

Registered Company Number – 01345530

Register Charity Number - 299307

FRIEND COUNSELLING (LONDON) LTD
(KNOWN AS LONDON FRIEND)
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

FRIEND COUNSELLING (LONDON) LTD (KNOWN AS LONDON FRIEND)

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FRIEND COUNSELLING (LONDON) LTD (KNOWN AS LONDON FRIEND)

Board of Trustees Report

For the year ended 31 March 2023

The trustees present their annual report and the financial statements for the year ended 31 March 2023.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Memorandum and Articles of Association, the Charities Act 2011 and 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)' (as amended for accounting periods commencing from 1 January 2019).

Charitable objectives and activities

London Friend has been at the forefront of lesbian, gay, bisexual and transgender (LGBTQ+) activism and service provision since the early 1970's – we celebrated our 50th birthday in 2022. London Friend is a vibrant LGBTQ+ health and well-being charity with a wide portfolio of well-established services and a range of newer initiatives aimed at meeting the needs of the LGBT community.

London Friend exists to improve the health and well-being of people who are lesbian, gay, bisexual, or transgender, or in doubt about their sexual orientation or gender identity. Where necessary, support is also provided to families and friends of LGBTQ+ people.

London Friend works to provide services to LGBTQ+ people where those provided by mainstream services do not appropriately meet the needs of LGBTQ+ people, for whatever reason.

The charity currently provides one-to-one and group counselling, peer support groups, social groups and activities, drug and alcohol support and advice, training and consultancy, referral to other services and a range of other ad hoc support services.

Our Values

Empowerment, Equality, Competence and Care

Staff and volunteers

During the year London Friend had the following core members of staff:

- Chief Executive,
- Volunteer Manager,
- Antidote Drug & Alcohol Services Manager,
- Antidote Drug & Alcohol Services Assistant Manager
- Health and Wellbeing Administrator,
- Counselling Services Manager (part-time)
- Senior Counsellor and specialist Domestic Abuse Counsellor (1 staff member, 2 x part-time roles)
- Antidote Drug and Alcohol recovery worker (x 2)
- SASH Health and Wellbeing Coach x 2
- SASH counsellor (part-time)

FRIEND COUNSELLING (LONDON) LTD (KNOWN AS LONDON FRIEND)

Board of Trustees Report - Continued

For the year ended 31 March 2023

Staff and volunteers - *continued*

- Comms Officer (part-time)
- Cleaner (part-time)

London Friend also contracted the services of a finance officer.

London Friend has a policy of engaging LGBTQ+ volunteers in the delivery of its services to clients, and it is dependent on the support of these volunteers for the running of the organisation. During the course of the year 126 people volunteered time with the organisation in structured volunteering roles, including counsellors, Antidote key workers, group facilitators, clinical supervisors, trustees, and administrative support. 73 of these volunteers were newly recruited during the year.

All the volunteers received a full induction, together with specific training relating to their area of work. The counsellors received fortnightly clinical supervision.

Public benefit

The charitable objectives and activities, and achievement sections of this report clearly set out the activities which London Friend undertakes for the public benefit.

Significant achievements within the year

2022 was a very significant year for London Friend as we celebrated our 50th birthday as an organisation. We undertook activities throughout the year to mark this. Thanks to a grant from the National Lottery Heritage Fund, we were able to publish a permanent history of the charity via a new website. The website also champions 50 LGBTQ+ Londoners, 50 people we selected to mark their contributions to LGBTQ+ community life in London during our first 50 years. The project can be viewed at <https://50thbirthday.londonfriend.org.uk/>

Our 50th Birthday offered the chance to undertake a rebranding exercise and we received pro-bono support from Jelli to do this. We launched the new branding at Pride in London 2022 which was also celebrating its 50th anniversary that year.

Our main focus for 2022/23 continued to be on the delivery of health and wellbeing support services to LGBTQ+ people and we continued to engage LGBTQ+ people through structured volunteering to help deliver these.

