

**LADY BALOGH'S PSYCHOTHERAPY TRUST**

# **ANNUAL REPORT**

**2023 - 2024**

Lady Balogh's Psychotherapy Trust, Registered Charity Number 267569.  
1 Fairbridge Rd. London N19 3EW

## **PHILOSOPHY AND AIMS**

Lady Balogh's Psychotherapy Trust is dedicated to Education in Psychotherapy. The Trust was created and endowed in 1974 by Penelope Lady Balogh, who was among the founders of psychoanalytical psychotherapy training in Britain. The Trust stands for two main principles, which derive from the work and thinking of the founder, her partner Deryck Dyne, and their associates. These are:

that psychotherapy, and in particular psychoanalytical psychotherapy, should be made more widely available in respect of both treatment and training;

that the field theory(ies) of psychotherapy, and in particular psychoanalytical psychotherapy, should be developed along a philosophical continuum, unobstructed by factional divisions, and maintained by an eclectic and inclusive stance.

The Trust seeks to widen the availability of psychotherapy treatment, training, and knowledge:

through support for the provision of psychotherapy to include those who might otherwise not seek professional help, at fees they can afford;

through support for training in psychotherapy based on the principles of eclecticism and the personal synthesis of orientations;

through support for psychotherapeutically based ventures in the wider community;

through the dissemination of information, and all other appropriate means.

The Trust's principal asset is its headquarters, 1 Fairbridge Road, Archway, London. This property was purchased by the Trustees following the sale of the founder's original bequest in Primrose Hill. Over the years the Trustees have spent a considerable sum on repairing and improving the house. This year some internal decoration took place.

The house is used in part as clinical consulting rooms, occupied by therapists who pay room contributions to the Trust's Central Fund in return for use of the rooms; and in part by the Trust's principal beneficiary, the Association for Group and Individual Psychotherapy (AGIP) for its administrative, training and membership functions. AGIP's use of the house is free of charge; in return, it carries out certain administrative functions on the Trustees' behalf.

In furtherance of its aims, the Trust:

supports the Association for Group and Individual Psychotherapy (a psychoanalytical psychotherapy training organisation, member of the UK Council for Psychotherapy), formerly a section of the Trust, with an annual donation that represents a major part of the income from the property;

allows consulting room rates to be set below going rates, giving scope to therapists to accept low-paying clients;

has obtained funding for a low-fee psychotherapy scheme, the Fairbridge Clinic, which is run by AGIP;

considers applications for funding from bodies providing psychotherapeutic training and services in the community, in particular those who seek to provide psychotherapy in areas where little presently exists;

aims through these and other means to produce a broadly based Trust, capable of supporting a variety of activities and orientations.

Originally, the Trust was set up as a central Trusteeship with a number of component parts, or sections. All these sections have now become independent bodies.

**The current Trustees are:**

*Tessa Henghes (Chair)*, Child Psychotherapist (retired); daughter of Penelope Lady Balogh.

*Jeremy Chase (Treasurer)*, Psychiatrist (retired).

*Dorothy Hamilton (Hon. Secretary)*, Psychoanalytic Psychotherapist; Former Chair of AGIP and Honorary Fellow of the United Kingdom Council for Psychotherapy.

*Tirril Harris*, Psychotherapist (retired); Honorary Research Fellow, Institute of Psychiatry, King's College, University of London; daughter of Penelope Lady Balogh.

*Desmond King*, Chartered Clinical Psychologist, Member of the Institute of Group Analysis, in private practice.

*Lawrence Suss*, AGIP (retired) professional member. Former Chair of AGIP. Coordinator of AGIP Professional Ethics Committee.

*Caroline Hallett*, AGIP (retired) professional member.

## **THE BENEFICIARIES OF THE TRUST**

During the year 2023 -2024 the Trust supported the following beneficiaries:

### **The Association for Group and Individual Psychotherapy (AGIP)**

AGIP was established in 1974 as part of the Trust. In October 1999, it became a Company Limited by Guarantee, and therefore an independent body. It is the Trust's main beneficiary.

AGIP exists to provide a training course in psychoanalytical psychotherapy, to provide psychotherapy at accessible fees, and to support its members in their professional lives. The Association has been active in the UK Council for Psychotherapy (UKCP) since its inception, with leading roles played by AGIP members.

The Alliance of Psychoanalytic Psychotherapy Trainings (apptraining) formed by AGIP in partnership with Arbours Association in 2015, and taking its first trainees in September 2016, dissolved in the summer of 2017. With the support of the Trust, AGIP continued with its courses

which are proving popular. In the summer of 2018 the courses were reviewed by the UK Council for Psychotherapy and were re-validated as ‘more than’ meeting the necessary standards.

