
CHOICES

**TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

CHOICES

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THE REFERENCE AND ADMINISTRATION OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 MARCH 2023

Trustees

Heather Styles
Dr. Jorge Zimbron
Sally Urquhart
Alison Hunte
Vince Hesketh
Lorraine Peterson

Charity Registered Number

291945

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Independent Examiner

Compton Hardwick Ltd
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CHOICES

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2023

STRUCTURE, MANAGEMENT AND GOVERNANCE ARRANGEMENTS

Nature of governing document and how charity is constituted

The charity is governed by a Constitution adopted on 22 April 1986, as amended on 18 October 1994, 11 June 1997, 9 March 2017 and 4 June 2020. The constitution specifies the powers of the charity, its membership, Management Committee, arrangement for general meetings, financial arrangements, provision of indemnity and its dissolution. The members of the Management Committee are also the trustees.

Methods for recruitment, appointment, induction and training of new trustees

Trustees are recruited both internally from existing counsellors and externally. New trustees are appointed by the Management Committee after appropriate interviews and discussions. On appointment, a trustee is given an induction pack. Both internal and external training is provided for trustees.

Objectives and activities

The objectives of CHOICES is to relieve mental distress experienced by adults in the Cambridgeshire and Peterborough area, as a result of being sexually abused as children, in particular, but not exclusively, by the provision of specialised counselling and support, for the public benefit.

The activities are the provision of counselling and other psychological support and are explained in the report below.

The trustees have complied with their duty to have due regard to the guidance on the public benefit published by the Charity Commission in exercising their powers. The trustees believe that the counselling provided is of benefit to the public as a whole. The charity asks for a contribution towards the cost of their counselling which can be as little or as much as clients can afford but no-one is turned away because they are unable to make a contribution. The charity receives assistance from thirty one volunteers who provide counselling services and seven volunteer trustees. The day-to-day running of the service is the responsibility of the head of services assisted by a client services manager for Peterborough and Fenland, a clinical administrator, and a financial administrator. All positions are part time and equal to less than two full time equivalents.

Reserves Policy

The trustees reviewed the reserves policy, as required annually by the Charity Commission and set a figure of £90K for the 2022-2023 year. They also agreed a breakeven budget for the financial year.

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TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

Letter from the Chair of trustees

It is with great pride and gratitude that we reflect on the progress and accomplishments of our charity in continuing to support victims of childhood sexual abuse in our community.

Our commitment to providing excellent services and support to those affected remains unwavering. We believe that every individual deserves the opportunity to heal and reclaim their lives.

The feedback we have received from our clients has been overwhelmingly positive. It highlights the compassion and professionalism of our dedicated staff, the safe and welcoming environment we provide, and the transformational impact our counsellors have had on their lives. These testimonials reinforce our belief in the importance of our mission and the invaluable support we offer to survivors.

It is essential to acknowledge that the most significant challenge we face is the overwhelming level of demand for our services. The waiting list continues to be a concern, with a growing number of individuals in need of support. While we have made strides in addressing this issue, we understand that there is much work to be done to ensure that survivors do not have to endure prolonged wait times.

As we move forward into the coming year, we are dedicated to finding new avenues to secure the additional resources necessary to address the growing need for our services in the community.

In closing, I want to express my heartfelt gratitude to our dedicated staff, our exceptional counsellors, and the remarkable survivors who inspire us daily. We are also profoundly grateful to our generous funders who have enabled us to continue our vital work. Their support has allowed us to make a meaningful difference in the lives of many.

Thank you for continuing to support Choices and I look forward to sharing more positive developments with you in the year ahead.

Dr Jorge Zimbron
Chair of Trustees



26 Jan 2024

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TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

Report from the Head of Services

2022-2023 was another busy year for the charity with some good results, however the aftermath of the Covid pandemic continued to impact our services. Recruitment difficulties remained a problem and hindered our ability to launch new planned initiatives and to reduce the waiting time for long term counselling which continues to increase.