To mark World Mental Health Day, we commenced a new publicity campaign jointly with two LGBTQ+ charity partners, elop and LGBT HERO. Can we HELP? places advertisements and publicity materials in venues around London, with a website directing to a hub of mental health resources and referral information for the three charities' services. www.lgbtqhelp.org.uk

FRIEND COUNSELLING (LONDON) LTD (KNOWN AS LONDON FRIEND)

Board of Trustees Report - Continued

For the year ended 31 March 2023

Significant achievements within the year – *continued*

Some of the additional significant achievements within the year included:

1. Income for the year was £720,837. This included funding from the Lloyds Bank Foundation; the National Lottery Community Fund; the National Lottery Heritage Fund; The Leathersellers' Charitable Fund; The National LGBT Partnership; SASH Partnership; DAWS Partnership; London LGBT Domestic Abuse Partnership; the London Boroughs of Lambeth, Southwark and Lewisham; the City and Hackney Recovery Partnership; the Henry Smith Charity; and corporate partner Peloton.
2. We continued to deliver alcohol and drug support for LGBTQ+ people via our Antidote service. This service remains the main drug and alcohol service in the UK specifically run by and for LGBTQ+ people. Our expertise in this area has been shared through training and capacity building work.
3. We continued to provide services as a member of the LGBT Domestic Abuse Partnership as a counselling provider. This Partnership, led by Galop and with Stonewall Housing, was refunded from April 2022 for 4 years.
4. We continued a contract with the London Boroughs of Lambeth, Southwark and Lewisham to provide specialist chemsex services and support in the Boroughs. This includes capacity building with local services to improve their ability to support chemsex clients. This was renewed by Lambeth and Southwark from April 2023.
5. 2022/23 was the sixth year in the SASH Partnership, to deliver sexual health support in the three central London Boroughs of Westminster, Kensington & Chelsea, and Hammersmith & Fulham. Led by Turning Point with Metro, and Naz, the service works as a multi-agency, multi-disciplinary team. London Friend provides leadership on LGBT work through two full-time and one part-time roles. SASH was recommissioned by Westminster and Kensington & Chelsea from April 2022 and funded for an extra two years by Hammersmith & Fulham.
6. London Friend continued as a member of the National LGBT Partnership, a group of England-wide LGBT organisations working collectively as a member of the Department of Health and Social Care's Voluntary Sector Health and Wellbeing Alliance. This is a mechanism via which the Department (DHSC) engages with the voluntary sector.
7. We continued a new three-year partnership with elop and LGBT HERO delivering mental health support. This is funded by the National Lottery Community Fund for three years from January 2022. We are the lead partner. This builds on two previously funded partnerships with these charities.

FRIEND COUNSELLING (LONDON) LTD (KNOWN AS LONDON FRIEND)

Board of Trustees Report - Continued

For the year ended 31 March 2023

Significant achievements within the year – *continued*

8. We continued to work on a coordinated response to chemsex and crime with partners including the Metropolitan Police and Probation who have developed Project Sagamore as a multi-agency approach.
9. We continued our partnership with Turning Point and Mind in the City, Hackney and Waltham Forest (Mind CHWF) to deliver a substance misuse service in the City of London and Hackney. We are a subcontracted provider, with the contract funding two full time LGBTQ+ recovery workers. We also provided an additional LGBTQ+ worker to the partnership as part of a pilot in Hackney funded by the Government's Project ADDER, a multi-agency approach to addressing substance use and crime. Our involvement with the ADDER pilot ended in October 2022.
10. We engaged with colleagues in the sexual health sector to monitor the outbreak of M-pox seen predominantly within groups of men who have sex with men in London and across Europe early in the year. We promoted accurate information about transmission risk; harm reduction; and access to the vaccination programme, conveying important messaging to clients who may have been at risk of exposure.
11. We supported a research project, Hearing Our Stories, which examined the relationship between LGBT+ audiences and the BBC. The project brought together intergenerational groups to discuss their relationship with the BBC and its LGBTQ+-related output over the years. The project culminated in a short series of in-depth podcasts. <https://canvas-story.bbcrewind.co.uk/hearingourstories/>
12. We engaged with Deputy Mayor of Paris, Jean-Luc Romero, to share knowledge and expertise around chemsex as he supports a city-wide public health initiative.
13. We continued to engage closely with our LGBTQ+ and related sector colleagues, including via the LGBT Consortium; National LGBT Partnership; and the office of the NHS England LGBT Health Adviser. This provides important networking opportunities and mutual support between LGBTQ+ charities and organisations.

Charitable activities within the year

London Friend's core client services within the year included:

Counselling and mental health support

159 clients received contracted counselling (including specialist LGBTQ+ domestic abuse counselling) and mental health support. We have invested in the counselling service, expanding management to 4 days per week which has helped us to grow the service as we head into 2023/24. A total of 35 volunteer counsellors and 6 clinical supervisors supported the counselling service throughout the year.

