

LIGHTHOUSE COUNSELLING TRUST

England & Wales · Charity number 1202653

Details

Status Registered

Legal form CIO

Registered 2023-04-06

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

Contact

Address Eastgate
Eastgate Church
141 Springhead Parkway
Northfleet
Gravesend
DA11 8AD

Phone 01474873040

Email Hello@lighthousecounselling.org.uk

Website www.lighthousecounselling.org.uk

Activities

Objects: THE OBJECT OF THE CIO IS THE RELIEF OF SICKNESS AND PROMOTION OF GOOD MENTAL HEALTH FOR THE PUBLIC BENEFIT BY:1. THE PROVISION OF ACCESSIBLE, EVIDENCE BASED PSYCHOTHERAPEUTIC SERVICES;2. SUPPORT FOR TRAINING AND DEVELOPMENT IN COUNSELLING AND RELATED SKILLS.

Activities: Lighthouse Counselling Trust is a community counselling service based in Ebbsfleet, Kent. We provide professional and affordable counselling to adults in our community. We want anyone coming to us for counselling to feel listened to any supported. We offer face to face counselling and online counselling and we also offer couples counselling.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£59,171	£47,187	-	-
2024-03-31	£43,956	£15,259	-	-

Trustees

Name	Role	Appointed
Donna King	Chair	2023-04-06
James Edward Read		2026-02-20
Stuart King		2023-04-06
TRACY JARVIS		2023-04-06

LIGHTHOUSE COUNSELLING TRUST

England & Wales - Charity number 1202653

Accounts

Lighthouse Counselling Trust

HELPING YOU FIND YOUR WAY



Annual Report
2024-25

Lighthouse
COUNSELLING

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Chair's Introduction

It gives me great pleasure to introduce Lighthouse Trustees' Annual Report for 2024-25. This has been our second year as an independent charity, and I am delighted to have had the continuing privilege of serving Lighthouse Counselling Trust as Chair of Trustees during this time.

Our desire to provide affordable, high-quality counselling for all those who need it continues to be our priority. The BMA, in its analysis of data on mental health pressures in England, points out that 'the percentage of adults with a common mental health disorder accessing mental health treatment has risen from 23% in 2000 to 47.7% in 2023/24.'

In 2024 the charity Mind UK published its 'Big Mental Health Report' and some of its findings point to the challenges many people face regarding their mental health. Here are a few quotes from the report.

'Adults and young people alike feel their mental health is getting worse.'

'7.8% of adults in the UK felt lonely 'always or often' in 2024.'

'In 2023 6,069 registered deaths were caused by suicide - 75% were men.'

'The cost of poor mental health is calculated at £300 billion a year in England.'

The report also points out that mental health difficulties have an impact on personal finances and financial difficulties can also impact an individual's mental health. 60% of people in the UK said that the cost-of-living crisis adversely affected their mental health.

All of this puts an increasing strain on NHS services. More than 2 million people are on waiting lists for NHS mental health support in England alone.¹

At Lighthouse Counselling Trust we want to be part of the solution. We are very grateful to all those who have provided funding to help us do just that. It has meant that we have been able to provide affordable and accessible funding to individuals who need it as well as continuing to provide another 2 years of counselling for the rough sleepers of Gravesend. We are particularly grateful to Eastgate Church for their continued support and to Gravesham Council for providing the funding for us to partner with them on the rough sleeper project.

I hope you will enjoy reading the rest of the annual report for more details on our activities.



I would also like to thank our amazing team of counsellors who continue to support our mission as they work with us alongside their own counselling practices. We are so grateful for each one of them and for what they bring to the team. My warmest thanks also to our wonderful CEO Kate for all her hard work over this past year, to our administrator Christine for keeping everything organised and efficient, to Kim for helping us keep our finances in good order and to everyone else who has given their time voluntarily in so many capacities.

We look forward to continuing to develop the service we provide in the coming year, working in partnership with others to meet the mental health needs in our community.

If you would like to know more about Lighthouse or discuss how we can work together to support the wellbeing of people in North Kent and beyond or would like to make a donation to our work, then please do get in touch.

You can contact us via our website: www.lighthousecounselling.org.uk or by email: hello@lighthousecounselling.org.uk

Donna King

Chair of Trustees

Lighthouse Counselling Trust's objectives are to:

- Promote and protect the emotional wellbeing of people in our local community (and beyond) by providing affordable and accessible counselling, other mental health therapies and education. Such support is available to all regardless of faith, gender or race.
- Advance training and support for counselling and developing counselling resources for the public benefit.

1. NHS Sir Julian Hartley NHS providers 2024

Message from Our CEO

It has been an honour to continue to lead Lighthouse forward during 2024/25. My focus this year has been to increase Lighthouse's clinical and organisational capacity, deepen our professional standing within a changing regulatory landscape, and ensure our services remain accessible and relevant to the communities we serve.

This year the counselling profession has seen the beginning of the implementation of SCoPEd (Scope of practice and education for the counselling and psychotherapy professions), a framework developed to bring greater clarity and consistency to training, qualifications and professional roles within the counselling sector. Its aim is to increase public confidence by promoting clearer professional standards and the development of a more transparent, accountable practice.

An important part of my role has been navigating Lighthouse's response to the introduction of the SCoPEd framework by prioritising professional development, including supporting counsellors to gain accreditation and undertake specialist training. This ensures our team is well-prepared for future regulation and continues to deliver safe, high-quality care.

As CEO I've invested time in building relationships with local partners, including church and business leaders. A key achievement this year has been negotiating a two-year extension to our three-year project funded by our local council, offering sustained, trauma-informed counselling to individuals experiencing homelessness. Every person sleeping on the streets has a story and it is often a heart-breaking one. We have now secured the future of this important work through to 2027. To our knowledge, this is the only project of its kind in the UK,

We have invested time in reviewing and streamlining our internal processes, including improvements to client allocation, referral pathways, and the exploration of new client management software, all with the aim of increasing Lighthouse's capacity to serve our local community. Throughout the year we've ensured our services remain flexible and responsive to client needs.

As we look ahead, I remain committed to ensuring Lighthouse continues to grow as a place of hope and transformation, rooted in and responsive to the needs of our local community.

Kate Mendez
CEO

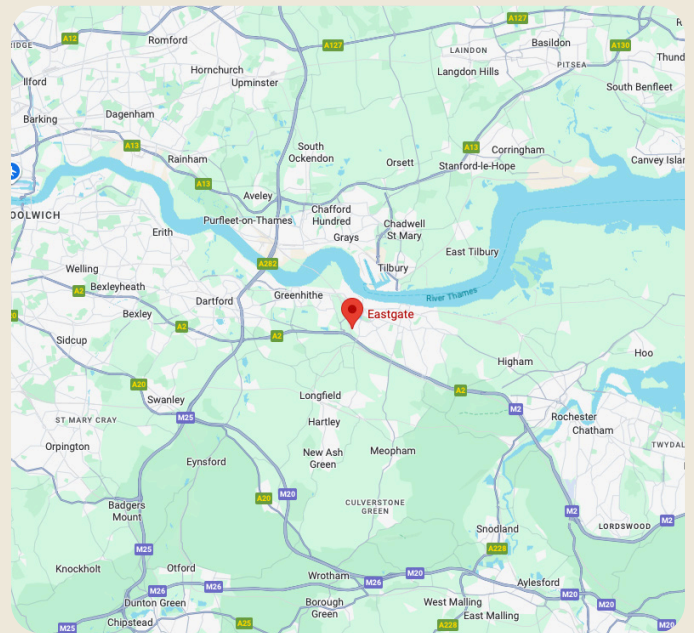


Our Working Environment

Local context and service implications

Lighthouse is based in Ebbsfleet Garden City, a major regeneration zone on the border of Dartford and Gravesham in North Kent. As of 2024/25, over 4,000 homes have been built with 632 additional homes delivered in the last year¹. Designed with green spaces, community hubs, and transport links, the area draws many new residents. At the same time, it borders existing rural and urban communities in areas of Gravesham and Dartford some of which face high levels of unemployment and deprivation.

