



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