FRIEND COUNSELLING (LONDON) LTD (KNOWN AS LONDON FRIEND)

Board of Trustees Report - Continued

For the year ended 31 March 2023

Charitable activities within the year – *continued*

Antidote – Drug and Alcohol Services

Our drug and alcohol service, Antidote, continued to deliver support during the year, 380 people receiving support. The average number of sessions per client continued to increase, which reflects the ongoing complexity of much of this work. Antidote was supported by 32 volunteers.

Social and Support Groups

We run a range of social and support groups each month. These include coming out groups; trans and non-binary group; social activities; older LGBT group; a weekly drop-in for LGBTQ+ people; and activity groups such as creative writing and crafting. These groups provide a safe space for LGBTQ+ people to meet others and improve wellbeing through social contact.

This part of our service has bounced back strongly after being severely affected by the Covid 19 national restrictions. 638 people received support through groups in 2022/23 and we ran 284 groups, an average of around 24 groups per month. 48 volunteers supported delivery of groups online during the year.

Our most well attended group continues to be T on Tuesday, a group for trans and non-binary people, attended by 152 people during the year. This reflects the increasing number of trans and non-binary people the charity supports.

SASH

London Friend continued with the SASH Sexual Health partnership which is commissioned to deliver services in the three London Boroughs of Westminster, Kensington & Chelsea, and Hammersmith & Fulham. SASH is led by Turning Point with London Friend, Metro Charity, and Naz Project. Two Health and Wellbeing Coaches and one part time counsellor provide LGBTQ+ specific support. Clients seen as part of this services are reported via SASH's KPIs to commissioners.

City and Hackney Recovery Partnership

London Friend continued as a partner in the commissioned substance misuse service in the City and Hackney. This partnership is led by Turning Point with Mind in the City, Hackney and Waltham Forest. Two recovery workers provide specialist support to LGBTQ+ clients, plus from September 2021 to October 2022 one extra recovery worker as part of the Government's ADDER pilot in City & Hackney. Clients seen as part of this service are reported via the Recovery Service's KPIs to local commissioners and the National Drug Treatment Monitoring System (NDTMS).

FRIEND COUNSELLING (LONDON) LTD (KNOWN AS LONDON FRIEND)

Board of Trustees Report - Continued

For the year ended 31 March 2023

Charitable activities within the year – *Continued*

DAWS Partnership

London Friend continued a partnership in the commissioned substance misuse service in Westminster, Kensington & Chelsea, and Hammersmith & Fulham. This partnership is led by Turning Point. One recovery worker provides specialist support to LGBTQ clients with an additional post being recruited in 2023/24. Clients seen as part of this Antidote service are reported via the DAWS Service's KPIs to local commissioners.

Administrative Support

The organisation was supported by 4 administration volunteers throughout the year.

Community Centre and Meeting Space

The organisation usually provides free and subsidised meeting and social space for external groups and organisations within the LGBT community to use. Due to Covid-19 we were unable to make the space available to these organisations through 2020/21 but during this year we have welcomed back Stonewall Housing, Opening Doors, Beaumont Society, SM Dykes; Queer Book Club, and Black Men's Book Club.

Training

113 volunteers attended in-house training during the year; 27 volunteer training courses were provided during the year with topics including trans awareness; neurodiversity; managing psychosis; chemsex; and suicide prevention. 17 training sessions were provided to external agencies, with 548 attendees, including representatives from sexual health and drug and alcohol treatment agencies. We also spoke at 3 conferences to combined audiences of over 200 people.

Financial review

The Trustees are pleased that the organisation has maintained a strong financial position and has continued to attract support of funders, including a number of new funders during this financial year. The CEO has maintained a level of income and represented the interests of our service users at a national strategic level. The Finance Officer has contributed significantly to the improvement of financial record-keeping and to the charity's financial governance.

Reserves Policy

The Trustees review its policy and reserves position on a regular basis. They believe a minimum of 3 months resources expended will enable the charity to continue to meet its objectives if it faces loss of income, increases in costs or delays in receipts. At present the unrestricted income funds stand at £377,878 of which £40,000 has been designated as the salary cost commitment on the charity's behalf.

FRIEND COUNSELLING (LONDON) LTD (KNOWN AS LONDON FRIEND)

Board of Trustees Report - Continued

For the year ended 31 March 2023

Looking forward to 2023/24

We are continuing to deliver our services, with several grants and contracts/sub-contracts being mid-term. These make 2023/24 a very stable year for the charity.

We are continuing discussions with partners to further develop chemsex support, including rehabilitative support for the increasing population of men involved in chemsex who have been in contact with the criminal justice system. Our links with Project Sagamore strengthen professional relationships in this field.