In April we were invited to bid for a grant from the Office of the Police and Crime Commission for Cambridgeshire and Peterborough (OPCC). We were notified in July that we had been successful and are grateful for the continued support from the OPCC with this funding for the development of additional services for clients alongside our long-term counselling. In September we were visited at the office by Darryl Preston, the Cambridgeshire Police and Crime Commissioner and Victims Policy Officer, Sarah Gear. We are grateful that Darryl was able to take time out of his busy schedule to find out about our work and some of the challenges facing the charity.

This report outlines the charity's achievements during the year 2022-2023.

Counselling

The move towards face-to-face sessions picked up pace during this financial year which was very welcome for many clients, and counsellors. Some of the counsellor team continue to remain online exclusively, and those who work in person have the flexibility to offer occasional online or telephone sessions if the client is unable to attend in person, which allows for the continuity of the therapeutic relationship. By continuing to offer online sessions we can reach clients who would find it difficult to travel to a venue and also goes we are able to target the clients who have waited the longest regardless of geographical location. This hybrid model is likely to become our standard.

During the year, thirty-one voluntary and sessional counsellors delivered our services to clients supported by five part-time staff (2.5 full time equivalents).

We ran three training courses in this financial year with the hope of recruiting a further 10 counsellors, however, recruitment remains a challenge. We were successful in recruiting three new counsellors and welcomed Tiff Letch in September 2022, Elena Gonzalez in January 2023, and Julie Crawford who joined us in March 2023. We were fortunate that all existing counsellors continued to the end of their client counsellor contracts. Beth Richards, Verity Crisp and Adrian Jackson left us during this financial year, and we thank them for their hard work.

We were fortunate to have the continued support of our volunteer, Jo Lyness, who gathers feedback from clients finishing counselling. We are very appreciative of her generous support of the charity.

The trustees continued to invest in the training and professional development of all counsellors including specialist training if appropriate, which benefits both counsellors and clients.

Our programme of in-house and external Continuing Professional Development sessions ran throughout the year, mostly online.

The CPD programme kicked off in April with an in-person workshop on Somatic resourcing held in Soham. It was a beautiful spring day and was well attended. It provided a lovely opportunity for us to meet up after many months of remote working and eat pizza!

Other in-house sessions included Internal Family Systems therapy, Equality, Diversity and Inclusion, and An integrative approach to stabilisation with dissociative clients.

We had a two-part session on Pre-Trial Therapy and note-taking delivered by The Survivors' Trust and our thanks go to social worker, Ennister Ngala who delivered a session on Safeguarding Children in December pro bono.

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TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

Report from the Head of Services

Service provision 2022-2023

ICB grant funded services

Counselling

"I am ever so grateful for your service and the help it has given me. I have been inspired to help others and have enrolled into university and will be studying Psychology in the hopes that one day I can join the frontline and help people in my position...the impact your service has had on my life...will last a lifetime."

We continue to be thankful for the support from Cambridgeshire and Peterborough Integrated Care Board, which renewed its contract with us in this financial year, with the emphasis on providing long-term counselling to adult survivors of childhood sexual abuse.

Our core long-term counselling service was delivered to 124 clients. In this financial year we offered 3404 counselling sessions which is an 8% decrease on the previous year, largely due to lack of counselling slots available.

473 (14%) sessions were cancelled in advance by clients and 196 (5.75%) were client DNAs which gives a total of 669 (19.75%) missed sessions, which is down on the previous year. The sessions cancelled in advance consisted of 229 'Could not attend (CNA)', 135 'Client illness' and 109 'Client holiday'.

Over the reporting period we have had 141 new clients added to the waiting list for counselling despite being told that the waiting time is in excess of three years.

Although this is a 30% decrease on the previous financial year, the total number of clients on our waiting list on 31 March 2023 was 556.

Signposting to the service comes from several sources, with the highest numbers being signposted from an IAPT or Psychological Well-being service (33%), followed by mental health teams at 16% and signposting from GP is a little down on previous years at 14%.

Our current clients continue to reflect a similar demographic to previous years: 83% female and 17% male clients. However, the middle age range of clients coming onto the waiting list remains static with a marked increase in the 25 to 34 years making up 33% of new referrals.

