

Relationships Plymouth

England & Wales · Charity number 237035

Details

Other names	RELATE PLYMOUTH AND DISTRICT, RELATE PLYMOUTH AND DISTRICT MARRIAGE GUIDANCE
Status	Registered
Legal form	Other
Registered	1964-10-26
Register	View on the Charity Commission register

Contact

Address	3 Blenheim Road Plymouth PL4 8LJ
Phone	01752213131
Email	relateplymouth@googlemail.com
Website	www.relateplymouth.co.uk

Activities

Objects: 1) TO EDUCATE THE PUBLIC CONCERNING THE BENEFITS OF SECURE COUPLE RELATIONSHIPS, MARRIAGE AND FAMILY LIFE IN ORDER TO IMPROVE THE EMOTIONAL, SEXUAL AND SPIRITUAL WELL BEING OF INDIVIDUALS WHICH IS DERIVED FROM COMMITTED RELATIONSHIPS;2) TO PROMOTE RESEARCH INTO ALL ASPECTS OF COUPLE RELATIONSHIPS AND MARRIAGE AND TO MAKE THE RESULTS AVAILABLE TO THE PUBLIC;3) TO SEEK TO ENHANCE THE GOOD HEALTH, BOTH MENTAL AND PHYSICAL OF ADULTS AND CHILDREN BY INCREASING PUBLIC AWARENESS OF THE BENEFIT OF COMMITTED COUPLE RELATIONSHIPS, MARRIAGE AND FAMILY LIFE AND WORKING TO PREVENT POVERTY, HARDSHIP AND DISTRESS CAUSED BY THE BREAKDOWN OF SUCH RELATIONSHIPS.

Activities: Relationship counselling, Education and Training courses, Sexual Therapy Service, work with young people in schools, Family Counselling

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** CITY OF PLYMOUTH AND DISTRICT
- Devon
- Plymouth City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£71,320	£116,029	-	-
2024-03-31	£80,147	£116,976	-	-
2023-03-31	£91,444	£128,783	-	-
2022-03-31	£116,129	£123,199	-	-
2021-03-31	£117,214	£131,840	-	-

Trustees

Name	Role	Appointed
Christopher Oram		2023-02-08
Natalie Harrison		2024-03-27
Neil Hendy		2022-05-11

Relationships Plymouth

England & Wales - Charity number 237035

Accounts

Relate Plymouth – 2025/2026 Annual Report

The past year has been another difficult one for Relate Plymouth, but we continue to meet our Aims and Objectives which are:

- To help people build better relationships.
- To enhance the quality of couple, parental and family relationships
- To help all relationships and marriages withstand the pressures leading to breakdown.
- To limit the damage which commonly accompanies failing relationships, separation and divorce and increase the prospect of subsequent relationships succeeding.

In the belief that:

- An individuals' physical well-being and emotional/mental health benefits from a committed relationship
- Children thrive in families where relationships are positive and free from destructive conflict.
- People gain from an understanding of their sexuality.
- Expressing clear commitment is a helpful contribution to a healthy and secure couple relationship.

The challenges this year have been a lack of trained counsellors and difficulty recruiting new trainees to undertake Relate training.

However, evidence shows that our services achieve significant improvements in relationship quality and overall wellbeing, with 86% of clients feeling confident about their relationship after counselling.

Our work is varied – we help people to find love, cope with separation and divorce, improve their sex lives, break up in the least painful way possible, overcome infidelity, rebuild trust, regain intimacy and much more besides.

We believe that no problem is too small and encourage people to seek support for their relationships at the earliest possible stage, even when times are good. Relates couple

counselling saves the state an estimated £11 for every £1 spent.

Relate Plymouth has continued to work by offering zoom sessions alongside face-to-face sessions. However, we have seen a reduction in clients wanting to have zoom sessions and requesting face to face sessions since the end of the pandemic.

The challenges this year have been huge.
A lack of counsellors and the difficulty recruiting new trainees to undertake Relate Training.

In December 2024 the National body of Relate went into administration.

Whilst we understood there were issues at Relate National, there was a shock that the organization went into administration.

The organization from March 2025 was affiliated to Family Action, a large charity supporting families.

The Royal Navy, Royal Marines and other benevolent funding streams, were withdrawn from Relate centers and only processed through Family Action.

This had a massive impact on the finances of Relate Plymouth

Many of the center's that were left formed a new network, called Relationship England and Wales, independent of Family Action.

This will be organizational from April 2025.

There will be many challenges ahead.
As we move forward without the name of Relate .

Plymouth Relate Achievements – 2025 - 2026

- Less counselling hours offered as we struggle to recruit new people to train to the Level 5 qualification.
This has now had an impact on our budget, and we are facing another deficit due to offering less hours than we have in the past.

The lack of counsellors has had a severe impact on our service delivery and therefore the financial situation of the centre.

- Zoom sessions continue to be offered, at a much lower level than in previous years.
- We will continue to work in this hybrid way for the foreseeable future. We have seen an increase in face-to-face session during this period.
- We are now working in 2 schools across the city. Down from 3 in previous years.

The reserve that the centre holds has helped us to get through the last few years.

The reserve will now help us to recruit new trainees during 2025/2026

The Way Ahead - Action for 2025/2026

In addition to the continuation of the work undertaken by counsellors to see individuals and couples to deliver the best possible relationship counselling available, 2025/2026 will focus on the following activities:

- The Centre Manager will promote the work of the new organization Relationships Plymouth to the community, to ensure that everyone has access to our service.
- Recruitment of 2 trainee counsellors, working in the Plymouth Centre, as long as training continues .
- This is the most pressing issue that the centre needs to address. Without new counsellors, we cannot deliver the service that we want to, to the community.
- The establishment of a sex therapy service in the centre.
- Improvements to the Plymouth centre.

Chair of Trustees
Relate Plymouth

Registered Charity No: 237035

REPORT AND FINANCIAL STATEMENTS

for the year ended
31st March, 2025

for

RELATE PLYMOUTH AND DISTRICT

RELATE PLYMOUTH AND DISTRICT

INDEX TO THE FINANCIAL STATEMENTS

for the year ended 31st March, 2025

	Page
Legal and Administrative Information	2
Report of the Trustees	3
Report of the Independent Examiner	4
Statement of Financial Activities	5
Balance Sheet	6
Notes Forming Part of the Financial Statements	7 to 11

RELATE PLYMOUTH AND DISTRICT

Legal and Administrative Information

The Charity was registered as an unincorporated charity on 9th July, 1964

Charity Name: Relate Plymouth and District

Charity Registration Number: 237035

Registered Office:

3 Blenheim Road
Plymouth
PL4 8LJ

Trustees:

Neil Hendy	Chair
Chris Oram	
Natalie Harrison	
Iain Perring	
Catrina Swan	Resigned Sept 24

Secretary:

Susan Hirons

External Examiner:

St. Kew Accountancy Ltd.
Woodlands
Rosehill
Penzance
Cornwall
TR20 8TE

Bankers:

HSBC
PO Box 26
Old Town Street
Plymouth
PL1 1DD

RELATE PLYMOUTH AND DISTRICT

**TRUSTEES' ANNUAL REPORT
for the year ended 31st March, 2025**

The trustees present their report along with the financial statements of the charity for the 12 month period ended 31st March, 2025. The financial statements have been prepared in accordance with the accounting policies set out on page 7 to 12 and the recommendations of the Statement of Recommended Practice - Accounting and Reporting by Charities.

CONSTITUTION AND OBJECTS

Relate Plymouth and District is a registered charity No. 237035.

The objects of the charity are the provision of help to people in building better couple relationships through counselling, education work and training.

ORGANISATION

The trustees who have served during the period under review and since the period end are set out on page 2.

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits for being trustees.

Induction and training of Trustees: Procedures for recruiting and training trustees are in place. The Board of Trustees aims to ensure that its membership is appropriate to the work of the charity and that any new trustees add to the Board's diversity, skills and experience.

REVIEW OF ACTIVITIES

The Statement of Financial Activities for the year is set out on page 5 of the accounts.

RISK MANAGEMENT

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established that enable regular reports to be produced so that the necessary steps can be taken to lessen the risks.

TRUSTEES' RESPONSIBILITIES

Trustees are responsible for preparing an annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's state of affairs during the financial period and of its financial position at the end of the period.

In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on their behalf by:

..... Sign

..... Print

Dated:.....

INDEPENDENT EXAMINER'S REPORT
RELATE PLYMOUTH AND DISTRICT
ON THE ANNUAL ACCOUNTS FOR THE YEAR ENDED

31st March, 2025

I report on the accounts of the charity for the year ended 31st March 2025, which are set out on pages 7 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioner under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep accounting records in accordance with section 130 of the 2011 Act; and
 - (b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Date: 5th September 2025

Signed:.....

M. Vickery
St. Kew Accountancy Ltd.
Woodlands
Rosehill
Penzance

RELATE PLYMOUTH AND DISTRICT

Consolidated Statement of Financial Activities (including an Income and Expenditure Account)

for the year ended 31st March, 2025

		Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
<u>Incoming Resources</u>					
Incoming resources from generating funds:					
Voluntary Income	9	-	-	-	-
Activities for generating funds	9	-	-	-	-
Investment Income	9	4,283	-	4,283	2,762
Incoming resources from charitable activities	10	67,036	-	67,036	77,384
Other incoming resources	10	-	-	-	-
Total Incoming Resources		<u>71,320</u>	<u>-</u>	<u>71,320</u>	<u>80,147</u>
<u>Resources Expended</u>					
Charitable Activities	11	115,376	-	115,376	116,323
Governance Costs	11	653	-	653	653
Total Resources Expended		<u>116,029</u>	<u>-</u>	<u>116,029</u>	<u>116,976</u>
Net Incoming Resources:					
Net movement in Funds		-44,709	-	-44,709	-36,829
Total Funds at 1st April, 2024		623,038	-	623,038	659,868
Total Funds at 1st April, 2025		<u>578,328</u>	<u>-</u>	<u>578,328</u>	<u>623,038</u>

RELATE PLYMOUTH AND DISTRICT

BALANCE SHEET AS AT 31ST MARCH, 2025

	Notes	£	£	£	£
		31/03/2025		31/03/2024	
FIXED ASSETS					
Tangible Assets	13		149		222
CURRENT ASSETS					
Debtors & Prepayments	7	1,883		2,132	
Cash at Bank & in Hand	5	<u>579,398</u>		<u>627,996</u>	
			581,282		630,128
CREDITORS AND ACCRUALS:					
Amounts falling due within one year	8	3,104		7,313	
NET CURRENT ASSETS :			578,178		622,815
NET ASSETS:			<u>578,328</u>		<u>623,038</u>
REPRESENTED BY:					
Unrestricted Funds					
Designated Funds	14	403,000		403,000	
General Funds	14	<u>175,328</u>		<u>220,038</u>	
			578,328		623,038
Restricted Funds			-		-
			<u>578,328</u>		<u>623,038</u>

ON BEHALF OF THE TRUSTEES:

..... :-Signed by Trustee

..... :-Print Name

Approved by the Trustees on: 2025

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2025

1. ACCOUNTING POLICIES:

Accounting convention

The financial statements have been prepared under the historical cost convention and on an accruals basis, in accordance with applicable accounting standards, the Charities SORP 2005 (Accounting and Reporting by Charities) and comply with the charities (Accounts and Reports) Regulations 2005 issued under the Charities Act 1993.

Investment Income

Investment Income is recorded when receivable.

Gift Aid

Gift Aid reclaimable on donations to the charity is shown separately.

Voluntary Income

Amounts of voluntary income is received by way of donations and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.

Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which can not be recovered.

Unrestricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds

Designated funds are unrestricted funds earmarked by the management committee for particular purposes.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.

Assets

All assets costing more than £100 are capitalised.

TAXATION

Relate Plymouth is a registered charity and accordingly is exempt from taxation on its income and gains where they are applied for charitable purposes.

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2025

2. ANALYSIS OF EMPLOYEE COSTS AND NUMBERS

Staff costs were as follows:	31/03/2025	31/03/2024
	£	£
Salaries, wages and social security	79,055	77,824
	79,055	77,824

No employee received emoluments of more than £60,000 during the year (2024 nil).

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

	31/03/2025	31/03/2024
	No	No
Administration and Support	1.5	1.5
Counselling	1.5	1.5
	3	3

3. RELATED PARTY TRANSACTIONS

None of the trustees were paid any remuneration or expenses by the charity during the year (2021 none).

4. DONATIONS

			31/03/2025	31/03/2024
	£	£	£	£
General donations	-	-	-	-
	-	-	-	-

5. CURRENT ASSETS: Cash and Bank

	31/03/2025	31/03/2024
	£	£
Cash at Bank:		
HSBC 31827391 - Current Account	92,205	145,225
HSBC 32885646 - Current Account	104,483	104,163
Barclays 33126676 - Savings Account	292,781	288,718
Lloyds 00661209 - Treasurer's Account	89,930	89,880
Petty Cash	-	10
	579,398	627,996

6. THE RESOURCES EXPENDED BY THE CHARITY INCLUDE:

	Unrestricted			
	General	31/03/2025	31/03/2024	
This is stated after charging:	Fund	Total Funds	Total Funds	
	£	£	£	
Examiner's Remuneration	677	677	653	
Depreciation	73	73	73	
	749	749	725	

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2025

7. DEBTORS AND PREPAYMENTS: Amounts falling due within one year

	31/03/2025	31/03/2024
	£	£
Trade Debtors	-	-
Prepayments -Insurance	507	507
-Rent	-	1,625
-Rates	1,148	-
-Memberships	229	-
	1,883	2,132
	1,883	2,132

8. CREDITORS: Amounts falling due within one year:

	31/03/2025	31/03/2024
	£	£
Trade Creditors	1,312	2,002
Independent Examiner Fees	677	653
Wages	-	4,658
PAYE/NI	1,115	-
	3,104	7,313
	3,104	7,313

9. INCOMING RESOURCES FROM GENERATING FUNDS

	Unrestricted	Restricted	31/03/2025 Total	31/03/2024 Total
	£	£	£	£
Voluntary Income:				
Donations	-	-	-	-
Activities for generating funds:				
Training	-	-	-	-
Investment Income:	4,283	-	4,283	2,762
	4,283	-	4,283	2,762
	4,283	-	4,283	2,762

10. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted	Restricted	31/03/2025 Total	31/03/2024 Total
	£	£	£	£
Client Contributions	37,421	-	37,421	34,641
Grants	-	-	-	-
Project Income	29,615	-	29,615	42,743
Sundry	-	-	-	-
	67,036	-	67,036	77,384
	67,036	-	67,036	77,384

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2025

11. DIRECT CHARITABLE EXPENDITURE

	Unrestricted	Restricted	31/03/2025 Total	31/03/2024 Total
	£	£	£	£
Premises:				
Rent and Rates	13,178	-	13,178	10,410
Insurance	1,195	-	1,195	717
Heat and Light	2,905	-	2,905	2,060
Repairs and Renewals	1,709	-	1,709	1,641
Depreciation	73	-	73	73
Counselling:				
Supervision Fees	1,921	-	1,921	1,695
Training	481	-	481	4,322
Counsellors	32,568	-	32,568	30,660
Support Costs:				
Staff Salaries	34,543	-	34,543	37,604
Employers' NI/payee	11,944	-	11,944	9,560
Pension Contributions	1,581	-	1,581	1,517
Travel and Expenses	11	-	11	611
Subscriptions and Memberships	6,344	-	6,344	9,470
Postage, Printing, Stationery, Phone	2,043	-	2,043	2,452
Book-Keeping	1,068	-	1,068	1,028
Website	849	-	849	1,044
Refreshments/Meetings	166	-	166	163
Sundries	91	-	91	134
Administration:				
Legal and Professional	2,190	-	2,190	774
Finance Charges	1,168	-	1,168	1,041
	116,029	-	116,029	116,976

The unrestricted funds of the charity may be applied for any charitable purpose at the discretion of the trustees.