Our local community is economically, socially and culturally diverse. We respond to this with flexible and inclusive counselling provision, guided by these key contextual needs:



Affordability and access

With about 30% of new housing designated as affordable¹ and many longstanding residents from less affluent areas, it is vital that our counselling provision remains affordable. Without this, mental health support risks being inaccessible for many.

Cultural competence and diversity awareness

Both Dartford and Gravesham have significant ethnic minority populations, with 25.5% of Dartford's and 23.4% of Gravesham's residents identifying as non-White British.² This diversity calls for culturally sensitive and inclusive counselling.

Commuter mental health and time stress

The area attracts many commuters who travel daily to central London via HS1. These individuals often experience stress related to long work hours, tight schedules, and reduced free time, creating demand for flexible appointment times and evening sessions.

Parental stress in a growing family community

Rapid housing growth has attracted young families, but local schools, nurseries, and community services are still catching up.³ Clients often report isolation, parenting stress, and difficulty accessing childcare and social support in a still-developing community.

1. Ebbsfleet Development Corporation, Housing delivery report 2022/23 <https://ebbsfleetgardencity.org.uk/2024/03/27/number-of-homes-delivered-in-ebbsfleet-garden-city-hits-record-breaking-numbers/>
2. Kent County Council, Census 2021 cultural diversity bulletin: Dartford and Gravesham https://www.kent.gov.uk/__data/assets/pdf_file/0006/170979/Census-bulletin-cultural-diversity.pdf
3. Ebbsfleet Development Corporation, Delivery and social value update 2024 <https://ebbsfleetgardencity.org.uk/2024/03/05/social-value/>

Mental health trends and patterns in the UK during 2024/25

At Lighthouse, we believe it is essential to stay informed about emerging mental health trends and patterns revealed by recent research. Understanding these developments helps us better respond to the needs of the people and communities we serve. This section highlights key findings from major studies and surveys conducted in the UK during 2024 and 2025, showing the current state of mental health and wellbeing.

1. Rising anxiety and depression among young adults

NHS data shows a sharp rise in mental health problems in people aged 16 to 24. Nearly one in three young adults have had suicidal thoughts or have self-harmed. These findings highlight the importance of early access to local and reliable mental health support.¹

2. Mental health inequality linked to poverty

The same NHS survey confirmed that people living in poverty are much more likely to have mental health problems. Adults who are in debt, unemployed, or living in the most deprived areas of the country are more likely to experience anxiety, PTSD, and self-harm.¹ This reinforces the need for affordable support, especially in communities facing financial hardship.

3. Loneliness worsened by poor transport

A 2025 study found that people who do not have access to regular public transport are more likely to feel lonely. This is especially true in rural or car-dependent areas.² Many of our clients live in local villages with only one or two buses a day, which limits access to both services and social contact. Public transport is also becoming more costly, again increasing isolation for low income households.

4. Financial stress is the top concern at work

New research shows that financial stress is now the leading cause of poor mental health in the workplace.³ As the cost of living continues to rise, employees are increasingly looking for support with money worries, job stress, and burnout. We aim to adapt to these issues by connecting with local employers and offering our Wellbeing Sessions, a flexible option for those who are time poor and may find it difficult to commit to longer term counselling.

5. More people are seeking support for anxiety and neurodiversity

The BACP Mindometer survey in 2024 showed a rise in people needing support for anxiety, overthinking, and neurodiversity-related issues. Therapists reported that 64% of clients came for help with overthinking, 61% for neurodiversity challenges, and 55% for general anxiety.⁴ Services need to keep up with this shift and offer support that meets these needs. All counsellors at Lighthouse are given the opportunity to attend training on neurodivergence.

“Some of the findings from this year’s survey are deeply concerning. For us to become a healthier, happier nation, the Government must make mental health a priority so that counselling and psychotherapy is accessible and available for all. Speaking to a trained and registered counsellor or psychotherapist can be a transformative experience at any stage of someone’s life. So it’s vital that everyone has access to appropriate services across a range of settings that provide earlier intervention, and are free at the point of need.”

Dr Lisa Morrison Coulthard

BACP Director of Professional Standards, Policy and Research⁴

Lighthouse’s role

At Lighthouse, we want to be part of the solution. Awareness of these trends helps shape our services and guide our decisions about how and where we offer support. The need is growing, and we are committed to being a trusted, local service that responds to that need with care and professionalism.

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1. NHS Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England
<https://digital.nhs.uk/data-and-information/publications/statistical/adult-psychiatric-morbidity-survey>
 2. The Guardian: Britons lacking good public transport more likely to feel lonely (2025)
<https://www.theguardian.com/uk-news/2025/jul/06/public-transport-car-dependancy-loneliness-uk-study>
 3. Workplace Wellbeing Pro: Top mental health challenges facing UK employers - <https://workplacewellbeing.pro/news/new-data-reveals-the-top-mental-health-challenges-facing-uk-employers/>
 4. BACP Mindometer Survey 2024 - <https://www.bacp.co.uk/about-us/about-bacp/bacp-mindometer-2024/>

Our Work

What we do: Activities & Impact

Lighthouse is dedicated to promoting and protecting the emotional wellbeing of people in our local community and beyond by providing affordable, accessible counselling, mental health therapies, and education. Our services are open to all, regardless of faith, gender, or race, ensuring inclusive support for everyone who needs it. In line with our charitable aims, we also prioritise advancing training and professional development for counsellors, while creating and sharing counselling resources for public benefit. The following activity reports highlight how we put these commitments into practice, expanding on our efforts to deliver high-quality, equitable mental health support.

Subsidised counselling for those with a low income

Activities

Lighthouse maintains a strong commitment to affordability, offering subsidised counselling sessions to individuals who may face financial barriers to accessing mental health care. The local context of mixed socioeconomic status highlights the need for accessible counselling services.

We aim to make all our counselling affordable by keeping our fees below market level and we have additional support for those on a low income. By using donations, and funds generated from our activities, we can offer discounted counselling for those facing particular financial challenges, allowing us to reach those who might otherwise be excluded.

A client benefitting from the scheme reflected;

“Counselling gave me the opportunity to talk to an impartial listener... I felt that for once I had a voice.”

This subsidised counselling means that each person benefitting from the scheme pays what they can towards the cost of their counselling and the remaining cost is covered by our subsidy fund. Maintaining (and increasing over time) our ability to provide this sort of support is an important objective. We allocate our subsidy fund on a basis of need. Our heart is to enable all who would benefit from counselling to be able to do so. In general, we aim to assist individuals receiving means-tested benefits but we review each case on its merits reflecting the circumstances and needs of the person.

Impact

This year we increased our subsidised counselling offering and provided 162 reduced-cost sessions to people who otherwise would not have been able to afford counselling.



