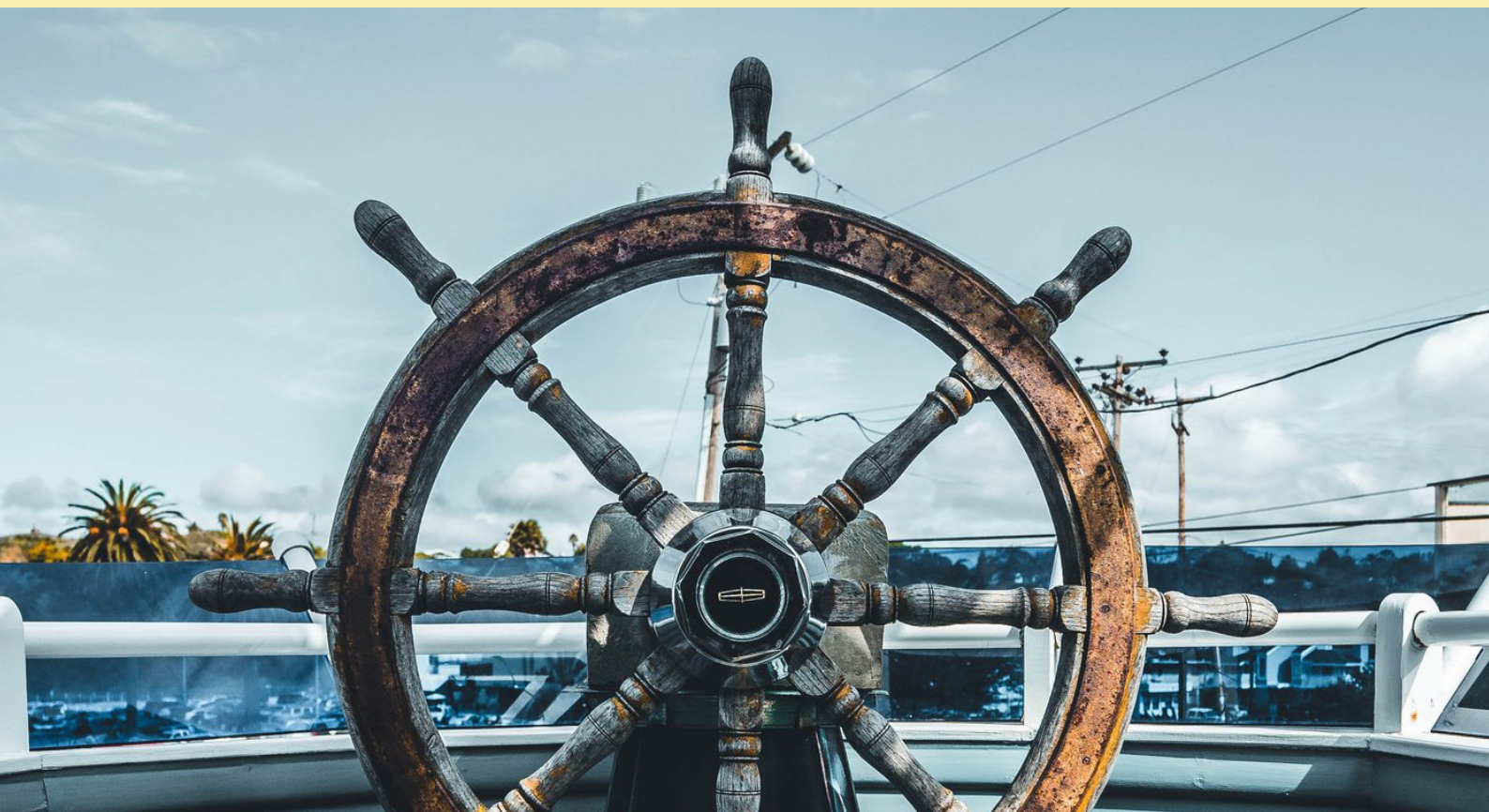


# Lighthouse Counselling Trust

HELPING YOU FIND YOUR WAY



Annual Report  
2024-25

Lighthouse  
COUNSELLING

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# Chair's Introduction

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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.<sup>1</sup>

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](http://www.lighthousecounselling.org.uk) or by email: [hello@lighthousecounselling.org.uk](mailto: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

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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

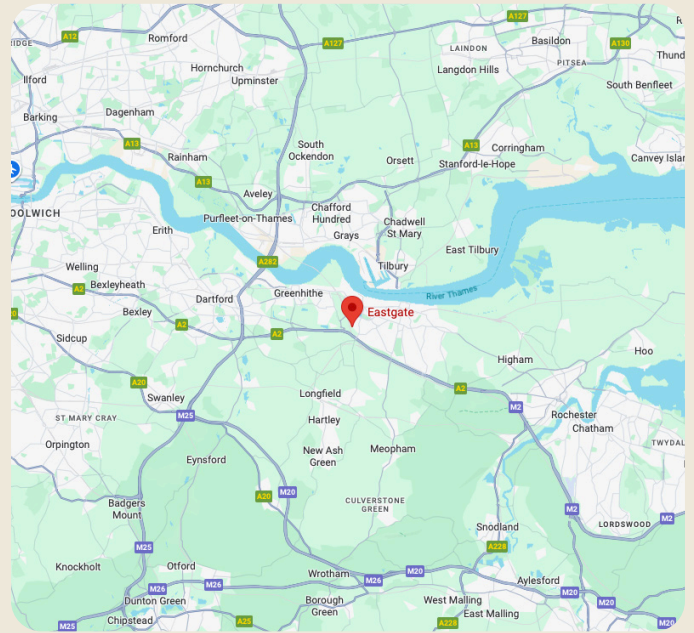
# Our Working Environment

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# 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 year<sup>1</sup>. 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:



## **A**ffordability and access

With about 30% of new housing designated as affordable<sup>1</sup> 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.

