
CHOICES

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

CHOICES

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CHOICES

THE REFERENCE AND ADMINISTRATION OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 MARCH 2024

Trustees

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

Charity Registered Number

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Independent Examiner

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CHOICES

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2024

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 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.

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TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2024

Letter from the Chair of trustees

This year, CHOICES has continued its vital work, providing compassionate and specialised support to survivors of childhood sexual abuse. As Chair of Trustees, I am proud of our dedicated team, including counsellors, staff members, supervisors, and fellow trustees, whose commitment to this client group has truly transformed lives. Their collective work has enabled our clients to embark on paths of healing and growth.

At the core of CHOICES' services remains our long-term individual counselling: this, along with our symptom management sessions, exemplifies our dedication to providing high-quality care. Over the past year, our counsellors have conducted 3,193 counselling sessions, supporting 103 clients in their journey toward recovery and self-empowerment.

In our efforts to provide ongoing support to clients waiting for long-term therapy, we introduced a number of new services during the year:

- Group therapy sessions
- Psychoeducational webinars
- Peer support groups
- Mental health recovery work support

Through these additional services, we have been able to address many aspects of our clients' needs, assisting them in managing trauma symptoms, fostering a sense of safety and control, building effective coping mechanisms, and strengthening relationships and self-worth. The overwhelmingly positive feedback from our clients speaks to the impact of this work and to the dedication and compassion of the CHOICES' team.

Our work would not be possible without the invaluable support of our funders, whose generosity has ensured that we can continue providing these critical services. We are grateful for their ongoing commitment to our mission while acknowledging the challenges ahead with regard to ongoing funding and service delivery.

I extend my heartfelt thanks to everyone who has contributed to CHOICES this year. Each of you has played an essential role in helping survivors of childhood sexual abuse to reclaim their lives and their futures. Together, we continue to make a meaningful difference.



Chair of Trustees

CHOICES

TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2024

Report from the Head of Services

This report outlines the charity's achievements during the year 1st April 2023 to 31st March 2024.

Recruitment

We run training courses to attract trainee and qualified counsellors to our service. We were successful in recruiting two new counsellors who started within the financial year being reported on: Alison Jones working in Cambridge City and Jenna Bolger in Fenland. We were fortunate that all existing counsellors continued to the end of their client counsellor contracts. The course we ran in Autumn 2023 was very-well attended: 14 people, six of whom expressed an interest in becoming volunteers. Five have been recruited as volunteers although not within this reporting period so more on them next year!

Julia Westoby, who is the longest serving member of the counsellor team finally decided to retire at the end of March 2024. This marked the end of a tremendous twenty-seven-year commitment to the charity and our clients.

We thank Julia for her outstanding contribution to CHOICES. She started with her first client on 17th February 1997 and had her final session with a CHOICES client on 26th March 2024. A testimonial from her final client perfectly sums up everything we would like to say about her:

"Julia was amazing! Two and a half years of being her client, I feel lost without her now. I've learnt a lot about myself, freeing myself from my toxic parents and learning to take care of my mental health FIRST! I'm missing having Julia to talk things through with, but I do say to myself "what would Julia say?" it helps to rationalise things."

Thank you again Julia. You will be missed.

Group Therapy

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.

At the end of the previous year, we were granted funding by the Cambridge and Peterborough Integrated Care Board to pilot two trauma recovery psychotherapy groups in collaboration with the Cambridge Group Therapy Centre.

The groups are to be co-conducted by an experienced analyst from the Group Therapy Centre together with an experienced counsellor from CHOICES, who will undertake initial training in Group analysis.

Two counsellors, began their Foundation in Group Analysis training to support this collaboration and to bring groupwork knowledge to the charity in order to be able to offer groupwork to clients as part of the diversification of our service in future.

They will be co-conducting a men's psychotherapy and women's psychotherapy group respectively.

Continuing Professional Development

Our programme of in-house and external Continuing Professional Development sessions ran throughout the year, mostly online. We aim to make the sessions relevant to the client group we serve along with some wider topics that can be used more generally. If counsellors attend all sessions this provides them with over twenty hours of free CPD.

