

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 December 2024
for
Highgate Counselling Centre

Venture Accountancy & Tax Ltd
52 Bluebridge Road
Brookmans Park
Hatfield
Hertfordshire
AL9 7SA

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for the Year Ended 31 December 2024

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 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).

OBJECTIVES AND ACTIVITIES

Review of Activities and Future Plans for Counselling Centre

The 2024 focus for HCC centred on implementing and integrating the various developments in communications and procedure the organisation carried out in the previous 18 months.

The new administrative team settled into the centre well and took ownership of procedures to support the organisation through its communications and administrative support. This continued to vastly improve the operational efficiency, which has in turn offered HCC members and clients at the centre better support and communication. The communication developments that took place in 2023 were able to become embedded in the culture of the organisation throughout the year and have proved to offer much valued improved transparency and sense of identity and belonging through HCC.

Following our development of the use of financial software across the centre in 2023, we also rolled this out further to the training department in 2024. This further improved financial visibility and budgeting so we could begin to have conversations about further developments in the organisation. Discussions took place to consider commissioning a fundraising proposal to look at developing a third income stream for HCC to further improve and expand the services we can offer

Training applications were reduced in 2024 for the online certificate. This meant the course could not run and had to be cancelled in August. In September HCC developed a Fast-Track Certificate course that would run from January - July 2025 to address this reduction in trainee numbers and offer greater choice to our training potential members. By December we had a full intake of trainees ready to start in the January cohort and the course had been developed ready to be delivered. The reasons for the reduction of applications for this training were unclear. Inflation and cost of living consideration were likely to be part of the reason. It is also possible the introduction of some additional workshops to the course, to expand the hours required to keep us in line with industry standards, perhaps deterred this specific online demographic. It is also evident that online courses in the past years at this introduction level have vastly increased, resulting in greater competition in online training. Fees were not increased in 2023 or 2024 to remain accessible and competitive.

Significant activities

Contributions for counselling remain on a sliding scale based on what is affordable to each client in relation to income. The increments for each stage of the sliding scale have not increased and there are no plans for this to occur to ensure the charity ethos remains central in all organisation activities. Our client figures at the centre have increased marginally and our average contribution has increased from £36.00 in 2023 to £41.75 in 2024.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The activities of the Charity comprise contributions from clients and training course fees.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

01782119 (England and Wales)

Registered Charity number

289520

Registered office

58a Highgate High Street
London
N6 5HX

Highgate Counselling Centre

Report of the Trustees
for the Year Ended 31 December 2024

Trustees

N Cobill Barrister (appointed 10.10.24)
Ms S Fawcett Director
Ms H E Finch Group Analytic Psychotherapist
Dr B Friedmann General Medical Practitioner (resigned 8.10.24)
N A Nicolaides Director
S W Radford Director (resigned 27.06.25)
Dr J M Seargeant Psychiatrist
Ms V Wilkinson Counsellor

Mr N Cobill, who resigned during the year, was re-appointed on 10/10/2024

Company Secretary

Ms L J Newens

Independent Examiner

Vasilis Vasiliou FCCA
Venture Accountancy & Tax Ltd
52 Bluebridge Road
Brookmans Park
Hatfield
Hertfordshire
AL9 7SA

Bankers

CAF Bank Limited
PO Box 289
West Malling
Kent
ME19 4TA

Advisers

Investment Manager:

M&G Investment
Laurence Pountney Hill
London EC4R 0HH

CAF Bank Limited
PO Box 289
West Malling
Kent, ME19 4TA

Approved by order of the board of trustees on 17 September 2025 and signed on its behalf by:



[Nicholas Cobill \(Sep 19, 2025 17:26:28 GMT+1\)](#)

N Cobill - Trustee

Independent examiner's report to the trustees of Highgate Counselling Centre ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



Vasilis Vasiliou FCCA

Venture Accountancy & Tax Ltd
52 Bluebridge Road
Brookmans Park
Hatfield
Hertfordshire
AL9 7SA

17 September 2025

Statement of Financial Activities
for the Year Ended 31 December 2024

		Unrestricted funds	Restricted fund	31.12.24 Total funds	31.12.23 Total funds as restated
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations and legacies		-	1,075	1,075	1,423
Other trading activities	2	360,299	-	360,299	367,064
Investment income	3	<u>3,141</u>	<u>-</u>	<u>3,141</u>	<u>2,113</u>
Total		<u>363,440</u>	<u>1,075</u>	<u>364,515</u>	<u>370,600</u>
EXPENDITURE ON					
Raising funds		-	-	-	25,497
Other		<u>363,374</u>	<u>1,075</u>	<u>364,449</u>	<u>319,470</u>
Total		<u>363,372</u>	<u>1,075</u>	<u>364,449</u>	<u>344,967</u>
Net gains/(losses) on investments		<u>(292)</u>	<u>-</u>	<u>(292)</u>	<u>722</u>
NET INCOME/(EXPENDITURE)		(226)	-	(226)	26,355
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>197,676</u>	<u>1,075</u>	<u>198,751</u>	<u>172,396</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>197,450</u></u>	<u><u>1,075</u></u>	<u><u>198,525</u></u>	<u><u>198,751</u></u>