Outcomes

"I wouldn't be who I am now without the help I received, and I now love who I am. I have my life back and am able to move on. This service is invaluable."

58 clients ended their counselling in this financial year.

Stabilisation and a reduction in trauma symptoms are important parts of the work we do with clients. 75% of those who provided feedback, reported reduction in their trauma symptoms, such as, flashbacks, panic attacks, nightmares, self-harm, and dissociation, with 20% of clients reporting a complete absence of symptoms post-counselling.

The establishment of safety is fundamental for clients: 80% of clients reported that, pre-counselling they "often" or "sometimes" found themselves in uncomfortable situations. After counselling all these clients reported an improvement.

Of the clients surveyed, 80% reported an improvement in self-confidence and being able to say "no" when they wanted to. Better engagement with ordinary life is also an important outcome for clients. For those clients for whom this was an identified issue, there was improvement, with 40% reporting significant change.

"(My counsellor) has helped me immensely with my confidence, self-belief and self-compassion. I look forward to the future more now...thank you to CHOICES."

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TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

Report from the Head of Services

Survivor and supporter workshops

"I would most definitely take part again and appreciate the workshops being offered to me."

We ran four Survivor and Supporter workshops in this financial year. Two workshops were in person in Huntingdon in July and Ely in September 2022. Two online workshops divided into two 1.5-hour sessions, were held in Spring 2023. In order to reach as wide an audience as possible morning and evening sessions were provided.

The workshops aimed to give survivors and their supporters (usually a partner) a better understanding of some of the symptoms, emotions, and behaviours that those who have experienced childhood sexual abuse may struggle with. Delivered by two experienced members of the CHOICES' counselling team, the workshops combine a mixture of theory and practical tools to help alleviate anxiety and stress. These tools included breathing techniques; grounding techniques; coping with flashbacks; relaxation techniques for poor sleep; working with dreams and nightmares; working with anger, and mindfulness.

19 survivors and 18 supporters attended the in-person workshops, with 23 survivors attending the online sessions.

As always, we asked for feedback, which was generally very positive.

87.5% of respondents to the question "Has the workshop given you a better understanding of your symptoms as a consequence of trauma", answered "Yes".

75% of respondents answered "Yes" to the question "Has the workshop given you a better understanding of how the brain and body respond to trauma and threat?"

When asked about whether the workshops had given them a better understanding of techniques and tools they could use to help manage their symptoms, 62.5% were positive that this increased knowledge would help them to regulate their symptoms going forward.

"Was a very helpful course. I liked having the option to attend online and be able to comment through the online chat/speak if I wanted to."

We asked all Survivor and Supporter workshop attendees if they would be interested in further psycho-educational online sessions.

87.5% of respondents expressed an interest in attending. This helped us with our future planning and, as a result of this, we began the development of a series of webinars to be funded by the OPCC.

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TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

Report from the Head of Services

Office of Police and Crime Commissioner grant funded services

Individual symptom management sessions

"Personally, found the sessions incredibly helpful. We uncovered/discovered a couple of profound reasons why I behave as I do and to look at changing it or my routine so that I don't go into fight or flight responses. I am grateful to CHOICES and for the courses they offer – it is important to me."

Following the successful bid for ongoing funding from the OPCC, we were able to continue to offer individual symptom management sessions to clients on the waiting list. Sessions were a mixture of psychoeducation and practical tools. All sessions were delivered online.

Clients were given a framework to explain what to expect in the six symptom management sessions. Counsellors were able to provide some flexibility within the framework to enable the sessions to be tailored to specific client needs, particularly where one trauma symptom is more dominant than another.

In the financial year 2022/23 35 clients completed their sessions, 4 were in treatment at the end of the financial year with a further 8 assessed and waiting for treatment. We offered 285 individual symptom management sessions.

20 (7%) sessions were cancelled in advance by clients and 35 (12%) were client DNAs which gives a total of 55 (19%) missed sessions.

The purpose of the sessions is to increase the clients' understanding of their symptoms as a consequence of their traumatic past and to give them some practical tools to help them manage symptoms. Clients are assessed for risk factors and encouraged to identify and think about their own resources.