We will also continue to develop our work in Equality, Diversity and Inclusion, led by the Board.

Reference and administration details

Company number	1345530
Company name	Friend Counselling (London) Limited
Charity number	299307
Registered Office	86 Caledonian Road, Kings Cross, London, N1 9DN

Our advisers

Bankers	CAF Bank Ltd 25 Kings Hill, West Malling, Kent ME19 4JQ
Independent Examiner	Brown Warner LLP 38 Northgate, Newark-on-Trent, Nottinghamshire, NG24 1EZ

Directors and trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

Trustees	Matthew Horwood - Chair Joshua De Luna Maria Munir (Resigned 13th September 2023) Olivia Andrews Vivienne Smith Mubeen Ahmed (Appointed 17 th July 2023) Jonas Thompson-McCormick (Appointed 17 th July 2023) Emma-Marie Okoroafor (Resigned 12 May 2022) Nicola Upton (Appointed 13 May 2022 & resigned 10 October 2022)
Chief Executive	Monty Moncrieff MBE

FRIEND COUNSELLING (LONDON) LTD (KNOWN AS LONDON FRIEND)

Board of Trustees Report - Continued

For the year ended 31 March 2023

Structure, governance and management

London Friend is a charitable company limited by guarantee, incorporated on 22nd December 1977 and registered as a charity on 18th December 1989.

London Friend is governed by a Board of Trustees who are recruited openly and who meet between four and six times a year together with the Chief Executive. Trustees serve for a one-year period and may be re-elected.

Trustees receive a full induction, are briefed on their roles and responsibilities within the organisation and subsequently have access to a range of governance and financial management courses. The trustees develop and oversee the strategic planning and all new developments are approved by the Board before work progresses.

The trustees delegate day-to-day management of the charity to the Chief Executive who regularly reports on all areas of organisational performance to the board. There are also regular strategic review and planning sessions.

Governing document

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Risk statement

The Trustees review risk management periodically. This involves identifying the types of risks the charity faces (financial, operational, governance etc.), prioritising them in terms of potential impact and likelihood of occurrence and identifying means of mitigating the risk. As part of this process the Trustees keep the adequacy of the charity's internal controls under review.

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Commission in determining the activities undertaken by the charity.

FRIEND COUNSELLING (LONDON) LTD (KNOWN AS LONDON FRIEND)

Board of Trustees Report - Continued

For the year ended 31 March 2023

Statement of trustees' responsibilities

The Trustees (who are also directors of Friend Counselling (London) Limited for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally 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 incoming resources and application of resources, including 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 judgements 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.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

By order of the Trustees:

Signed:



Matt Horwood, Chair of the Board of Trustees

Date: 26/10/2023

FRIEND COUNSELLING (LONDON) LTD (KNOWN AS LONDON FRIEND)

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES OF FRIEND COUNSELLING (LONDON) LIMITED (KNOWN AS LONDON FRIEND) ('THE COMPANY')

For the year ended 31 March 2023

I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 March 2023.

Respective responsibilities of trustees and examiner

As the trustees of the charity (and also its directors for the purposes of law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements 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 financial statements 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 ICAEW, 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 financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the financial statements 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 financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic (FRS102).

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 financial statements to be reached.



David Brown FCA
Brown Warner LLP
38 Northgate, Newark-on-Trent, England NG24 1EZ

Date: 27 October 2023

Friend Counselling (London) Limited (Known as London Friend)
Statement of Financial Activities (including Income and Expenditure Account)
for the year ended 31 March 2023

		Unrestricted funds				
		General fund	Designated funds	Restricted funds	2023 total	2022 total
	Note	£	£	£	£	£
Income						
Donations	2	102,027	-	5,000	107,027	72,763
Grants	3	-	-	274,386	274,386	208,144
<i>Income from charitable activities</i>						
Service funding	4	13,323	-	319,385	332,708	331,448
Training & talks		4,175	-	-	4,175	3,666
Rental income		640	-	-	640	540
Miscellaneous income		-	-	-	-	1,750
<i>Investment income</i>	5	1,901	-	-	1,901	47
Total incoming resources		<u>122,066</u>	<u>-</u>	<u>598,771</u>	<u>720,837</u>	<u>618,358</u>
Expenditure						
<i>Costs of raising funds</i>		399	-	-	399	1,030
<i>Expenditure on charitable activities</i>		13,535	-	611,380	624,915	568,800
Total resources expended	7	<u>13,934</u>	<u>-</u>	<u>611,380</u>	<u>625,314</u>	<u>569,830</u>
Net (outgoing)/incoming resources before transfers, being net (expenditure)/income for the year		108,132	-	(12,609)	95,523	48,528
Gross transfers between funds	14	(1,521)	-	1,521	-	-
Net movement in funds		<u>106,611</u>	<u>-</u>	<u>(11,088)</u>	<u>95,523</u>	<u>48,528</u>
Total funds brought forward at 1 April 2022		231,267	40,000	103,007	374,274	325,746
Total funds carried forward at 31 March 2023		<u>337,878</u>	<u>40,000</u>	<u>91,919</u>	<u>469,797</u>	<u>374,274</u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account