Counselling for those in temporary housing in our local community

Activities

Our pioneering work with rough sleepers continues for another two years thanks to the ongoing support of Gravesham Borough Council's Rough Sleepers Initiative (RSI) Team. We are deeply grateful for this partnership, which enables us to provide trauma-informed counselling tailored to individuals experiencing homelessness. Most of these clients will have never been given the opportunity to attend counselling to help them process difficult and traumatic life experiences, including adverse childhood experiences and significant challenges throughout their lives.

This project has meant we can offer consistent, ongoing counselling support rather than short-term interventions. The key to our success is building trust over time - something that cannot be achieved through sporadic or one-off sessions. We are thankful that Gravesham Borough Council recognises the importance of this sustained, relationship-based approach.

Counsellors take time to engage with clients by being available and present in spaces familiar to them, including a community drop-in centre, The Sanctuary, and a supported living accommodation. Once someone is ready to start counselling, we adapt the session to make it as accessible as possible, including offering shorter formats for clients who struggle with standard durations, or using board games and creative methods as alternative ways of processing trauma.

The project was initially funded for three years, but thanks to the commitment and belief shown by Gravesham Borough Council and the RSI team - and the demonstrated success of the work - we have been able to secure funding until 2027. We are sincerely appreciative of their continued partnership and shared dedication to supporting some of the most vulnerable members of the community.



Impact

24/25 was the final year of phase 1 of this project, which lasted three years. Since the project's inception, we have:

- Offered 591 specialist counselling sessions (201 sessions delivered in 24/25) to 36 people, offering warmth, acceptance, and the opportunity to build trust over time.
- Developed innovative approaches, including drop-in sessions, shorter-length sessions, and informal “stay and chat” opportunities to make counselling more accessible.
- Witnessed significant transformations in clients, from improved mental health to securing stable housing and reconnecting with family members.
- Created a positive atmosphere in the supported accommodation premises, where counselling not only benefits individuals but fosters a sense of community among residents.

Testimonials from those who benefitted from our project offering counselling to those in temporary accommodation.

“Counselling has given me a release. I can say what I want and get things off my chest.”

“Through counselling, I was able to reconnect with my children and explore my grief and childhood trauma.”

“Counselling made me see what my anxieties are and how to cope with them”

“My client was once involved in criminality and experienced severe trauma. Now, he lives independently and hopes to help others struggling with their mental health.”

“I’ve grown in confidence, and my relationship has improved. I talk things through instead of bottling them up.”

Quote from counsellor working on this project.

Wellbeing Sessions

Activities

We continue to offer clients the option of Wellbeing Sessions. We use a model we developed originally for healthcare workers following the Covid pandemic. A Wellbeing Session is a one-off, two-hour appointment with one of our qualified counsellors using the 'single session counselling' approach.¹ Wellbeing Sessions are an excellent option for those who work long hours, irregular shift patterns, or who might not be able to commit to ongoing counselling.

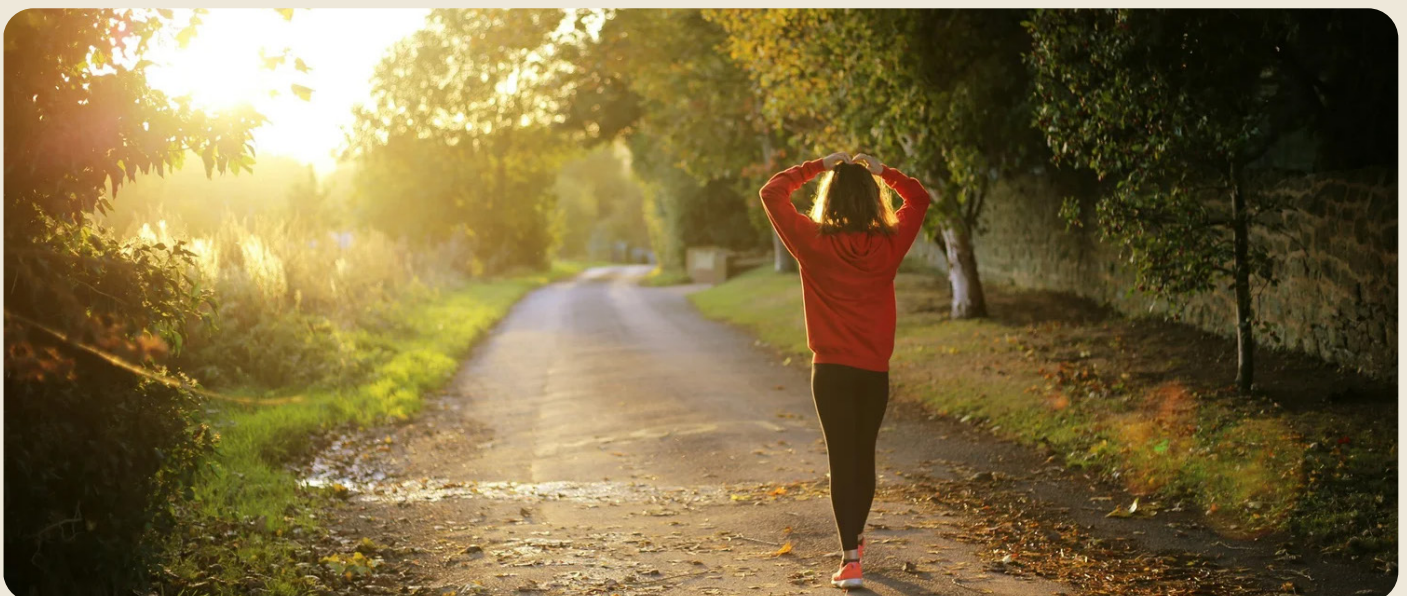
As we received specific funding for healthcare workers, we took time to reach those who might benefit through direct outreach to GPs in our local Healthcare Trust and by promoting the offering within the Occupational Health Department of our local hospital. During this time, we also encountered an increasing number of people facing stress, anxiety, or other challenges - pressures particularly common in organisations undergoing significant change or operating under strain.

To help individuals in these situations, we began expanding access to our Wellbeing Sessions. Following the positive feedback from healthcare staff, we extended the service to employees of other local organisations and businesses, often working in partnership with management teams who wished to better support their workforce. As this approach proved effective, we further widened our provision and now welcome self-referrals from anyone via our website. To meet rising demand, we trained additional counsellors in single-session therapy, and our next step is to increase promotion - particularly through community and faith networks - to ensure that those who would benefit from this approach know that support is available.

Impact

In 24/25 we delivered 12 Wellbeing Sessions, including for staff members of two local charities and our local council.

1. <https://www.windydryden.com/post/what-is-single-session-therapy>



Couples' Counselling

Activities

We offer counselling to couples who are looking for help in resolving conflict, greater relationship satisfaction or to gain insight into their relationship and find a way forward. Couples' therapy isn't only for those facing serious relationship difficulties, it can also be a space for those who want to invest in improving communication or working through a specific problem that has caused disconnection. We provide couples' therapy both face to face or online, to ensure this support is as accessible as possible.

Impact

- 29 sessions of couples' counselling delivered this year.
- 2 new counsellors trained in couples' therapy to expand our capacity in response to growing demand.

Client feedback has been especially positive:

"The couples' counselling has been major progress for us... we have now developed ways of navigating difficult situations."



