessions**

Counselling sessions are usually offered weekly (less frequently if requested) for 50mins - one hour. The price ranges from £5 to £30 per session. A typical price for professional counselling in the Houghton Regis area would be £40 - £60 per session.

Well-being sessions are offered once a month at Jewels according to need; visits to care homes/day-centres by arrangement

Creative Craft is offered once a month on a Saturday morning at Jewels.

Creative Craft and Well-being visits/workshops are in-person events. Creative Craft is in Jewels, Houghton Regis every month on Saturday mornings, but is not run in April, August and December.

FINANCE - Income

- **Cash and material (e.g., craft items) donations come from service users, volunteers, members of the public as follows:**
- **Craft events**
- **Payments for affordable counselling**
- **Jewels (run by Unity Christian Fellowship) provides tea/coffee and use of Jewels as a venue for events and counselling**

ACHIEVEMENTS

- **Provision of a low-cost, professional counselling service which is not limited to a specific number of sessions and where counsellors draw on a variety of therapeutically creditable approaches and techniques to meet the needs of local service users**
- **Counselling is offered remotely and in-person according to individual service user needs**
- **Well qualified counsellors are available to offer sessions to the local community**
- **Good attendance at the Creative Craft Sessions; users report their satisfaction and a feeling of achievement and empowerment from their engagement with accessible craft activities**
- **Creative Craft - provision of free beverages and craft materials with the option to buy reasonably priced luxurious coffee/chocolate drinks from the machine at Jewels**

- **A diverse range of people attend our events in terms of age, background, socioeconomic status and a wide range of abilities**

FINANCE

Our bank balance was £382.32 on 31st March, 2025.

UPDATES AND POSSIBLE NEXT STEPS

- **A capital cost grant has been received from Central Beds for well-being and counselling resources**
- **Wellness Workshops - Rachel has been considering running sessions at local centres such as Rosalyn House, (care home), All Saints View (independent living accommodation)**
- **Run fundraising events such as an afternoon (cream tea)?**

Additional Information

FUNDING

We have received a small grant of £282.97 from Central Bedfordshire Council which was credited to our account in October 2024. This is to buy equipment and materials for craft/well-being sessions and will help us to extend the variety of activities on offer.

Financial Summary

Charity Commission Annual Accounts Return 2024 – 2025 (Tax Year)

INCOME

£778

Breakdown

<u>Central Beds Council Grant</u>	£283
<u>Individual Gifts</u>	£495

Grants = £283

Donations/Legacies £495

EXPENDITURE

£ 711

BREAKDOWN

Web Hosting	£81
Activities Supplies	£39
Safeguarding	£150
Professional Fees	£148
Bank Fees	£71
ICO Data Protection	£35
Insurance	£187

BANK BALANCE AS AT 4.4.25 = £ 382.32

Accounts



Pathways and Perspectives Counselling and Well-being Annual Report - Submission to the Charity Commission, February 2025

Charity Number 1201821

Jewels, 6 Bedford Square, LU5 5ES

AGM 28th October, 2024, 4pm

Summary of year April 2023 until March 2024

STAFF:

- **TRUSTEE NAMES:** Christine Clavey (has since resigned), Glenda Danda, Gillian Harvey, Rachel Honeyford, Lilian Ogunbiyi, Ronald Reeves
- **MANAGER NAME:** Rachel Honeyford
- **VOLUNTEER NAMES:** David Gibbons (charity documentation/administration and IT consultation, publicity) Rachel Honeyford, (event organisation, facilitation, administration, publicity) Mary Funnel (counsellor, event facilitator, no longer works for Pathways), Anne-Marie Hoade (event facilitation), Anne Jones, (event facilitation), Ronald Reeves (event organisation, facilitation)

HOW STAFF ARE RECRUITED:

- From the local community of Houghton Regis, Bedfordshire
- Social networking and service users at Jewels, Bedford Square, Houghton Regis
- Professional networking counselling/supervision community

OBJECTIVES

- To provide an accessible and affordable counselling service for Houghton Regis residents
- To provide accessible free of charge or low-cost well-being activities/events

ACTIVITIES

- **Wellness Workshops - group sessions**
- **Professional Counselling Sessions**
- **Creative Craft Group Sessions**

Counselling sessions are usually offered weekly (sometimes less frequently if requested) for 50mins - one hour. The price ranges from £5 to £30 per session. A typical price for professional counselling in the Houghton Regis area would be £40 - £60 per session.

Wellness Workshops are offered once a month on either a Tuesday or Wednesday afternoon at Jewels

Creative Craft is offered once a month on a Saturday morning at Jewels.

Creative Craft and Wellness Workshops are in-person events and are run at Jewels, Houghton Regis every month apart from April, August and December.

ACHIEVEMENTS

- **Provision of a low-cost, professional counselling service which is not time limited and where counsellors draw on a variety of therapeutically creditable approaches and techniques to meet the needs of local service users**
- **Counselling is offered remotely and in-person according to individual service user needs**
- **Good attendance at the Creative Craft Sessions; users report their satisfaction and a feeling of achievement and empowerment from their engagement with accessible craft activities**
- **Creative Craft - provision of free beverages and craft materials with the option to buy reasonably priced luxurious coffee/chocolate drinks from the machine at Jewels**
- **In depth conversations shared at Wellness Workshops, evidence of a good level of trust and engagement**
- **Wellness workshops have regular attendees, they are completely free of charge and materials are provided**
- **Psychoeducation at WW is offered by the professional counsellor/s and by facilitation of discussion of life experiences**

FINANCE

See separate information - currently (October 2024) we have £552 in our bank account. We will file the accounts for the previous tax year (March 2023-April 2024) with the charity commission by mid-November.

UPDATES AND POSSIBLE NEXT STEPS

- **A capital cost grant has been received from Central Beds for well-being and counselling resources**
- **Insurance will need to be paid, due in early November**
- **Should there be a modest fee for drinks at well-being events? (previously free) *It has since been agreed to keep the drinks free of charge***
- **Wellness Workshops - should they be run online instead of in-person, or do community research and rethink, e.g. run sessions at local centres such as Rosalyn House, (care home), All Saints View (independent living accommodation) *Update - continue to run in person, and visit care homes if possible***

Additional Information

STAFFING

It was agreed at our last meeting (November 2025) that we should aim to recruit more volunteers, particularly as Mary, one of our principal volunteers, is no longer working with us. We have now recruited 3 more volunteers, and will continue to try to widen this pool.

FUNDING

We have received a small grant from Central Bedfordshire Council. This is to buy equipment for craft sessions and will help us to extend the variety of activities on offer. As discussed at our previous meeting, we are considering doing a cream tea activity to raise funds for Pathways and Perspectives.