"Good sessions. I liked to be able to understand where the symptoms come from as a result of the trauma."

All clients who completed the Symptom Management sessions are asked four key questions regarding the impact of their sessions:

85% reported that the sessions had helped them feel better able to make everyday decisions.

93% of respondents stated that sessions had given them a better understanding of their symptoms as a consequence of trauma

100% responded that they had a better understanding of how the brain and body respond to trauma

92% reported that the sessions had given them a better understanding of how to manage their symptoms.

"The sessions were absolutely fantastic and helpful. The counsellor was a dream to work with – she was perfect. ...I'm so grateful to have the sessions as it's really helped me through the waiting for the counselling sessions."

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TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2023

Report from the Head of Services

Financial governance and fundraising

The Board of Trustees had agreed an annual budget that would have reflected a slight deficit; however, we were awarded an unexpected additional £60,000 from the ICB in March 2023 so our accounts show a healthy surplus at present. This money is restricted for a collaboration with the Group Therapy Centre and to pay for sessional counselling.

The OPCC also supported the counselling service with an additional grant of £5,000 and allowed us to carry forward some underspent funds to continue to develop support options for clients.

We continue to hold a winding down reserve of £90,000 in a savings account to be utilised in the event of the charity losing a major grant. This reserves policy is reviewed annually.

Client donations were up over 100%, however Gift aided donations have fallen by a similar percentage (90%) which suggests that we are seeing fewer clients who are in employment and paying tax. We recognise that our client group comprises many of the most economically disadvantaged people in the county.

We had more income from training courses this year as we had fewer volunteer counsellors than we had hoped and therefore had to refund fewer course fees.

The charity remains in a financially viable position with reasonable reserves.

Future priorities

Reduce waiting time for counselling and other services through:

- Recruiting more counsellors
- Seeking additional funding to enable more sessional counselling
- Raise sessional rate for counsellors to make working for the charity more viable and attractive to counsellors
- Raise supervisor fee in line with other voluntary sector organisations
- Explore more collaborative working – links with other services to broaden offering to clients
- Continuing professional development of counsellors increase skills base e.g., working with dissociative clients, EMDR, groupwork
- Support with accreditation with BACP or other professional body

Operational priorities

- Charity log – further training for staff
- Increase in CSM hours

Acknowledgements

Our thanks go to our commissioners for their ongoing support:

- Cambridgeshire & Peterborough Integrated Care Board
- Office of the Police and Crime Commissioner for Cambridgeshire and Peterborough and the Ministry of Justice

None of the achievements outlined above would be possible without our dedicated team of counsellors, committed staff members, supervisors, and the support of our trustees.

And our ongoing respect to the survivors who are brave enough to engage with our services on their road to recovery.



Victoria Stevenson
Head of Services

14 Dec 2023

CHOICES

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 MARCH 2023

Independent examiner's report to the Trustees of Choices

We report to the trustees on our examination of the accounts of Choices (The Trust) for the year ended 31 March 2023.

Responsibilities and basis of report

As the Charity Trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

We report in respect of our examination of the Trust's accounts for the year ended 31 March 2023 which are set out on pages 14 to 20, carried out under section 145 of the Charities Act 2011 and in carrying out our examination we have followed the applicable directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

We have completed our examination. We confirm that no material matters have come to our attention in connection with the examination which gives me cause to believe that in any material respect:

1. the accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts did not accord with the accounting records; or
3. the accounts did not comply with the applicable requirements concerning the form and content of the 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,

We 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.

