

NETWORK COUNSELLING AND TRAINING LIMITED
FINANCIAL STATEMENTS
YEAR ENDED 31 JULY 2024

Company Number 01951370

Charity Number 292801

NETWORK COUNSELLING AND TRAINING LIMITED
FINANCIAL STATEMENTS
YEAR ENDED 31 JULY 2024

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NETWORK COUNSELLING AND TRAINING LIMITED

REFERENCE & ADMINISTRATIVE INFORMATION

YEAR ENDED 31 JULY 2024

Status

The company is a registered charity and limited by guarantee. The working name it uses is Network Counselling and Training.

Trustees

Eileen Cahill (Chair)
Anna Vigers
Helen Britten
Stephen Lyne (Treasurer) (Resigned 31 July 2024)
Simon Taylor

Company Secretary

Mat Ray

Senior Management Team

Mat Ray CEO
Anne Duke Head of Training

Registered office

Elm Park
Filton
Bristol BS34 7PS

Independent Examiner

Joshua Kingston ACA
Burton Sweet Limited
The Clock Tower, 5 Farleigh Court,
Old Weston Road,
Flax Bourton, Bristol BS48 1UR

Bankers

HSBC Bank plc
11 Canford Lane
Westbury-on-Trym
Bristol BS9 3DE

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

Bank of Scotland
PO Box 208
21 Prince Street
Bristol BS99 7JG

Triodos Bank UK Ltd
Deanery Road
Bristol
BS1 5AS

Solicitors

Capstone Solicitors
62 Gloucester Road
Bristol BS8 4AN

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TRUSTEES' ANNUAL REPORT

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ABOUT NETWORK

Our objectives

Network's purpose and objectives are to promote mental, emotional and spiritual health and wellbeing in the context of a Christian ethos by:

- Providing professional counselling and related services
- Providing a range of educational and training opportunities in counselling and related areas
- Providing other opportunities for personal, psychological and spiritual development.

Meeting our objectives

Providing affordable counselling to adults:

- We offer up to 24 weekly sessions, either face-to-face or online
- Counselling is provided by trainee counsellors on our advanced diploma course or similar level course at other local training centres.
- All counsellors are managed and supported by Network staff and receive external professional supervision.

Training people in counselling skills:

- We are a nationally accredited provider of counselling skills training
- We run courses at different levels:
 - Advanced Diploma in Counselling, accredited by the British Association for Counselling and Psychotherapy and the National Counselling and Psychotherapy Society
 - Advanced Certificate in Counselling Skills, quality assured by the National Counselling and Psychotherapy Society
 - Introductory and basic level courses in counselling and listening skills
 - Continuing Professional Development training for other organisations

Network is financed through a mix of earned income from training fees, room hire and counselling payments as well as donated money from individuals, trusts and grant-makers.

Network's constitution

Network is constituted as a company limited by guarantee (Company No. 01951370) and governed by its Memorandum and Articles of Association dated 16 July 2008. It was registered with the Charity Commission on 11 November 1985 (Charity No. 292801).

Public Benefit

The Trustees have given due regard to the public benefit guidance issued by the Charity Commission and are confident that Network meets Charity Commission requirements. Network confers public benefit by providing low-cost counselling to those who need it.

Risk Management

The Trustees met regularly throughout year and received regular reports to inform their risk assessments and mitigating actions. They continue to review the major risks to which the charity is exposed and measures are in place to mitigate these risks.

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COUNSELLING 2023-2024

During 2023-24, Network saw 240 clients, providing 2,644 counselling sessions. There has been an 18% growth in counselling sessions compared to the previous year.

Every client is different. Some come to us with specific, recent challenges like bereavement or redundancy. Others want to address historic traumas which they have been carrying for many years. Still others are looking for support with neurodiversity or mental ill health. Our person-centred counselling model means that no two client journeys are the same.

This year we continued to use the *Warwick Edinburgh Mental Wellbeing Scale* to measure the impact of counselling on the client. By asking clients the same set of questions in their first and last sessions, we are able to see changes. Although every client is different, we usually see a marked change in wellbeing. In particular we often note a significant improvement in their ability to engage with relationships – to be interested in others and to allow them to get close. Clients also report feeling significantly more positive about their future.