AGIP accepts trainees from a variety of backgrounds, with no *a priori* bar on grounds of gender, sexual orientation, race, creed, educational background or physical disability. The courses attract students who live out of London; those who may have the ability to train, but lack formal qualifications; and older students often debarred from training elsewhere. The training is eclectic, and is based on the principle of the personal synthesis of orientations. The courses are taught at weekends enabling people with full time occupations to attend. This year the Trust has also continued to offer each clinical student a book grant.

AGIP is a membership organisation, with a democratically elected Council as managing body. There are currently 100 members including trainees. Professional Members, who have qualified as independent practitioners, are eligible to register with the UK Council for Psychotherapy.

In offering psychotherapy treatment, AGIP receives referrals from a variety of sources, including GPs, hospitals, word of mouth, and through the Fairbridge Clinic (see below). AGIP publicises the benefits of psychotherapy through appropriate publications and events, including conferences and workshops for the public and other professionals, and through leaflets detailing AGIP's clinical facilities.

In addition to its free use of the Trust headquarters, the Association receives a substantial annual donation from the Trust.

### **The Fairbridge Clinic**

The Clinic was launched in the Autumn of 1994 to provide reduced fee therapy for those on low income; it is partly funded by a charitable donation secured by the Trustees for this purpose and is administered by AGIP. The Clinic fulfils an important function not only for patients, but also for AGIP therapists in training, who receive lower fees in return for the opportunity to work twice weekly over a substantial period of time. Therapists working during the day in the clinic are able to use rooms free of charge. This constitutes a further donation to the clinic of approximately £7,000 per annum.

Recently the clinic has benefited from two generous donations made by two psychotherapy organisations that recently closed down – a very substantial donation from the Association of Independent Psychotherapists and the other seen as a reimbursement of a grant from the Trust to the Cork Psychodynamic Integrative Graduates Group, when it was set up in 1994.

### **International Attachment Network**

I.A.N., formerly a section of the Trust, aims to facilitate the spread of knowledge and understanding of Attachment Theory, and to develop its applications in many areas, including psychiatry, psychotherapy, developmental psychopathology, parent counselling, social work and social policy. To this end it holds monthly peer supervision groups, and Saturday workshops, sometimes at the Trust Headquarters. The Trust has continued to enable the I.A.N. free use of its premises for these activities.

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2024  
FOR  
LADY BALOGH'S PSYCHOTHERAPY TRUST**

**LADY BALOGH'S PSYCHOTHERAPY TRUST**

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FOR THE YEAR ENDED 31ST AUGUST 2024**

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**LADY BALOGH'S PSYCHOTHERAPY TRUST**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31ST AUGUST 2024**

The trustees present their report with the financial statements of the charity for the year ended 31st August 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## **LADY BALOGH'S PSYCHOTHERAPY TRUST**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST AUGUST 2024**

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

Lady Balogh's Psychotherapy Trust is dedicated to Education in Psychotherapy. The Trust was created and endowed in 1974 by Penelope Lady Balogh, who was among the founders of psychoanalytical psychotherapy training in Britain. The Trust stands for two main principles, which derive from the work and thinking of the founder, her partner Deryck Dyne, and their associates. These are:

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The Trust seeks to widen the availability of psychotherapy treatment, training, and knowledge:

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- through support for training in psychotherapy based on the principles of eclecticism and the personal synthesis of orientations;
- through support for psychotherapeutically-based ventures in the wider community;
- through the dissemination of information, and all other appropriate means.

The Trust's principal asset is its headquarters, 1 Fairbridge Road, Archway, London. This property was purchased by the Trustees following the sale of the founder's original bequest in Primrose Hill. Over the years the Trustees have spent a considerable sum on repairing and improving the house. This year some internal decoration took place.

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In furtherance of its aims, the Trust:

- supports the Association for Group and Individual Psychotherapy (a psychoanalytical psychotherapy training organisation, member of the UK Council for Psychotherapy), formerly a section of the Trust, with an annual donation that represents a major part of the income from the property;
- allows consulting room rates to be set below going rates, giving scope to therapists to accept low-paying clients;
- has obtained funding for a low-fee psychotherapy scheme, the Fairbridge Clinic, which is run by AGIP;
- considers applications for funding from bodies providing psychotherapeutic training and services in the community, in particular those who seek to provide psychotherapy in areas where little presently exists;
- aims through these and other means to produce a broadly-based Trust, capable of supporting a variety of activities and orientations.