12. ANALYSIS OF THE NET MOVEMENT IN FUNDS

This statement shows how the net movement in funds relates to the change in net resources available to finance future charitable expenditure, after taking account of resources designated for possible future commitments.

	At 01/04/24	Incoming Resources	Outgoing Resources	Transfers	At 31/03/25
	£	£	£	£	£
Restricted Funds					
Grants	-	-	-	-	-
Total Restricted Funds	-	-	-	-	-
Designated Funds					
Running Costs - Six Months	42,000	-	-	-	42,000
Closure Costs	50,000	-	-	-	50,000
Repairs and Renewals for Centre	5,000	-	-	-	5,000
Training Bursary	6,000	-	-	-	6,000
Purchase of 3 Blenheim Road	300,000	-	-	-	300,000
Total Designated Funds	403,000	-	-	-	403,000
General Unrestricted Funds	220,038	71,320	116,029	-	175,328
Total Unrestricted Funds	220,038	71,320	116,029	-	175,328
Total Funds	623,038	71,320	116,029	-	578,328

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2025

13. TANGIBLE FIXED ASSETS:

For valuation purposes, depreciation is calculated at the following annual rates, in order to write off each asset over its estimated useful life:

Other Equipment: 20% on a straight line basis.

	IT Equip £	Other £	Total £
Cost			
Brought Forward	-	364	364
Fully Depreciated	-	-	-
Additions	-	-	-
Disposals	-	-	-
As at 31st March, 2025	<u>-</u>	<u>364</u>	<u>364</u>
Depreciation			
Brought Forward	-	142	142
Fully Depreciated	-	-	-
Charge for the period		73	73
Disposals	-	-	-
As at 31st March, 2025	<u>-</u>	<u>215</u>	<u>215</u>
Net Book Value:			
As at 31st March, 2025	<u>-</u>	<u>149</u>	<u>149</u>
Net Book Value:			
As at 1st April, 2024	<u>-</u>	<u>223</u>	<u>223</u>

14. CAPITAL COMMITMENTS

The charity's only capital commitment as at 31st March 2025 or 31st March 2024, is the possible future purchase of the premises at 3 Blenheim Road, currently rented from Plymouth City Council.

15. GRANTS

None this financial year.

These notes form part of the financial statements

Registered Charity No: 237035

REPORT AND FINANCIAL STATEMENTS

for the year ended
31st March, 2025

for

RELATE PLYMOUTH AND DISTRICT

RELATE PLYMOUTH AND DISTRICT

INDEX TO THE FINANCIAL STATEMENTS

for the year ended 31st March, 2025

	Page
Legal and Administrative Information	2
Report of the Trustees	3
Report of the Independent Examiner	4
Statement of Financial Activities	5
Balance Sheet	6
Notes Forming Part of the Financial Statements	7 to 11

RELATE PLYMOUTH AND DISTRICT

Legal and Administrative Information

The Charity was registered as an unincorporated charity on 9th July, 1964

Charity Name: Relate Plymouth and District

Charity Registration Number: 237035

Registered Office:

3 Blenheim Road
Plymouth
PL4 8LJ

Trustees:

Neil Hendy	Chair
Chris Oram	
Natalie Harrison	
Iain Perring	
Catrina Swan	Resigned Sept 24

Secretary:

Susan Hirons

External Examiner:

St. Kew Accountancy Ltd.
Woodlands
Rosehill
Penzance
Cornwall
TR20 8TE

Bankers:

HSBC
PO Box 26
Old Town Street
Plymouth
PL1 1DD

RELATE PLYMOUTH AND DISTRICT

**TRUSTEES' ANNUAL REPORT
for the year ended 31st March, 2025**

The trustees present their report along with the financial statements of the charity for the 12 month period ended 31st March, 2025. The financial statements have been prepared in accordance with the accounting policies set out on page 7 to 12 and the recommendations of the Statement of Recommended Practice - Accounting and Reporting by Charities.

CONSTITUTION AND OBJECTS

Relate Plymouth and District is a registered charity No. 237035.

The objects of the charity are the provision of help to people in building better couple relationships through counselling, education work and training.

ORGANISATION

The trustees who have served during the period under review and since the period end are set out on page 2.

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits for being trustees.

Induction and training of Trustees: Procedures for recruiting and training trustees are in place. The Board of Trustees aims to ensure that its membership is appropriate to the work of the charity and that any new trustees add to the Board's diversity, skills and experience.

REVIEW OF ACTIVITIES

The Statement of Financial Activities for the year is set out on page 5 of the accounts.

RISK MANAGEMENT

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established that enable regular reports to be produced so that the necessary steps can be taken to lessen the risks.

TRUSTEES' RESPONSIBILITIES

Trustees are responsible for preparing an annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's state of affairs during the financial period and of its financial position at the end of the period.

In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on their behalf by:

..... Sign

..... Print

Dated:.....

INDEPENDENT EXAMINER'S REPORT
RELATE PLYMOUTH AND DISTRICT
ON THE ANNUAL ACCOUNTS FOR THE YEAR ENDED

31st March, 2025

I report on the accounts of the charity for the year ended 31st March 2025, which are set out on pages 7 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioner under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep accounting records in accordance with section 130 of the 2011 Act; and
 - (b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Date: 5th September 2025

Signed:.....

M. Vickery
St. Kew Accountancy Ltd.
Woodlands
Rosehill
Penzance

RELATE PLYMOUTH AND DISTRICT

Consolidated Statement of Financial Activities (including an Income and Expenditure Account)

for the year ended 31st March, 2025

		Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
<u>Incoming Resources</u>					
Incoming resources from generating funds:					
Voluntary Income	9	-	-	-	-
Activities for generating funds	9	-	-	-	-
Investment Income	9	4,283	-	4,283	2,762
Incoming resources from charitable activities	10	67,036	-	67,036	77,384
Other incoming resources	10	-	-	-	-
Total Incoming Resources		<u>71,320</u>	<u>-</u>	<u>71,320</u>	<u>80,147</u>
<u>Resources Expended</u>					
Charitable Activities	11	115,376	-	115,376	116,323
Governance Costs	11	653	-	653	653
Total Resources Expended		<u>116,029</u>	<u>-</u>	<u>116,029</u>	<u>116,976</u>
Net Incoming Resources:					
Net movement in Funds		-44,709	-	-44,709	-36,829
Total Funds at 1st April, 2024		623,038	-	623,038	659,868
Total Funds at 1st April, 2025		<u>578,328</u>	<u>-</u>	<u>578,328</u>	<u>623,038</u>

RELATE PLYMOUTH AND DISTRICT

BALANCE SHEET AS AT 31ST MARCH, 2025

	Notes	£	£	£	£
		31/03/2025		31/03/2024	
FIXED ASSETS					
Tangible Assets	13		149		222
CURRENT ASSETS					
Debtors & Prepayments	7	1,883		2,132	
Cash at Bank & in Hand	5	<u>579,398</u>		<u>627,996</u>	
			581,282		630,128
CREDITORS AND ACCRUALS:					
Amounts falling due within one year	8	3,104		7,313	
NET CURRENT ASSETS :			578,178		622,815
NET ASSETS:			<u>578,328</u>		<u>623,038</u>
REPRESENTED BY:					
Unrestricted Funds					
Designated Funds	14	403,000		403,000	
General Funds	14	<u>175,328</u>		<u>220,038</u>	
			578,328		623,038
Restricted Funds			-		-
			<u>578,328</u>		<u>623,038</u>

ON BEHALF OF THE TRUSTEES:

..... :-Signed by Trustee

..... :-Print Name

Approved by the Trustees on: 2025

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2025

1. ACCOUNTING POLICIES:

Accounting convention

The financial statements have been prepared under the historical cost convention and on an accruals basis, in accordance with applicable accounting standards, the Charities SORP 2005 (Accounting and Reporting by Charities) and comply with the charities (Accounts and Reports) Regulations 2005 issued under the Charities Act 1993.

Investment Income

Investment Income is recorded when receivable.

Gift Aid

Gift Aid reclaimable on donations to the charity is shown separately.

Voluntary Income

Amounts of voluntary income is received by way of donations and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.

Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which can not be recovered.

Unrestricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds

Designated funds are unrestricted funds earmarked by the management committee for particular purposes.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.

Assets

All assets costing more than £100 are capitalised.

TAXATION

Relate Plymouth is a registered charity and accordingly is exempt from taxation on its income and gains where they are applied for charitable purposes.

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2025

2. ANALYSIS OF EMPLOYEE COSTS AND NUMBERS

Staff costs were as follows:	31/03/2025	31/03/2024	
	£	£	
Salaries, wages and social security	79,055	77,824	
	79,055	77,824	

No employee received emoluments of more than £60,000 during the year (2024 nil).

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

	31/03/2025	31/03/2024	
	No	No	
Administration and Support	1.5	1.5	
Counselling	1.5	1.5	
	3	3	

3. RELATED PARTY TRANSACTIONS

None of the trustees were paid any remuneration or expenses by the charity during the year (2021 none).

4. DONATIONS

		31/03/2025	31/03/2024	
	£	£	£	£
General donations	-	-	-	-
	-	-	-	-

5. CURRENT ASSETS: Cash and Bank

	31/03/2025	31/03/2024	
	£	£	
Cash at Bank:			
HSBC 31827391 - Current Account	92,205	145,225	
HSBC 32885646 - Current Account	104,483	104,163	
Barclays 33126676 - Savings Account	292,781	288,718	
Lloyds 00661209 - Treasurer's Account	89,930	89,880	
Petty Cash	-	10	
	579,398	627,996	

6. THE RESOURCES EXPENDED BY THE CHARITY INCLUDE:

		Unrestricted		
	General	31/03/2025	31/03/2024	
This is stated after charging:	Fund	Total Funds	Total Funds	
	£	£	£	
Examiner's Remuneration	677	677	653	
Depreciation	73	73	73	
	749	749	725	

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2025

7. DEBTORS AND PREPAYMENTS: Amounts falling due within one year

	31/03/2025	31/03/2024
	£	£
Trade Debtors	-	-
Prepayments -Insurance	507	507
-Rent	-	1,625
-Rates	1,148	-
-Memberships	229	-
	1,883	2,132
	1,883	2,132

8. CREDITORS: Amounts falling due within one year:

	31/03/2025	31/03/2024
	£	£
Trade Creditors	1,312	2,002
Independent Examiner Fees	677	653
Wages	-	4,658
PAYE/NI	1,115	-
	3,104	7,313
	3,104	7,313

9. INCOMING RESOURCES FROM GENERATING FUNDS

	Unrestricted	Restricted	31/03/2025 Total	31/03/2024 Total
	£	£	£	£
Voluntary Income:				
Donations	-	-	-	-
Activities for generating funds:				
Training	-	-	-	-
Investment Income:	4,283	-	4,283	2,762
	4,283	-	4,283	2,762
	4,283	-	4,283	2,762

10. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted	Restricted	31/03/2025 Total	31/03/2024 Total
	£	£	£	£
Client Contributions	37,421	-	37,421	34,641
Grants	-	-	-	-
Project Income	29,615	-	29,615	42,743
Sundry	-	-	-	-
	67,036	-	67,036	77,384
	67,036	-	67,036	77,384

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2025

11. DIRECT CHARITABLE EXPENDITURE

	Unrestricted	Restricted	31/03/2025 Total	31/03/2024 Total
	£	£	£	£
Premises:				
Rent and Rates	13,178	-	13,178	10,410
Insurance	1,195	-	1,195	717
Heat and Light	2,905	-	2,905	2,060
Repairs and Renewals	1,709	-	1,709	1,641
Depreciation	73	-	73	73
Counselling:				
Supervision Fees	1,921	-	1,921	1,695
Training	481	-	481	4,322
Counsellors	32,568	-	32,568	30,660
Support Costs:				
Staff Salaries	34,543	-	34,543	37,604
Employers' NI/payee	11,944	-	11,944	9,560
Pension Contributions	1,581	-	1,581	1,517
Travel and Expenses	11	-	11	611
Subscriptions and Memberships	6,344	-	6,344	9,470
Postage, Printing, Stationery, Phone	2,043	-	2,043	2,452
Book-Keeping	1,068	-	1,068	1,028
Website	849	-	849	1,044
Refreshments/Meetings	166	-	166	163
Sundries	91	-	91	134
Administration:				
Legal and Professional	2,190	-	2,190	774
Finance Charges	1,168	-	1,168	1,041
	116,029	-	116,029	116,976

The unrestricted funds of the charity may be applied for any charitable purpose at the discretion of the trustees.

12. ANALYSIS OF THE NET MOVEMENT IN FUNDS

This statement shows how the net movement in funds relates to the change in net resources available to finance future charitable expenditure, after taking account of resources designated for possible future commitments.

	At 01/04/24	Incoming Resources	Outgoing Resources	Transfers	At 31/03/25
	£	£	£	£	£
Restricted Funds					
Grants	-	-	-	-	-
Total Restricted Funds	-	-	-	-	-
Designated Funds					
Running Costs - Six Months	42,000	-	-	-	42,000
Closure Costs	50,000	-	-	-	50,000
Repairs and Renewals for Centre	5,000	-	-	-	5,000
Training Bursary	6,000	-	-	-	6,000
Purchase of 3 Blenheim Road	300,000	-	-	-	300,000
Total Designated Funds	403,000	-	-	-	403,000
General Unrestricted Funds	220,038	71,320	116,029	-	175,328
Total Unrestricted Funds	220,038	71,320	116,029	-	175,328
Total Funds	623,038	71,320	116,029	-	578,328

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2025

13. TANGIBLE FIXED ASSETS:

For valuation purposes, depreciation is calculated at the following annual rates, in order to write off each asset over its estimated useful life:

Other Equipment: 20% on a straight line basis.