Growing & Deepening our Community Relationships

Activities

As a community-focused counselling service, deepening our engagement with key local groups remains a priority. We strive to better understand the needs of those around us while raising awareness that our support is available to everyone seeking counselling.

This year, under the leadership of our CEO, Kate, and Chair, Donna, we have taken proactive steps to embed ourselves within the community. Kate has written several informative articles in the local magazine, reaching residents directly with messages of hope and support. Donna has represented Lighthouse at Churches Together networking events, fostering connections with faith groups. Both Kate and Donna have also attended drop-in coffee mornings aimed at local parents and toddlers, creating informal spaces to listen and engage with the community.



Impact

These efforts have resulted in a noticeable increase in self-referrals from local residents, demonstrating growing trust and awareness of our services. Additionally, many clients have begun recommending Lighthouse to friends and family, amplifying our reach and reinforcing our role as a valued mental health resource within the community.

Operations & Finance

Our Team



This year saw important transitions and developments within our counselling team. We have actively invested in succession planning to ensure key roles are supported by more than one person.

- Several student counsellors progressed to qualification, with some continuing at Lighthouse as self-employed counsellors. New student counsellors joined, bringing prior experience and enriching our clinical offering.
- We prepared for the departure of a long-standing team member whose expertise in couples' therapy and work with rough sleepers had been pivotal. Training was provided to other team members to fill the gap.
- Internal leadership capacity was expanded. Responsibilities for client allocation, safeguarding, and supervision are now shared across the team.
- We have also seen an increase in applications from both students and qualified counsellors, signalling Lighthouse's growing reputation as a supportive and professional environment.

Team Training

Training remained a core value of Lighthouse. Monthly sessions included topics such as creative counselling, working with suicidal clients, and the psychological effects of social media. The collaborative nature of our training model encouraged team members to lead sessions, promoting shared learning.

We also welcomed external speakers to deliver training, including a session on supporting adult survivors of childhood sexual abuse. Our training aims not only to improve clinical skills but also to equip the team for the demands of specialist and challenging client work.

Systems and Controls

Financial controls have been reviewed this year. We contract out our IT services to Eastgate Church and our core systems are segregated within Eastgate's platforms to ensure client and other data privacy requirements are met. This year we have been researching practice management software to enable us to continue to manage our service professionally while preparing for growth.

The Finance and Risk Committee reviews our control environment annually. This year it discussed potential cyber risks including via phishing. It has complied, and maintains, a key risks list.

Our Safeguarding Lead, Tracy, attends regular training with safeguarding specialists Thirtyoneeight and shares her learning and expertise with the team by delivering regular safeguarding training for the team. Safeguarding capacity within the team is increasing as another team member has become our Safeguarding Deputy and is currently attending training for this role.

Our Governance

Our Trustees are listed below. We benefit greatly from their commitment and expertise.

Trustee	Role	Date Appointed
Donna King	Chair	April 2023 - Present
Tracy Jarvis	Safeguarding Lead	April 2023 - Present
Stuart King	Treasurer	April 2023 - Present

Our Finances

The financial statements have been prepared in accordance with accounting policies set out in note 1 to the financial statements and which comply with our charity's constitution and the Charities Act 2011.

Lighthouse Counselling completed the separation of its financial activities from Eastgate during the period under review.

Our objective, through providing high quality affordable counselling, is to generate reasonable surpluses which we use to provide subsidies to those seeking counselling who are facing financial constraints and to invest in the service, and its team, ensuring we can maintain and develop the services we offer to our clients.

We review our reserves level annually. We maintain reserves such that, in an extreme scenario where Lighthouse had to stop trading suddenly, we would have sufficient funds to meet our obligations to our staff and run off the counselling programmes of our existing clients.

Where we receive external funding relating to more than one financial year, in terms of running the Charity, we treat those funds as ring fenced to ensure those funds are available when required.

In 2024-25 we generated operating profits¹ of £7,015 (2023-24 £9,457), £2,000 of which we have set aside to help fund our subsidised counselling sessions.

1. We define operating profits as the surplus generated from our counselling work. Donations we have received to provide subsidised counselling are ring fenced as described above. This measure also excludes surplus funds and reserves carried over from previous years.

Our Strategic Aims for 2025-26

Expanding access through low-cost counselling

At Lighthouse we are committed to increasing our funding allocation for low-cost, accessible counselling. This decision is driven by strong evidence linking financial hardship with mental health challenges. Adults living with problem debt, unemployment, or in economically deprived areas are significantly more likely to experience anxiety, depression, PTSD, and self-harm. Making counselling financially accessible is essential to addressing these inequalities and ensuring no one is excluded from support due to cost.¹

Updating systems

We are investigating replacing our core administration/client systems to improve the service we offer clients/counsellors and increase our efficiency. We will consider the case for investing in this area in the light of this work.

Strengthening our online presence to reach more people needing support

In 2025/26, we will grow our presence on social media platforms to connect more effectively with adults who may be struggling in silence. A recent scoping review shows that targeted mental health campaigns on platforms such as Facebook and Instagram are highly effective at raising awareness, reducing stigma, and encouraging help-seeking, especially when content includes signposting to local services.²

Collaborating with local faith leaders to improve referral pathways.

Faith leaders, across all traditions and belief communities, often serve as a first point of contact for individuals experiencing emotional or psychological distress. A UK-based study found that clergy frequently encounter mental health issues during pastoral care and recognise their role in guiding people toward professional support.³ We aim to build strong partnerships with local faith leaders of all backgrounds, offering them tools and training to confidently refer individuals to appropriate services and developing clear, accessible referral pathways. We warmly welcome connections with any faith or belief leaders who feel that our services could be of benefit to those within their communities.

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1. NHS Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England. <https://digital.nhs.uk/data-and-information/publications/statistical/adult-psychiatric-morbidity-survey>
 2. The Effectiveness of Social Media Campaigns in Improving Knowledge and Attitudes Toward Mental Health and Help-Seeking in High-Income Countries: Scoping Review. <https://pubmed.ncbi.nlm.nih.gov/40408767/>
 3. Clergy as Gatekeepers to Mental Health Support in the UK – Survey in Wales. <https://pubmed.ncbi.nlm.nih.gov/33195987/>

Reference & Administrative Information

Reference & Administrative Information for 2024-25

Charity Number	1202653
Charitable Status	CIO. Registered within the Charity Commission on 6th April 2023
Governing Document	Constitution, Foundation model
Registered Office	Lighthouse Counselling Trust, Eastgate, 141 Springhead Park Way, Northfleet, Gravesend, DA11 8AD
Email Address	hello@lighthousecounselling.org.uk
Phone Number	07522 058447
Website	www.lighthousecounselling.org.uk
Bankers	CAF Bank
Independent Examiner	DS Audit & Book-keeping Services, 32 Newton Abbot Road, Northfleet, Kent DA11 7DT
Employees	LCT has two employees. Neither paid more than £60,000
Trustees	LCT's trustees are listed in the report. None of our trustees are paid.
Professional Memberships	LCT is a member of the Association of Christian Counsellors (ACC)

The Independent Examiner's Report

Lighthouse Counselling Trust Independent Examiner's Report to the Trustees of Lighthouse Counselling Trust

I report to the charity trustees on my examination of the accounts of the Lighthouse Counselling Trust ("the CIO") for the period ended 31 March 2025 which are set out on pages 29 to 30.

Responsibilities and basis of report

As the charity trustees of the CIO 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 financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the 2011 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.