Originally, the Trust was set up as a central Trusteeship with a number of component parts, or sections. All these sections have now become independent bodies.



**LADY BALOGH'S PSYCHOTHERAPY TRUST**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31ST AUGUST 2024**

**OBJECTIVES AND ACTIVITIES**

**Public benefit**

The section of this report above entitled 'Objectives and achievements of the year' sets out the charity's objectives and reports on the activity and successes in the year to 31 August 2024 as well as explaining the plans for the current financial year of 2024-25.

The Trustees have considered this matter and concluded:

1. That the aims of the organisation continue to be charitable;
2. That the aims and the work done give identifiable benefits to the charitable sector and both indirectly and directly to individuals in need;
3. That the benefits are for the public, are not unreasonably restricted in any way and certainly not by ability to pay; and
4. That there is no detriment or harm arising from the aims or activities.

The Trustees confirm that they have complied with the duty in Section 4 of the Charities' Act 2006 to have due regard to the guidance published by the Charities' Commission on public benefit when reviewing the Charities' main aims and objectives and in planning future activities.

## **LADY BALOGH'S PSYCHOTHERAPY TRUST**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST AUGUST 2024**

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Charitable activities**

During the year 2023 -2024 the Trust supported the following beneficiaries:

##### **The Association for Group and Individual Psychotherapy (AGIP)**

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**LADY BALOGH'S PSYCHOTHERAPY TRUST**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31ST AUGUST 2024**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

267569

**Principal address**

1 Fairbridge Road  
London  
N19 3EW

**Trustees**

Tessa Henghes (Chair), Child Psychotherapist (retired); daughter of Penelope Lady Balogh.

Jeremy Chase (Treasurer), Psychiatrist (retired).

Dorothy Hamilton (Hon. Secretary), Psychoanalytic Psychotherapist; Chair of AGIP and Honorary Fellow of the United Kingdom Council for Psychotherapy.

Tirril Harris, Psychotherapist (retired); Honorary Research Fellow, Institute of Psychiatry, King's College, University of London; daughter of Penelope Lady Balogh.

Desmond King, Chartered Clinical Psychologist, Member of the Institute of Group Analysis, in private practice.

Lawrence Suss, AGIP (retired) professional member. Former Chair of AGIP. Coordinator of AGIP Professional Ethics Committee.

Caroline Hallett, AGIP professional member.

**Independent Examiner**

Annette Watson PhD BSc FCA  
Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

Approved by order of the board of trustees on 23/4/25 and signed on its behalf by:



.....  
L A Suss - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
LADY BALOGH'S PSYCHOTHERAPY TRUST**

**Independent examiner's report to the trustees of Lady Balogh's Psychotherapy Trust**

I report to the charity trustees on my examination of the accounts of Lady Balogh's Psychotherapy Trust (the Trust) for the year ended 31st August 2024.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

*Annette Watson*

Annette Watson PhD BSc FCA

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

Date: *23rd June 2025*

**LADY BALOGH'S PSYCHOTHERAPY TRUST**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31ST AUGUST 2024**

		<b>2024 Unrestricted fund £</b>	<b>2023 Total funds £</b>
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies		<b>108,419</b>	88,176
Investment income	2	<b>1,616</b>	1,231
<b>Total</b>		<b>110,035</b>	89,407
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Rental of psychotherapy consulting rooms		<b>55,436</b>	71,894
Fairbridge Clinic		<b>37,549</b>	30,880
<b>Total</b>		<b>92,985</b>	102,774
Net gains on investments		<b>22,236</b>	-
<b>NET INCOME/(EXPENDITURE)</b>		<b>39,286</b>	(13,367)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		<b>564,804</b>	578,171
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>604,090</b>	564,804

The notes form part of these financial statements

LADY BALOGH'S PSYCHOTHERAPY TRUST

BALANCE SHEET  
31ST AUGUST 2024

	Notes	2024 Unrestricted fund £	2023 Total funds £
<b>FIXED ASSETS</b>			
Tangible assets	4	305,396	305,396
Investments	5	41,418	19,182
		<u>346,814</u>	<u>324,578</u>
<b>CURRENT ASSETS</b>			
Debtors	6	6,000	7,762
Cash at bank		253,010	234,354
		<u>259,010</u>	<u>242,116</u>
<b>CREDITORS</b>			
Amounts falling due within one year	7	(1,734)	(1,890)
<b>NET CURRENT ASSETS</b>		<u>257,276</u>	<u>240,226</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>604,090</u>	<u>564,804</u>
<b>NET ASSETS</b>		<u>604,090</u>	<u>564,804</u>
<b>FUNDS</b>	8		
Unrestricted funds		604,090	564,804
<b>TOTAL FUNDS</b>		<u>604,090</u>	<u>564,804</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 23rd June 2025 and were signed on its behalf by:



.....  
L A Suss - Trustee

The notes form part of these financial statements

## **LADY BALOGH'S PSYCHOTHERAPY TRUST**

### **NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2024**

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

##### **Tangible fixed assets**

The freehold property is included in the accounts at cost and depreciation is not provided.