Compton Hardwick Ltd

Compton Hardwick Ltd
20 Elin Way
Meldreth
Royston
SG8 6LX

Date:

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**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023**

		Restricted Funds £ 2023	Unrestricted funds £ 2023	Total Funds £ 2023	Total Funds £ 2022
INCOME:	Note				
Incoming resources from generated funds:					
Donations and legacies	2.	210,100	-	210,100	186,495
Income from charitable activities	2.	-	13,919	13,919	11,214
TOTAL INCOME		210,100	13,919	224,019	197,709
EXPENDITURE ON:					
Charitable activities	5.	165,726	12,291	178,017	154,691
Governance costs	6.	-	1,020	1,020	594
TOTAL EXPENDITURE		165,726	13,311	179,037	155,285
NET INCOME		44,374	608	44,982	42,424
RECONCILIATION OF FUNDS					
Total funds brought forward		81,078	95,774	176,852	134,428
Net movement in funds		44,374	608	44,982	42,424
TOTAL FUNDS CARRIED FORWARD		125,452	96,382	221,834	176,852

All activities derive from continuing operation

The notes of pages 16 to 21 form part of these financial statements.

CHOICES

BALANCE SHEET
AS AT 31 MARCH 2023

	Note	2023		2022	
		£	£	£	£
Fixed Assets	9.		3,908		4,765
Total Fixed Assets			<u>3,908</u>		<u>4,765</u>
Current Assets					
Debtors	10.	79,414		23,706	
Cash at bank		<u>147,337</u>		<u>171,868</u>	
		226,751		195,574	
Creditors: Amounts falling due within one year	11.	<u>(8,825)</u>		<u>(23,487)</u>	
Net Current Assets			<u>217,926</u>		<u>172,087</u>
NET ASSETS			<u>221,834</u>		<u>176,852</u>
FUNDS					
Restricted fund	12.		125,452		81,078
Unrestricted funds	12.		<u>96,382</u>		<u>95,774</u>
			<u>221,834</u>		<u>176,852</u>

financial statements were approved by the Board of Trustees and signed on their behalf, by:



Dr Jorge Zimbron
Trustee

Approved by the board of trustees on 12 October 2023

The notes of pages 16 to 21 form part of these financial statements.

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES

BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The accounts (financial statements) have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published 16/7/2014, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011 and applicable regulations.

GOING CONCERN

The charity's activities, together with the factors likely to affect its future development, performance and position are set out in the trustees' report. The trustees believe that the charity is well placed to manage its risks successfully. The trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus they continue to adopt the going concern basis of accounting in preparing these financial statements.

INCOMING RESOURCES

Voluntary income, donations and legacies are included in incoming resources when they are receivable, except when the donors specify that they must be used in future accounting periods or donors' conditions have not been fulfilled, then the income is deferred.

The income from activities for generating funds is shown gross, with the associated costs included in the cost of generating voluntary income.

The charity is not VAT registered.

RESOURCES EXPENDED

Resources expended are included in the Statement of Financial Activities inclusive of any VAT which cannot be recovered.

General expenditure is accounted for on the accruals basis as soon as a liability arises.

Items of a capital nature over £100 are capitalised.

Fixtures, fittings and equipment are depreciated on a 25% straight line basis.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

2. DONATIONS AND LEGACIES

	Note	Restricted Funds £ 2023	Unrestricted funds £ 2023	Total Funds £ 2023	Total Funds £ 2022
Grants	3	210,100	-	210,100	186,495
Miscellaneous	4	-	13,919	13,919	11,214
		<u>210,100</u>	<u>13,919</u>	<u>224,019</u>	<u>197,709</u>

3. ANALYSIS OF GRANTS RECEIVABLE

	Grants received £ 2023	Income deferred for future £ 2023	Total Funds £ 2023	Total Funds £ 2022
Restricted				
Cambridgeshire County Council	23,610	-	23,610	23,147
NHS Cambridgeshire	149,565	-	149,565	83,449
Cambridge & Peterborough Office of Police & Crime Commission	36,925	-	36,925	79,899
	<u>210,100</u>	<u>-</u>	<u>210,100</u>	<u>186,495</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	Restricted Funds £ 2023	Unrestricted funds £ 2023	Total Funds £ 2023	Total Funds £ 2022
Donations (including gift aid)	-	626	626	5,748
Training income	-	6,855	6,855	1,990
Client contributions	-	6,117	6,117	2,567
Interest receivable	-	261	261	25
Miscellaneous	-	60	60	884
	<u>-</u>	<u>13,919</u>	<u>13,919</u>	<u>11,214</u>