Dennis Scudder
DS Audit & Book-keeping Services
32 Newton Abbot Road
Northfleet
Kent
DA11 7DT

Dated: 3 December 2025

Lighthouse Counselling Trust Receipts & Payments Account For The Period Ending 31 March 2025

Receipts from:	2025 (£)	2024 (£)
Donations	18,120	32,078
Counselling	40,478	11,655
Bank Interest	573	223
Total Receipts	59,171	43,956

Payments on:	2025 (£)	2024 (£)
Counsellor sessions	24,350	7,665
Hospitality	705	202
Training	295	40
Counsellors' supervision	840	310
Bank charges	1,088	357
Licenses and subscriptions	1,115	195
Staff costs	16,777	6,490
Other expenses	2,017	-
Total Payments	47,187	15,259
Net of receipts (payments)	11,984	28,697

	£	
Cash funds at 31 March 2024	28,697	
Cash funds at 31 March 2025	40,681	

Lighthouse Counselling Trust Statement of Assets & Liabilities for the Period Ending 31 March 2025

Cash funds	£
Cash at bank and in hand	40,681

Debtors	£
Funds due from Gravesham Borough Council	20,000

Liabilities	£
Accountancy	500
PAYE/NIC	214
Pension	105
Room use at Eastgate	2,409
Total Liabilities	3,228

Lighthouse Counselling Trust Notes to the Financial Statements for the Period Ending 31 March 2025

1 Accounting Policies

The Financial Statements have been prepared on a receipts and payments basis in accordance with Section 133 of the Charities Act 2011.

1.1 Donations

Income is recognised upon receipt.

1.2 Expenditure

Expenditure is recognised in the period in which it is paid and allocated to the appropriate cost centre. Expenditure includes irrecoverable VAT.

1.3 Unrestricted funds

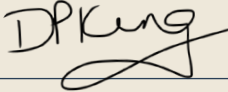
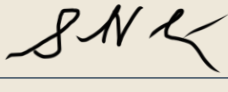
The Charity operates a General Fund, representing the funds of the charity that are not subject to any restrictions regarding their use and are available for application on general purposes.

Trustees' Declaration of Approval

Trustee's Declaration of Approval

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

Signed on behalf of the charity's trustees.

Signature(s):	 _____	 _____
Full name(s):	Donna King _____	Stuart King _____
Position (e.g. Secretary, Chair, etc.):	Chair _____	Treasurer _____
Date(s):	09/12/25 _____	09/12/25 _____

LIGHTHOUSE COUNSELLING TRUST

England & Wales - Charity number 1202653

Accounts

Annual Report

HELPING YOU FIND YOUR WAY



Lighthouse Counselling Trust
Annual Report 2023-24

Lighthouse
COUNSELLING

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Chair's Introduction

"It is a great privilege to present Lighthouse Counselling Trust's first report as an independent charity.

Kate, our CEO, and I set up what has become Lighthouse 6 years ago in response to the needs we saw in our local community, and beyond, for affordable high-quality counselling. Those needs have only grown since then.

Lighthouse exists to support people of all faiths and none.

All of our team of counsellors are Christians who work with Lighthouse, in (most) cases alongside their commercial activities because they believe in Lighthouse's mission. We are very grateful for them and their expertise. And to our central team who do a great job behind the scenes.

In the past year we delivered 1161 counselling sessions. Most of these were individual clients seeking our assistance. Alongside this core work, we focus on particular groups where there are needs which counselling can help address.

There is more detail in our report, but I am particularly pleased to highlight two examples:

- Our work with "rough sleepers".* This work has been carried out with the support of Gravesham Council and in partnership with the Sanctuary charity in Gravesend. People end up without permanent accommodation for many reasons. Often their prior experiences have left them with significant mental health challenges. Our counsellors have worked hard to build trust with these clients and we have seen very positive results from the support we have provided.
- Our Wellbeing Sessions (in effect a mental health "MOT"). This is a single session which allows individuals space to process issues with the support of a trained counsellor. In some cases, these clients go on to formal counselling, in others one session is sufficient. These sessions have been valuable in a range of situations including for staff at a charity where a number of the team were facing work pressures and health sector staff facing both work pressures and the lingering consequences of Covid. We are going to roll this out to other groups following a very positive reception.



* In this context, "rough sleepers" refers primarily to individuals in temporary accommodation.

One concerning trend we have seen over the past year is a rising number of individuals seeking assistance with the cost of counselling as a result of cost-of-living pressures. Part of our mission is to supply affordable counselling to help such individuals. We do this through surplus funds we generate, together with donations. We are particularly grateful to Eastgate Church for their generous support in the past year. Reflecting the need we are seeing we have increased the affordable counselling support that Lighthouse itself funds for the coming year.

Finally, we continue to be an active participant in the counselling “world”. We use regular sessions to inform and update the team, have helped sponsor additional training for team members and supported individuals training to become counsellors. We benefit from and are an active participant in discussions with other counselling services.

I would like to express my sincere thanks to all those who have contributed to Lighthouse’s journey. We are excited for what the future holds. If you would like to learn more about Lighthouse or wish to discuss how we can work together to support the wellbeing of people in North Kent and beyond, do get in touch.”

Donna King

Chair of Trustees

Lighthouse Counselling Trust’s objectives are to:

- Promote and protect the emotional wellbeing of people in our local community (and beyond) by providing affordable and accessible counselling, other mental health therapies and education. Such support is available to all regardless of faith, gender or race.
- Advance training and support for counselling and developing counselling resources for the public benefit.

Message from Our CEO

“This year has been a significant and special year for Lighthouse Counselling. While we have been operating as a counselling service for a number of years, in 2023 a dream came to fruition as our first year as a Registered Charity.

Our charitable status facilitates our raising funding so we can provide accessible and affordable counselling for those who need it. As a charity we are accountable to the Charity Commission so our clients and stakeholders can be confident we are administered correctly and funds are used for the purpose for which they are intended.

I began the year by identifying two areas of focus to further develop our mission to promote and protect emotional wellbeing. The first was to refine the systems and controls we need to ensure our counselling clients get the best service. I would like to pay a special tribute to Kim Baker, Christine Morris and David Joslin for all their work in setting up new financial, administrative and IT systems to make sure we are working as effectively and efficiently as possible.

The second focus was to develop our counselling team, through recruitment and training, to help us best meet the needs of our clients. This year we added 4 new counsellors to our team and provided training for the whole team on the topics of ADHD in the counselling room, creative counselling techniques, spiritual abuse, working with spirituality and religion, endings in counselling, working with anxiety and self-harm, and safeguarding. Individual counsellors have trained in couples counselling and single session therapy. Growing our wonderful team of counsellors in this way means that we can offer our clients a greater range of counselling approaches and specialisms, and ensure our counselling continues to be delivered in accordance with best practice.

Wellbeing has become a bit of a buzz word in recent years, but I believe this is a positive reflection of a cultural shift towards recognising the importance of looking after others, and ourselves. We are proud to be part of promoting and supporting wellbeing in our local community.”