	IT Equip £	Other £	Total £
Cost			
Brought Forward	-	364	364
Fully Depreciated	-	-	-
Additions	-	-	-
Disposals	-	-	-
As at 31st March, 2025	-	364	364
Depreciation			
Brought Forward	-	142	142
Fully Depreciated	-	-	-
Charge for the period	-	73	73
Disposals	-	-	-
As at 31st March, 2025	-	215	215
Net Book Value:			
As at 31st March, 2025	-	149	149
Net Book Value:			
As at 1st April, 2024	-	223	223

14. CAPITAL COMMITMENTS

The charity's only capital commitment as at 31st March 2025 or 31st March 2024, is the possible future purchase of the premises at 3 Blenheim Road, currently rented from Plymouth City Council.

15. GRANTS

None this financial year.

These notes form part of the financial statements

Relationships Plymouth

England & Wales - Charity number 237035

Accounts

Relate Plymouth – 2024/2025 Annual Report

The past year has been another difficult one for Relate Plymouth, but we continue to meet our Aims and Objectives which are:

- To help people build better relationships.
- To enhance the quality of couple, parental and family relationships
- To help all relationships and marriages withstand the pressures leading to breakdown.
- To limit the damage which commonly accompanies failing relationships, separation and divorce and increase the prospect of subsequent relationships succeeding.

In the belief that:

- An individuals' physical well-being and emotional/mental health benefits from a committed relationship
- Children thrive in families where relationships are positive and free from destructive conflict.
- People gain from an understanding of their sexuality.
- Expressing clear commitment is a helpful contribution to a healthy and secure couple relationship.

The challenges this year have been a lack of trained counsellors and difficulty recruiting new trainees to undertake Relate training.

However, evidence shows that our services achieve significant improvements in relationship quality and overall wellbeing, with 86% of clients feeling confident about their relationship after counselling.

Our work is varied – we help people to find love, cope with separation and divorce, improve their sex lives, break up in the least painful way possible, overcome infidelity, rebuild trust, regain intimacy and much more besides.

We believe that no problem is too small and encourage people to seek support for their relationships at the earliest possible stage, even when times are good.

Relates couple counselling saves the state an estimated £11 for every £1 spent.

Relate Plymouth has continued to work by offering zoom sessions alongside face-to-face session. However, we have seen a reduction in clients wanting to have zoom sessions and requesting face to face sessions as we return to a more normal way of working.

Plymouth Relate Achievements – 2024 - 2025

- Less counselling hours offered as we struggle to recruit new people to train to the Level 5 qualification.
This has now had an impact on our budget, and we are facing another deficit due to offering less hours than we have in the past.

The lack of counsellors has had a severe impact on our service delivery and therefore the financial situation of the centre.

- Zoom sessions continue to be offered, at a much lower level than in previous years.
- We will continue to work in this hybrid way for the foreseeable future. We have seen an increase in face-to-face session during this period.
- We are now working in 3 schools across the city. Down from 4 in previous years.
- Referrals from the Royal Navy/ Royal Marines continue to be made to the centre. This work is funded through the contract that Relate National holds with the Navy.
- A very slight increase in Children and Young Peoples work offered in the centre.

All these activities are the result of the work undertaken by the Centre Manager and her staff, dedication of all the Counsellors and the support of the trustees.

The reserve that the centre holds has helped us to get through the pandemic.

The reserve will now help us to recruit new trainees during 2024/2025.

The Way Ahead - Action for 2024/2025

In addition to the continuation of the work undertaken by counsellors to see individuals and couples to deliver the best possible relationship counselling available, 2024/2025 will focus on the following activities:

- The Centre Manager will seek to reopen some of the outposts that had to close during the pandemic.
- The Centre Manager will promote the work of Relate Plymouth to the community, to ensure that everyone has access to our service.
- Recruitment of at least two Trustees to ensure we have good governance of the Centre.
- Recruitment of four trainee counsellors, working in the Plymouth Centre, as long as training from Relate National continues
- This is the most pressing issue that the centre needs to address. Without new counsellors, we cannot deliver the service that we want to, to the community.
- The establishment of a sex therapy service in the centre.
- Improvements to the Plymouth centre.

Chair of Trustees
Relate Plymouth

REPORT AND FINANCIAL STATEMENTS

for the year ended
31st March, 2024

for

RELATE PLYMOUTH AND DISTRICT

RELATE PLYMOUTH AND DISTRICT

INDEX TO THE FINANCIAL STATEMENTS

for the year ended 31st March, 2024

	Page
Legal and Administrative Information	2
Report of the Trustees	3
Report of the Independent Examiner	4
Statement of Financial Activities	5
Balance Sheet	6
Notes Forming Part of the Financial Statements	7 to 11

Page 1

RELATE PLYMOUTH AND DISTRICT

Legal and Administrative Information

The Charity was registered as an unincorporated charity on 9th July, 1964

Charity Name: Relate Plymouth and District

Charity Registration Number: 237035

Registered Office:

3 Blenheim Road
Plymouth
PL4 8LJ

Trustees:

Catrina Swan . Chair
Chris Oram
Natalie Harrison
Iain Perring
Neil Hendy

Secretary:
Susan Hirons

External Examiner:

St. Kew Accountancy Ltd.
Patto Owriak
Allen Park
St. Kew Highway
Bodmin
PL30 3AR

Bankers:

HSBC
PO Box 26
Old Town Street
Plymouth
PL1 1DD

Page 2

RELATE PLYMOUTH AND DISTRICT**TRUSTEES' ANNUAL REPORT for the
year ended 31st March, 2024**

The trustees present their report along with the financial statements of the charity for the 12 month period ended 31st March, 2024. The financial statements have been prepared in accordance with the accounting policies set out on page 7 to 12 and the recommendations of the Statement of Recommended Practice - Accounting and Reporting by Charities.

CONSTITUTION AND OBJECTS

Relate Plymouth and District is a registered charity No. 237035.

The objects of the charity are the provision of help to people in building better couple relationships through counselling, education work and training.

ORGANISATION

The trustees who have served during the period under review and since the period end are set out on page 2.

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits for being trustees.

Induction and training of Trustees: Procedures for recruiting and training trustees are in place. The Board of Trustees aims to ensure that its membership is appropriate to the work of the charity and that any new trustees add to the Board's diversity, skills and experience.

REVIEW OF ACTIVITIES

The Statement of Financial Activities for the year is set out on page 5 of the accounts.

RISK MANAGEMENT

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established that enable regular reports to be produced so that the necessary steps can be taken to lessen the risks.

TRUSTEES' RESPONSIBILITIES

Trustees are responsible for preparing an annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's state of affairs during the financial period and of its financial position at the end of the period. In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on their behalf by:

..... Sign

..... Print

Dated:.....

INDEPENDENT EXAMINER'S REPORT

RELATE PLYMOUTH AND DISTRICT

ON THE ANNUAL ACCOUNTS FOR THE YEAR ENDED

31st March, 2024

I report on the accounts of the charity for the year ended 31st March 2024, which are set out on pages 7 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioner under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records . It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:

(a) to keep accounting records in accordance with section 130 of the 2011 Act; and

(b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met; or

- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Date: xxth October 2024

Signed:.....

M. Vickery
St. Kew Accountancy Ltd.
Patto Owriak, Allen Park
St. Kew Highway, Bodmin
Cornwall PL30 3AR

Page 4

RELATE PLYMOUTH AND DISTRICT

Consolidated Statement of Financial Activities (including an Income and Expenditure Account)

for the year ended 31st March, 2024

Incoming Resources	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Incoming resources from generating funds:				
Voluntary Income	9	-	-	-
Activities for generating funds	9	-	-	-
Investment Income 9 2,762	-	2,762	622	10 77,384
Other incoming resources	10	-	-	-
Total Incoming Resources	80,147	-	80,147	92,066
Resources Expended				
Charitable Activities	11	116,323	-	128,203
Governance Costs	11	653	-	580
Total Resources Expended	116,976	-	116,976	128,783
Net Incoming Resources:				
Net movement in Funds	-36,829	-	-36,829	-36,717
Total Funds at 1st April, 2023	659,868	- 659,868	696,586	Total Funds at 1st April, 2024 623,038
	659,868	-	623,038	- 623,038

RELATE PLYMOUTH AND DISTRICT

BALANCE SHEET AS AT 31ST MARCH, 2024

	Notes	£	£	£	£
		31/03/2024		31/03/2023	
FIXED ASSETS					
			630,128		665,560
CREDITORS AND ACCRUALS:					
Amounts falling due within one year	8	7,313		5,989	
NET CURRENT ASSETS :			<u>622,815</u>		659,571
NET ASSETS:			<u><u>623,038</u></u>		<u>659,868</u>
REPRESENTED BY:					
Unrestricted Funds					
Designated Funds	14	403,000		403,000	
General Funds	14	220,038		256,868	
			623,038		659,868
Restricted Funds					
			-		-
			<u><u>623,038</u></u>		<u><u>659,868</u></u>
Tangible Assets	13		222		296
CURRENT ASSETS					
Debtors & Prepayments	7	2,132		-	
Cash at Bank & in Hand	5	627,996		665,560	
			_____		_____
			_____		_____

ON BEHALF OF THE TRUSTEES:

..... :-Signed by Trustee

..... :-Print Name

RELATE PLYMOUTH AND DISTRICT

**NOTES TO THE FINANCIAL STATEMENTS for the 12
month period ended 31st March, 2024**

1. ACCOUNTING POLICIES:

Accounting convention

The financial statements have been prepared under the historical cost convention and on an accruals basis, in accordance with applicable accounting standards, the Charities SORP 2005 (Accounting and Reporting by Charities) and comply with the charities (Accounts and Reports) Regulations 2005 issued under the Charities Act 1993.

Investment Income

Investment Income is recorded when receivable.

Gift Aid

Gift Aid reclaimable on donations to the charity is shown separately.

Voluntary Income

Amounts of voluntary income is received by way of donations and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.

Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which can not be recovered.

Unrestricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds

Designated funds are unrestricted funds earmarked by the management committee for particular purposes.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.

Assets

All assets costing more than £100 are capitalised.

TAXATION

Relate Plymouth is a registered charity and accordingly is exempt from taxation on its income and gains where they are applied for charitable purposes.

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS
for the 12 month period ended 31st March, 2024

2. ANALYSIS OF EMPLOYEE COSTS AND NUMBERS

Staff costs were as follows:	31/03/2024	31/03/2023
	£	£
	<u>77,824</u>	<u>94,854</u>
Salaries, wages and social security	<u>77,824</u>	<u>94,854</u>

No employee received emoluments of more than £60,000 during the year (2023 nil).

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

	31/03/2024	31/03/2023
	No	No
Administration and Support	1.5	1.5
Counselling	1.5	1.5
	<u>3</u>	<u>3</u>

3. RELATED PARTY TRANSACTIONS

None of the trustees were paid any remuneration or expenses by the charity during the year (2021 none).

4. DONATIONS

	31/03/2024	31/03/2023
	£	£
General donations	<u>-</u>	<u>-</u>
	<u>-</u>	<u>-</u>

5. CURRENT ASSETS: Cash and Bank

	31/03/2024	31/03/2023
	£	£
Cash at Bank:		
HSBC 31827391 - Current Account	145,225	236,887
HSBC 32885646 - Current Account	104,163	52,905
Barclays 33126676 - Savings Account	285,878	89,880
Lloyds 00661209 - Treasurer's Account	89,880	89,880
Petty Cash	10	10
	<u>627,996</u>	<u>665,560</u>

6. THE RESOURCES EXPENDED BY THE CHARITY INCLUDE:

	Unrestricted		
	General Fund	31/03/2024	31/03/2023
This is stated after charging:		Total Funds	Total Funds
	£	£	£
Examiner's Remuneration	653	653	626
Depreciation	73	73	63
		<u>726</u>	<u>688</u>

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2024

7. DEBTORS AND PREPAYMENTS: Amounts falling due within one year

	31/03/2024	31/03/2023
	£	£
	<u>2,132</u>	<u>-</u>
	31/03/2024	31/03/2023
	£	£
	2,002	46
	653	626
	4,658	4,410
	-	674
	-	233
	<u>7,313</u>	<u>5,989</u>
Trade Debtors	-	-
Prepayments -Insurance	507	-
-Rent	1,625	-

8. CREDITORS: Amounts falling due within one year:

Trade Creditors
Independent Examiner Fees
Wages
PAYE/NI
Nest Pension

9. INCOMING RESOURCES FROM GENERATING FUNDS

	Unrestricted	Restricted	31/03/2024 Total	31/03/2023 Total
	£	£	£	£
Voluntary Income:				
Donations	-	-	-	-
Activities for generating funds:				
Training	-	-	-	-
Investment Income:	2,762	-	2,762	622
	<u>2,762</u>	<u>-</u>	<u>2,762</u>	<u>622</u>

10. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted	Restricted	31/03/2024 Total	31/03/2023 Total
	£	£	£	£
Client Contributions	34,641	-	34,641	43,215
Grants	-	-	-	-
Project Income	42,743	-	42,743	44,295
Sundry	-	-	-	3,934
	77,384	-	77,384	91,444

Page 9

**RELATE PLYMOUTH AND
DISTRICT**

**NOTES TO THE FINANCIAL STATEMENTS
for the 12 month period ended 31st March, 2024**

**11. DIRECT CHARITABLE
EXPENDITURE**

31/03/2024 31/03/2023

	Unrestricted	Restricted	Total	Total
	£	£	£	£
Premises:				
Rent and Rates	10,410	-	10,410	3,425
Insurance	717	-	717	1,163
Heat and Light	2,060	-	2,060	2,180
Repairs and Renewals	1,641	-	1,641	556
Depreciation	73	-	73	63
Counselling:				
Supervision Fees	1,695	-	1,695	1,955
Training	4,322	-	4,322	7,560
Counsellors - Plymouth	30,660	-	30,660	45,979
Support				
Costs:				
Staff Salaries	37,604	-	37,604	38,900
Employers' NI/payee	9,560	-	9,560	9,975
Pension Contributions	1,517	-	1,517	1,329
Travel and Expenses	611	-	611	367
Subscriptions and Memberships	9,470	-	9,470	8,535
Postage, Printing, Stationery, Phone	2,452	-	2,452	2,436
Book-Keeping	1,028	-	1,028	1,405
Website	1,044	-	1,044	737
Refreshments/Meetings	163	-	163	346
Sundries	134	-	134	-
Administration:				
Legal and Professional	774	-	774	675
Finance Charges	1,041	-	1,041	1,200
	116,976	-	116,976	128,783

The unrestricted funds of the charity may be applied for any charitable purpose at the discretion of the trustees.

