
CHOICES

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

CHOICES

CONTENTS

	Page
Information about the charity	1
Trustees' annual report	2-10
Independent Examiner's Report	11
Statement of Financial Activities	12
Balance Sheet	13
Notes to the financial statements	14-19

CHOICES

THE REFERENCE AND ADMINISTRATION OF THE CHARITY, ITS TRUSTEES AND ADVISERS FOR THE YEAR ENDED 31 MARCH 2025

Trustees

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

Charity Registered Number

291945

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Independent Examiner

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CHOICES

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2025

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 six volunteers who provide counselling services and six volunteer trustees. The day-to-day running of the service is the responsibility of the head of services assisted by two client services managers, a clinical administrator, and a financial administrator. All positions are part time and equal to less than 2.75 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 £75,000 in a savings account to be utilised in the event of the charity losing a major grant.

CHOICES

TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2025

Letter from the Chair of trustees

The Charity continues to demonstrate extraordinary impact, commitment, and resilience.

There are several achievements outlined in this report, such as expanding our counselling team, embedding group therapy into our core offering, delivering high-quality psychoeducational programmes, strengthening partnerships with commissioners, and transforming the lives of survivors through trauma-informed care. The feedback from our clients is a powerful reminder of why CHOICES exists.

However, alongside these successes, we must also confront a stark reality. Demand for our services continues to grow at a pace that outstrips our current resources. Funding has not kept up with need, and the financial pressures ahead are significant. As trustees, we have had to make difficult and serious decisions about how to ensure the sustainability of CHOICES for the years to come.

After careful consideration, we have taken a clear position: we will adapt in order to continue helping as many people as possible. To do this, we will be transitioning from a fully free service to a subsidised model. This means that those who are able to contribute to the cost of their therapy will be asked to do so at a reduced rate. Crucially, no one will ever be turned away due to financial hardship. We will use part of any income to establish a hardship fund and offer full exemptions where needed.

This change is necessary to safeguard our capacity to offer meaningful, long-term therapeutic support to the hundreds of survivors still waiting for help. It is a commitment not just to survival as an organisation, but to responsible growth so that CHOICES remains strong, credible, and available long into the future

Thank you to everyone who stands with us as we enter this next chapter. We will ensure that every survivor who reaches out



Dr Jorge Zimbron
Chair of Trustees

13 Oct 2025

CHOICES

TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2025

Report from the Head of Services

This report outlines the charity's achievements during the year 1st April 2024 to 31st March 2025.

Recruitment

We welcomed Gavin Mayes-Long, working online and in person in Huntingdon; and Laura Saggs and Klara Mottlova working in person in Cambridge City to the counsellor team.

We ran two training courses during 2024-25. One in Cambridge in early summer attended by twelve participants, and a second course in Huntingdon attended by ten trainee and qualified counsellors. Following the training courses, there was much interest in placements. We were successful in recruiting four new counsellors : Rosanna Omitowaju started in person in Cambridge in November' 2024. In January 2025 we were joined by Jackie Austin in Fenland, Rae Galanis in Huntingdon and Zhenya Goodwin in Cambridge City.

Sadly, we were unable to take on further placement counsellors after the Huntingdon training course owing to the uncertain commissioning landscape.

In July 2024 we recruited Danielle Mapes as a part-time Client Service manager, with the plan for the Head of Services to step back from client facing work and take on a more strategic role while also facilitating a reduction in her hours. Danielle was effective in her role but resigned in January 2025 owing to other commitments. Sadly, our Mental Health Support Worker, Gayle Munro, resigned after a spell of ill health. Fortunately, Danielle was able to pick up some of her work until she left the organisation. We thank them for their contribution to the charity.

Group Therapy

Following grant funding from the Cambridge and Peterborough Integrated Care Board, the pilot in collaboration with the Cambridge Group Therapy Centre got underway with the Women's trauma recovery group beginning in September 2024 with 8 participants. This rose to ten in the month's following its start. The group is delivered online.

The men's group finally began in February 2025 with 5 members. This group is delivered in person in the Cambridge Group Therapy Centre.

Our two counsellors, Ringaile Turonyte and Tiff Letch continued their training leading to the award of a Diploma in Group Analysis. The intention is to embed group provision within the charity's services to survivors in future.

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

May - Victim blaming

June - Somatic Resourcing

July - Traumatic shame

September – Note-taking and Pre-trial therapy

November - Lived Experience of Dissociative Identity Disorder (all day in person, in Huntingdon) presented by Laura Flann, of Healing from Within.