##### **Taxation**

The charity is exempt from tax on its charitable activities.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**LADY BALOGH'S PSYCHOTHERAPY TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31ST AUGUST 2024**

**2. INVESTMENT INCOME**

	2024	2023
	£	£
Dividend income	-	416
Deposit account interest	1,616	815
	<u>1,616</u>	<u>1,231</u>

**3. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31st August 2024 nor for the year ended 31st August 2023.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31st August 2024 nor for the year ended 31st August 2023.

**4. TANGIBLE FIXED ASSETS**

	Freehold property £
<b>COST</b>	
At 1st September 2023 and 31st August 2024	<u>305,396</u>
<b>NET BOOK VALUE</b>	
At 31st August 2024	<u>305,396</u>
At 31st August 2023	<u>305,396</u>

**5. FIXED ASSET INVESTMENTS**

	Listed investments £
<b>MARKET VALUE</b>	
At 1st September 2023	19,182
Revaluations	22,236
At 31st August 2024	<u>41,418</u>
<b>NET BOOK VALUE</b>	
At 31st August 2024	<u>41,418</u>
At 31st August 2023	<u>19,182</u>

There were no investment assets outside the UK.



**LADY BALOGH'S PSYCHOTHERAPY TRUST**  
**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31ST AUGUST 2024**

**5. FIXED ASSET INVESTMENTS - continued**

Cost or valuation at 31st August 2024 is represented by:

	Listed investments £
Valuation in 2024	22,236
Cost	19,182
	<u>41,418</u>

If investments had not been revalued they would have been included at the following historical cost:

	2024 £	2023 £
Cost	19,182	19,182
	<u>19,182</u>	<u>19,182</u>

Fixed asset investments were valued on an open market basis on 31st August 2024 by the relevant fund manager.

**6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2024 £	2023 £
Trade debtors	-	1,762
Other debtors	6,000	6,000
	<u>6,000</u>	<u>7,762</u>

**7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2024 £	2023 £
Other creditors	1,734	1,890
	<u>1,734</u>	<u>1,890</u>

**8. MOVEMENT IN FUNDS**

	At 1/9/23 £	Net movement in funds £	At 31/8/24 £
<b>Unrestricted funds</b>			
General fund	564,804	39,286	604,090
	<u>564,804</u>	<u>39,286</u>	<u>604,090</u>
<b>TOTAL FUNDS</b>	<u>564,804</u>	<u>39,286</u>	<u>604,090</u>

**LADY BALOGH'S PSYCHOTHERAPY TRUST**  
**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31ST AUGUST 2024**

**8. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
<b>Unrestricted funds</b>				
General fund	110,035	(92,985)	22,236	39,286
<b>TOTAL FUNDS</b>	<u>110,035</u>	<u>(92,985)</u>	<u>22,236</u>	<u>39,286</u>

**Comparatives for movement in funds**

	At 1/9/22 £	Net movement in funds £	At 31/8/23 £
<b>Unrestricted funds</b>			
General fund	578,171	(13,367)	564,804
<b>TOTAL FUNDS</b>	<u>578,171</u>	<u>(13,367)</u>	<u>564,804</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	89,407	(102,774)	(13,367)
<b>TOTAL FUNDS</b>	<u>89,407</u>	<u>(102,774)</u>	<u>(13,367)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/9/22 £	Net movement in funds £	At 31/8/24 £
<b>Unrestricted funds</b>			
General fund	578,171	25,919	604,090
<b>TOTAL FUNDS</b>	<u>578,171</u>	<u>25,919</u>	<u>604,090</u>

**LADY BALOGH'S PSYCHOTHERAPY TRUST**  
**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31ST AUGUST 2024**

**8. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
<b>Unrestricted funds</b>				
General fund	199,442	(195,759)	22,236	25,919
<b>TOTAL FUNDS</b>	<u>199,442</u>	<u>(195,759)</u>	<u>22,236</u>	<u>25,919</u>

**9. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31st August 2024.