12. ANALYSIS OF THE NET MOVEMENT IN FUNDS

This statement shows how the net movement in funds relates to the change in net resources available to finance future charitable expenditure, after taking account of resources designated for possible future commitments.

	Incoming		Outgoing	
	At 01/04/23	Resources	Resources	Transfers At 31/03/24
	£	£	£	£
Restricted Funds				
Grant	-	-	-	-

Total Restricted Funds Designated Funds	-	-	-	-	-
Running Costs - Six Months					
Closure Costs	42,000	-	-	-	42,000
Repairs and Renewals for Centre	50,000	-	-	-	50,000
Training Bursary	5,000	-	-	-	5,000
Purchase of 3 Blenheim Road	6,000	-	-	-	6,000
Total Designated Funds	300,000				300,000
General Unrestricted Funds					
Total Unrestricted Funds	403,000	-	-	-	403,000
Total Funds					
	256,868	80,147	116,976	-	220,038
	256,868	80,147	116,976	-	220,038
	659,868	80,147	116,976	-	623,038

Page 10

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2024

13. TANGIBLE FIXED ASSETS:

For valuation purposes, depreciation is calculated at the following annual rates, in order to write off each asset over its estimated useful life:

Other Equipment: 20% on a straight line basis.

	IT Equip	Other	Total
	£	£	£
Cost			
Brought Forward	-	592	592
Fully Depreciated	-	228	228
Additions	-	-	-
Disposals	-	-	-

As at 31st March, 2024	-	364	364
Depreciation			
Brought Forward	-	297	297
Fully Depreciated	-	228	228
Charge for the period	-	73	73
Disposals	-	-	-
As at 31st March, 2024	-	142	142
Net Book Value: As at 31st March, 2024	-	222	222
Net Book Value: As at 1st April, 2023	-	296	296
14. CAPITAL COMMITMENTS	-	296	296

The charity's only capital commitment as at 31st March 2024 or 31st March 2023, is the possible future purchase of the premises at 3 Blenheim Road, currently rented from Plymouth City Council.

15. GRANTS

None this financial year.

These notes form part of the financial statements

REPORT AND FINANCIAL STATEMENTS

for the year ended
31st March, 2024

for

RELATE PLYMOUTH AND DISTRICT

RELATE PLYMOUTH AND DISTRICT

INDEX TO THE FINANCIAL STATEMENTS

for the year ended 31st March, 2024

	Page
Legal and Administrative Information	2
Report of the Trustees	3
Report of the Independent Examiner	4
Statement of Financial Activities	5
Balance Sheet	6
Notes Forming Part of the Financial Statements	7 to 11

Page 1

RELATE PLYMOUTH AND DISTRICT

Legal and Administrative Information

The Charity was registered as an unincorporated charity on 9th July, 1964

Charity Name: Relate Plymouth and District

Charity Registration Number: 237035

Registered Office:

3 Blenheim Road
Plymouth
PL4 8LJ

Trustees:

Catrina Swan . Chair
Chris Oram
Natalie Harrison
Iain Perring
Neil Hendy

Secretary:
Susan Hirons

External Examiner:

St. Kew Accountancy Ltd.
Patto Owriak
Allen Park
St. Kew Highway
Bodmin
PL30 3AR

Bankers:

HSBC
PO Box 26
Old Town Street
Plymouth
PL1 1DD

Page 2

RELATE PLYMOUTH AND DISTRICT**TRUSTEES' ANNUAL REPORT for the
year ended 31st March, 2024**

The trustees present their report along with the financial statements of the charity for the 12 month period ended 31st March, 2024. The financial statements have been prepared in accordance with the accounting policies set out on page 7 to 12 and the recommendations of the Statement of Recommended Practice - Accounting and Reporting by Charities.

CONSTITUTION AND OBJECTS

Relate Plymouth and District is a registered charity No. 237035.

The objects of the charity are the provision of help to people in building better couple relationships through counselling, education work and training.

ORGANISATION

The trustees who have served during the period under review and since the period end are set out on page 2.

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits for being trustees.

Induction and training of Trustees: Procedures for recruiting and training trustees are in place. The Board of Trustees aims to ensure that its membership is appropriate to the work of the charity and that any new trustees add to the Board's diversity, skills and experience.

REVIEW OF ACTIVITIES

The Statement of Financial Activities for the year is set out on page 5 of the accounts.

RISK MANAGEMENT

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established that enable regular reports to be produced so that the necessary steps can be taken to lessen the risks.

TRUSTEES' RESPONSIBILITIES

Trustees are responsible for preparing an annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's state of affairs during the financial period and of its financial position at the end of the period. In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on their behalf by:

..... Sign

..... Print

Dated:.....

INDEPENDENT EXAMINER'S REPORT

RELATE PLYMOUTH AND DISTRICT

ON THE ANNUAL ACCOUNTS FOR THE YEAR ENDED

31st March, 2024

I report on the accounts of the charity for the year ended 31st March 2024, which are set out on pages 7 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioner under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records . It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:

(a) to keep accounting records in accordance with section 130 of the 2011 Act; and

(b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met; or

- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Date: xxth October 2024

Signed:.....

M. Vickery
St. Kew Accountancy Ltd.
Patto Owriak, Allen Park
St. Kew Highway, Bodmin
Cornwall PL30 3AR

Page 4

RELATE PLYMOUTH AND DISTRICT

Consolidated Statement of Financial Activities (including an Income and Expenditure Account)

for the year ended 31st March, 2024

Incoming Resources	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Incoming resources from generating funds:				
Voluntary Income	9	-	-	-
Activities for generating funds	9	-	-	-
Investment Income 9 2,762	-	2,762	622	10 77,384
Other incoming resources	10	-	-	-
Total Incoming Resources	80,147	-	80,147	92,066
Resources Expended				
Charitable Activities	11	116,323	116,323	128,203
Governance Costs	11	653	653	580
Total Resources Expended	116,976	-	116,976	128,783
Net Incoming Resources:				
Net movement in Funds	-36,829	-	-36,829	-36,717
Total Funds at 1st April, 2023	659,868	- 659,868	696,586	Total Funds at 1st April, 2024 623,038
	659,868	-	623,038	- 623,038

RELATE PLYMOUTH AND DISTRICT

BALANCE SHEET AS AT 31ST MARCH, 2024

	Notes	£	£	£	£
		31/03/2024		31/03/2023	
FIXED ASSETS					
			630,128		665,560
CREDITORS AND ACCRUALS:					
Amounts falling due within one year	8	7,313		5,989	
NET CURRENT ASSETS :			<u>622,815</u>		659,571
NET ASSETS:			<u><u>623,038</u></u>		<u>659,868</u>
REPRESENTED BY:					
Unrestricted Funds					
Designated Funds	14	403,000		403,000	
General Funds	14	220,038		256,868	
			623,038		659,868
Restricted Funds					
			-		-
			<u><u>623,038</u></u>		<u><u>659,868</u></u>
Tangible Assets	13		222		296
CURRENT ASSETS					
Debtors & Prepayments	7	2,132		-	
Cash at Bank & in Hand	5	627,996		665,560	
			_____	_____	
			_____	_____	

ON BEHALF OF THE TRUSTEES:

..... :-Signed by Trustee

..... :-Print Name

RELATE PLYMOUTH AND DISTRICT

**NOTES TO THE FINANCIAL STATEMENTS for the 12
month period ended 31st March, 2024**

1. ACCOUNTING POLICIES:

Accounting convention

The financial statements have been prepared under the historical cost convention and on an accruals basis, in accordance with applicable accounting standards, the Charities SORP 2005 (Accounting and Reporting by Charities) and comply with the charities (Accounts and Reports) Regulations 2005 issued under the Charities Act 1993.

Investment Income

Investment Income is recorded when receivable.

Gift Aid

Gift Aid reclaimable on donations to the charity is shown separately.

Voluntary Income

Amounts of voluntary income is received by way of donations and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.

Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which can not be recovered.

Unrestricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds

Designated funds are unrestricted funds earmarked by the management committee for particular purposes.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.

Assets

All assets costing more than £100 are capitalised.

TAXATION

Relate Plymouth is a registered charity and accordingly is exempt from taxation on its income and gains where they are applied for charitable purposes.

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS
for the 12 month period ended 31st March, 2024

2. ANALYSIS OF EMPLOYEE COSTS AND NUMBERS

Staff costs were as follows:	31/03/2024	31/03/2023
	£	£
	<u>77,824</u>	<u>94,854</u>
Salaries, wages and social security	<u>77,824</u>	<u>94,854</u>

No employee received emoluments of more than £60,000 during the year (2023 nil).

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

	31/03/2024	31/03/2023
	No	No
Administration and Support	1.5	1.5
Counselling	1.5	1.5
	<u>3</u>	<u>3</u>

3. RELATED PARTY TRANSACTIONS

None of the trustees were paid any remuneration or expenses by the charity during the year (2021 none).

4. DONATIONS

		31/03/2024	31/03/2023
	£	£	£
General donations	<u>-</u>	<u>-</u>	<u>-</u>
	<u>-</u>	<u>-</u>	<u>-</u>

5. CURRENT ASSETS: Cash and Bank

	31/03/2024	31/03/2023
	£	£
Cash at Bank:		
HSBC 31827391 - Current Account	145,225	236,887
HSBC 32885646 - Current Account	104,163	52,905
Barclays 33126676 - Savings Account	285,878	89,880
Lloyds 00661209 - Treasurer's Account	89,880	89,880
Petty Cash	10	10
	<u>627,996</u>	<u>665,560</u>

6. THE RESOURCES EXPENDED BY THE CHARITY INCLUDE:

	Unrestricted		
	General Fund	31/03/2024	31/03/2023
This is stated after charging:		Total Funds	Total Funds
	£	£	£
Examiner's Remuneration	653	653	626
Depreciation	73	73	63
		<u>726</u>	<u>688</u>

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2024

7. DEBTORS AND PREPAYMENTS: Amounts falling due within one year

	31/03/2024	31/03/2023
	£	£
	<u>2,132</u>	<u>-</u>
	31/03/2024	31/03/2023
	£	£
	2,002	46
	653	626
	4,658	4,410
	-	674
	-	233
	<u>7,313</u>	<u>5,989</u>
Trade Debtors	-	-
Prepayments -Insurance	507	-
-Rent	1,625	-

8. CREDITORS: Amounts falling due within one year:

Trade Creditors
Independent Examiner Fees
Wages
PAYE/NI
Nest Pension

9. INCOMING RESOURCES FROM GENERATING FUNDS

	Unrestricted	Restricted	31/03/2024 Total	31/03/2023 Total
	£	£	£	£
Voluntary Income:				
Donations	-	-	-	-
Activities for generating funds:				
Training	-	-	-	-
Investment Income:	2,762	-	2,762	622
	<u>2,762</u>	<u>-</u>	<u>2,762</u>	<u>622</u>

10. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted	Restricted	31/03/2024 Total	31/03/2023 Total
	£	£	£	£
Client Contributions	34,641	-	34,641	43,215
Grants	-	-	-	-
Project Income	42,743	-	42,743	44,295
Sundry	-	-	-	3,934
	77,384	-	77,384	91,444

Page 9

**RELATE PLYMOUTH AND
DISTRICT**

**NOTES TO THE FINANCIAL STATEMENTS
for the 12 month period ended 31st March, 2024**

**11. DIRECT CHARITABLE
EXPENDITURE**

31/03/2024 31/03/2023

	Unrestricted	Restricted	Total	Total
	£	£	£	£
Premises:				
Rent and Rates	10,410	-	10,410	3,425
Insurance	717	-	717	1,163
Heat and Light	2,060	-	2,060	2,180
Repairs and Renewals	1,641	-	1,641	556
Depreciation	73	-	73	63
Counselling:				
Supervision Fees	1,695	-	1,695	1,955
Training	4,322	-	4,322	7,560
Counsellors - Plymouth	30,660	-	30,660	45,979
Support				
Costs:				
Staff Salaries	37,604	-	37,604	38,900
Employers' NI/payee	9,560	-	9,560	9,975
Pension Contributions	1,517	-	1,517	1,329
Travel and Expenses	611	-	611	367
Subscriptions and Memberships	9,470	-	9,470	8,535
Postage, Printing, Stationery, Phone	2,452	-	2,452	2,436
Book-Keeping	1,028	-	1,028	1,405
Website	1,044	-	1,044	737
Refreshments/Meetings	163	-	163	346
Sundries	134	-	134	-
Administration:				
Legal and Professional	774	-	774	675
Finance Charges	1,041	-	1,041	1,200
	116,976	-	116,976	128,783

The unrestricted funds of the charity may be applied for any charitable purpose at the discretion of the trustees.

12. ANALYSIS OF THE NET MOVEMENT IN FUNDS

This statement shows how the net movement in funds relates to the change in net resources available to finance future charitable expenditure, after taking account of resources designated for possible future commitments.

	Incoming		Outgoing	
	At 01/04/23	Resources	Resources	Transfers At 31/03/24
	£	£	£	£
Restricted Funds				
Grant	-	-	-	-

Total Restricted Funds Designated Funds	-	-	-	-	-
Running Costs - Six Months					
Closure Costs	42,000	-	-	-	42,000
Repairs and Renewals for Centre	50,000	-	-	-	50,000
Training Bursary	5,000	-	-	-	5,000
Purchase of 3 Blenheim Road	6,000	-	-	-	6,000
Total Designated Funds	300,000				300,000
General Unrestricted Funds					
Total Unrestricted Funds	403,000	-	-	-	403,000
Total Funds					
	256,868	80,147	116,976	-	220,038
	256,868	80,147	116,976	-	220,038
	659,868	80,147	116,976	-	623,038

Page 10

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2024

13. TANGIBLE FIXED ASSETS:

For valuation purposes, depreciation is calculated at the following annual rates, in order to write off each asset over its estimated useful life:

Other Equipment: 20% on a straight line basis.