January – Impact on clients of mandatory reporting of csa

February – Safeguarding and Risk management

March – Peter Levine's "Body as Container" and an introduction to Havening

CHOICES

TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2025

Report from the Head of Services

Service provision 2024-2025

ICB grant funded services

Service delivery challenges

Throughout 2024-2025 discussions were ongoing regarding service delivery with the proposed design of a new treatment pathway. The outcome of these discussions is still undecided. It is likely that there will be a reduction in the number of individual sessions offered to clients with some psychoeducational symptom management as a standalone offering prior to accessing counselling with the possibility of moving into a post-counselling peer support group.

Clearly any new treatment pathway would have to be introduced with the support of the counsellor team, and we set up a working party to discuss the implications of the proposed new approach for both counsellors and our clients. I am grateful to the eighteen counsellors who expressed an interest in being part of these discussions and to those who attended the six morning meetings where we discussed this.

The ICB introduced three new reporting requirements during this financial year.

We now submit data monthly to the Mental Health Services Data set. My thanks to Theresa Giovinnazzi for her perseverance with this.

Following a workshop on understanding Local Quality Requirements in February 2025, we had an inspection visit from Jane Banks, Quality Improvement Nurse and Laura Millman, Performance and Delivery Manager at the Integrated Care Board in March. We are required to produce a bi-annual Quality and Patient Safety Report.

The ICB also introduced the Patient Safety Incident Response Framework (PSIRF) and we are working on a policy in order to be PSIR compliant.

Counselling

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

During the year, 36 voluntary and associate counsellors delivered our services to clients supported by six part-time staff (2.75 full time equivalents).

"Choices is one of the best things I have ever done for myself. it gave me my voice back and made me realise I am worth fighting for and that my feelings DO matter. It also has helped me understand a lot about myself and my reactions/feelings, which has been extremely helpful. My relationship with my boyfriend is also much happier as I have learnt to communicate instead of shutting down to protect myself. I want to thank choices for giving me this chance, as private therapy is too expensive for myself."

Our contract with the Cambridgeshire and Peterborough Integrated Care Board rolled forward for another year with no increase in the funding for this financial year, however we were still able to provide long-term counselling to adult survivors of childhood sexual abuse owing to some additional grant money received at the end of the previous financial year.

Our core long-term counselling service was delivered to 128 clients. In this financial year we offered 3,803 counselling sessions to clients.

13.3% of sessions were cancelled in advance by clients (15.5% last year). 3.6% were client DNAs (4.5% last year).

Over the reporting period we have had 110 new clients added to the waiting list. The total number of clients on our waiting list on 31 March 2024 was 425.

Signposting to the service comes from several sources, with 70% being signposted from IAPT/Psychological Well-being service/GP/Mental health team/health professional. 8% from other professionals such as , social workers.

Of clients joining the waiting list, 84.5% are female and 15.5% are male. Clients aged 25 to 44 make up 54% of all new referrals. This is similar to the previous year's intake.

CHOICES

TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2025

Report from the Head of Services

Outcomes

"I was and am extremely grateful for the service provided by Choices and the wonderful support from my counsellor. The trauma informed care you have given to me has made such a difference in my life THANK YOU!"

33 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: 92% of clients for whom this was an issue reported feeling safer after counselling.

Of the clients surveyed, 83% reported an improvement in self-confidence and being able to say "no" when they wanted to. 83% 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, 76% reported an improvement in their trauma symptoms such as flashbacks, nightmares, panic attacks, dissociation and self-harm. Where substance misuse was a problem, all clients 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 overall improvement, with 59% reporting significant change. For those in work, 60% reported an improvement with relationships with colleagues.

"I have never been able to explore what happened to me as a child. My counsellor gave me the space and time to look at this for the first time in 50 years. -Seeing how the current behaviours and ways of thinking have all stemmed from the abuse has enabled me to let go of the guilt I felt. Thank you."

Survivor and supporter workshops

"I have learned a lot from this workshop and feel empowered. Thank you! (Survivor)"

We ran two Survivor and Supporter workshops in this financial year one in September 2024 in Huntingdon and one in March 2025 in Peterborough.

The Huntingdon workshop in September 2024 was attended by 14 survivors and 7 supporters. The feedback was generally positive with 100% of attendees who provided feedback reporting being better informed with a better understanding of symptoms as a consequence of trauma; a better understanding of how the brain and body respond to trauma and threat; and equipped with tools and techniques for managing symptoms.