Friend Counselling (London) Limited (Known as London Friend)
Balance sheet
as at 31 March 2023

	Note	£	2023 £	£	2022 £
Fixed assets					
Tangible assets	9		154,883		170,059
Current assets					
Debtors	10	218,938		79,790	
Cash at bank and in hand		226,033		278,069	
		<u>444,971</u>		<u>357,859</u>	
Creditors: amounts falling due within one year	11	(48,402)		(67,864)	
Net current assets			396,569		289,995
Creditors: amounts falling due after more than one year	12		(81,655)		(85,780)
			<u>469,797</u>		<u>374,274</u>
The funds of the charity					
Unrestricted income funds					
General			337,878		231,267
Designated	13		40,000		40,000
			<u>377,878</u>		<u>271,267</u>
Restricted income funds	14		91,919		103,007
Total charity funds			<u>469,797</u>		<u>374,274</u>

For the financial year ended 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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

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

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

The accounts were approved by the Board on 26/10/2023



Matt Horwood, Chair of the Board of Trustees

Company registration number: 01345530

Friend Counselling (London) Limited (Known as London Friend)
Notes to the financial statements
for the year ended 31 March 2023

1. Accounting Policies

Charity information

Friend Counselling (London) Ltd (known as London Friend) is a charitable company limited by guarantee, incorporated on 22nd December 1977 and registered as a charity on 18th December 1989. The company is governed by its Memorandum and Articles of Association which established the objectives and powers of the charitable company.

The charity is registered with the Charity Commission of England and Wales with the charity number 299307. The principal address is 86 Caledonian Road, Kings Cross, London N1 9DN.

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statement are as follows:

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounting in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (as amended for accounting periods commencing 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102. The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash flows.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling which is the functional currency for the charity

The accounts have been prepared under the historical cost convention. The principal policies adopted are set out below.

b) Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis for accounting in preparing the accounts.

c) Charitable Funds

Unrestricted general funds comprises those monies that may be used towards meeting the charitable objectives at the discretion of the trustees.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Restricted funds are monies raised for, and their use restricted to, a specific purpose, or donation subject to donor imposed conditions.

Friend Counselling (London) Limited (Known as London Friend)
Notes to the financial statements
for the year ended 31 March 2023

1. Accounting Policies - continued

d) Income

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable certainty. The following specific policies apply to categories of income:

- Any income from fundraising is shown gross.

Donations are included in the financial statements when received, with any associated tax reclaim

- being included in the financial statements at the same time.

Grant income is recognised when receivable except when it is for a specified period, in which case the

- income is spread over that period.

Gifts in kind are included in the financial statements when they involve an expense by the donor and

- that expense can be quantified.

Legacies are included in incoming resources when the charitable company is legally entitled to the income and the amount can be quantified with reasonable accuracy. Entitlement is the earlier of the

- charitable company being notified of an impending distribution or the legacy being received.

- Investment income is included when receivable and includes interest from deposits.

e) Resources expended

Resources expended are included in the Statement of Financial Activities on an accrual basis as a liability is incurred. They are reported as part of the expenditure to which they relate:

- Costs of fundraising comprise the costs associated with attracting income and the costs of generating ancillary income.
- Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- All costs are allocated between expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to particular activities are allocated directly, others are apportioned on an appropriate basis e.g. staff time and estimated usage.

f) Operating leases

Rentals applicable to operating leases where substantially all the benefits and risks of ownership remain with the lessor are charged against income as incurred.

g) Tangible fixed assets

Depreciation is provided to write off the cost or valuation, less estimated residual values, of all fixed assets evenly over their expected useful lives. It is calculated at the following rates:

Land and Buildings	-	2% straight line on buildings
Refurbishments	-	20% straight line
Equipment	-	20% straight line or 33 1/3% straight line
Furniture and fittings	-	20% straight line

No depreciation is charged on land

The charitable company has a policy of capitalising assets which cost more than £100.