	IT Equip	Other	Total
	£	£	£
Cost			
Brought Forward	-	592	592
Fully Depreciated	-	228	228
Additions	-	-	-
Disposals	-	-	-

As at 31st March, 2024	-	364	364
Depreciation			
Brought Forward	-	297	297
Fully Depreciated	-	228	228
Charge for the period	-	73	73
Disposals	-	-	-
As at 31st March, 2024	-	142	142
Net Book Value: As at 31st March, 2024	-	222	222
Net Book Value: As at 1st April, 2023	-	296	296
14. CAPITAL COMMITMENTS	-	296	296

The charity's only capital commitment as at 31st March 2024 or 31st March 2023, is the possible future purchase of the premises at 3 Blenheim Road, currently rented from Plymouth City Council.

15. GRANTS

None this financial year.

These notes form part of the financial statements

Relationships Plymouth

England & Wales - Charity number 237035

Accounts

Registered Charity No: 237035

REPORT AND FINANCIAL STATEMENTS

for the year ended
31st March, 2023

for

RELATE PLYMOUTH AND DISTRICT

RELATE PLYMOUTH AND DISTRICT

INDEX TO THE FINANCIAL STATEMENTS

for the year ended 31st March, 2023

	Page
Legal and Administrative Information	2
Report of the Trustees	3
Report of the Independent Examiner	4
Statement of Financial Activities	5
Balance Sheet	6
Notes Forming Part of the Financial Statements	7 to 11

RELATE PLYMOUTH AND DISTRICT

Legal and Administrative Information

The Charity was registered as an unincorporated charity on 9th July, 1964

Charity Name: Relate Plymouth and District

Charity Registration Number: 237035

Registered Office:

3 Blenheim Road
Plymouth
PL4 8LJ

Trustees:

	Catrina Swan	Chair
	Peter Fellows	
	Chris Oram	Appointed Sept 22
	Natalie Harrison	
PCC Rep	Neil Hendy	(Appointed July 23/24)
PCC Rep	Mabel Edge	(Appointed Aug 23/24)

Secretary:

Susan Hirons

External Examiner:

St. Kew Accountancy Ltd.
Patto Owriak
Allen Park
St. Kew Highway
Bodmin
PL30 3AR

Bankers:

HSBC
PO Box 26
Old Town Street
Plymouth
PL1 1DD

RELATE PLYMOUTH AND DISTRICT

TRUSTEES' ANNUAL REPORT for the year ended 31st March, 2023

The trustees present their report along with the financial statements of the charity for the 12 month period ended 31st March, 2023. The financial statements have been prepared in accordance with the accounting policies set out on page 7 to 12 and the recommendations of the Statement of Recommended Practice - Accounting and Reporting by Charities.

CONSTITUTION AND OBJECTS

Relate Plymouth and District is a registered charity No. 237035.

The objects of the charity are the provision of help to people in building better couple relationships through counselling, education work and training.

ORGANISATION

The trustees who have served during the period under review and since the period end are set out on page 2.

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits for being trustees.

Induction and training of Trustees: Procedures for recruiting and training trustees are in place. The Board of Trustees aims to ensure that its membership is appropriate to the work of the charity and that any new trustees add to the Board's diversity, skills and experience.

REVIEW OF ACTIVITIES

The Statement of Financial Activities for the year is set out on page 5 of the accounts.

RISK MANAGEMENT

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established that enable regular reports to be produced so that the necessary steps can be taken to lessen the risks.

TRUSTEES' RESPONSIBILITIES

Trustees are responsible for preparing an annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's state of affairs during the financial period and of its financial position at the end of the period.

In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on their behalf by:

..... Sign

..... Print

Dated:.....

INDEPENDENT EXAMINER'S REPORT
RELATE PLYMOUTH AND DISTRICT
ON THE ANNUAL ACCOUNTS FOR THE YEAR ENDED

31st March, 2023

I report on the accounts of the charity for the year ended 31st March 2023, which are set out on pages 7 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioner under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep accounting records in accordance with section 130 of the 2011 Act; and
 - (b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met;or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Date: 8th December 2023

Signed:.....

M. Vickery
St. Kew Accountancy Ltd.
Patto Owriak, Allen Park
St. Kew Highway, Bodmin
Cornwall PL30 3AR

RELATE PLYMOUTH AND DISTRICT

Consolidated Statement of Financial Activities (including an Income and Expenditure Account)

for the year ended 31st March, 2023

		Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
<u>Incoming Resources</u>					
Incoming resources from generating funds:					
Voluntary Income	9	-	-	-	-
Activities for generating funds	9	-	-	-	-
Investment Income	9	622	-	622	-
Incoming resources from charitable activities	10	91,444	-	91,444	116,129
Other incoming resources	10	-	-	-	-
Total Incoming Resources		<u>92,066</u>	<u>-</u>	<u>92,066</u>	<u>116,129</u>
Resources Expended					
Charitable Activities	11	128,203	-	128,203	122,619
Governance Costs	11	580	-	580	580
Total Resources Expended		<u>128,783</u>	<u>-</u>	<u>128,783</u>	<u>123,199</u>
Net Incoming Resources:					
Net movement in Funds		-36,717	-	-36,717	-7,070
Total Funds at 1st April, 2022		696,586	-	696,586	703,657
Total Funds at 1st April, 2023		<u>659,868</u>	<u>-</u>	<u>659,868</u>	<u>696,586</u>

RELATE PLYMOUTH AND DISTRICT

BALANCE SHEET AS AT 31ST MARCH, 2023

	Notes	£	£	£	£
		31/03/2023		31/03/2022	
FIXED ASSETS					
Tangible Assets	13		296		358
CURRENT ASSETS					
Debtors & Prepayments	7	-		-	
Cash at Bank & in Hand	5	<u>665,560</u>		<u>697,714</u>	
			665,560		697,714
CREDITORS AND ACCRUALS:					
Amounts falling due within one year	8	5,989		1,487	
NET CURRENT ASSETS :			659,571		696,227
NET ASSETS:			<u><u>659,868</u></u>		<u><u>696,586</u></u>
 REPRESENTED BY:					
Unrestricted Funds					
Designated Funds	14	403,000		403,000	
General Funds	14	<u>256,868</u>		<u>293,586</u>	
			659,868		696,586
Restricted Funds			-		-
			<u><u>659,868</u></u>		<u><u>696,586</u></u>

ON BEHALF OF THE TRUSTEES:

..... :-Signed by Trustee

..... :-Print Name

Approved by the Trustees on: 2023

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2023

1. ACCOUNTING POLICIES:

Accounting convention

The financial statements have been prepared under the historical cost convention and on an accruals basis, in accordance with applicable accounting standards, the Charities SORP 2005 (Accounting and Reporting by Charities) and comply with the charities (Accounts and Reports) Regulations 2005 issued under the Charities Act 1993.

Investment Income

Investment Income is recorded when receivable.

Gift Aid

Gift Aid reclaimable on donations to the charity is shown separately.

Voluntary Income

Amounts of voluntary income is received by way of donations and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.

Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which can not be recovered.

Unrestricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds

Designated funds are unrestricted funds earmarked by the management committee for particular purposes.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.

Assets

All assets costing more than £100 are capitalised.

TAXATION

Relate Plymouth is a registered charity and accordingly is exempt from taxation on its income and gains where they are applied for charitable purposes.

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2023

2. ANALYSIS OF EMPLOYEE COSTS AND NUMBERS

Staff costs were as follows:	31/03/2023	31/03/2022	
	£	£	
Salaries, wages and social security	94,854	90,561	
	94,854	90,561	

No employee received emoluments of more than £60,000 during the year (2022 nil).

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

	31/03/2023	31/03/2022	
	No	No	
Administration and Support	1.5	1.5	
Counselling	1.5	1.5	
	3	3	

3. RELATED PARTY TRANSACTIONS

None of the trustees were paid any remuneration or expenses by the charity during the year (2021 none).

4. DONATIONS

			31/03/2023	31/03/2022
	£	£	£	£
General donations	-	-	-	-
	-	-	-	-

5. CURRENT ASSETS: Cash and Bank

		31/03/2023	31/03/2022
		£	£
Cash at Bank:			
HSBC 31827391 - Current Account		236,887	300,631
HSBC 32885646 - Current Account		52,905	22,422
Barclays 33126676 - Savings Account		285,878	284,771
Lloyds Savings A/C WNTM73630520007		89,880	89,880
Petty Cash		10	10
		665,560	697,714

6. THE RESOURCES EXPENDED BY THE CHARITY INCLUDE:

			31/03/2023	31/03/2022
	Unrestricted			
	General			
This is stated after charging:	Fund	Total Funds	Total Funds	
	£	£	£	
Examiner's Remuneration	626	626	597	
Depreciation	63	63	148	
	689	689	744	

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2023

7. DEBTORS AND PREPAYMENTS: Amounts falling due within one year

	31/03/2023	31/03/2022
	£	£
Trade Debtors	-	-
Prepayments	-	-
	-	-
	-	-

8. CREDITORS: Amounts falling due within one year:

	31/03/2023	31/03/2022
	£	£
Trade Creditors	46	26
Independent Examiner Fees	626	597
Wages	4,410	-
PAYE/NI	674	804
Nest Pension	233	60
	5,989	1,487
	5,989	1,487

9. INCOMING RESOURCES FROM GENERATING FUNDS

	Unrestricted	Restricted	31/03/2023 Total	31/03/2022 Total
	£	£	£	£
Voluntary Income:				
Donations	-	-	-	-
Activities for generating funds:				
Training	-	-	-	-
Investment Income:	622	-	622	-
	622	-	622	-
	622	-	622	-

10. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted	Restricted	31/03/2023 Total	31/03/2022 Total
	£	£	£	£
Client Contributions	43,215	-	43,215	59,855
Grants	-	-	-	12,334
Project Income	44,295	-	44,295	43,940
Sundry	3,934	-	3,934	-
	91,444	-	91,444	116,129
	91,444	-	91,444	116,129

RELATE PLYMOUTH AND DISTRICT

**NOTES TO THE FINANCIAL STATEMENTS
for the 12 month period ended 31st March, 2023**

11. DIRECT CHARITABLE EXPENDITURE

			31/03/2023	31/03/2022
	Unrestricted £	Restricted £	Total £	Total £
Premises:				
Rent and Rates	3,425	-	3,425	4,862
Insurance	1,163	-	1,163	1,132
Heat and Light	2,180	-	2,180	1,242
Repairs and Renewals	556	-	556	2,202
Depreciation	63	-	63	148
Counselling:				
Supervision and Tutorial Salaries	-	-	-	281
Supervision Fees	1,955	-	1,955	1,488
Training	7,560	-	7,560	1,520
Counsellors - Plymouth	45,979	-	45,979	44,627
Support Costs:				
Staff Salaries	38,900	-	38,900	34,670
Employers' NI/payee	9,975	-	9,975	10,983
Pension Contributions	1,329	-	1,329	1,337
Travel and Expenses	367	-	367	71
Subscriptions and Memberships	8,535	-	8,535	9,661
Postage, Printing, Stationery, Phone	2,436	-	2,436	1,960
Book-Keeping	1,405	-	1,405	880
Website	737	-	737	852
Refreshments/Meetings	346	-	346	-
Write Off Old Debt	-	-	-	2,000
Sundries	-	-	-	222
Administration:				
Legal and Professional	675	-	675	1,883
Finance Charges	1,200	-	1,200	1,179
	128,783	-	128,783	123,199

The unrestricted funds of the charity may be applied for any charitable purpose at the discretion of the trustees.

12. ANALYSIS OF THE NET MOVEMENT IN FUNDS

This statement shows how the net movement in funds relates to the change in net resources available to finance future charitable expenditure, after taking account of resources designated for possible future commitments.

	At 01/04/22	Incoming Resources	Outgoing Resources	Transfers	At 31/03/23
	£	£	£	£	£
Restricted Funds					
Grant	-	-	-	-	-
Total Restricted Funds	-	-	-	-	-
Designated Funds					
Running Costs - Six Months	42,000	-	-	-	42,000
Closure Costs	50,000	-	-	-	50,000
Repairs and Renewals for Centre	5,000	-	-	-	5,000
Training Bursary	6,000	-	-	-	6,000
Purchase of 3 Blenheim Road	300,000	-	-	-	300,000
Total Designated Funds	403,000	-	-	-	403,000
General Unrestricted Funds	293,586	92,066	128,783	-	256,868
Total Unrestricted Funds	293,586	92,066	128,783	-	256,868
Total Funds	696,586	92,066	128,783	-	659,868

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2023

13. TANGIBLE FIXED ASSETS:

For valuation purposes, depreciation is calculated at the following annual rates, in order to write off each asset over its estimated useful life:

IT Equipment: 25% over four years on a straight line basis.

	IT Equip £	Other £	Total £
Cost			
Brought Forward	-	592	592
Fully Depreciated	-	-	-
Additions	-	-	-
Disposals	-	-	-
As at 31st March, 2023	<u>-</u>	<u>592</u>	<u>592</u>
Depreciation			
Brought Forward	-	234	234
Fully Depreciated	-	-	-
Charge for the period	-	63	63
Disposals	-	-	-
As at 31st March, 2023	<u>-</u>	<u>297</u>	<u>297</u>
Net Book Value:			
As at 31st March, 2023	<u>-</u>	<u>296</u>	<u>296</u>
Net Book Value:			
As at 1st April, 2022	<u>-</u>	<u>359</u>	<u>359</u>

14. CAPITAL COMMITMENTS

The charity's only capital commitment as at 31st March 2023 or 31st March 2022, is the possible future purchase of the premises at 3 Blenheim Road, currently rented from Plymouth City Council.

15. GRANTS

None this financial year.

These notes form part of the financial statements

Relationships Plymouth

England & Wales - Charity number 237035

Accounts

Relate Plymouth – 2022/2023 Annual Report

The past year has been another difficult one for Relate Plymouth, but we continue to meet our Aims and Objectives which are:

- To help people build better relationships
- To enhance the quality of couple, parental and family relationships
- To help all relationships and marriages withstand the pressures leading to breakdown
- To limit the damage which commonly accompanies failing relationships, separation and divorce and increase the prospect of subsequent relationships succeeding.

In the belief that:

- An individuals' physical well-being and emotional/mental health benefits from a committed relationship
- Children thrive in families where relationships are positive and free from destructive conflict
- People gain from an understanding of their sexuality
- Expressing clear commitment is a helpful contribution to a healthy and secure couple relationship.

The challenges this year have been a lack of trained counsellors and difficulty recruiting new trainees to undertake Relate training .

However, evidence shows that our services achieve significant improvements in relationship quality and overall wellbeing, with 86% of clients feeling confident about their relationship after counselling.

Our work is varied – we help people to find love, cope with separation and divorce, improve their sex lives, break up in the least painful way possible, overcome infidelity, rebuild trust, regain intimacy and much more besides.