## **C**ultural 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.<sup>2</sup> This diversity calls for culturally sensitive and inclusive counselling.

## **C**ommuter 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.

## **P**arental stress in a growing family community

Rapid housing growth has attracted young families, but local schools, nurseries, and community services are still catching up.<sup>3</sup> 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](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

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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.<sup>1</sup>

## 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.<sup>1</sup> 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.<sup>2</sup> 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.<sup>3</sup> 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.<sup>4</sup> 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 Research<sup>4</sup>

## 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

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# What we do: Activities & Impact

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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

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## 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

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## 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.<sup>1</sup> 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.

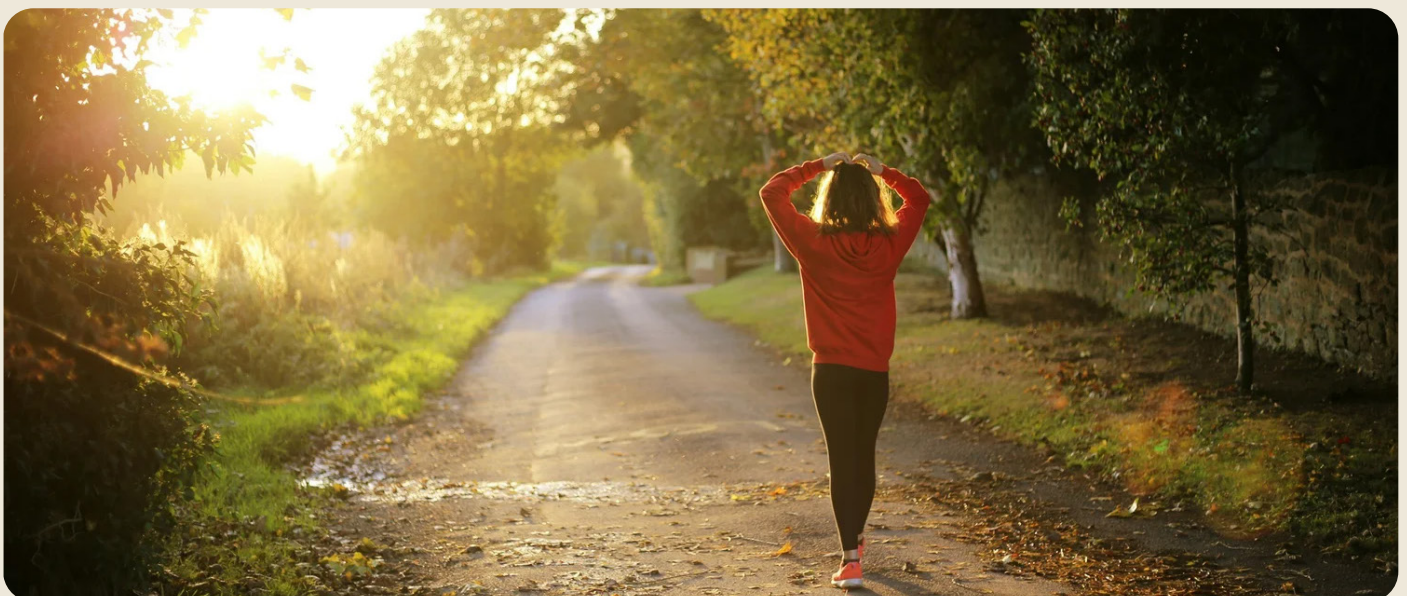
To help individuals in these situations, we began expanding access to our Wellbeing Sessions. Following the positive feedback from healthcare staff, we extended the service to employees of other local organisations and businesses, often working in partnership with management teams who wished to better 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.

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



# Couples' Counselling

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## 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

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## 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

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# Our Team

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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

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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

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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

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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 profits<sup>1</sup> of £7,015 (2023-24 £9,457), £2,000 of which we have set aside to help fund our subsidised counselling sessions.

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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

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## 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.<sup>1</sup>

## 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.<sup>2</sup>

## 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.<sup>3</sup> 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

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## Reference & Administrative Information for 2024-25

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

# The Independent Examiner's Report

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# Lighthouse Counselling Trust Independant Examiner's Report to the Trustees of Lighthouse Counselling Trust

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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
<b>Total Receipts</b>	<b>59,171</b>	<b>43,956</b>

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	-
<b>Total Payments</b>	<b>47,187</b>	<b>15,259</b>
<b>Net of receipts (payments)</b>	<b>11,984</b>	<b>28,697</b>

	£	
Cash funds at 31 March 2024	<b>28,697</b>	
<b>Cash funds at 31 March 2025</b>	<b>40,681</b>	



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

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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
<b>Total Liabilities</b>	<b>3,228</b>

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

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## **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

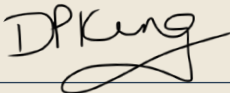
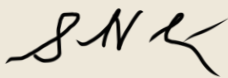
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# Trustee’s Declaration of Approval

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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