The CPD Programme

April – Memory Re-consolidation

May – Eating disorders

June – Introducing Mental Health Recovery Worker & Working with drug and alcohol dependent clients

July – Boundaries all day workshop Kate Williams

September – Autism, ADHA and Neurodiversity David Moat

November – Dealing with disclosure – working with clients who have crossed the line

January – New treatment pathway update

February - Gabor Mate – Caring for Ourselves, While Caring for Others

March – Everyday Sexism and Victim blaming

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TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2024

Report from the Head of Services

Service provision 2023-2024

ICB grant funded services

Counselling

Long-term individual counselling continues to be the backbone of CHOICES' services.

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

"I sincerely do not believe I would be here today without the help from CHOICES. I was numb, lost, confused and in great pain - with your service and (name of counsellor's) expertise I have learnt so much, gained some tools to help me for a brighter and fulfilling future. My sincere and deepest thanks."

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 103 clients. In this financial year we offered 3,193 counselling sessions.

506 sessions were cancelled in advance by clients and 146 were client DNAs which gives a total of 652 missed sessions, which is comparable to last year. The sessions cancelled in advance consisted of 186 'Could not attend (CNA)', 154 'Client illness' and 166 'Client holiday'.

Over the reporting period we have had 114 new clients added to the waiting list for counselling. This is just over an 11% decrease on the previous financial year. The total number of clients on our waiting list on 31 March 2024 was 499.

Signposting to the service comes from several sources, with 70% being signposted from IAPT/Psychological Well-being service/GP/Mental health team/health professional. Signposting from GPs accounts for 18% of this year's new clients.

Of clients joining the waiting list, 80% were female, 16.5% male and 3.5% trans or agender. Clients aged 25 to 44 make up 53% of all new referrals.

Outcomes

"I definitely feel more in control of things, instead of always feeling I had to please others now I recognise my right to my own privacy, to use my time how I see fit, not as someone else wishes. And ... to say 'No' when I want to. At 70 this is a great achievement."

44 clients ended their counselling in this financial year.

We ask clients to mark their improvement in three areas:

- Establishment of safety
- Stabilisation of trauma symptoms
- Reconnection with others

The establishment of safety is fundamental for clients: 79% of clients for whom this was an issue reported feeling safer after counselling.

Of the clients surveyed, 85% reported an improvement in self-confidence and being able to say "no" when they wanted to. 75% of respondents saw an improvement in their willingness to take part in activities outside the home, thereby reducing their isolation.

Of the clients who provided feedback, 72% reported an improvement in their trauma symptoms such as flashbacks, nightmares and panic attacks. Where self-harm was identified as a problem, clients reported an 89% reduction in self-harm. Where substance misuse was a problem, 70% reported an improvement with the management of this.

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 55% reporting significant change.

"I looked forward to seeing my counsellor, as she was gentle and sympathetic with me and I had space to express myself. It was a stable, safe environment in which I could start growing and explore my emotions and identity. Also, it was informative, respectful and at my own speed. Thank-you."

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TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2024

Report from the Head of Services

Survivor and supporter workshops

"...it normalises it for me and makes me feel a bit less isolated."

We ran one Survivor and Supporter workshop in this financial year in June at the Meadows Centre in Cambridge. The workshop was attended by fourteen survivors and 9 supporters.

Overall, the feedback received was positive, with 80% of those who provided feedback stating that they had a better understanding of their symptoms as a consequence of trauma; 80% felt that they had a better understanding of how the brain and body respond to threat; with 60% stating that they came away with tools and techniques for managing their symptoms.

"(The) workshop was really, really good."

Only one Survivor and Supporter workshop was run during this financial year due to the introduction of a new webinar series. These webinars provide a well-received opportunity to benefit clients on the waiting list by covering a greater depth and breadth of relevant psychoeducational material.

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TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2024

Report from the Head of Services

Office of Police and Crime Commissioner grant funded services

Psychoeducational webinar series

"I didn't know any of the things (I'm) learning on the webinars, so at 56 I'm finally released from a prison I'd built around myself."

A grant was secured from the OPCC to fund the development and delivery of online psycho-educational workshops (1.5 hours) to improve clients:

- health and wellbeing
- emotional regulation to copw with everyday life
- self-esteem

The first series of six online psychoeducational webinars were delivered over six evenings by two experienced members of the CHOICES team

64 unique individuals attended the webinars, with some attending more than one.