Friend Counselling (London) Limited (Known as London Friend)
Notes to the financial statements
for the year ended 31 March 2023

1. Accounting Policies - continued

h) Impairment of Fixed Assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss.

j) Cash and bank

Cash at bank and in hand includes cash or the opening of the deposit or similar account.

k) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any discounts due.

l) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

m) Pension

The company operates defined contribution, externally funded pension schemes. The pension cost charge represents contributions payable by the company to the fund.

n) Taxation

The charity is exempt from tax on its charitable activities.

o) Company Status

The company is a company limited by guarantee. The members of the company are the trustees named in the Trustees report. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the company.

2 Donations

	Unrestricted funds				
	General fund	Designated funds	Restricted funds	2023 total	2022 total
	£	£	£	£	£
Individual/Organisations donations	99,524	-	5,000	104,524	72,220
Gift Aid reclaimed	2,503	-	-	2,503	543
	<u>102,027</u>	<u>-</u>	<u>5,000</u>	<u>107,027</u>	<u>72,763</u>

Friend Counselling (London) Limited (Known as London Friend)
Notes to the financial statements
for the year ended 31 March 2023

3 Grants

	Unrestricted funds		Restricted funds	2023 total	2022 total
	General fund	Designated funds			
	£	£	£	£	£
Antidote Service					
The Henry Smith Charity	-	-	58,200	58,200	-
The Leathersellers Charitable Fund	-	-	7,500	7,500	15,000
Lloyds Bank Foundation	-	-	30,655	30,655	28,405
Covid - London Community Response Fund					
City Bridge Trust - Wave 5	-	-	-	-	44,900
50th Anniversary					
The National Lottery Heritage Fund	-	-	21,650	21,650	21,650
Blooming with Pride					
The National Lottery Community Fund	-	-	156,381	156,381	78,190
Capital Grants					
The National Lottery Community Fund	-	-	-	-	9,999
The Clothworkers Foundation	-	-	-	-	10,000
	-	-	274,386	274,386	208,144

4 Service Funding

	Unrestricted funds		Restricted funds	2023 total	2022 total
	General fund	Designated funds			
	£	£	£	£	£
Turning Point/SASH	-	-	91,733	91,733	103,391
Turning Point/City & Hackney Recovery Service	-	-	85,000	85,000	85,000
Lambeth, Southwark & Lewisham Chemsex	-	-	40,000	40,000	40,000
Domestic Abuse					
GALOP-Domestic Abuse Partnership	-	-	33,987	33,987	34,005
Turning Point/Adder Accelerator Project	-	-	28,667	28,667	25,083
Turning Point - Bi Borough	-	-	39,998	39,998	29,997
Counselling income	13,323	-	-	13,323	13,972
	13,323	-	319,385	332,708	331,448

5 Investment Income

	2023 total	2022 total
	£	£
Bank interest receivable	1,901	47

Friend Counselling (London) Limited (Known as London Friend)

**Notes to the financial statements
for the year ended 31 March 2023**

	Direct charitable expenditure	Costs of generating voluntary income	Governance	2023 total	2022 total
	£	£	£	£	£
6 Allocation of support costs					
The charity has allocated its support costs:					
IT costs	14,216	-	-	14,216	15,913
Stationery, Postage and Courier	618	-	-	618	227
Photocopier	1,488	-	-	1,488	2,250
Affiliation and membership fees	408	-	-	408	525
Financial management	6,546	-	-	6,546	10,712
	<u>23,276</u>	<u>-</u>	<u>-</u>	<u>23,276</u>	<u>29,627</u>
7 Resources expended	Staff costs	Direct costs	Support costs	2023 total	2022 total
	£	£	£	£	£
Costs of generating funds					
Fundraising and marketing	-	399	-	399	1,030
Charitable expenditure					
Antidote Service					
The Leathersellers Charitable Fund	7,500	-	-	7,500	15,000
Lloyds Bank Foundation	23,230	5,013	2,412	30,655	31,844
The Henry Smith Charity	50,500	7,700	-	58,200	65,900
Individuals	5,000	-	-	5,000	10,000
Turning Point/City & Hackney Recovery	70,709	5,145	9,146	85,000	85,000
Lambeth, Southwark & Lewisham Chemsex	32,502	5,098	2,400	40,000	40,000
Turning Point/SASH	87,095	1,750	2,888	91,733	103,391
Domestic Abuse					
GALOP - Domestic Abuse Partnership	29,010	4,156	1,471	34,637	35,341
Covid - London Community Response Fund					
City Bridge Trust - Wave 3	-	2,112	-	2,112	19,717
City Bridge Trust - Wave 4	-	-	-	-	1,600
City Bridge Trust - Wave 5	-	-	-	-	44,900
Turning Point/Adder Accelerator Project	27,815	1,161	562	29,538	25,083
Turning Point - Bi Borough	37,083	1,715	1,200	39,998	29,997
Blooming with Pride					
The National Lottery Community Fund	19,252	16,875	1,253	37,380	4,025
50th Anniversary					
The National Lottery Heritage Fund	54,030	89,659	1,500	145,189	44,536
Other charitable expenditure	-	7,697	3,496	11,193	69,491
Governance	-	6,780	-	6,780	8,875
	<u>443,726</u>	<u>155,260</u>	<u>26,328</u>	<u>625,314</u>	<u>635,730</u>