Balance Sheet
31 December 2024

		Unrestricted funds	Restricted fund	31.12.24 Total funds	31.12.23 Total funds as restated
	Notes	£	£	£	£
FIXED ASSETS					
Tangible assets	9	43,776	-	43,776	49,334
CURRENT ASSETS					
Debtors	10	226,634	-	226,634	162,788
Investments	11	45,322	-	45,322	45,614
Cash at bank		<u>112,825</u>	<u>-</u>	<u>112,825</u>	<u>124,577</u>
		384,781	-	384,781	332,979
CREDITORS					
Amounts falling due within one year	12	(225,290)	-	(225,290)	(167,420)
		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
NET CURRENT ASSETS		<u>159,491</u>	<u>-</u>	<u>159,491</u>	<u>166,634</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		203,267	-	203,267	215,968
CREDITORS					
Amounts falling due after more than one year	13	(4,742)	-	(4,742)	(17,217)
		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
NET ASSETS		<u>198,525</u>	<u>-</u>	<u>198,525</u>	<u>198,751</u>
FUNDS	15				
Unrestricted funds				198,525	197,676
Restricted funds				<u>-</u>	<u>-</u>
TOTAL FUNDS				<u>198,525</u>	<u>198,751</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies' regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 17 September 2025 and were signed on its behalf by:



Nicholas Cobill (Sep 19, 2025 17:26:28 GMT+1)

N Cobill - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Short leasehold	- in accordance with the property
Plant and machinery	- 25% on cost
Computer equipment	- 25% on cost

Taxation

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

2. OTHER TRADING ACTIVITIES

	31.12.24	31.12.23 as restated
	£	£
Other income	-	195
Client contributions	132,950	119,235
Training course fees	<u>227,347</u>	<u>247,634</u>
	<u>360,297</u>	<u>367,064</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2024

3. INVESTMENT INCOME

	31.12.24	31.12.23 as restated
	£	£
Dividends	2,043	1,168
Deposit account interest	<u>1,098</u>	<u>945</u>
	<u>3,141</u>	<u>2,113</u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.12.24	31.12.23 as restated
	£	£
Depreciation - owned assets	<u>5,558</u>	<u>5,560</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.12.24	31.12.23 as restated
Employees	<u>6</u>	<u>7</u>

No employees received emoluments in excess of £60,000.

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted fund	Total funds as restated
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	1,423	-	1,423
Other trading activities	367,064	-	367,064
Investment income	<u>2,113</u>	<u>-</u>	<u>2,113</u>
Total	<u>370,600</u>	<u>-</u>	<u>370,600</u>
EXPENDITURE ON			
Raising funds	25,497	-	25,497
Other	<u>319,470</u>	<u>-</u>	<u>319,470</u>
Total	<u>344,967</u>	<u>-</u>	<u>344,967</u>
Net gains on investments	<u>722</u>	<u>-</u>	<u>722</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2024

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds	Restricted fund	Total funds as restated
	£	£	£
NET INCOME	26,355	-	26,355
Transfers between funds	<u>(1,075)</u>	<u>1,075</u>	<u>-</u>
Net movement in funds	25,280	1,075	26,355
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>172,396</u>	<u>-</u>	<u>172,396</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>197,676</u></u>	<u><u>1,075</u></u>	<u><u>198,751</u></u>

8. PRIOR YEAR ADJUSTMENT

Due to a software error, some double counting regarding restricted funds in the prior year of £1,075 occurred in current liabilities and also in notes 11-14. These have now been re-stated in the comparative year.

9. TANGIBLE FIXED ASSETS

	Short leasehold £	Plant and machinery £	Computer equipment £	Totals £
COST				
At 1 January 2024 and 31 December 2024	<u>81,641</u>	<u>1,834</u>	<u>7,706</u>	<u>91,181</u>
DEPRECIATION				
At 1 January 2024	32,657	1,484	7,706	41,847
Charge for year	<u>5,442</u>	<u>116</u>	<u>-</u>	<u>5,558</u>
At 31 December 2024	<u>38,099</u>	<u>1,600</u>	<u>7,706</u>	<u>47,405</u>
NET BOOK VALUE				
At 31 December 2024	<u><u>43,542</u></u>	<u><u>234</u></u>	<u><u>-</u></u>	<u><u>43,776</u></u>
At 31 December 2023	<u><u>48,984</u></u>	<u><u>350</u></u>	<u><u>-</u></u>	<u><u>49,334</u></u>

10. DEBTORS

	31.12.24 £	31.12.23 as restated £
Amounts falling due within one year:		
Trade debtors	198,634	134,788
Prepayments	<u>10,500</u>	<u>10,500</u>
	<u><u>209,134</u></u>	<u><u>145,288</u></u>
Amounts falling due after more than one year:		
Other debtors	<u><u>17,500</u></u>	<u><u>17,500</u></u>
Aggregate amounts	<u><u>226,634</u></u>	<u><u>162,788</u></u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2024