"This was very good especially to attend as a supporter. It is a shame waiting for help is years on a list, so this helps in between."

"Very informative; Caring safe environment; Calm; educated and informed leaders who know and understand the topic; Builds trust." (Survivor)"

8 survivors and 8 supporters attended the workshop in Peterborough in March 2025.

Again, the feedback was overwhelmingly positive from both survivors and supporters.

"A lot of very useful ideas and suggestions that my partner and I can use."

"This is a great introductory presentation about the effects of childhood sexual trauma. As a "supporter" it is a useful shared experience and education in learning a common, shared language between my partner and I, while discussing trauma. Thank you."

CHOICES

TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2025

Report from the Head of Services

Office of Police and Crime Commissioner grant funded services

We were successful in securing grant-funding from the OPCC again in this financial year.

Psychoeducational webinar series

"Extremely helpful webinar. Vitally important to have access to this kind of support service."

A grant was secured from the OPCC to fund the development and delivery of six online psycho-educational workshops (1.5 hours). These were delivered by two experienced members of the CHOICES' team.

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

Topics covered were:

- Making sense of the impact of childhood sexual abuse
- Understanding how the nervous system responds to trauma
- Beginning to understand and manage symptoms

All clients who watch the webinars are asked for feedback:

- 88% of respondents reported that the webinars had given them a better understanding of their symptoms as a consequence of trauma.
- 50% of respondents stated that the information will help them move forward with daily life.
- 75% reported that the sessions had given them a better understanding of how to manage their symptoms.

"Everything was good for me in this one, both the explanations and the tools suggested to better handle our daily anxiety. These seminars are a wonderful support. The explanations about why I react the way I react are priceless for me. This simple understanding helps me a lot."

"It was a very good session for the start of recovery. Presentation and presenters were great."

CHOICES

TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2025

Report from the Head of Services

Individual symptom management sessions

"The sessions gave me a better understanding of things in my head and the reason why my head would be like that. They gave me tools for everyday life - both with my family and at work. It's nice to have the same therapist for both these sessions and now for therapy sessions."

36-year-old mother of two, signposted by her ISVA

We secured funding for 30 clients to access this six-session psychoeducational treatment programme. It is offered to new clients coming onto the waiting list who are experiencing high levels of trauma symptoms and to existing clients who may be experiencing a worsening of symptoms while waiting.

34 clients were referred for these sessions during this financial year with an average waiting time from referral to treatment of 7 weeks.

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

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

90% of respondents stated that sessions had given them a better understanding of their symptoms as a consequence of trauma.

86% responded that the sessions had given them increased control over their emotions.

93% reported that the sessions had given them a better understanding of how to manage their symptoms.

89% coped and built resilience to move forward with daily life.

97% felt more informed (improved sense of empowerment).

91% reported improved health and well-being.

95% reported increased feelings of safety.

"Sessions (were) really positive. What helped me the most was understanding how my brain works in response to the trauma that had happened. The therapist was incredible - she was straight to the point but showed empathy - and focused on me."

22-year-old female signposted by CPFT

CHOICES

TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2025

Report from the Head of Services

Mental Health Support Worker

This post was fund for a second year through a grant from the OPCC. to clients' wellbeing while waiting for counselling. Gayle Munro provided this service for six months before going on long term sick leave. Fortunately, we were able to redeploy a new member of staff to pick up her work.

Between 1st April 2024 and 31st March 2025 67 clients were referred to the Mental Health Support Worker.

134 clients received one or more support contacts during the reporting period. With most clients being contacted within 4 weeks of referral.

Clients are asked four questions regarding the impact of their sessions with the mental health support worker:

51% reported that they had coped and built resilience to move forward with daily life.

66% of respondents stated that they felt more informed.

49% reported improved health and well-being.

66% reported increased feelings of safety.

Several clients have requested ongoing emotional support.

CHOICES

TRUSTEES' ANNUAL REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2025

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 additional grant money from the ICB at the end of the previous financial year.

We continue to hold a winding down reserve of £75,000 in a savings account to be utilised in the event of the charity losing a major grant. This reserves policy is reviewed annually by the Trustees.

Future challenges

It is likely that the charity will have to introduce the new treatment pathway in the future. It is hoped that this will reduce waiting times for clients. However, without additional investment it will be difficult to support as many survivors as we were able to do in the financial year being reported on.