Topics covered were:

- Understanding childhood sexual abuse as trauma and its impact in adulthood
- Flashbacks: what are they, what causes them and ways to manage them
- Dissocia•on: what is dissocia•on, what causes dissocia•on and how to manage it
- Understanding guilt, shame and self-blame
- Boundaries and People-pleasing
- The e•ect of childhood trauma on rela•onships

Clients could attend anonymously with their cameras and microphones off and there was no obligation to use the Chat or speak. The facilitators allowed time for Q&A during and after the webinar ended.

"The webinar was great, very helpful and informative. It was the first one I attended because I was not ready for previous ones. Now that I understand how helpful they are, I would not hesitate a single minute to attend the next ones.

Thank you so much."

"Although the dissociation webinar was only a few days ago, I have spent time thinking about the teachings and more fully understanding what dissociation means and how I can put into practice the things we were taught. Sights, sounds, feel(ing)s, things in my everyday life that I just 'look through' without registering. I sat and noticed/absorbed the beautiful rusty leaves on the big tree in the open space next door yesterday. Thank you. It will obviously take time but there is now an end goal."

"It was very enjoyable and insightful too...very thought provoking; helping to understand certain emotions better."

A second series of webinars is currently in production.

CHOICES

TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2024

Report from the Head of Services

Individual symptom management sessions

"Considering it was (only) six weeks, it has made a huge difference and helped me understand how/why I react to things. It has helped me understand more the damage caused in all areas of my life. Found it useful to know how my body reacts, and I hadn't realised how shut off I'd become. I still have a lot to unpack but the sessions were very valuable, and the counsellor was lovely."

46 year old mother of three, referred by the NHS Psychological Wellbeing Service

This six-session psychoeducational treatment programme is offered to all new clients coming onto the waiting list for counselling and to existing clients who may be experiencing a worsening of symptoms while waiting.

- 57 clients were referred for these sessions during this financial year
- 46 clients completed their sessions within the period
- 6 were in treatment at the end of March 2024
- 5 were waiting to be allocated to a counsellor at the end of this financial year.

"I liked the sessions, and they worked well. I had a good conversation on the first session and following that felt the sessions were tailored to my needs. I was also sent the information on what was being discussed at the sessions which was helpful to me and now I am able to share with my partner and mother so they can help and support me."

25-year-old female client referred by Mental Health Team

All clients who complete the symptom management sessions are asked for feedback regarding the impact of their sessions:

- 88% reported that the sessions had helped them feel better able to make everyday decisions
- 96% of respondents stated that sessions had given them a better understanding of their symptoms as a consequence of trauma
- 92% responded that the sessions had given them increased control over their emotions
- 96% reported that the sessions had given them a better understanding of how to manage their symptoms
- 88% coped and built resilience to move forward with daily life
- 100% felt more informed (improved sense of empowerment)
- 88% reported improved health and well-being
- 88% reported increased feelings of safety

"Truly think (name of counsellor) was better than some of the counselling I've had before. I felt we connected well and that she really understood me. She taught me a simple exercise to help with the trauma and I have not had a single flashback or nightmare since. Really effective in helping me cope - to understand my symptoms - made them seem smaller.

Just didn't want the sessions to end."

29-year-old female referred by Mental Health Team

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TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2024

Report from the Head of Services

Peer Support Group

The Moving Forward Together group was planned to be delivered:

- Fortnightly for 2 hours x 8 sessions
- In-person in Huddersfield (although started online)
- 6 – 8 participants
- Pre-group assessment for 1.5 hours to assess suitability for the group, explore boundaries and issues of confidentiality also assess clients' personal hopes and expectations
- Individual post group follow-up sessions
- Possibility of monthly drop in session post group

Content was a mixture of psychoeducation and stabilisation along with the opportunity for the participants to connect with one another

- 5 clients attended and ended
- 2 have gone on to attend a CHOICES/Group Therapy Centre psychotherapy group
- 3 have been assessed for individual counselling

All participants reported that they would have liked the group to go on longer and be offered weekly without breaks

All participants stated that they felt safe within the group

Testimonials

"Greatly appreciate it, couldn't really adequately express how much it meant and brought...being with other female survivors and being able to connect and share was the most valuable and meaningful component of the group to me. I also feel having an experienced and capable facilitator was very important to development and stabilisation of the group.

It feels it ended when we only just got established and started."

"Overall, I think the facilitators did a good job at making people feel at ease and safe. They picked up on when someone was struggling and helped bring them through that with the support of the group."

"Knowing I am not alone is powerful and helps me with my acceptance of how the ongoing negative aspects of my life have evolved."