We believe that no problem is too small and encourage people to seek support for their relationships at the earliest possible stage, even when times are good. Relates couple counselling saves the state an estimated £11 for every £1 spent.

Relate Plymouth has continued to work by offering zoom sessions alongside face-to-face session. However, we have seen a reduction in clients wanting to have zoom sessions and requesting face to face sessions as we return to a more normal way of working.

Plymouth Relate Achievements – 2022

- 1,400 counselling sessions provided by 4 Relate qualified and trained counsellors
-
- Zoom sessions continue to be offered.
We will continue to work in this hybrid way for the foreseeable future.
We have seen an increase in face-to-face session during this period.
- Continued work in schools across the city, although we have lost one school during this period.
- Referrals from the Royal Navy/ Royal Marines continue to be made to the centre. This work is funded through the contract that Relate National holds with the Navy.
- The slight increase in Children and Young Peoples work offered in the centre.

All these activities are the result of the work undertaken by the Centre Manager and her staff, dedication of all the Counsellors and the support of the trustees.

The reserve that the centre holds has helped us to get through the pandemic.

The reserve will now help us to recruit new trainees and build the service u

The Way Ahead - Action for 2023

In addition to the continuation of the work undertaken by counsellors to see individuals and couples to deliver the best possible relationship counselling available, 2023 will focus on the following activities:

- The Centre Manager will seek to reopen some of the outposts that had to close during the pandemic.
- The Centre Manager will promote the work of Relate Plymouth to the community, to ensure that everyone has access to our service.
- Recruitment of at least two Trustees to ensure we have good governance of the Centre.
- Recruitment of four trainee counsellors, working in the Plymouth Centre.
- Recruitment of a Sex Therapist
- Improvements to the Plymouth centre.

Chair of Trustees
Relate Plymouth

Registered Charity No: 237035

REPORT AND FINANCIAL STATEMENTS

for the year ended
31st March, 2022

for

RELATE PLYMOUTH AND DISTRICT

RELATE PLYMOUTH AND DISTRICT

INDEX TO THE FINANCIAL STATEMENTS

for the year ended 31st March, 2022

	Page
Legal and Administrative Information	2
Report of the Trustees	3
Report of the Independent Examiner	4
Statement of Financial Activities	5
Balance Sheet	6
Notes Forming Part of the Financial Statements	7 to 11

RELATE PLYMOUTH AND DISTRICT

Legal and Administrative Information

The Charity was registered as an unincorporated charity on 9th July, 1964

Charity Name: Relate Plymouth and District

Charity Registration Number: 237035

Registered Office:

3 Blenheim Road
Plymouth
PL4 8LJ

Trustees:

Mark Gilbert Chair
Peter Fellows
Catrina Swann
Iain Perring

Secretary:

Susan Hirons

External Examiner:

St. Kew Accountancy Ltd.
Patto Owriak
Allen Park
St. Kew Highway
Bodmin
PL30 3AR

Bankers:

HSBC
PO Box 26
Old Town Street
Plymouth
PL1 1DD

RELATE PLYMOUTH AND DISTRICT

**TRUSTEES' ANNUAL REPORT
for the year ended 31st March, 2022**

The trustees present their report along with the financial statements of the charity for the 12 month period ended 31st March, 2022. The financial statements have been prepared in accordance with the accounting policies set out on page 7 to 12 and the recommendations of the Statement of Recommended Practice - Accounting and Reporting by Charities.

CONSTITUTION AND OBJECTS

Relate Plymouth and District is a registered charity No. 237035.

The objects of the charity are the provision of help to people in building better couple relationships through counselling, education work and training.

ORGANISATION

The trustees who have served during the period under review and since the period end are set out on page 2.

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits for being trustees.

Induction and training of Trustees: Procedures for recruiting and training trustees are in place. The Board of Trustees aims to ensure that its membership is appropriate to the work of the charity and that any new trustees add to the Board's diversity, skills and experience.

REVIEW OF ACTIVITIES

The Statement of Financial Activities for the year is set out on page 5 of the accounts.

RISK MANAGEMENT

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established that enable regular reports to be produced so that the necessary steps can be taken to lessen the risks.

TRUSTEES' RESPONSIBILITIES

Trustees are responsible for preparing an annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's state of affairs during the financial period and of its financial position at the end of the period.

In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on their behalf by:

..... Sign

..... Print

Dated:.....

INDEPENDENT EXAMINER'S REPORT
RELATE PLYMOUTH AND DISTRICT
ON THE ANNUAL ACCOUNTS FOR THE YEAR ENDED

31st March, 2022

I report on the accounts of the charity for the year ended 31st March 2022, which are set out on pages 7 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioner under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep accounting records in accordance with section 130 of the 2011 Act; and
 - (b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met;or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Date: 10th November 2022

Signed:.....

M. Vickery
St. Kew Accountancy Ltd.
Patto Owriak, Allen Park
St. Kew Highway, Bodmin
Cornwall PL30 3AR

RELATE PLYMOUTH AND DISTRICT

Consolidated Statement of Financial Activities (including an Income and Expenditure Account)

for the year ended 31st March, 2022

		Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
<u>Incoming Resources</u>					
Incoming resources from generating funds:					
Voluntary Income	9	-	-	-	-
Activities for generating funds	9	-	-	-	-
Investment Income	9	-	-	-	21
Incoming resources from charitable activities	10	103,795	12,334	116,129	117,214
Other incoming resources	10	-	-	-	-
Total Incoming Resources		<u>103,795</u>	<u>12,334</u>	<u>116,129</u>	<u>117,235</u>
Resources Expended					
Charitable Activities	11	110,285	12,334	122,619	131,260
Governance Costs	11	580	-	580	580
Total Resources Expended		<u>110,865</u>	<u>12,334</u>	<u>123,199</u>	<u>131,840</u>
Net Incoming Resources:					
Net movement in Funds		-7,070	-	-7,070	-14,604
Total Funds at 1st April, 2021		703,657	-	703,657	718,262
Total Funds at 1st April, 2022		<u><u>696,586</u></u>	<u><u>-</u></u>	<u><u>696,586</u></u>	<u><u>703,657</u></u>

RELATE PLYMOUTH AND DISTRICT

BALANCE SHEET AS AT 31ST MARCH, 2022

	Notes	£	£	£	£
		31/03/2022		31/03/2021	
FIXED ASSETS					
Tangible Assets	13		358		257
CURRENT ASSETS					
Debtors & Prepayments	7	-		3,460	
Cash at Bank & in Hand	5	<u>697,714</u>		<u>705,652</u>	
			697,714		709,113
CREDITORS AND ACCRUALS:					
Amounts falling due within one year	8	1,487		5,712	
NET CURRENT ASSETS :			696,227		703,401
NET ASSETS:			<u>696,586</u>		<u>703,657</u>
REPRESENTED BY:					
Unrestricted Funds					
Designated Funds	14	403,000		403,000	
General Funds	14	<u>293,586</u>		<u>300,657</u>	
			696,586		703,657
Restricted Funds			-		-
			<u>696,586</u>		<u>703,657</u>

ON BEHALF OF THE TRUSTEES:

..... :-Signed by Trustee

..... :-Print Name

Approved by the Trustees on: 2022

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2022

1. ACCOUNTING POLICIES:

Accounting convention

The financial statements have been prepared under the historical cost convention and on an accruals basis, in accordance with applicable accounting standards, the Charities SORP 2005 (Accounting and Reporting by Charities) and comply with the charities (Accounts and Reports) Regulations 2005 issued under the Charities Act 1993.

Investment Income

Investment Income is recorded when receivable.

Gift Aid

Gift Aid reclaimable on donations to the charity is shown separately.

Voluntary Income

Amounts of voluntary income is received by way of donations and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.

Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which can not be recovered.

Unrestricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds

Designated funds are unrestricted funds earmarked by the management committee for particular purposes.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.

Assets

All assets costing more than £100 are capitalised.

TAXATION

Relate Plymouth is a registered charity and accordingly is exempt from taxation on its income and gains where they are applied for charitable purposes.

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2022

2. ANALYSIS OF EMPLOYEE COSTS AND NUMBERS

Staff costs were as follows:	31/03/2022	31/03/2021
	£	£
Salaries, wages and social security	90,561	96,539
	90,561	96,539

No employee received emoluments of more than £60,000 during the year (2019 nil).

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

	31/03/2022	31/03/2021
	No	No
Administration and Support	1.5	1.5
Counselling	1.5	1.5
	3	3

3. RELATED PARTY TRANSACTIONS

None of the trustees were paid any remuneration or expenses by the charity during the year (2021 none).

4. DONATIONS

	31/03/2022	31/03/2021
	£	£
General donations	-	-
	-	-

5. CURRENT ASSETS: Cash and Bank

	31/03/2022	31/03/2021
	£	£
Cash at Bank:		
HSBC 31827391 - Current Account	300,631	303,910
HSBC 32885646 - Current Account	22,422	26,697
Barclays 33126676 - Savings Account	284,771	284,641
Lloyds Savings A/C WNTM73630520007	89,880	89,880
Petty Cash	10	524
	697,714	705,652

6. THE RESOURCES EXPENDED BY THE CHARITY INCLUDE:

	Unrestricted		
	General	31/03/2022	31/03/2021
This is stated after charging:	Fund	Total Funds	Total Funds
	£	£	£
Examiner's Remuneration	597	597	580
Depreciation	148	148	2,343
	745	745	2,922

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2022

7. DEBTORS AND PREPAYMENTS: Amounts falling due within one year

	31/03/2022	31/03/2021
	£	£
Trade Debtors	-	-
Prepayments	-	3,460
	-	3,460
	-	3,460

8. CREDITORS: Amounts falling due within one year:

	31/03/2022	31/03/2021
	£	£
Trade Creditors	26	3,737
Independent Examiner Fees	597	580
PAYE/NI	804	1,174
Nest Pension	60	222
	1,487	5,713
	1,487	5,713

9. INCOMING RESOURCES FROM GENERATING FUNDS

	Unrestricted	Restricted	31/03/2022 Total	31/03/2021 Total
	£	£	£	£
Voluntary Income:				
Donations	-	-	-	-
Activities for generating funds:				
Training	-	-	-	-
Investment Income:	-	-	-	21
	-	-	-	21
	-	-	-	21

10. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted	Restricted	31/03/2022 Total	31/03/2021 Total
	£	£	£	£
Client Contributions	59,855	-	59,855	29,921
Grants	-	12,334	12,334	51,376
Project Income	43,940	-	43,940	35,911
Sundry	-	-	-	6
	103,795	12,334	116,129	117,214
	103,795	12,334	116,129	117,214

RELATE PLYMOUTH AND DISTRICT

**NOTES TO THE FINANCIAL STATEMENTS
for the 12 month period ended 31st March, 2022**

11. DIRECT CHARITABLE EXPENDITURE

			31/03/2022	31/03/2021
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Premises:				
Rent and Rates	4,862	-	4,862	10,003
Insurance	1,132	-	1,132	2,103
Heat and Light	1,242	-	1,242	1,058
Repairs and Renewals	2,202	-	2,202	732
Depreciation	148	-	148	2,343
Counselling:				
Supervision and Tutorial Salaries	281	-	281	635
Supervision Fees	1,488	-	1,488	-
Training	1,520	-	1,520	1,700
Counsellors - Plymouth	44,627	-	44,627	39,772
Counsellors - Torquay	-	-	-	5,804
Support Costs:				
Staff Salaries	22,336	12,334	34,670	38,049
Employers' NI/payee	10,983	-	10,983	12,280
Pension Contributions	1,337	-	1,337	1,367
Travel and Expenses	71	-	71	274
Subscriptions and Memberships	9,661	-	9,661	9,319
Postage, Printing, Stationery, Phone	1,960	-	1,960	1,935
Book-Keeping	880	-	880	1,470
Website	852	-	852	464
Advertising	-	-	-	196
Refreshments/Meetings	-	-	-	-
Write Off Old Debt	2,000	-	2,000	-
Sundries	222	-	222	39
Administration:				
Legal and Professional	1,883	-	1,883	1,250
Finance Charges	1,179	-	1,179	1,048
	110,865	12,334	123,199	131,840

The unrestricted funds of the charity may be applied for any charitable purpose at the discretion of the trustees.

12. ANALYSIS OF THE NET MOVEMENT IN FUNDS

This statement shows how the net movement in funds relates to the change in net resources available to finance future charitable expenditure, after taking account of resources designated for possible future commitments.

	At 01/04/21	Incoming Resources	Outgoing Resources	Transfers	At 31/03/22
	£	£	£	£	£
Restricted Funds					
Grant - HMRC JRS	-	12,334	12,334	-	-
Total Restricted Funds	-	12,334	12,334	-	-
Designated Funds					
Running Costs - Six Months	42,000	-	-	-	42,000
Closure Costs	50,000	-	-	-	50,000
Repairs and Renewals for Centre	5,000	-	-	-	5,000
Training Bursary	6,000	-	-	-	6,000
Purchase of 3 Blenheim Road	300,000	-	-	-	300,000
Total Designated Funds	403,000	-	-	-	403,000
General Unrestricted Funds	300,657	103,795	110,865	-	293,586
Total Unrestricted Funds	300,657	103,795	110,865	-	293,586
Total Funds	703,657	116,129	123,199	-	696,586

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2022

13. TANGIBLE FIXED ASSETS:

For valuation purposes, depreciation is calculated at the following annual rates, in order to write off each asset over its estimated useful life:

IT Equipment: 25% over four years on a straight line basis.

	IT Equip £	Other £	Total £
Cost			
Brought Forward	-	7,616	7,616
Fully Depreciated	-	7,274	7,274
Additions	-	250	250
Disposals	-	-	-
As at 31st March, 2022	-	592	592
Depreciation			
Brought Forward	-	7,360	7,360
Fully Depreciated	-	7,274	7,274
Charge for the period	-	148	148
Disposals	-	-	-
As at 31st March, 2022	-	234	234
Net Book Value:			
As at 31st March, 2022	-	358	358
Net Book Value:			
As at 1st April, 2021	-	257	257

14. CAPITAL COMMITMENTS

The charity's only capital commitment as at 31st March 2022 or 31st March 2021, is the possible future purchase of the premises at 3 Blenheim Road, currently rented from Plymouth City Council.

15. GRANTS

Grant - HMRC JRS To contribute towards the wages of furloughed staff.