One client wrote:

"Network has helped me let go of trauma I've held on to for far too long. Finally after many years, you helped me open up and move forward... I feel unburdened, able to cope with whatever I need to deal with. Now I've got mental tools I can use to change my response."

There is no doubt that we are seeing an increase in the complexity of presenting issues within our client group. About half our clients tell us that they have an established mental health diagnosis – an increase of about 16% on the previous year. And we are seeing significant numbers of people with a history of childhood sexual abuse. Neurodiversity is another topic which is increasingly brought to the counselling room. Our counsellors can find the work challenging, so it's vital they are supported by our team and their external supervisors.

TRAINING 2023-2024

This year Network trained over 75 people at all levels of listening and counselling skills.

We ran three Introductory courses which cover listening skills and a basic introduction to person-centred counselling. In response to demand, we offered a day-time Introductory course for the first time.

We celebrated with 17 students achieving their Advanced Certificate in Counselling Skills following our one-year course. Many who do this course go on to study for their Advanced Diploma with us.

Our two-year Advanced Diploma in Counselling is the course which gives students professional status. This is now accredited by two important professional bodies – the BACP and the NCPS. We were thrilled to see 16 students graduate at the end of the year. Many graduates go on to set up in private practice. We encourage them to maintain a relationship with Network – whether it's booking our counselling rooms, coming to CPD events or applying to work with us. Our goal is to build a strong community of counsellors who are committed to meeting the needs of our city and beyond.

Curriculum review and update

It is vital that the courses we teach prepare people to be counsellors in today's world. Towards this end, we began updating the curriculum, a project that will run for several years. We reviewed and updated the language and case studies throughout the course materials, ensuring they better reflect our diverse world. We have also refreshed the course's approach to power and privilege – ensuring that all students understand the power dynamics at work in the counselling room.

One graduate wrote:

"Since completing the Advanced Diploma at Network, my life as a counsellor continues to grow and develop. I have experienced a range of counselling work. In the first year I worked for a Bristol

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counselling agency, then an organisation commissioned by the NHS. I also started in private practice, working from home. At times this work brings challenges, as well as joy and new ways of learning, leaving me curious, interested and fluid within the journey I am on."

NETWORK'S ACHIEVEMENTS

The year from August 2023 to July 2024 was the second year of the three year transformation plan, devised to enable Network to meet current challenges and become fit for the future. The plan is wide in scope – reviewing finances, systems and the way we work, while retaining a focus on the experience of our stakeholders: clients, students and staff.

Last year saw significant changes in the way Network operates, reorganising its systems and reducing the whole organisation in size. This year, 2023-24, the main theme was consolidation, giving time for changes to bed in and continuing to develop and refine our work. Four main areas of consolidation:

- Financial model – Last year we moved from a donation to a payment system. This year we consolidated the new system by making it easier for clients and students to pay by direct debit, and we improved the systems for keeping track of payments. This resulted in a significant income boost.
- Reducing size – Last year we closed the volunteer counsellor programme to reduce costs and to streamline processes, thereby reducing demand on staff time.. Focussing on a smaller number of counsellors also enabled us to improve counsellors' experience. We revised and developed our induction and training process – including producing new video learning modules.
- Redesigning systems – Last year we made major changes to our key systems including redesigning our main database and using a new online room booking system. This year we continued to develop 'Civi' – the database and client management system. We have developed an online client administered 'self-service' booking system for Initial Assessments, saving many hours of admin work.
- Developing staff - In recent times, Network staff struggled with stress and burnout. During the year, senior management resolved to change this, making sure that all staff felt supported and valued, and modelling sensible working hours. The leadership itself – the senior management team – has a strong sense of teamwork. An all-staff meeting during the year enabled part-time staff, who rarely meet, to spend time together. Finally, towards the end of the year we held a Vision Day for trustees and senior staff. This was a very valuable day spent out of the office, sharing and discussing our goals and visions for Network's future.