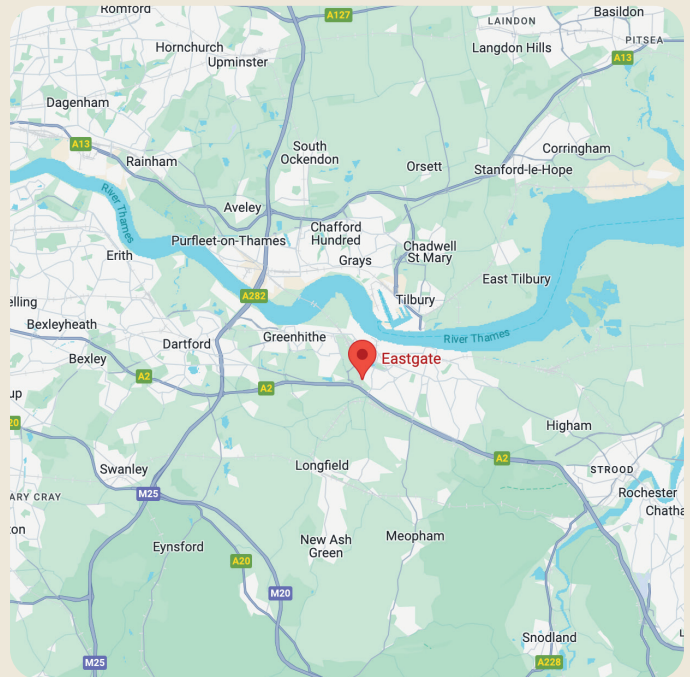
Kate Mendez
CEO



Our Working Environment

We are based in Ebbsfleet Garden City, a new development on the outskirts of Gravesend bordering the borough of Gravesham. Alongside the existing communities of Gravesham, we are fortunate to be located right in the centre of the Ebbsfleet development. Over time this will create 15,000 new homes and bring many new people into the area.

At Lighthouse we intend to be an active part of the developing communities in Ebbsfleet. We have connected with the Ebbsfleet Development Corporation, with whom we have a shared vision to prioritise and promote wellbeing in Ebbsfleet. They have been including our leaflets in their welcome packs for new residents.



Gravesham contains 13 of the most deprived areas in Kent. It has higher rates of people needing treatment for common mental health illnesses than all other Kent districts apart from Thanet, yet the percentage of people accessing primary care NHS counselling is the lowest in Kent.* People in Gravesham need improved access to mental health support and Lighthouse Counselling Trust has a role in making that happen.

In addition to specific issues in North Kent, we also see wider trends across the country being reflected in the local community:

- People reporting that they face mental health challenges.
- Individuals and couples facing relationship issues.
- Those self-diagnosing with mental health conditions.
- Stress arising from work and financial pressures.
- People struggling to pay for counselling as a result of cost of living pressures.
- An increase in self-referrals for counselling. The 'wellness' movement/culture has helped people see the importance of self-care and good mental health support.

* Source: Mental Health Needs Assessment for Adults in Kent: Dartford, Gravesham and Swanley CCG.

Our Work

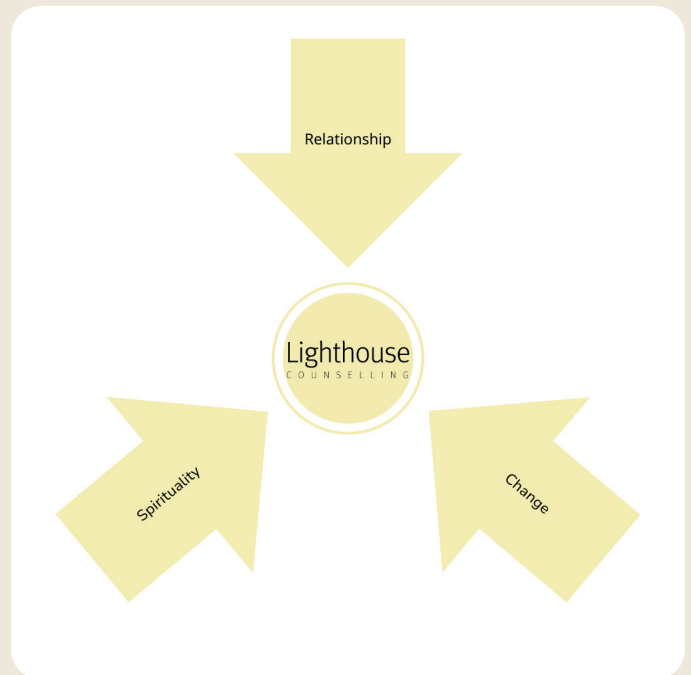
Themes

All clients are encouraged to give us feedback when their counselling finishes. We regularly review feedback to learn from and reflect on what clients place value on. Three main themes emerge; change, relationship and recognition of their spirituality.

1. Change

One of the big themes that underpins counselling is change. We are excited about counselling because we can see lives changed in extraordinary ways. In their very first meeting with us, a question we ask every client is what changes they would like to see in their lives as a result of counselling.

We then have the privilege of accompanying and supporting people while they make positive changes in their lives. When they finish their counselling, each person is invited to reflect on what has changed for them. Here are some of the changes and benefits of counselling that our clients have told us about this year:



“Completely helped change my mindset and outlook of my life for the better and learned so many new things that I carry with me every day to continue to move forward and be happy.”

“I feel more stable and robust. I am not beating myself up in reaction to stress and I have shed some unhelpful thought habits. I have a healthier perspective on my life and feel better prepared for the next stage.”

“Counselling has made me much kinder towards myself.”

“Counselling has made a huge difference in my life. I can process things now and am less reactional.”

2. Relationship

Another theme that comes up in client feedback is the importance of the relationship they develop with their counsellor. We aim to offer each client a safe and non-judgmental space and it is through the therapeutic relationship that the counsellor develops with the client that healing begins. Here is what some of our clients have told us about the relationship they formed with their counsellor:

“My counsellor took time to build a safe relationship and asked the challenging questions needed. I can’t thank her enough for her support and guidance.”

“I felt heard and understood through every session with my counsellor. She gave me space to share as I needed to and challenged me with helpful questions when appropriate. I had so many little revelations throughout the year I saw her. She helped me come out of a dark time and deal with grief, anxiety and insecurities and although there is always work to do, I feel hopeful for the future. Those conversations changed my perspective on so many issues I have had and I came away feeling so much better about myself! I will hold those hours spent in counselling dear to my heart in years to come.”

3. Spirituality

All our counsellors are trained and experienced at working with issues of spirituality and faith. We offer a holistic approach to counselling, providing clients with the opportunity to incorporate their spiritual needs and life as part of the counselling experience as they wish. We are client-led, so, if someone wants to discuss aspects of their faith, they are welcome to do so. We offer regular training for our counselling team on working with issues of faith and spirituality, however, as counsellors we do not impose our own beliefs and values and are sensitive to each individual’s worldview. Lighthouse offers counselling to those of all faiths and none.

Focus 2023-24: Activities & Impact

In the past year, we have focussed on three main areas of activity:

- Delivering high-quality and affordable counselling to those needing assistance.
- Programmes aimed at offering assistance to groups who may particularly benefit from counselling
- Deepening existing relationships with local stakeholders and building new ones.

Delivering high quality affordable counselling

We exist to offer a professional and accessible counselling service to our community and beyond. All our counsellors are registered with national accrediting bodies. We want anyone coming to us for counselling to feel listened to and supported. We offer a range of different types of counselling, including talking therapy, creative counselling, CBT, solution-focused counselling, couples counselling, grief counselling, counselling for anxiety and depression, and more. We offer both face-to-face counselling in one of our comfortable and private counselling rooms at Eastgate or online. Our standard fee for individual counselling is significantly below common commercial charging rates in our local area. During the year we delivered 1161 counselling sessions. In the next section, 'Helping Specific Groups', there is a breakdown of the impact of counselling for some of the specific groups who have benefited from counselling.