These notes form part of the financial statements

Registered Charity No: 237035

REPORT AND FINANCIAL STATEMENTS

for the year ended
31st March, 2022

for

RELATE PLYMOUTH AND DISTRICT

RELATE PLYMOUTH AND DISTRICT

INDEX TO THE FINANCIAL STATEMENTS

for the year ended 31st March, 2022

	Page
Legal and Administrative Information	2
Report of the Trustees	3
Report of the Independent Examiner	4
Statement of Financial Activities	5
Balance Sheet	6
Notes Forming Part of the Financial Statements	7 to 11

RELATE PLYMOUTH AND DISTRICT

Legal and Administrative Information

The Charity was registered as an unincorporated charity on 9th July, 1964

Charity Name: Relate Plymouth and District

Charity Registration Number: 237035

Registered Office:

3 Blenheim Road
Plymouth
PL4 8LJ

Trustees:

Mark Gilbert Chair
Peter Fellows
Catrina Swann
Iain Perring

Secretary:

Susan Hirons

External Examiner:

St. Kew Accountancy Ltd.
Patto Owriak
Allen Park
St. Kew Highway
Bodmin
PL30 3AR

Bankers:

HSBC
PO Box 26
Old Town Street
Plymouth
PL1 1DD

RELATE PLYMOUTH AND DISTRICT

**TRUSTEES' ANNUAL REPORT
for the year ended 31st March, 2022**

The trustees present their report along with the financial statements of the charity for the 12 month period ended 31st March, 2022. The financial statements have been prepared in accordance with the accounting policies set out on page 7 to 12 and the recommendations of the Statement of Recommended Practice - Accounting and Reporting by Charities.

CONSTITUTION AND OBJECTS

Relate Plymouth and District is a registered charity No. 237035.

The objects of the charity are the provision of help to people in building better couple relationships through counselling, education work and training.

ORGANISATION

The trustees who have served during the period under review and since the period end are set out on page 2.

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits for being trustees.

Induction and training of Trustees: Procedures for recruiting and training trustees are in place. The Board of Trustees aims to ensure that its membership is appropriate to the work of the charity and that any new trustees add to the Board's diversity, skills and experience.

REVIEW OF ACTIVITIES

The Statement of Financial Activities for the year is set out on page 5 of the accounts.

RISK MANAGEMENT

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established that enable regular reports to be produced so that the necessary steps can be taken to lessen the risks.

TRUSTEES' RESPONSIBILITIES

Trustees are responsible for preparing an annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's state of affairs during the financial period and of its financial position at the end of the period.

In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on their behalf by:

..... Sign

..... Print

Dated:.....

INDEPENDENT EXAMINER'S REPORT
RELATE PLYMOUTH AND DISTRICT
ON THE ANNUAL ACCOUNTS FOR THE YEAR ENDED

31st March, 2022

I report on the accounts of the charity for the year ended 31st March 2022, which are set out on pages 7 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioner under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep accounting records in accordance with section 130 of the 2011 Act; and
 - (b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met;or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Date: 10th November 2022

Signed:.....

M. Vickery
St. Kew Accountancy Ltd.
Patto Owriak, Allen Park
St. Kew Highway, Bodmin
Cornwall PL30 3AR

RELATE PLYMOUTH AND DISTRICT

Consolidated Statement of Financial Activities (including an Income and Expenditure Account)

for the year ended 31st March, 2022

<u>Incoming Resources</u>		Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Incoming resources from generating funds:					
Voluntary Income	9	-	-	-	-
Activities for generating funds	9	-	-	-	-
Investment Income	9	-	-	-	21
Incoming resources from charitable activities	10	103,795	12,334	116,129	117,214
Other incoming resources	10	-	-	-	-
Total Incoming Resources		<u>103,795</u>	<u>12,334</u>	<u>116,129</u>	<u>117,235</u>
Resources Expended					
Charitable Activities	11	110,285	12,334	122,619	131,260
Governance Costs	11	580	-	580	580
Total Resources Expended		<u>110,865</u>	<u>12,334</u>	<u>123,199</u>	<u>131,840</u>
Net Incoming Resources: Net movement in Funds		-7,070	-	-7,070	-14,604
Total Funds at 1st April, 2021		703,657	-	703,657	718,262
Total Funds at 1st April, 2022		<u><u>696,586</u></u>	<u><u>-</u></u>	<u><u>696,586</u></u>	<u><u>703,657</u></u>

RELATE PLYMOUTH AND DISTRICT

BALANCE SHEET AS AT 31ST MARCH, 2022

	Notes	£	£	£	£
		31/03/2022		31/03/2021	
FIXED ASSETS					
Tangible Assets	13		358		257
CURRENT ASSETS					
Debtors & Prepayments	7	-		3,460	
Cash at Bank & in Hand	5	<u>697,714</u>		<u>705,652</u>	
			697,714		709,113
CREDITORS AND ACCRUALS:					
Amounts falling due within one year	8	1,487		5,712	
NET CURRENT ASSETS :			696,227		703,401
NET ASSETS:			<u>696,586</u>		<u>703,657</u>
REPRESENTED BY:					
Unrestricted Funds					
Designated Funds	14	403,000		403,000	
General Funds	14	<u>293,586</u>		<u>300,657</u>	
			696,586		703,657
Restricted Funds			-		-
			<u>696,586</u>		<u>703,657</u>

ON BEHALF OF THE TRUSTEES:

..... :-Signed by Trustee

..... :-Print Name

Approved by the Trustees on: 2022

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2022

1. ACCOUNTING POLICIES:

Accounting convention

The financial statements have been prepared under the historical cost convention and on an accruals basis, in accordance with applicable accounting standards, the Charities SORP 2005 (Accounting and Reporting by Charities) and comply with the charities (Accounts and Reports) Regulations 2005 issued under the Charities Act 1993.

Investment Income

Investment Income is recorded when receivable.

Gift Aid

Gift Aid reclaimable on donations to the charity is shown separately.

Voluntary Income

Amounts of voluntary income is received by way of donations and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.

Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which can not be recovered.

Unrestricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds

Designated funds are unrestricted funds earmarked by the management committee for particular purposes.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.

Assets

All assets costing more than £100 are capitalised.

TAXATION

Relate Plymouth is a registered charity and accordingly is exempt from taxation on its income and gains where they are applied for charitable purposes.

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2022

2. ANALYSIS OF EMPLOYEE COSTS AND NUMBERS

Staff costs were as follows:	31/03/2022	31/03/2021
	£	£
Salaries, wages and social security	90,561	96,539
	90,561	96,539

No employee received emoluments of more than £60,000 during the year (2019 nil).

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

	31/03/2022	31/03/2021
	No	No
Administration and Support	1.5	1.5
Counselling	1.5	1.5
	3	3

3. RELATED PARTY TRANSACTIONS

None of the trustees were paid any remuneration or expenses by the charity during the year (2021 none).

4. DONATIONS

		31/03/2022	31/03/2021
	£	£	£
General donations	-	-	-
	-	-	-

5. CURRENT ASSETS: Cash and Bank

	31/03/2022	31/03/2021
	£	£
Cash at Bank:		
HSBC 31827391 - Current Account	300,631	303,910
HSBC 32885646 - Current Account	22,422	26,697
Barclays 33126676 - Savings Account	284,771	284,641
Lloyds Savings A/C WNTM73630520007	89,880	89,880
Petty Cash	10	524
	697,714	705,652

6. THE RESOURCES EXPENDED BY THE CHARITY INCLUDE:

	Unrestricted		
	General	31/03/2022	31/03/2021
This is stated after charging:	Fund	Total Funds	Total Funds
	£	£	£
Examiner's Remuneration	597	597	580
Depreciation	148	148	2,343
	745	745	2,922

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2022

7. DEBTORS AND PREPAYMENTS: Amounts falling due within one year

	31/03/2022	31/03/2021
	£	£
Trade Debtors	-	-
Prepayments	-	3,460
	-	3,460
	-	3,460

8. CREDITORS: Amounts falling due within one year:

	31/03/2022	31/03/2021
	£	£
Trade Creditors	26	3,737
Independent Examiner Fees	597	580
PAYE/NI	804	1,174
Nest Pension	60	222
	1,487	5,713
	1,487	5,713

9. INCOMING RESOURCES FROM GENERATING FUNDS

	Unrestricted	Restricted	31/03/2022 Total	31/03/2021 Total
	£	£	£	£
Voluntary Income:				
Donations	-	-	-	-
Activities for generating funds:				
Training	-	-	-	-
Investment Income:	-	-	-	21
	-	-	-	21
	-	-	-	21

10. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted	Restricted	31/03/2022 Total	31/03/2021 Total
	£	£	£	£
Client Contributions	59,855	-	59,855	29,921
Grants	-	12,334	12,334	51,376
Project Income	43,940	-	43,940	35,911
Sundry	-	-	-	6
	103,795	12,334	116,129	117,214
	103,795	12,334	116,129	117,214

RELATE PLYMOUTH AND DISTRICT

**NOTES TO THE FINANCIAL STATEMENTS
for the 12 month period ended 31st March, 2022**

11. DIRECT CHARITABLE EXPENDITURE

			31/03/2022	31/03/2021
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Premises:				
Rent and Rates	4,862	-	4,862	10,003
Insurance	1,132	-	1,132	2,103
Heat and Light	1,242	-	1,242	1,058
Repairs and Renewals	2,202	-	2,202	732
Depreciation	148	-	148	2,343
Counselling:				
Supervision and Tutorial Salaries	281	-	281	635
Supervision Fees	1,488	-	1,488	-
Training	1,520	-	1,520	1,700
Counsellors - Plymouth	44,627	-	44,627	39,772
Counsellors - Torquay	-	-	-	5,804
Support Costs:				
Staff Salaries	22,336	12,334	34,670	38,049
Employers' NI/payee	10,983	-	10,983	12,280
Pension Contributions	1,337	-	1,337	1,367
Travel and Expenses	71	-	71	274
Subscriptions and Memberships	9,661	-	9,661	9,319
Postage, Printing, Stationery, Phone	1,960	-	1,960	1,935
Book-Keeping	880	-	880	1,470
Website	852	-	852	464
Advertising	-	-	-	196
Refreshments/Meetings	-	-	-	-
Write Off Old Debt	2,000	-	2,000	-
Sundries	222	-	222	39
Administration:				
Legal and Professional	1,883	-	1,883	1,250
Finance Charges	1,179	-	1,179	1,048
	110,865	12,334	123,199	131,840

The unrestricted funds of the charity may be applied for any charitable purpose at the discretion of the trustees.

12. ANALYSIS OF THE NET MOVEMENT IN FUNDS

This statement shows how the net movement in funds relates to the change in net resources available to finance future charitable expenditure, after taking account of resources designated for possible future commitments.

	At 01/04/21	Incoming Resources	Outgoing Resources	Transfers	At 31/03/22
	£	£	£	£	£
Restricted Funds					
Grant - HMRC JRS	-	12,334	12,334	-	-
Total Restricted Funds	-	12,334	12,334	-	-
Designated Funds					
Running Costs - Six Months	42,000	-	-	-	42,000
Closure Costs	50,000	-	-	-	50,000
Repairs and Renewals for Centre	5,000	-	-	-	5,000
Training Bursary	6,000	-	-	-	6,000
Purchase of 3 Blenheim Road	300,000	-	-	-	300,000
Total Designated Funds	403,000	-	-	-	403,000
General Unrestricted Funds	300,657	103,795	110,865	-	293,586
Total Unrestricted Funds	300,657	103,795	110,865	-	293,586
Total Funds	703,657	116,129	123,199	-	696,586

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2022

13. TANGIBLE FIXED ASSETS:

For valuation purposes, depreciation is calculated at the following annual rates, in order to write off each asset over its estimated useful life:

IT Equipment: 25% over four years on a straight line basis.

	IT Equip £	Other £	Total £
Cost			
Brought Forward	-	7,616	7,616
Fully Depreciated	-	7,274	7,274
Additions	-	250	250
Disposals	-	-	-
As at 31st March, 2022	<u>-</u>	<u>592</u>	<u>592</u>
Depreciation			
Brought Forward	-	7,360	7,360
Fully Depreciated	-	7,274	7,274
Charge for the period	-	148	148
Disposals	-	-	-
As at 31st March, 2022	<u>-</u>	<u>234</u>	<u>234</u>
Net Book Value:			
As at 31st March, 2022	<u>-</u>	<u>358</u>	<u>358</u>
Net Book Value:			
As at 1st April, 2021	<u>-</u>	<u>257</u>	<u>257</u>

14. CAPITAL COMMITMENTS

The charity's only capital commitment as at 31st March 2022 or 31st March 2021, is the possible future purchase of the premises at 3 Blenheim Road, currently rented from Plymouth City Council.

15. GRANTS

Grant - HMRC JRS To contribute towards the wages of furloughed staff.

These notes form part of the financial statements

Relationships Plymouth

England & Wales - Charity number 237035

Accounts

Relate Plymouth – 2021/2022 Annual Report

The past year has been difficult for Relate Plymouth, but we continue to meet its Aims and Objectives which are:

- To help people build better relationships
- To enhance the quality of couple, parental and family relationships
- To help all relationships and marriages withstand the pressures leading to breakdown
- To limit the damage which commonly accompanies failing relationships, separation and divorce and increase the prospect of subsequent relationships succeeding.

In the belief that:

- An individuals' physical well-being and emotional/mental health benefits from a committed relationship
- Children thrive in families where relationships are positive and free from destructive conflict
- People gain from an understanding of their sexuality
- Expressing clear commitment is a helpful contribution to a healthy and secure couple relationship.

This has been a most challenging year, trying to work through the pandemic.

However, evidence shows that our services achieve significant improvements in relationship quality and overall wellbeing, with 86% of clients feeling confident about their relationship after counselling.

Our work is varied – we help people to find love, cope with separation and divorce, improve their sex lives, break up in the least painful way possible, overcome infidelity, rebuild trust, regain intimacy and much more besides.

We believe that no problem is too small and encourage people to seek support for their relationships at the earliest possible stage, even when times are good. Relates couple counselling saves the state an estimated £11 for every £1 spent.

Relate Plymouth has continued to work by offering zoom sessions alongside face-to-face session.
We have worked in a safe way throughout these difficult times.

Plymouth Relate Achievements – 2020/2021

- 1,000 counselling sessions provided by 4 Relate qualified and trained counsellors
-
- Zoom sessions introduced as a way of working with clients. This has been very well received by clients and we will continue to work in this hybrid way for the foreseeable future. Offering face to face sessions, phone counselling and zoom counselling
- Continued work in schools across the city. We continue to work with several schools in the city, providing a service that is valued by students and staff.
- Referrals from the Royal Navy/ Royal Marines continue to be made to the centre. This work is funded through the contract that Relate National holds with the Navy.
- The increase in Children and Young Peoples work offered in the centre.