New Developments

Access Fund

This year saw the launch of our Access Fund. When we moved from a donation to a payment model for our counselling and we were aware that there were many in our community who could not afford even our subsidised counselling services. In response, with help from the Quartet Community Foundation, we brought in an Access Fund. This reduces the cost of counselling to just £5 a session for a number of our most deprived clients. People are able to apply to the Access Fund before they start their counselling. It is also open to existing clients whose financial situations change, so they do not have to stop their counselling process.

External Student Placements

This year we began accepting student counsellors from other training colleges onto our placement programme. Students are carefully selected and must have a similar level of training as our internal students. They come from training providers such as the University of the West of England and the

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University of South Wales. Our Clinical Lead, Jamie de Carvalho, has worked hard to develop a robust induction process using training videos. We are expecting external student numbers to grow steadily next year. With each external student needing between 100 and 150 placement hours in order to qualify, we are able to offer counselling to more people. Network's reach and reputation benefits from its contact with other training providers.

Networking

This year we started trying to live up to our name by being better at networking! We have strengthened our links with the Association of Christians in Counselling and attended a fascinating day conference with other member training providers. We also attended events run by VOSCUR, Bristol's voluntary sector support group. We took part in research for Public First, a think-tank that produced an insightful report on the state of counselling organisations, and some of the threats and opportunities that we face.

Sharing our Skills

This year we had two opportunities to share our skills with other organisations. First, we were asked to provide regular staff training for another counselling agency. This was not only an income boost, bringing in over £5,000, but also gave tutors an opportunity to research new topics and develop new teaching materials. We also took on a support function, working with the chaplaincy team at Bristol's Southmead Hospital. The role of hospital chaplain can be extremely challenging. We offer regular pastoral supervision to the team. We are very pleased to be able to work with our local NHS trust and to support such important work.

Remembering Steve Lyne

This year Network lost a good friend and leader in Steve Lyne who died in July 2024. Steve was a Network trustee for six years and treasurer for the last three. His accountancy skills guided Network through financial challenges and his great integrity, wisdom and faith are missed by us all.

FINANCIAL REVIEW

This year the Trustees planned a deficit budget, anticipating financial challenges, however, we end the year with a small surplus. We expected a reduction in voluntary/charitable income because last year we raised almost £50,000 through a fundraising appeal, which we did not repeat this year. However, an increase in earned income filled the gap. Voluntary income did drop by £46,000 but earned income rose by £53,000. This means that gifts and grants made up only 15% of our income

At the end of this reporting period, Network is a going concern. We hold enough cash to meet immediate expenses and have a steady income across a number of streams. We hold reserves in line with our reserves policy (see below).

Reserves policy: The Trustees' approved reserves policy is to hold £45,000 – three months' payroll – in reserve. Our cash reserves met this policy at all times during the year. We review this policy annually.

This year's income has come from a number of sources:

	23-24	22-23
Training	59%	56%
Client payments	20%	12%
Room hire	6%	4%
Investment income	1%	0%
Total earned income	85%	71%

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Individuals and churches	9%	22%
Trusts	6%	7%
Total voluntary income	15%	29%

Network received no income from public monies.

We are grateful to all the Trusts and grant-making bodies that supported us this year:

Souter Trust, Dame Violet Wills Trust, Medlock Charitable Trust, Lansbury Charity, Quartet, Four Winds Trust and Paradigm Norton Trust. And a particular thanks to the congregation of St Michael's church, Stoke Gifford for their long-standing support and encouragement.

We are also grateful to all individuals who chose to support Network this year. Whether financially, through prayer or volunteering, you have made an enormous difference and we are very thankful.

FUTURE PLANS

Next year, August 2024 to July 2025, will be the third year of the transformation plan, and the focus will be on growth. We will explore how Network can grow in impact and sustainability while retaining the high quality training and affordable counselling for which we are known.