11. CURRENT ASSET INVESTMENTS

	31.12.24	31.12.23 as restated
	£	£
M&G & Other Investments	<u>45,322</u>	<u>45,614</u>

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.24	31.12.23 as restated
	£	£
Bank loans and overdrafts (see note 14)	10,393	7,907
Trade creditors	6,660	19,996
Social security and other taxes	484	437
Other creditors	5,293	-
Restricted income funds	-	1,075
Deferred income	199,600	134,070
Accrued expenses	<u>2,860</u>	<u>2,860</u>
	<u>225,290</u>	<u>166,345</u>

13. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31.12.24	31.12.23 as restated
	£	£
Bank loans (see note 14)	<u>4,742</u>	<u>17,217</u>

14. LOANS

An analysis of the maturity of loans is given below:

	31.12.24	31.12.23 as restated
	£	£
Amounts falling due within one year on demand:		
Bank loans	<u>10,393</u>	<u>7,907</u>
	<u>10,393</u>	<u>7,907</u>
Amounts falling between one and two years:		
Bank loans - 1-2 years	<u>4,742</u>	<u>10,127</u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	<u>-</u>	<u>7,090</u>

15. MOVEMENT IN FUNDS

	At 1.1.24	Net movement in funds	At 31.12.24
	£	£	£
Unrestricted funds			
General funds	197,676	(226)	198,525
Restricted funds			
Restricted Funds	1,075	(1,075)	-
TOTAL FUNDS	<u>198,751</u>	<u>(1,301)</u>	<u>198,525</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2024

15. 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 £
Unrestricted funds				
General funds	364,515	(364,449)	(292)	(226)
	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>364,515</u>	<u>(364,449)</u>	<u>(292)</u>	<u>(226)</u>

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
General funds	172,396	26,355	-	198,751
Restricted funds				
Restricted Funds	-	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>172,396</u>	<u>26,355</u>	<u>-</u>	<u>198,751</u>

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General funds	370,600	(344,967)	722	26,355
	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>370,600</u>	<u>(344,967)</u>	<u>722</u>	<u>26,355</u>

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

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
General funds	172,396	26,129	-	198,751
Restricted funds				
Restricted Funds	-	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>172,396</u>	<u>26,129</u>	<u>-</u>	<u>198,525</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2024

15. 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 £
Unrestricted funds				
General funds	735,115	(709,416)	430	26,129
	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>735,115</u>	<u>(709,416)</u>	<u>430</u>	<u>26,129</u>

16. RELATED PARTY DISCLOSURES

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

Detailed Statement of Financial Activities
for the Year Ended 31 December 2024

	31.12.24 £	31.12.23 as restated £
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	-	(2)
Donations	<u>1,075</u>	<u>1,425</u>
	1,075	1,423
Other trading activities		
Other income	-	195
Client contributions	132,952	119,235
Training course fees	<u>227,347</u>	<u>247,634</u>
	360,299	367,064
Investment income		
Dividends	2,043	1,168
Deposit account interest	<u>1,098</u>	<u>945</u>
	<u>3,141</u>	<u>2,113</u>
Total incoming resources	364,515	370,600
EXPENDITURE		
Other trading activities		
Bad debts	-	633
Other		
Wages	199,240	181,104
Pensions	850	-
Training course expenses	4,135	5,680
Room hire	10,927	7,777
Trainer, tutors and other fees	65,683	61,034
Sundry course expenses	4,621	5,546
Search fees	659	124
Rent	42,768	41,038
Consultation fees	5,850	5,619
Subscriptions	1,898	1,774
Cleaning	2,339	2,173
Property maintenance	5,503	1,158
Depreciation of tangible fixed assets	5,560	5,560
Bank loan interest	<u>522</u>	<u>883</u>
	350,555	319,470
Support costs		
Management		
Light and heat	(513)	8,283
Telephone	(1,169)	1,755
Advertising	<u>1,287</u>	<u>749</u>
	(395)	10,787
Finance		
Sundries	<u>393</u>	<u>470</u>
Carried forward	393	470

Detailed Statement of Financial Activities
for the Year Ended 31 December 2024

	31.12.24	31.12.23 as restated
	£	£
Finance		
Brought forward	393	470
Bank charges	<u>1,522</u>	<u>2,053</u>
	1,915	2,523
Information technology		
Repairs and renewals	115	145
Human resources		
Software licences	-	362
Other		
Insurance	3,385	4,354
Postage and stationery	2,052	896
Sundries	1,561	1,337
Email, hosting & IT costs	<u>792</u>	<u>1,600</u>
	7,790	8,187
Governance costs		
Accountancy fees	3,269	2,860
Legal fees	<u>1,200</u>	<u>-</u>
	<u>4,469</u>	<u>2,860</u>
Total resources expended	<u>364,449</u>	<u>344,967</u>
Net income before gains and losses	66	25,633
Realised recognised gains and losses		
Realised gains/(losses) on fixed asset investments	<u>(292)</u>	<u>-</u>
Net (expenditure)/income	<u><u>(226)</u></u>	<u><u>25,633</u></u>