Lack of funding is an ongoing issue, and the proposed new treatment pathway still has many unanswered questions around delivery and cost.

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.

We respect to the survivors who trust us to help them on their healing journey.



Victoria Stevenson
Head of Services

14 Oct 2025

CHOICES

**INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2025**

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 2025.

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 2025 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: 10/10/2025

CHOICES

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2025**

		Restricted Funds £ 2025	Unrestricted funds £ 2025	Total Funds £ 2025	Total Funds £ 2024
INCOME:	Note				
Incoming resources from generated funds:					
Donations and legacies	2.	137,715	-	137,715	243,613
Income from charitable activities	2.	-	14,063	14,063	13,236
		<hr/>	<hr/>	<hr/>	<hr/>
TOTAL INCOME		137,715	14,063	151,778	256,849
EXPENDITURE ON:					
Charitable activities	5.	270,255	12,322	282,577	228,088
Governance costs	6.	-	900	900	900
		<hr/>	<hr/>	<hr/>	<hr/>
TOTAL EXPENDITURE		270,255	13,222	283,477	228,988
NET INCOME		(132,540)	841	(131,699)	27,861
RECONCILIATION OF FUNDS					
Total funds brought forward		152,963	96,732	249,695	221,834
Net movement in funds		(132,540)	841	(131,699)	27,861
TOTAL FUNDS CARRIED FORWARD		<hr/> 20,423	<hr/> 97,573	<hr/> 117,996	<hr/> 249,695

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 2025

	Note	2025		2024	
		£	£	£	£
Fixed Assets	9.		2,048		3,031
Total Fixed Assets			<u>2,048</u>		<u>3,031</u>
Current Assets					
Debtors	10.	10,709		9,528	
Cash at bank		<u>122,113</u>		<u>171,868</u>	
		132,822		181,396	
Creditors: Amounts falling due within one year	11.	<u>(16,874)</u>		<u>(13,203)</u>	
Net Current Assets			<u>115,948</u>		<u>168,193</u>
NET ASSETS			<u><u>117,996</u></u>		<u><u>171,224</u></u>
FUNDS					
Restricted fund	12.	20,423		152,963	
Unrestricted funds	12.	<u>97,573</u>		<u>96,732</u>	
		<u><u>117,996</u></u>		<u><u>249,695</u></u>	



and signed on their behalf, by:

Dr Jorge Zimbron
Trustee

Approved by the board of trustees on 10 October 2025

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 2025

2. DONATIONS AND LEGACIES

	Note	Restricted Funds £ 2025	Unrestricted funds £ 2025	Total Funds £ 2025	Total Funds £ 2024
Grants	3	137,715	-	137,715	243,613
Miscellaneous	4	-	14,063	14,063	13,236
		<u>137,715</u>	<u>14,063</u>	<u>151,778</u>	<u>256,849</u>

3. ANALYSIS OF GRANTS RECEIVABLE

	Grants received £ 2025	Income deferred for future £ 2025	Total Funds £ 2025	Total Funds £ 2024
Restricted				
Cambridgeshire County Council	23,610	-	23,610	23,610
NHS Cambridgeshire	86,213	-	86,213	182,675
Cambridge & Peterborough Office of Police & Crime Commission	<u>27,892</u>	<u>-</u>	<u>27,892</u>	<u>37,328</u>
	<u>137,715</u>	<u>-</u>	<u>137,715</u>	<u>243,613</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	Restricted Funds £ 2025	Unrestricted funds £ 2025	Total Funds £ 2025	Total Funds £ 2024
Donations (including gift aid)	-	-	-	561
Training income	-	6,033	6,033	6,531
Client contributions	-	6,477	6,477	4,706
Interest receivable	-	1,553	1,553	1,438
Miscellaneous	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
	<u>-</u>	<u>14,063</u>	<u>14,063</u>	<u>13,236</u>