We can already see some emerging challenges and we are making plans to adapt and respond:

- Increasing competition for trust and grant funding. This is a nation-wide difficulty faced by charities large and small, so while we continue to apply to national and local funders, we will also work to strengthen our earned income streams.
- Increasing complexity of client work. This is another sector-wide challenge. With NHS mental health provision being overwhelmed, we are seeing an increasing number of clients with complex needs. These are people who, not many years ago, would have received NHS therapeutic interventions, but who now come to us, looking for help. We will explore options to meet this challenge – from giving our counsellors issue-specific training to closer working with local specialist organisations.
- Falling student numbers. The increasing cost of living, together with an increase in cheaper course providers has caused our applicant numbers to go down. This is particularly significant for the 2-year diploma course which is not only a source of income, but more importantly, the main source of student counsellors. While we step up the marketing of our courses, we will also work to recruit external students to the counselling student placement programme, ensuring that we have enough counsellors to meet client demand.
- The changing face of counsellor training. The Scope of Practice and Education (SCoPEd) framework is a national project aiming to improve the quality and transparency of counsellor training. Network will be working to ensure that our courses fit well within this new framework. We are proud of the high level of our training, so this is an opportunity to prove ourselves against a new benchmark and to further invest in our teaching materials and staff.

While we are mindful of these emerging challenges, we are also confident and focussed on pursuing Network's mission of providing affordable counselling and high quality training.

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STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also directors of Network Counselling & Training Limited for the purposes of company law) are responsible for preparing the Trustees' Report (incorporating the strategic report and directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

DECLARATION

The annual report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006 and was approved by the Board of Trustees on:

..17 March 2025.....

Signed on its behalf by:


.....

Eileen Cahill, Chair of Trustees

NETWORK COUNSELLING AND TRAINING LIMITED
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
YEAR ENDED 31 JULY 2024

Independent examiner's report to the trustees of Network Counselling & Training Limited ('the Company')

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

Responsibilities and basis of report

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

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

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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

Joshua Kingston

Joshua Kingston ACA
Burton Sweet Limited
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: 17 March 2025

NETWORK COUNSELLING AND TRAINING LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 JULY 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Income from:					
Donations and legacies	2	45,139	5,000	50,139	96,346
Other trading activities	3	19,188	-	19,188	11,987
Investment income		2,624	-	2,624	485
Charitable activities	4	272,241	-	272,241	228,354
Total income		339,192	5,000	344,192	337,172
Expenditure on:					
Raising funds	5	8,278	-	8,278	3,700
Charitable activities	6	322,549	1,254	323,803	328,095
Total expenditure		330,827	1,254	332,081	331,795
Net income/(expenditure)		8,365	3,746	12,111	5,377
Transfers between funds	17	-	-	-	-
Net movement in funds		8,365	3,746	12,111	5,377
Total funds at 1 August 2023	17	561,473	32,805	594,278	588,901
Total funds at 31 July 2024	17	569,838	36,551	606,389	594,278

The charity has no recognised gains or losses other than the results for the year as set out above

All of the activities of the charity are classed as continuing

Prior year fund comparatives are shown in note 11

The notes on pages 11 to 19 form part of these financial statements

NETWORK COUNSELLING AND TRAINING LIMITED

BALANCE SHEET

AS AT 31 JULY 2024

Company No. 01951370

	Note	2024 £	2023 £
Fixed Assets			
Tangible assets	12	849,358	868,803
Current Assets			
Debtors	13	3,449	1,375
Cash at bank and in hand		132,017	97,781
		<u>135,466</u>	<u>99,156</u>
Creditors : Amounts falling due within one year	14	<u>(94,999)</u>	<u>(73,753)</u>
Current Assets Less Current Liabilities		40,467	25,403
Creditors : Amounts falling due after more than one year	15	(283,436)	(299,928)
Net assets		<u>606,389</u>	<u>594,278</u>
Funds			
Unrestricted funds	18	569,838	561,473
Restricted funds	18	36,551	32,805
		<u>606,389</u>	<u>594,278</u>

For the year in question, the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities;

The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These financial statements were approved by the trustees on 17 March 2025 and are signed on their behalf by:



Eileen Cahill
Chair of Trustees

The notes on pages 11 to 19 form part of these financial statements

NETWORK COUNSELLING AND TRAINING LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 JULY 2024

1 Accounting policies

- a) The financial statements have been prepared in accordance with the historical cost convention and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 and the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2019.

The charity is a public benefit entity as defined under FRS102.

The trustees consider that there are no material uncertainties affecting the ability of the charity to continue as a going concern and therefore the financial statements are prepared on the going concern basis. Please see going concern comments in the Financial Review section of the Trustee's Report for more details of this justification.