Included in resources expended are: A charge for depreciation amounting to £15,176 (2022: £11,978)

Friend Counselling (London) Limited (Known as London Friend)
Notes to the financial statements
for the year ended 31 March 2023

7 Resources expended - Continued

Governance	2023	2022
	£	£
Support costs	-	2,100
Independent review and statutory accounts	6,000	6,000
Board expenses	780	775
	<u>6,780</u>	<u>8,875</u>

8 Staff costs

Staff costs amounted to:	2023	2022
	£	£
Wages and salaries	396,171	384,339
Social security costs	34,374	31,140
Pension	13,181	16,367
	<u>443,726</u>	<u>431,846</u>
Recruitment and payroll costs	299	1,195
	<u>444,025</u>	<u>433,041</u>

No employee's emoluments exceeded £60,000 for the year.

The average monthly number of employees during the year was 13 (2022: 12).

No remuneration was paid to Trustees during either year. Expenses totalling £Nil were reimbursed to Trustees during 2023 (2022: £Nil). Trustees insurance of £780 was paid during 2023 (2022: £775)

9 Tangible fixed assets

	Freehold Property £	Furniture and Fittings £	Equipment £	Total £
Cost				
At 1 April 2022	218,257	5,666	21,626	245,549
Additions	-	-	-	-
Disposals	-	-	-	-
At 31 March 2023	<u>218,257</u>	<u>5,666</u>	<u>21,626</u>	<u>245,549</u>
Depreciation				
At 1 April 2022	54,170	5,558	15,762	75,490
Charge for the year	11,302	108	3,766	15,176
Disposals	-	-	-	-
At 31 March 2023	<u>65,472</u>	<u>5,666</u>	<u>19,528</u>	<u>90,666</u>
Net book value				
At 31 March 2023	<u>152,785</u>	<u>-</u>	<u>2,098</u>	<u>154,883</u>
At 1 April 2022	<u>164,087</u>	<u>108</u>	<u>5,864</u>	<u>170,059</u>

Friend Counselling (London) Limited (Known as London Friend)
Notes to the financial statements
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10 Debtors	2023	2022
	£	£
Trade Debtors	73,357	25,550
Other Debtors	2,822	3,012
Prepayments and accrued income	142,759	51,228
	<u>218,938</u>	<u>79,790</u>
11 Creditors: amounts falling due within one year	2023	2022
	£	£
Mortgage	4,109	3,850
Trade creditors	5,565	6,831
Other Taxes and Social Security	9,118	19,714
Other creditors	1,937	7,245
Deferred Income	17,995	22,210
Accruals	9,678	8,014
	<u>48,402</u>	<u>67,864</u>
12 Creditors: amounts falling due after more than one year	2023	2022
	£	£
Secured Mortgage (falling due in less than 5 years)	19,378	17,252
Secured Mortgage (falling due after 5 years)	62,277	68,528
	<u>81,655</u>	<u>85,780</u>

At 31 March 2023 a mortgage totalling £85,764 was secured by fixed and floating charges over the freehold property at 86 Caledonian Road.

Interest on the mortgage will be charged at 6.5% per annum after drawdown.

13 Designated funds	Balance at	Incoming	Resources	Transfers	Balance at
	1 April	resources	expended		31 March
	2022	£	£	£	2023
	£				£
Staff costs fund	40,000	-	-	-	40,000
	<u>40,000</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>40,000</u>

The above designated funds comprise unrestricted funds designated by the trustees for specific purposes.