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

5. COST OF CHARITABLE ACTIVITIES

	Restricted Funds £ 2023	Unrestricted funds £ 2023	Total Funds £ 2023	Total Funds £ 2022
Charitable activities	165,726	12,291	178,017	154,691
	<u>165,726</u>	<u>12,291</u>	<u>178,017</u>	<u>154,691</u>
Charitable activities				
Advertising	-	2,299	2,299	550
Affiliations	830	-	830	361
Associate counsellor fees	43,552	-	43,552	34,879
Counsellors expenses	6,509	-	6,509	2,818
Depreciation	65	1,392	1,457	498
Insurance	1,050	-	1,050	974
Legal and professional	124	-	124	40
Pension costs	1,892	-	1,892	2,002
Postage and stationery	1,389	-	1,389	1,052
PC software	1,094	-	1,094	1,639
Rent and rates	10,880	-	10,880	7,785
Room hire (for training)	-	1,164	1,164	60
Room hire (Outreach counselling)	8,239	-	8,239	4,003
Staff salaries and national insurance	75,116	-	75,116	72,043
Staff training/CPD	-	1,649	1,649	2,565
Miscellaneous expenses	-	1,395	1,395	1,429
Telephone and internet	2,725	-	2,725	2,107
Trainers' expenses	-	467	467	30
Trainers' fees	-	3,925	3,925	4,865
Volunteer supervision	12,261	-	12,261	14,991
	<u>165,726</u>	<u>12,291</u>	<u>178,017</u>	<u>154,691</u>

6. GOVERNANCE COSTS

	Restricted Funds £ 2023	Unrestricted funds £ 2023	Total Funds £ 2023	Total Funds £ 2022
Independent examiner's fee 2023	-	900	900	594
Independent examiner's fee balance 2022		120	120	-
	<u>-</u>	<u>1,020</u>	<u>1,020</u>	<u>594</u>

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

7. STAFF COSTS

	Restricted Funds £ 2023	Unrestricted funds £ 2023	Total Funds £ 2023	Total Funds £ 2022
Wages and salaries	75,036	-	75,036	71,163
Employer's National insurance	81	-	81	880
Pension contributions	1,892	-	1,892	2,002
	<u>77,009</u>	<u>-</u>	<u>77,009</u>	<u>74,045</u>

The average weekly number of staff, calculated as full time equivalents during the year was 2.5 (2022: 2.5)

No employee received remuneration of more than £60,000 during the year (2022: none)

8. RELATED PARTY TRANSACTIONS

No trustees were paid any remuneration for acting as trustees (2022: - £Nil)

During the year no trustees incurred expenses (2022: - £Nil) on provision of their duties for the charity.

No trustees were reimbursed expenses for acting as a counsellor (2022:-£Nil). At the balance sheet date the amount of £Nil (2022:-£Nil) was due to the trustees by the charity.

CHOICES

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

9. TANGIBLE FUNCTIONAL FIXED ASSETS

	Furniture, fittings & equipment £
Cost	
At 1 April 2022	11,677
Additions	600
Disposals	(5,937)
At 31 March 2023	<u>6,340</u>
Depreciation	
At 1 April 2022	6,912
Charge for the year	1,457
Disposals	(5,937)
At 31st March 2023	<u>2,432</u>
Net book value	
At 31 March 2023	<u>3,908</u>
At 31 March 2022	<u>4,765</u>

10. DEBTORS

	Restricted Funds £ 2023	Unrestricted funds £ 2023	Total Funds £ 2023	Total Funds £ 2022
Trade debtors	78,392	-	78,392	12,576
Prepayments	1,022	-	1,022	11,130
	<u>79,414</u>	<u>-</u>	<u>79,414</u>	<u>23,706</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Restricted Funds £ 2023	Unrestricted funds £ 2023	Total Funds £ 2023	Total Funds £ 2022
Trade creditors	7,005	-	7,005	22,887
Accruals	780	1,040	1,820	600
	<u>7,785</u>	<u>1,040</u>	<u>8,825</u>	<u>23,487</u>

CHOICES

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

		Restricted Funds £ 2023	Unrestricted funds £ 2023	Total Funds £ 2023	Total Funds £ 2022
Fixed assets		-	3,908	3,908	4,765
Net Current assets	Cash at bank	53,823	93,514	147,337	171,868
	Debtors	79,414	-	79,414	23,706
Current liabilities		(7,785)	(1,040)	(8,825)	(23,487)
		<hr/>	<hr/>	<hr/>	<hr/>
Net assets		<u>125,452</u>	<u>96,382</u>	<u>221,834</u>	<u>176,852</u>

Restricted funds represents money that has been given specifically for the provision on counselling to men and women.