- b) All income is included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.
- c) Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of donation.
- d) Legacies are recognised when the charity is legally entitled to the legacy and the amount can be quantified with reasonable accuracy. Entitlement is regarded as the earlier of the charity being notified of an impending distribution or the legacy being received.
- e) Expenditure is recognised in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.
- f) Raising funds costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the charity. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.
- g) Expenditure on tangible assets is capitalised if the cost of any item exceeds £1,000.
- h) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful life of that asset as follows:
- | | |
|---------------------|-------------------|
| Freehold Property | 2% straight line |
| Leasehold Property | 50 years |
| Plant & Machinery | 4% straight line |
| Fixtures & fittings | 25% straight line |
- i) Unrestricted funds are donations and other income received or generated for the objects of the charity without further specified purpose and are available as general funds, unless designated by the Trustees.
- j) Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.
- k) The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the period.

NETWORK COUNSELLING AND TRAINING LIMITED

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2 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Charitable donations and grants	45,139	5,000	50,139
	<u>45,139</u>	<u>5,000</u>	<u>50,139</u>

Prior year comparative

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Charitable donations and grants	95,346	1,000	96,346
	<u>95,346</u>	<u>1,000</u>	<u>96,346</u>

3 Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Room hire	19,188	-	19,188	11,987
	<u>19,188</u>	<u>-</u>	<u>19,188</u>	<u>11,987</u>

All income from other trading activities in 2023 was unrestricted.

4 Income from charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Training	203,273	-	203,273
Counselling client payments	68,968	-	68,968
	<u>272,241</u>	<u>-</u>	<u>272,241</u>

NETWORK COUNSELLING AND TRAINING LIMITED

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4 Income from charitable activities (*continued*)

Prior year comparative	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Training	188,232	220	188,452
Counselling client payments	39,902	-	39,902
	<u>228,134</u>	<u>220</u>	<u>228,354</u>

5 Expenditure on raising funds

	Total Funds 2024 £	Total Funds 2023 £
Fundraising costs	8,278	3,700
	<u>8,278</u>	<u>3,700</u>

6 Charitable activities expenditure

	Total Funds 2024 £	Total Funds 2023 £
<i>Direct costs</i>		
Premises costs	157	125
Training courses and CPD costs	5,448	11,377
Sundry counselling costs	50	2,482
Counsellor supervision	29,518	18,554
Wages and salaries	119,913	120,835
<i>Support costs</i>		
Rent and rates	3,677	3,599
Repairs and maintenance	4,245	1,566
Cleaning	7,221	8,093
Utilities	7,907	8,523
Printing, postage & stationery	2,356	1,802
Telephone	912	1,006
Insurance	3,631	3,311
Legal & professional fees	7,203	2,676
Sundry support costs	4,753	2,621
Household costs	66	31
IT	9,381	20,939
Wages & salaries	68,719	76,607
Other staff costs	383	552
Depreciation	19,445	19,446
Governance costs (note 7)	3,027	2,328
Loan interest	24,940	20,195
Bad debts	851	1,427
	<u>323,803</u>	<u>328,095</u>

NETWORK COUNSELLING AND TRAINING LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 JULY 2024

7 Governance Costs

	Total Funds 2024 £	Total Funds 2023 £
Independent examiner's fee:		
For current independent examination	1,494	1,397
For current year accounts preparation	996	931
Trustees meeting costs	537	-
	<u>3,027</u>	<u>2,328</u>

8 Net income/expenditure for the year

This is stated after charging:

	Total Funds 2024 £	Total Funds 2023 £
Depreciation	19,445	19,446
Independent examiner's fee	2,490	2,328
Trustee expenses	475	-
	<u>22,410</u>	<u>21,774</u>

No Trustees received any remuneration during the year or the previous year.

One trustee (2023: None) was reimbursed for expenses totalling £475 for meeting costs (2023: £Nil).

Aggregate donations from Trustees, key management personnel and related parties were £2,500 (2023: £3,850).