CHOICES

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

5. COST OF CHARITABLE ACTIVITIES

	Restricted Funds £ 2025	Unrestricted funds £ 2025	Total Funds £ 2025	Total Funds £ 2024
Charitable activities	270,255	12,322	282,577	228,088
	<u>270,255</u>	<u>12,322</u>	<u>282,577</u>	<u>228,088</u>
Charitable activities				
Advertising	-	700	700	650
Affiliations	346	-	346	386
Associate counsellor fees	74,874	-	74,874	63,658
Counsellors expenses	19,583	-	19,583	12,523
Depreciation	-	1,582	1,582	1,563
Insurance	1,293	-	1,293	1,173
Legal and professional	140	-	140	10
Pension costs	2,482	-	2,482	1,933
Postage and stationery	921	-	921	1,982
PC software	1,868	-	1,868	3,074
Rent and rates	11,188	-	11,188	12,103
Room hire (for training)	-	1,379	1,379	1,345
Room hire (Outreach counselling)	11,616	-	11,616	9,599
Group Therapy Session Collaboration	28,565	-	28,565	9,199
Staff salaries and national insurance	97,265	-	97,265	85,226
Staff training/CPD	-	1,917	1,917	2,650
Miscellaneous expenses	-	1,255	1,255	840
Telephone and internet	2,974	-	2,974	2,990
Trainers' expenses	-	689	689	438
Trainers' fees	-	4,800	4,800	4,500
Volunteer supervision	17,140	-	17,140	12,246
	<u>270,255</u>	<u>12,322</u>	<u>282,577</u>	<u>228,088</u>

6. GOVERNANCE COSTS

	Restricted Funds £ 2025	Unrestricted funds £ 2025	Total Funds £ 2025	Total Funds £ 2024
Independent examiner's fee	-	900	900	900
	<u>-</u>	<u>900</u>	<u>900</u>	<u>900</u>

CHOICES

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

7. STAFF COSTS

	Restricted Funds £ 2025	Unrestricted funds £ 2025	Total Funds £ 2025	Total Funds £ 2024
Wages and salaries	96,382	-	96,382	85,226
Employer's National insurance	883	-	883	-
Pension contributions	2,482	-	2,482	1,933
	<u>99,748</u>	<u>-</u>	<u>99,748</u>	<u>87,160</u>

The average weekly number of staff, calculated as full time equivalents during the year was 2.5 (2024: 2.5)

No employee received remuneration of more than £60,000 during the year (2024: none)

8. RELATED PARTY TRANSACTIONS

No trustees were paid any remuneration for acting as trustees (2024: - £Nil)

During the year no trustees incurred expenses (2024: - £Nil) on provision of their duties for the charity.

No trustees were reimbursed expenses for acting as a counsellor (2024:-£Nil). At the balance sheet date the amount of £Nil (2024:-£Nil) was due to the trustees by the charity.

CHOICES

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

9. TANGIBLE FUNCTIONAL FIXED ASSETS

	Furniture, fittings & equipment £
Cost	
At 1 April 2024	7,026
Additions	599
Disposals	-
At 31 March 2025	<u>7,625</u>
Depreciation	
At 1 April 2024	3,995
Charge for the year	1,582
Disposals	-
At 31 March 2025	<u>5,577</u>
Net book value	
At 31 March 2025	<u>2,048</u>
At 31 March 2024	<u>3,031</u>

10. DEBTORS

	Restricted Funds £ 2025	Unrestricted funds £ 2025	Total Funds £ 2025	Total Funds £ 2024
Trade debtors	6,202	-	6,202	1,101
Prepayments	1,507	-	1,507	1,537
Accrued income	<u>3,000</u>		<u>3,000</u>	<u>6,890</u>
	<u>10,709</u>	<u>-</u>	<u>10,709</u>	<u>9,528</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Restricted Funds £ 2025	Unrestricted funds £ 2025	Total Funds £ 2025	Total Funds £ 2024
Trade creditors	14,439	-	14,439	11,178
Accruals	1,535	900	2,435	2,025
	<u>15,974</u>	<u>900</u>	<u>16,874</u>	<u>13,203</u>

CHOICES

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

		Restricted Funds £ 2025		Unrestricted funds £ 2025	Total Funds £ 2025	Total Funds £ 2024
Fixed assets		-		2,048	2,048	3,031
Net Current assets	Cash at bank	155,738	-	33,625	122,113	250,339
	Debtors	10,709		-	10,709	9,528
Current liabilities		(15,974)		(900)	(16,874)	(13,203)
		<hr/>		<hr/>	<hr/>	<hr/>
Net assets		150,473		(32,477)	117,996	249,695

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 2025 £
Restricted main fund	152,963	137,715	(270,255)	-	20,423
Unrestricted funds	96,732	14,063	(13,222)	-	97,573
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	249,695	151,778	(283,477)	-	117,996



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