"I have taken away some positive new coping strategies to try and really appreciated the handout at the end to remind me of what we covered."

"I really enjoyed the group and would definitely do it again, thank you so much for running the sessions."

TRUSTEES' ANNUAL REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2024

Report from the Head of Services

Mental Health Recovery Worker

This new post, funded by the OPCC grant, has made a real difference to clients' wellbeing while waiting for counselling. Gayle Munro joined us at the end of April 2023. She had previously worked as a crisis recovery worker for CPSL Mind based at The Sanctuary.

Between 1st May 2023 and 31st March 2024 83 clients were referred to the Mental Health Recovery Worker.

The Mental Health Recovery Worker may offer the following:

- further information on the Therapeutic Support options, how to register for these, and signposting to local support services.
- check-in contact while on the waiting list for counselling
- liaising with other support services and providing warm handover to other services.
- in-person support at first appointments and/or first visit to a support service.
- information and support for up to 6 months after counselling at CHOICES has ended.
- support in a practical sense, such as providing information on resources and materials to support mental health and wellbeing.
- general support around housing, benefits, etc...

Victim support fund travel assistance

Six clients were provided with financial support for travel to attend sessions:

62-year-old male client living on his own, unable to access sessions online and needed assistance with transport from March to Ely. Signposted by his GP and Psychological Well-being service

33-year-old female client, living alone, struggling with symptoms of PTSD, signposted by NHS Eating Disorder service

37-year-old female client who was relying on family members to bring her to sessions after her car broke down

54-year-old female client living in an isolated rural area with no public transport

35-year-old female client who struggles to access public transport because of ADHD, autism and CPTSD

39-year-old female client, carer of two children with autism and husband on long-term sick leave struggling with cost-of-living crisis

CHOICES

TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2024

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. This was in acknowledgement that there would be increased costs, namely as a slight rise in the associate counsellor sessional rate, room hire increase and the salary for an additional member of staff. This increase was budgeted within a surplus from the previous financial year. In addition, we received some unexpected grant money from the ICB at the end of the financial year being reported on which will go some way to cover increased costs and secures our position financially for next year.

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 23% down on the previous year, Gift-aided donations have fallen slightly also as has training course income.

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

Future challenges

In the autumn of 2023, negotiations began between the charity and its main funder, the ICB. Both parties are concerned about the increase in the waiting time for counselling. We are still in negotiations with our current funders regarding the treatment offered to csa survivors. We will continue to offer long-term individual counselling to clients while these discussions are ongoing, however, we need to acknowledge that it is likely that there will continue to be a pressure to reduce our counselling offer and make it shorter for many, if not all, clients.

There is a huge disparity in waiting times for counselling across different geographical locations, with the longest wait times being for online sessions and in Peterborough. Huntingdon and Fenland are also impacted, and this is another challenge that we have plans to address in the next financial year.

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

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.

- 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.



ivors who are brave enough to engage with our services on their road to recovery.

Victoria Stevenson
Head of Services

CHOICES

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 MARCH 2024

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 2024.

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 2024 which are set out on pages 12 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: 10/10/2024

CHOICES

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024

		Restricted Funds £ 2024	Unrestricted funds £ 2024	Total Funds £ 2024	Total Funds £ 2023
INCOME:	Note				
Incoming resources from generated funds:					
Donations and legacies	2.	243,613	-	243,613	210,100
Income from charitable activities	2.	-	13,236	13,236	13,919
TOTAL INCOME		243,613	13,236	256,849	224,019
EXPENDITURE ON:					
Charitable activities	5.	216,102	11,986	228,088	178,017
Governance costs	6.	-	900	900	1,020
TOTAL EXPENDITURE		216,102	12,886	228,988	179,037
NET INCOME		27,511	350	27,861	44,982
RECONCILIATION OF FUNDS					
Total funds brought forward		125,452	96,382	221,834	176,852
Net movement in funds		27,511	350	27,861	44,982
TOTAL FUNDS CARRIED FORWARD		152,963	96,732	249,695	221,834

All activities derive from continuing operation

The notes of pages 15 to 20 form part of these financial statements.