9 Staff costs and numbers

The aggregate payroll costs were:

	Total Funds 2024 £	Total Funds 2023 £
Wages and salaries	180,183	191,162
Social security costs	5,590	4,105
Employer's pension contributions	2,859	2,175
	<u>188,632</u>	<u>197,442</u>

No employee received emoluments of more than £60,000.

The Trustees consider themselves, along with the Chief Executive to be the key management personnel of the charity. During the year, the Chief Executive was paid total employment benefits (gross salary, employer's NI and employer's pension) of £33,927 (2023: £32,685).

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NOTES TO THE FINANCIAL STATEMENTS
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9 Staff costs and numbers (*continued*)

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

	Total 2024 No.	Total 2023 No.
Average headcount of employees	13	14

10 Taxation

The charity is exempt from corporation tax on its charitable activities.

11 Prior year fund comparatives

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Income from:			
Donations and legacies	95,346	1,000	96,346
Other trading activities	11,987	-	11,987
Investment income	485	-	485
Charitable activities	228,134	220	228,354
Total income	335,952	1,220	337,172
Expenditure on:			
Raising funds	3,700	-	3,700
Charitable activities	281,569	46,526	328,095
Total expenditure	285,269	46,526	331,795
Net expenditure	50,683	(45,306)	5,377
Transfers between funds	-	-	-
Total funds at 1 August 2022	510,790	78,111	588,901
Total funds at 31 July 2023	561,473	32,805	594,278

NETWORK COUNSELLING AND TRAINING LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 JULY 2024

12 Tangible fixed assets

	Freehold Property	Leasehold Property	Plant & Machinery £	Fixtures & Fittings £	Total £
Cost					
At 1 August 2023	928,889	43,361	46,290	42,093	1,060,633
At 31 July 2024	<u>928,889</u>	<u>43,361</u>	<u>46,290</u>	<u>42,093</u>	<u>1,060,633</u>
Depreciation					
At 1 August 2023	92,891	10,556	46,290	42,093	191,830
Charge for the year	18,578	867	-	-	19,445
At 31 July 2024	<u>111,469</u>	<u>11,423</u>	<u>46,290</u>	<u>42,093</u>	<u>211,275</u>
Net book value At 31 July 2024	<u>817,420</u>	<u>31,938</u>	<u>-</u>	<u>-</u>	<u>849,358</u>
At 31 July 2023	<u>835,998</u>	<u>32,805</u>	<u>-</u>	<u>-</u>	<u>868,803</u>

The leasehold property, leasehold improvements and certain other assets are situated in Knowle, Bristol and are used by our partner charity, Filwood Hope (see note 17).

The trustees have chosen to carry the above freehold property at cost less depreciation. At the year end the net book value of £817,420 (2023: £835,998) was substantially in excess of the market value, if sold in its current use, which was considered to be £500,000.

13 Debtors

	2024 £	2023 £
Other debtors	3,449	1,375
	<u>3,449</u>	<u>1,375</u>

14 Creditors: amounts falling due within one year

	2024 £	2023 £
Social security and other taxes	66	710
Accruals and deferred income	50,698	29,139
Other creditors	44,235	43,904
	<u>94,999</u>	<u>73,753</u>

NETWORK COUNSELLING AND TRAINING LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 JULY 2024

15 Creditors: amounts falling due after more than one year

	2024	2023
	£	£
Other creditors	283,436	299,928
	<u>283,436</u>	<u>299,928</u>

Included within other creditors due within 1 year and after more than 1 year is a loan from Triodos Bank. The Bank holds a fixed and floating charge over the land at Elm Park, Filton, Bristol as security for repayment of the loan.

16 Deferred income

Deferred income comprises of receipts in advance of courses that had not been undertaken during the year.