13. MOVEMENT OF FUNDS

	Funds b/fwd £	Incoming resources £	Outgoing resources £	Transfers Between Funds £	Funds at 2023 £
Restricted main fund	81,078	210,100	(165,726)	-	125,452
Unrestricted funds	95,774	13,919	(13,311)	-	96,382
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	<u>176,852</u>	<u>224,019</u>	<u>(179,037)</u>	<u>-</u>	<u>221,834</u>



Issuer Compton Hardwick Ltd

Document generated Thu, 7th Dec 2023 20:40:51 UTC

Document fingerprint ace5a4dff98ea809171645c3e1500c63

Parties involved with this document

Document processed	Party + Fingerprint
Thu, 14th Dec 2023 17:50:29 UTC	Ms Victoria Stevenson - Signer (f6baec9cab06fbc217b942cbe67f337f)
Fri, 26th Jan 2024 10:22:46 UTC	Mr Jorge Zimbron - Signer (a54b04550b460733be12c2850f675c85)

Audit history log

Date	Action
Thu, 7th Dec 2023 20:40:51 UTC	Envelope generated with fingerprint 260ccf563fd1494d9a8ff0c18e7fef1d18.133.63.166
Thu, 7th Dec 2023 20:40:53 UTC	Document generated with fingerprint ace5a4dff98ea809171645c3e1500c63.13.40.11.117
Thu, 7th Dec 2023 20:40:53 UTC	Envelope generated.13.40.11.117
Thu, 7th Dec 2023 20:40:53 UTC	Ms Victoria Stevenson has been assigned to this envelope.13.40.11.117
Thu, 7th Dec 2023 20:40:53 UTC	Mr Jorge Zimbron has been assigned to this envelope.13.40.11.117
Thu, 7th Dec 2023 20:40:53 UTC	Sent the envelope to Ms Victoria Stevenson for signing.13.40.11.117
Thu, 7th Dec 2023 20:41:03 UTC	Document emailed to party email13.41.201.230
Thu, 14th Dec 2023 17:48:19 UTC	Ms Victoria Stevenson viewed the envelope82.6.166.47
Thu, 14th Dec 2023 17:50:30 UTC	Ms Victoria Stevenson signed the envelope82.6.166.47
Thu, 14th Dec 2023 17:50:30 UTC	Sent the envelope to Mr Jorge Zimbron for signing82.6.166.47
Thu, 14th Dec 2023 17:50:30 UTC	Ms Victoria Stevenson viewed the envelope82.6.166.47
Thu, 14th Dec 2023 17:54:39 UTC	Document emailed to party email35.176.248.126
Mon, 18th Dec 2023 16:36:53 UTC	Ms Victoria Stevenson viewed the envelope188.39.184.93
Wed, 20th Dec 2023 16:41:45 UTC	Sent Mr Jorge Zimbron a reminder to sign the document.18.133.63.166
Wed, 24th Jan 2024 17:37:08 UTC	Sent Mr Jorge Zimbron a reminder to sign the document.18.133.63.166
Fri, 26th Jan 2024 10:20:52 UTC	Mr Jorge Zimbron viewed the envelope188.39.184.93
Fri, 26th Jan 2024 10:22:46 UTC	Mr Jorge Zimbron signed the envelope188.39.184.93
Fri, 26th Jan 2024 10:22:46 UTC	This envelope has been signed by all parties188.39.184.93
Fri, 26th Jan 2024 10:22:46 UTC	Mr Jorge Zimbron viewed the envelope188.39.184.93