CHOICES

BALANCE SHEET
AS AT 31 MARCH 2024

	Note	2024		2023	
		£	£	£	£
Fixed Assets	9.		3,031		3,908
Total Fixed Assets			<u>3,031</u>		<u>3,908</u>
Current Assets					
Debtors	10.	9,528		79,414	
Cash at bank		<u>250,339</u>		<u>171,868</u>	
		259,867		251,282	
Creditors: Amounts falling due within one year	11.	<u>(13,203)</u>		<u>(8,825)</u>	
Net Current Assets			<u>246,664</u>		<u>242,457</u>
NET ASSETS			<u>249,695</u>		<u>246,365</u>
FUNDS					
Restricted fund	12.		152,963		125,452
Unrestricted funds	12.		<u>96,732</u>		<u>96,382</u>
			<u>249,695</u>		<u>221,834</u>

The accounts have been prepared in accordance with the provisions of the Companies Act 2006 and signed on their behalf, by:



Trustee

Approved by the board of trustees on 10 October 2024

The notes of pages 15 to 20 form part of these financial statements.

CHOICES

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

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.

CHOICES

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

2. DONATIONS AND LEGACIES

	Note	Restricted Funds £ 2024	Unrestricted funds £ 2024	Total Funds £ 2024	Total Funds £ 2023
Grants	3	243,613	-	243,613	210,100
Miscellaneous	4	-	13,236	13,236	13,919
		<u>243,613</u>	<u>13,236</u>	<u>256,849</u>	<u>224,019</u>

3. ANALYSIS OF GRANTS RECEIVABLE

	Grants received £	Income deferred for future £	Total Funds £ 2024	Total Funds £ 2023
Restricted				
Cambridgeshire County Council	23,610	-	23,610	23,610
NHS Cambridgeshire	182,675	-	182,675	149,565
Cambridge & Peterborough Office of Police & Crime Commission	37,328	-	37,328	36,925
	<u>243,613</u>	<u>-</u>	<u>243,613</u>	<u>210,100</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	Restricted Funds £ 2024	Unrestricted funds £ 2024	Total Funds £ 2024	Total Funds £ 2023
Donations (including gift aid)	-	561	561	626
Training income	-	6,531	6,531	6,855
Client contributions	-	4,706	4,706	6,117
Interest receivable	-	1,438	1,438	261
Miscellaneous	-	-	-	60
	<u>-</u>	<u>13,236</u>	<u>13,236</u>	<u>13,919</u>

CHOICES

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

5. COST OF CHARITABLE ACTIVITIES

	Restricted Funds £ 2024	Unrestricted funds £ 2024	Total Funds £ 2024	Total Funds £ 2023
Charitable activities	216,102	11,986	228,088	178,017
	<u>216,102</u>	<u>11,986</u>	<u>228,088</u>	<u>178,017</u>
Charitable activities				
Advertising	-	650	650	2,299
Affiliations	386	-	386	830
Associate counsellor fees	63,658	-	63,658	43,552
Counsellors expenses	12,523	-	12,523	6,509
Depreciation	-	1,563	1,563	1,457
Insurance	1,173	-	1,173	1,050
Legal and professional	10	-	10	124
Pension costs	1,933	-	1,933	1,892
Postage and stationery	1,982	-	1,982	1,389
PC software	3,074	-	3,074	1,094
Rent and rates	12,103	-	12,103	10,880
Room hire (for training)	-	1,345	1,345	1,164
Room hire (Outreach counselling)	9,599	-	9,599	8,239
Group Therapy Session Collaboration	9,199	-	9,199	-
Staff salaries and national insurance	85,226	-	85,226	75,116
Staff training/CPD	-	2,650	2,650	1,649
Miscellaneous expenses	-	840	840	1,395
Telephone and internet	2,990	-	2,990	2,725
Trainers' expenses	-	438	438	467
Trainers' fees	-	4,500	4,500	3,925
Volunteer supervision	12,246	-	12,246	12,261
	<u>216,102</u>	<u>11,986</u>	<u>228,088</u>	<u>178,017</u>

6. GOVERNANCE COSTS

	Restricted Funds £ 2024	Unrestricted funds £ 2024	Total Funds £ 2024	Total Funds £ 2023
Independent examiner's fee 2024	-	900	900	900
Independent examiner's fee balance 2022	-	-	-	120
	<u>-</u>	<u>900</u>	<u>900</u>	<u>1,020</u>

CHOICES

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

7. STAFF COSTS

	Restricted Funds £ 2024	Unrestricted funds £ 2024	Total Funds £ 2024	Total Funds £ 2023
Wages and salaries	85,226	-	85,226	75,036
Employer's National insurance	-	-	-	81
Pension contributions	1,933	-	1,933	1,892
	<u>87,160</u>	<u>-</u>	<u>87,160</u>	<u>77,009</u>

The average weekly number of staff, calculated as full time equivalents during the year was 2.5 (2023: 2.5)

No employee received remuneration of more than £60,000 during the year (2023: none)

8. RELATED PARTY TRANSACTIONS

No trustees were paid any remuneration for acting as trustees (2023: - £Nil)

During the year no trustees incurred expenses (2023: - £Nil) on provision of their duties for the charity.