All these activities are the result of the work undertaken by the Centre Manager and her staff, dedication of all the Counsellors and the support of the trustees.

The reserve that the centre has, has helped us through the difficult times of the pandemic.

Relate South Devon

Unfortunately, in July 2020 we had to close the Torquay centre. The house was being sold and the new owners were going to double the rent. This would make the operation in Torquay unviable.

Unfortunately, due to the pandemic, the outposts in Tavistock, Totnes and Newton Abbot also had to close and we have not been able to reopen them yet.

Clients in the South Devon area have been able to access our services by travelling to Plymouth or by have a zoom session.

The Way Ahead - Action for 2022

In addition to the continuation of the work undertaken by counsellors to see individuals and couples to deliver the best possible relationship counselling available, 2022 will focus on the following activities:

- The Centre Manager will seek to reopen some of the outposts that had to close during the pandemic.
- The Centre Manager will promote the work of Relate Plymouth to the community, to ensure that everyone has access to our service.
- Recruitment of at least two Trustees to ensure we have good governance of the Centre.
- Recruitment of two trainee counsellors, working in the Plymouth Centre.
- Recruitment of a Sex Therapist
- Improvements to the Plymouth centre.

Chair of Trustees
Relate Plymouth

Registered Charity No: 237035

REPORT AND FINANCIAL STATEMENTS

for the year ended
31st March, 2021

for

RELATE PLYMOUTH AND DISTRICT

RELATE PLYMOUTH AND DISTRICT

INDEX TO THE FINANCIAL STATEMENTS

for the year ended 31st March, 2021

	Page
Legal and Administrative Information	2
Report of the Trustees	3
Report of the Independent Examiner	4
Statement of Financial Activities	5
Balance Sheet	6
Notes Forming Part of the Financial Statements	7 to 11

RELATE PLYMOUTH AND DISTRICT

Legal and Administrative Information

The Charity was registered as an unincorporated charity on 9th July, 1964

Charity Name: Relate Plymouth and District

Charity Registration Number: 237035

Registered Office:

3 Blenheim Road
Plymouth
PL4 8LJ

Trustees:

Mark Gilbert	Chair
Peter Fellows	
Catrina Swann	
Iain Perring	

Secretary:

Susan Hirons

External Examiner:

Vickery Accounting Services
Patto Owriak
Allen Park
St. Kew Highway
Bodmin
PL30 3AR

Bankers:

HSBC
PO Box 26
Old Town Street
Plymouth
PL1 1DD

RELATE PLYMOUTH AND DISTRICT

**TRUSTEES' ANNUAL REPORT
for the year ended 31st March, 2021**

The trustees present their report along with the financial statements of the charity for the 12 month period ended 31st March, 2021. The financial statements have been prepared in accordance with the accounting policies set out on page 7 to 12 and the recommendations of the Statement of Recommended Practice - Accounting and Reporting by Charities.

CONSTITUTION AND OBJECTS

Relate Plymouth and District is a registered charity No. 237035.

The objects of the charity are the provision of help to people in building better couple relationships through counselling, education work and training.

ORGANISATION

The trustees who have served during the period under review and since the period end are set out on page 2.

The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits for being trustees.

Induction and training of Trustees: Procedures for recruiting and training trustees are in place. The Board of Trustees aims to ensure that its membership is appropriate to the work of the charity and that any new trustees add to the Board's diversity, skills and experience.

REVIEW OF ACTIVITIES

The Statement of Financial Activities for the year is set out on page 5 of the accounts.

RISK MANAGEMENT

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established that enable regular reports to be produced so that the necessary steps can be taken to lessen the risks.

TRUSTEES' RESPONSIBILITIES

Trustees are responsible for preparing an annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's state of affairs during the financial period and of its financial position at the end of the period.

In preparing those accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on their behalf by:

..... Sign

..... Print

Dated:.....

INDEPENDENT EXAMINER'S REPORT
RELATE PLYMOUTH AND DISTRICT
ON THE ANNUAL ACCOUNTS FOR THE YEAR ENDED

31st March, 2021

I report on the accounts of the charity for the year ended 31st March 2021, which are set out on pages 7 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioner under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep accounting records in accordance with section 130 of the 2011 Act; and
 - (b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met;or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Date: 25th August, 2021

Signed:.....

M. Vickery
Vickery Accounting Services
Patto Owriak, Allen Park
St. Kew Highway, Bodmin
Cornwall PL30 3AR

RELATE PLYMOUTH AND DISTRICT

Consolidated Statement of Financial Activities (including an Income and Expenditure Account)

for the year ended 31st March, 2021

		Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
<u>Incoming Resources</u>					
Incoming resources from generating funds:					
Voluntary Income	9	-	-	-	-
Activities for generating funds	9	-	-	-	-
Investment Income	9	21	-	21	-
Incoming resources from charitable activities	10	65,838	51,376	117,214	142,860
Other incoming resources	10	-	-	-	-
Total Incoming Resources		<u>65,859</u>	<u>51,376</u>	<u>117,235</u>	<u>142,860</u>
Resources Expended					
Charitable Activities	11	79,884	51,376	131,260	149,497
Governance Costs	11	580	-	580	602
Total Resources Expended		<u>80,464</u>	<u>51,376</u>	<u>131,840</u>	<u>150,099</u>
Net Incoming Resources: Net movement in Funds		-14,605	-	-14,604	-7,239
Total Funds at 1st April, 2020		718,262	-	718,262	725,501
Total Funds at 1st April, 2021		<u><u>703,657</u></u>	<u><u>-</u></u>	<u><u>703,657</u></u>	<u><u>718,262</u></u>

RELATE PLYMOUTH AND DISTRICT

BALANCE SHEET AS AT 31ST MARCH, 2021

	Notes	£	£	£	£
		31/03/2021		31/03/2020	
FIXED ASSETS					
Tangible Assets	13		257		2,257
CURRENT ASSETS					
Debtors & Prepayments	7	3,460		5,495	
Cash at Bank & in Hand	5	<u>705,652</u>		<u>718,024</u>	
			709,113		723,519
CREDITORS AND ACCRUALS:					
Amounts falling due within one year	8	5,712		7,515	
NET CURRENT ASSETS :			703,401		716,004
NET ASSETS:			<u><u>703,657</u></u>		<u><u>718,262</u></u>
REPRESENTED BY:					
Unrestricted Funds					
Designated Funds	14	403,000		403,000	
General Funds	14	<u>300,657</u>		<u>315,262</u>	
			703,657		718,262
Restricted Funds			-		-
			<u><u>703,657</u></u>		<u><u>718,262</u></u>

ON BEHALF OF THE TRUSTEES:

..... :-Signed by Trustee

..... :-Print Name

Approved by the Trustees on: 2021

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2021

1. ACCOUNTING POLICIES:

Accounting convention

The financial statements have been prepared under the historical cost convention and on an accruals basis, in accordance with applicable accounting standards, the Charities SORP 2005 (Accounting and Reporting by Charities) and comply with the charities (Accounts and Reports) Regulations 2005 issued under the Charities Act 1993.

Investment Income

Investment Income is recorded when receivable.

Gift Aid

Gift Aid reclaimable on donations to the charity is shown separately.

Voluntary Income

Amounts of voluntary income is received by way of donations and is included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.

Expenditure

Resources expended are recognised in the period in which they are incurred. Resources expended include attributable VAT which can not be recovered.

Unrestricted Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds

Designated funds are unrestricted funds earmarked by the management committee for particular purposes.

Restricted Funds

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.

Assets

All assets costing more than £100 are capitalised.

TAXATION

Relate Plymouth is a registered charity and accordingly is exempt from taxation on its income and gains where they are applied for charitable purposes.

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2021

2. ANALYSIS OF EMPLOYEE COSTS AND NUMBERS

Staff costs were as follows:	31/03/2021	31/03/2020	
	£	£	
Salaries, wages and social security	96,539	110,768	
	96,539	110,768	

No employee received emoluments of more than £60,000 during the year (2019 nil).

The average weekly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

	31/03/2021	31/03/2020	
	No	No	
Administration and Support	1.5	1.5	
Counselling	1.5	1.5	
	3	3	

3. RELATED PARTY TRANSACTIONS

None of the trustees were paid any remuneration or expenses by the charity during the year (2010 none).

4. DONATIONS

			31/03/2021	31/03/2020
	£	£	£	£
General donations	-	-	-	-
	-	-	-	-

5. CURRENT ASSETS: Cash and Bank

		31/03/2021	31/03/2020
		£	£
Cash at Bank:			
HSBC 31827391 - Current Account		303,910	306,070
HSBC 32885646 - Current Account		26,697	37,393
Barclays 33126676 - Savings Account		284,641	284,619
Lloyds Savings A/C WNTM73630520007		89,880	89,880
Petty Cash		524	62
		705,652	718,024

6. THE RESOURCES EXPENDED BY THE CHARITY INCLUDE:

			31/03/2021	31/03/2020
	Unrestricted			
	General			
This is stated after charging:	Fund	Total Funds	Total Funds	
	£	£	£	
Examiner's Remuneration	580	580	562	
Depreciation	2,343	2,343	2,843	
	2,922	2,922	3,404	

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2021

7. DEBTORS AND PREPAYMENTS: Amounts falling due within one year

	31/03/2021	31/03/2020
	£	£
Trade Debtors	-	-
Staff Loan	-	2,213
Prepayments	3,460	3,282
	3,460	5,495
	3,460	5,495

8. CREDITORS: Amounts falling due within one year:

	31/03/2021	31/03/2020
	£	£
Trade Creditors	3,737	3,326
Independent Examiner Fees	580	522
Wages	-	2,193
PAYE/NI	1,174	1,474
Nest Pension	222	-
	5,712	7,515
	5,712	7,515

9. INCOMING RESOURCES FROM GENERATING FUNDS

	Unrestricted	Restricted	31/03/2021 Total	31/03/2020 Total
	£	£	£	£
Voluntary Income:				
Donations	-	-	-	-
Activities for generating funds:				
Training	-	-	-	-
Investment Income:	21	-	21	-
	21	-	21	-
	21	-	21	-

10. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Unrestricted	Restricted	31/03/2021 Total	31/03/2020 Total
	£	£	£	£
Client Contributions	29,921	-	29,921	80,600
Grants	-	51,376	51,376	-
Project Income	35,911	-	35,911	61,552
Statutory Sick Pay Claims	-	-	-	71
Insurance Claim	-	-	-	615
Sundry	6	-	6	22
	65,838	51,376	117,214	142,860
	65,838	51,376	117,214	142,860

RELATE PLYMOUTH AND DISTRICT

**NOTES TO THE FINANCIAL STATEMENTS
for the 12 month period ended 31st March, 2021**

11. DIRECT CHARITABLE EXPENDITURE

			31/03/2021	31/03/2020
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Premises:				
Rent and Rates	10,003	-	10,003	11,529
Insurance	2,103	-	2,103	1,655
Heat and Light	1,058	-	1,058	1,773
Repairs and Renewals	732	-	732	2,863
Depreciation	2,343	-	2,343	2,843
Counselling:				
Supervision and Tutorial Salaries	635	-	635	525
Training	1,700	-	1,700	1,525
Counsellors - Plymouth	14,772	25,000	39,772	46,678
Counsellors - Torquay	5,804	-	5,804	9,474
Support Costs:				
Staff Salaries	11,673	26,376	38,049	40,899
Employers' NI/payee	12,280	-	12,280	13,191
Pension Contributions	1,367	-	1,367	1,076
Travel and Expenses	274	-	274	681
Subscriptions and Memberships	9,319	-	9,319	8,461
Postage, Printing, Stationery, Phone	1,935	-	1,935	2,431
Book-Keeping	1,470	-	1,470	680
Website	464	-	464	646
Advertising	196	-	196	52
Refreshments/Meetings	-	-	-	116
Sundries	39	-	39	209
Administration:				
Legal and Professional	1,250	-	1,250	798
Finance Charges	1,048	-	1,048	1,995
	80,464	51,376	131,840	150,099

The unrestricted funds of the charity may be applied for any charitable purpose at the discretion of the trustees.

12. ANALYSIS OF THE NET MOVEMENT IN FUNDS

This statement shows how the net movement in funds relates to the change in net resources available to finance future charitable expenditure, after taking account of resources designated for possible future commitments.

	At 01/04/20	Incoming Resources	Outgoing Resources	Transfers	At 31/03/21
	£	£	£	£	£
Restricted Funds					
Grant - Plymouth City Council	-	10,000	10,000	-	-
Grant - HMRC JRS	-	41,376	41,376	-	-
Total Restricted Funds	-	51,376	51,376	-	-
Designated Funds					
Running Costs - Six Months	42,000	-	-	-	42,000
Closure Costs	50,000	-	-	-	50,000
Repairs and Renewals for Centre	5,000	-	-	-	5,000
Training Bursary	6,000	-	-	-	6,000
Purchase of 3 Blenheim Road	300,000	-	-	-	300,000
Total Designated Funds	403,000	-	-	-	403,000
General Unrestricted Funds	315,262	65,859	80,464	-	300,657
Total Unrestricted Funds	315,262	65,859	80,464	-	300,657
Total Funds	718,262	117,235	131,840	-	703,657

RELATE PLYMOUTH AND DISTRICT

NOTES TO THE FINANCIAL STATEMENTS for the 12 month period ended 31st March, 2021

13. TANGIBLE FIXED ASSETS:

For valuation purposes, depreciation is calculated at the following annual rates, in order to write off each asset over its estimated useful life:

IT Equipment: 25% over four years on a straight line basis.

	IT Equip £	Other £	Total £
Cost			
Brought Forward	4,096	7,274	11,370
Additions	-	342	342
Disposals	-	-	-
As at 31st March, 2021	<u>4,096</u>	<u>7,616</u>	<u>11,712</u>
Depreciation			
Brought Forward	3,261	5,852	9,113
Charge for the period	835	1,508	2,343
Disposals	-	-	-
As at 31st March, 2021	<u>4,096</u>	<u>7,360</u>	<u>11,456</u>
Net Book Value:			
As at 31st March, 2021	<u>-</u>	<u>257</u>	<u>257</u>
Net Book Value:			
As at 1st April, 2020	<u>835</u>	<u>1,422</u>	<u>2,257</u>

14. CAPITAL COMMITMENTS

The charity's only capital commitment as at 31st March 2021 or 31st March 2020, is the possible future purchase of the premises at 3 Blenheim Road, currently rented from Plymouth City Council.

15. GRANTS

Grant - Plymouth City Council Funding to support running costs during lockdown.

Grant - HMRC JRS To contribute towards the wages of furloughed staff.

These notes form part of the financial statements