	2024	2023
	£	£
Balance as at 1 August 2023	20,304	32,693
Amount released to income from charitable activities	(13,794)	(25,835)
Amount deferred in the year	<u>34,486</u>	<u>13,446</u>
Balance as at 31 July 2024	<u>40,996</u>	<u>20,304</u>

17 Movement in funds

	At 1 Aug 2023	Income	Expenditure	Transfers	At 31 Jul 2024
	£	£	£	£	£
Unrestricted funds					
General reserve	561,473	339,192	(330,827)	-	569,838
	<u>561,473</u>	<u>339,192</u>	<u>(330,827)</u>	<u>-</u>	<u>569,838</u>
Restricted funds					
Filwood Hope	32,805	-	(867)	-	31,938
Access Fund	-	5,000	(387)	-	4,613
	<u>32,805</u>	<u>5,000</u>	<u>(1,254)</u>	<u>-</u>	<u>36,551</u>
Total funds	<u>594,278</u>	<u>344,192</u>	<u>(332,081)</u>	<u>-</u>	<u>606,389</u>

The majority of our supporters donate towards the work of Network as a whole, entrusting us to steward their donations well and use them where they are most needed. Some funds are donated with specific requirements around what they are spent on.

Restricted funds

Filwood Hope - The Filwood Hope fund was set up during the year ended 30 June 1994 when the company received a gift of £60,000 from the Mervyn Scott-Lindsey Trust to enable the setting up of a drop-in centre in the Knowle West district of Bristol. The company purchased a leasehold property in Knowle West with a term of 123 years for the use of Filwood Hope Project. Substantial improvements were made to the property using funds designated for the purpose. The Filwood Hope Project now operates as a separate charity with its own trustees. The movements above represent the depreciation of the original investment in the property and the subsequent improvements.

NETWORK COUNSELLING AND TRAINING LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 JULY 2024

17 Movement in funds (continued...)

Emerging Stronger - The Emerging Stronger project was a specific piece of work designed to help those on the lowest incomes recover from the pandemic. We received money from a number of local funders which was restricted to costs associated with this project only. See narrative report for more information on delivery and outcomes.

Core costs - Network is deeply grateful for the support of those Trusts and Foundations who specifically support the core costs involved in running our charity, including the costs associated with our premises, office, administrative and management salaries and the costs of us raising more funds.

Counselling - Some supporters, including Trusts and Foundations, other organisations or groups, and individuals, donate to our work in response to a specific funding request. Where this request is specifically and explicitly for costs directly and immediately associated with the delivery of affordable counselling these funds are 'restricted' to Counselling.

Access fund - This new project allows Network to offer counselling at a significantly reduced cost for clients who would otherwise not be able to afford counselling.

Movement in funds - prior year

	At 1 Aug 2022 £	Income £	Expenditure £	Transfers £	At 31 Jul 2023 £
Unrestricted funds					
General reserve	510,790	335,952	(285,269)	-	561,473
	<u>510,790</u>	<u>335,952</u>	<u>(285,269)</u>	<u>-</u>	<u>561,473</u>
Restricted funds					
Filwood Hope	33,672	-	(867)	-	32,805
Emerging Stronger	27,169	220	(27,389)	-	-
Core costs	16,670	-	(16,670)	-	-
Counselling	600	1,000	(1,600)	-	-
	<u>78,111</u>	<u>1,220</u>	<u>(46,526)</u>	<u>-</u>	<u>32,805</u>
Total funds	<u>588,901</u>	<u>337,172</u>	<u>(331,795)</u>	<u>-</u>	<u>594,278</u>

NETWORK COUNSELLING AND TRAINING LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 JULY 2024

18 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Tangible fixed assets	817,420	31,938	849,358
Loans	(327,185)	-	(327,185)
Other net assets	79,603	4,613	84,216
	<u>569,838</u>	<u>36,551</u>	<u>606,389</u>

Analysis of net assets between funds - prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	835,998	32,805	868,803
Loans	(343,364)	-	(343,364)
Other net assets	68,839	-	68,839
	<u>561,473</u>	<u>32,805</u>	<u>594,278</u>

19 Company limited by guarantee

The company is limited by guarantee and as such has no issued share capital. In the event of the company being wound up the liability of the members is limited to £10 each.


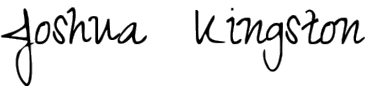
20 Related party transactions

There are no further related party transactions in this year or the prior year other than those reported elsewhere in these financial statements.

Document Details

Title	Accounts for signature
File Name	Final Accounts 2024 (ID 241279).pdf
Document ID	92e907ca7f26462cadcf043da2d335f5
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