Programmes aimed at offering assistance to groups who may particularly benefit from counselling

- Subsidised counselling for those on low income
- Rough Sleepers project
- Couples counselling
- Wellbeing sessions for healthcare workers
- Wellbeing sessions for employees of local charities

Subsidised Counselling for Those on Low Income



At Lighthouse we aim to make counselling as accessible as possible and we understand that many people are facing financial challenges at present. We try to make all our counselling affordable by keeping our fees below market level and we have additional support for those on a very low income. We use donations and funds generated from our activities to further reduce the cost of counselling for those facing particular financial challenges.

Subsidised counselling means that each person benefitting from this scheme pays what they can afford towards the cost of their counselling and the remaining cost is covered by our subsidy fund. Maintaining (and increasing over time) our ability to provide this sort of support is an important objective. We allocate our subsidy funding on a basis of need. Our heart is to enable all who would benefit from counselling to be able to do so. In general, we aim to assist individuals receiving means-tested benefits but we review each case on its merits reflecting the circumstances and needs of the person.

Impact: In the past year, we provided 151 reduced-cost sessions to people who would not otherwise have been able to afford counselling.

Rough Sleepers Project

We partner with the Gravesham Borough Council's Rough Sleepers Initiative (RSI) team to provide counselling to those who are in temporary housing. Most of these clients have never had an opportunity to process difficult and traumatic life experiences. Our counsellors work alongside these clients to help them to make long-lasting positive changes. Counselling has helped clients to be able to begin to lead a healthier lifestyle and maintain a tenancy.

Our counsellors have taken time to engage with the community by offering drop-in sessions with tea and cake so those who are unsure about counselling can first become comfortable with the counsellors in a more informal setting. Once someone is ready to start counselling our counsellors work creatively, sometimes playing board games or using toys, art or music as alternative ways of processing trauma.



Impact: During the year, Lighthouse has provided 291 counselling sessions for 18 clients who are homeless or in temporary housing in our local community. Clients who would otherwise be unlikely to be able to access regular counselling due to a lack of appropriate provision. We have also offered 14 drop-in sessions over the last 18 months.

Testimonies: As sessions are confidential, it is sometimes hard to illustrate the life-changing impact of the counselling experience. We asked our counsellors working on the project to share some feedback they have had from clients, with permission from those individuals.

“The client has grown in confidence and has a greater capacity for making good decisions and looking after himself. We have used creative ways of working together which help him to focus and add interest to the sessions. He says that he always feels better about life and about himself after the sessions. His relationship with his partner has improved because he has discovered that it is better to talk things through with her than to bottle them up.”

Someone who had never done counselling before said:

“It has really helped me, I thought counselling would be like torture but I wouldn't want to miss a session now.”

Wellbeing Sessions for Healthcare Workers

A survey of healthcare professionals carried out in late 2022 by Practitioner Health discovered that 98% of respondents felt their mental or physical health had been adversely affected in the previous year. A grant has enabled us to offer Wellbeing sessions for healthcare workers impacted by working in healthcare following the COVID-19 pandemic. We identified a need for support as we were hearing from healthcare workers that, working through the pandemic had a negative impact on their emotional wellbeing (affecting sleep, eating, exercise and general functioning).

For healthcare workers who work long hours, often in irregular shift patterns, finding time for ongoing counselling could be difficult. We therefore developed a model of 2-hour one-off Wellbeing sessions, using the 'single session counselling' approach. Thanks to a grant we received from Eastgate Church we have been able to offer these at a very low cost (£10 per session) to anyone working in healthcare in our local community, as an opportunity to debrief and take stock of the experience of working in healthcare during the last 4 years.

Impact: To date, we have delivered 99 wellbeing health-checks and counselling sessions for healthcare workers. In total 19 healthcare professionals had a wellbeing health-check and of these, 7 people went on to have follow-up counselling sessions. If you are interested in benefiting from this programme, please get in touch.

Testimonies:

“Thanks so much for the support you provide to health workers - it's so appreciated and makes a real difference.”

“Counselling helped me to be able to articulate/put language to some of what I have been struggling with/the experiences of the last year - it's also helped me to be kinder to myself, to be more compassionate and to be more patient”



Wellbeing Sessions for Charity Workers



We have offered wellbeing sessions to the staff of two local charities. Those working in the caring professions and/or the charitable sector can be at a greater risk of burnout.* Our Wellbeing tool can benefit those who may not have the need or time for regular counselling but would benefit from a one-off extended counselling session.

Impact: A total of 12 charity workers were provided with Wellbeing sessions.

* Source: <https://www.civilsociety.co.uk/news/charity-leaders-increasingly-concerned-about-employee-burnout-research-finds.html>
<https://www.theguardian.com/global/2015/feb/01/charity-sector-care-work-stress-burnout-support>
<https://www.alliancemagazine.org/blog/from-passion-to-pressure/>

Growing & Deepening our Community Relationships

Lighthouse exists to further the promotion and protection of the emotional wellbeing of people in our local community. One of our priorities this year has been building connections within the developing community in Ebbsfleet.

We have spent time reaching out to local residents, letting them know about our counselling service. We have written articles in the free local magazine, distributed leaflets on the service, advertised on local social media pages and built our relationship with Ebbsfleet Development Corporation.

As a result, we have seen an increase in engagement within our local community this year, with people reporting that having a counselling service close by makes it more accessible for them instead of having to travel to another town. We have noticed a rise in local word-of-mouth referrals – in other words, people benefitting from the counselling are now recommending us to friends and family.

We have worked in partnership with a local school providing counselling for their staff members as we recognise that those working in the education sector are reporting extremely high stress levels.* We have also partnered with Gravesham Borough Council's Rough Sleepers Initiative to provide counselling to rough sleepers and those in supported accommodation in the borough. Additionally, we have connected with Gravesham Sanctuary, a charity supporting the homeless community and used their Day Centre as a venue for some of our work.



* Source: Teacher Wellbeing index 2023, www.educationsupport.org.uk/media/0h4jd5pt/twix_2023.pdf

Operations & Finance

Our Team



At the end of 2023-24, our counselling team comprised ten qualified counsellors together with three counsellors-in-training.

One of our objectives as a charity is to “advance training and support for counselling and developing counselling resources for the public benefit”. As an organisation, we support counsellors-in-training by offering student placements to counsellors in their final years of training. This enables students to gain the client hours needed to achieve their qualifications. We want to give counsellors in training the best possible start to their counselling careers and we support those on placement, providing them with clinical supervision and a mentor to support them through their first years of counselling. We are proud to have been part of their journey and counsellors often choose to continue working as part of our team post-qualification.

This year, seven members of our counselling team have been studying towards different levels of qualification. We have seen two students gain their counselling diplomas, one counsellor completing a BA in counselling, and another member of our team was awarded a Masters degree in counselling. Each counsellor enhances our team by bringing their own approach, life experiences and special areas of interest to our team.

Something that is really important for us at Lighthouse is that each counsellor feels part of a team, working towards the same mission. To build and strengthen relationships within the team, we come together once a month to connect and support each other and ensure that all counsellors are up to date with our wider activities. Each counsellor is expected to continue developing their professional skills once qualified and so we offer our counsellors a training

session each month as part of our team meeting. We invite guest speakers who are experts in their field of work to share best practices with us. Additionally, we have supported individual counsellors in undertaking specialised training in areas such as couples counselling, single-session therapy and safeguarding.