No trustees were reimbursed expenses for acting as a counsellor (2023:-£Nil). At the balance sheet date the amount of £Nil (2023:-£Nil) was due to the trustees by the charity.

CHOICES

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

9. TANGIBLE FUNCTIONAL FIXED ASSETS

	Furniture, fittings & equipment £
Cost	
At 1 April 2023	6,340
Additions	686
Disposals	-
At 31 March 2024	<u>7,026</u>
Depreciation	
At 1 April 2023	2,432
Charge for the year	1,563
Disposals	-
At 31 March 2024	<u>3,995</u>
Net book value	
At 31 March 2024	<u>3,031</u>
At 31 March 2023	<u>3,908</u>

10. DEBTORS

	Restricted Funds £ 2024	Unrestricted funds £ 2024	Total Funds £ 2024	Total Funds £ 2023
Trade debtors	1,101	-	1,101	78,392
Prepayments	1,537	-	1,537	1,022
Accrued income	<u>6,890</u>		<u>6,890</u>	
	<u>9,528</u>	<u>-</u>	<u>9,528</u>	<u>79,414</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Restricted Funds £ 2024	Unrestricted funds £ 2024	Total Funds £ 2024	Total Funds £ 2023
Trade creditors	11,178	-	11,178	7,005
Accruals	1,125	900	2,025	1,820
	<u>12,303</u>	<u>900</u>	<u>13,203</u>	<u>8,825</u>

CHOICES

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

		Restricted Funds £ 2024	Unrestricted funds £ 2024	Total Funds £ 2024	Total Funds £ 2023
Fixed assets		-	3,031	3,031	3,908
Net Current assets	Cash at bank	155,738	94,601	250,339	147,337
	Debtors	9,528	-	9,528	79,414
Current liabilities		(12,303)	(900)	(13,203)	(8,825)
		<hr/>	<hr/>	<hr/>	<hr/>
Net assets		152,963	96,732	249,695	221,834

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 2024 £
Restricted main fund	125,452	243,613	(216,102)	-	152,963
Unrestricted funds	96,382	13,236	(12,886)	-	96,732
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	221,834	256,849	(228,988)	-	249,695



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Thu, 21st Nov 2024 16:07:03 GMT	Mr Jorge Zimbron - Signer (df74fe4e0a724c8405e8d9fb8a1c83c9)
Thu, 21st Nov 2024 16:33:17 GMT	Ms Victoria Stevenson - Signer (54b91d1f03064d9b71fb3f944d606714)

Audit history log

Date	Action
Thu, 21st Nov 2024 16:33:17 GMT	Ms Victoria Stevenson viewed the envelope (82.6.166.47)
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Thu, 21st Nov 2024 16:07:03 GMT	Document emailed to party email (18.169.52.86)
Thu, 21st Nov 2024 16:07:03 GMT	Sent the envelope to Ms Victoria Stevenson for signing (104.28.86.94)
Thu, 21st Nov 2024 16:07:03 GMT	Mr Jorge Zimbron signed the envelope (104.28.86.94)
Thu, 21st Nov 2024 16:04:58 GMT	Mr Jorge Zimbron viewed the envelope (20.77.74.83)
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Thu, 21st Nov 2024 12:04:36 GMT	Sent Mr Jorge Zimbron a reminder to sign the document. (35.176.231.177)
Thu, 31st Oct 2024 17:06:36 GMT	Document emailed to party email (18.175.225.8)
Thu, 31st Oct 2024 17:06:35 GMT	Sent the envelope to Mr Jorge Zimbron for signing ()
Thu, 31st Oct 2024 17:06:35 GMT	Envelope generated ()
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Thu, 31st Oct 2024 17:06:27 GMT	Mr Jorge Zimbron has been assigned to this envelope. (18.133.63.166)
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