Our Controls

We have reviewed our financial controls during the year and made some changes to minimise fraud risk. We contract out our IT services to Eastgate Church. Our core IT systems are segregated within Eastgate's platform to ensure client and other data privacy requirements are met.

Our Safeguarding Lead, Tracy Jarvis, attended training with Safeguarding specialists Thirtyone:eight in the areas of safeguarding children, and adults, safer recruitment and safeguarding for trustees. Tracy shares her expertise in this area by delivering regular safeguarding training for our team.

Our Governance

Our Trustees are listed below. We benefit greatly from their commitment and expertise.

During the coming year, we will be looking to appoint at least one additional Trustee who can contribute to the work of the Board and Lighthouse generally.

Trustee	Role	Date Appointed
Donna King	Chair	April 2023 - Present
Tracy Jarvis	Safeguarding Lead	April 2023 - Present
Stuart King	Treasurer	April 2023 - Present
Martin Stokley	Whistleblowing Champion	April 2023 - October 2024

We would like to thank Martin Stokley for his contribution to LCT and for the knowledge and expertise he brought. Thank you Martin, we will miss you!

Kate Mendez, Lighthouse's CEO, attends all Board meetings. Kate has a standing invite to all Finance Committee meetings.

Lighthouse Counselling Trust acknowledges and has paid due regard to its requirement to ensure that its charitable purposes and activities are for the public benefit. Details of how the charity has achieved this are provided in this report.

Our Finances

The financial statements have been prepared in accordance with accounting policies set out in note 1 to the financial statements and comply with the Charity's Constitution and the Charities Act 2011.

Lighthouse Counselling has operated within Eastgate (Kent) Ltd (charity number 1102206) since 2022 until the formation of the CIO on 6 April 2023, however, a charity bank account was not opened until October 2023. The activities will be fully undertaken within the CIO from 24/25.

These accounts reflect the financial transactions which took place within the CIO's own account as activities began to be transferred.

Our reserves policy is calibrated such that, were Lighthouse to suddenly cease trading, we would be able to pay our obligations to our employees and be able to run off the counselling programmes of existing clients. We review our reserves approach annually.

Where we have received external funding which relates to activities over more than one financial year, we ring-fence those funds to ensure that they will be available when required.

Our objective is to generate profits from our activities to enable us to provide subsidised counselling and invest in the service and its team to ensure it can continue to provide high-quality counselling to our clients.

In 2023-24 we generated operating profits* of £9457.57. While retaining some of these funds while we gained experience running Lighthouse (including the additional costs we incur as a separate entity) we have set aside funds for bursary counselling, replaced our website and allocated funds to the training and development of our counselling team.

In this initial year, our accounts show external donations of £32,078: this figure includes surplus funds carried forward from last year's operations, grants ringfenced for 2024/25, and counselling income received before our bank account opened in October.

* We define operating profit as the surplus generated from our counselling work. It ignores funds donated to provide subsidised counselling (which are ringfenced) until they are drawn upon to fund counselling sessions and surplus funds carried over from previous years, etc.

Looking Forward to 2024-25

Looking Forward to 2024-25

Our mission for the future is transformative change through enhancing community wellbeing. We are committed to dismantling barriers that prevent access to counselling and mental health support—whether they be financial hurdles, time constraints or societal stigma.

One way we intend to do this is by **expanding our wellbeing session offering**, so that those who may not have the time or finances to engage with ongoing counselling can benefit from a model of counselling that is accessible for them. We also plan to **increase Lighthouse's contribution to our Subsidised Counselling Fund** so that we can expand provision for those on a low income.

Additionally, we aim to identify and reach out to any other groups within our community who may find it difficult to access counselling services, ensuring that no one is left without the support they need. We will do this by **forging strong partnerships with other local businesses and like-minded organisations**.

We will build capacity in our team by **recruiting more counsellors** to join our team and by continuing to **support counsellors in training**. We also want to strengthen our charity's governance and strategic capability by **adding at least one Trustee to our Board**.

Together, we will create a supportive and caring community where everyone has the opportunity to thrive.

Reference & Administrative Information

Reference & Administrative Information for 2023-24

Charity Number	1202653
Charitable Status	CIO. Registered within the charity commission on 6th April 2023
Governing Document	Constitution, Foundation model
Registered Office	Lighthouse Counselling Trust, Eastgate, 141 Springhead Park Way, Northfleet, Gravesend, DA11 8AD
Email Address	hello@lighthousecounselling.org.uk
Phone Number	07522 058447
Website	www.lighthousecounselling.org.uk
Bankers	CAF Bank
Independent Examiner	Caladine Ltd, Chantry House, 22 Upperton Rd, Eastbourne, BN21 1BF
Employees	LCT has two employees. Neither paid more than £60,000
Trustees	LCT's trustees are listed in the report. None of our trustees are paid.

The Independent Examiner's Report

Lighthouse Counselling Trust Independent Examiner's Report to the Trustees of Lighthouse Counselling Trust

I report to the charity trustees on my examination of the accounts of the Lighthouse Counselling Trust ("the CIO") for the period ended 31 March 2024 which are set out on pages 20 to 21.

Responsibilities and basis of report

As the charity trustees of the CIO 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 financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.



Colin Dadswell FCA FCCA DChA
Caladine Ltd
Chantry House
22 Upperton Rd
Eastbourne
BN21 1 BF

Dated: 26 November 2024

Lighthouse Counselling Trust Receipts & Payments Account For The Period Ending 31 March 2024

Receipts from:	£
Donations	32,078
Counselling	11,655
Bank Interest	223
Total Receipts	43,956

Payments on:	£
Counsellor sessions	7,665
Hospitality	202
Training	40
Counsellors' supervision	310
Bank charges	357
Licenses and subscriptions	195
Staff costs	6,490
Total Payments	15,259
Net of receipts (payments)	28,697

	£
Transfers between funds	-
Cash funds at 6 April 2023	-
Cash funds at 31 March 2024	28,697

Lighthouse Counselling Trust Statement of Assets & Liabilities for the Period Ending 31 March 2024

Cash funds	£
Cash at bank and in hand	28,697

Debtors	£
Funds due from Eastgate (Kent) Ltd	14,124

Liabilities	£
Accountancy	800
PAYE/NIC	190
Pension	105
Total Liabilities	1,095

Lighthouse Counselling Trust Notes to the Financial Statements for the Period Ending 31 March 2024

1 Accounting Policies

The Financial Statements have been prepared on a receipts and payments basis in accordance with Section 133 of the Charities Act 2011.

1.1 Donations

Income is recognised upon receipt.

1.2 Expenditure

Expenditure is recognised in the period in which it is paid and allocated to the appropriate cost centre. Expenditure includes irrecoverable VAT.

1.3 Unrestricted funds

The Charity operates a General Fund, representing the funds of the charity that are not subject to any restrictions regarding their use and are available for application on general purposes.

Trustee's Declaration of Approval

Trustee's Declaration of Approval

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

Signed on behalf of the charity's trustees.

Signature(s):



Full name(s):

Donna King

Stuart King

Position (e.g. Secretary, Chair, etc.):

Chair

Treasurer

Date(s):

20/11/24

20/11/24