Staff costs fund

The trustees designated a sum to cover the staff commitment on the charity's part.

Friend Counselling (London) Limited (Known as London Friend)
Notes to the financial statements
for the year ended 31 March 2023

14 Restricted funds	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
<u>Capital</u>					
<u>Capital Expenditure - Property Appeal</u>	48,553	-	(4,438)	-	44,115
<u>Antidote</u>					
Lloyds Bank Foundation	-	30,655	(30,655)	-	-
The Leathersellers Charitable Fund	-	7,500	(7,500)	-	-
Henry Smith Foundation	-	58,200	(58,200)	-	-
Individuals	-	5,000	(5,000)	-	-
Turning Point - City & Hackney	-	85,000	(85,000)	-	-
Turning Point - Bi Borough	-	39,998	(39,998)	-	-
<u>Lambeth, Southwark & Lewisham Chemsex</u>	-	40,000	(40,000)	-	-
<u>Turning Point/SASH</u>	-	91,733	(91,733)	-	-
<u>Turning Point/Adder Accelerator Project</u>	-	28,667	(29,538)	871	-
<u>Covid - London Community Response Fund</u>					
City Bridge Trust - Wave 3	3,175	-	(2,112)	-	1,063
<u>Blooming with Pride</u>					
The National Lottery Community Fund	33,654	156,381	(145,189)	-	44,846
<u>50th Anniversary</u>					
The National Lottery Heritage Fund	17,625	21,650	(37,380)	-	1,895
<u>Domestic Abuse</u>					
GALOP	-	33,987	(34,637)	650	-
	<u>103,007</u>	<u>598,771</u>	<u>(611,380)</u>	<u>1,521</u>	<u>91,919</u>

The above restricted funds can only be used for the purposes specified by the donors or grant making body.

Property Appeal

This represents funds raised from an appeal for the purchase of Caledonian Road property. During 2021/2022 funding was received from the National Lottery Community Fund and The Clothworkers Foundation to purchase ventilation equipment.

Antidote Project

The LeatherSellers Charity Fund, Lloyds Bank Foundation, The Henry Smith Foundation and individual donors

This represents funding for the Antidote - LGBT Drug and Alcohol service

Turning Point/City & Hackney Recovery Service

This represents funding for the Antidote service to providing LGBT recovery workers to the City and Hackney Recovery Service.

Turning Point/Bi Borough

This represents funding for the Antidote service to provide antidote workers for the DAWS Service.

Lambeth, Southwark & Lewisham Chemsex

This represents funding for the provision of capacity building support to help local services better support clients involved in chemsex, plus direct service provision to clients resident in these Boroughs.

Turning Point/SASH

This represents funding from the SASH Partnership for sexual health promotion on Westminster, Kensington & Chelsea, and Hammersmith & Fulham.

Turning Point/Adder Accelerator Project

This represents funding for a specialist LGBTQA recovery worker for the adder accelerator project in Hackney.

Friend Counselling (London) Limited (Known as London Friend)
Notes to the financial statements
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14 Restricted funds (continued)

Covid - London Community Response Fund

This represents funding in Waves 3, and 5 to cover costs and adaptations to service provision and to increase mental health support as a response to Covid 19.

Blooming with Pride

This represents funding for improving LGBT mental health in london, administered by The National Lottery Fund. The project is delivered in partnership with ELOP and LGBT HERO.

50th Anniversary

This represents funding from The National Lottery Heritage Fund for the charity's 50th Anniversary projects and events.

Domestic Abuse

This represents funding towards the domestic abuse project for workshops and counselling.

15 Analysis of net assets between funds

	Unrestricted funds		Restricted funds	Total
	General fund	Designated funds	funds	
	£	£	£	£
Tangible fixed assets	110,334	-	44,549	154,883
Current assets	357,601	40,000	47,370	444,971
Current liabilities	(130,057)	-	-	(130,057)
	<u>337,878</u>	<u>40,000</u>	<u>91,919</u>	<u>469,797</u>

16 Financial commitments

At 31 March 2023 the company was committed to making the following payments under non-cancellable operating leases:

	2023		2022	
	Building	Equipment	Building	Equipment
	£	£	£	£
<i>Minimum lease commitment expiring:</i>				
Within one year	-	1,400	-	1,800
2 to 5 years	-	5,600	-	1,350
Over 5 years	-	-	-	-
	<u>-</u>	<u>7,000</u>	<u>-</u>	<u>3,150</u>

17 Related party transactions

There were no disclosable related party transactions during the period.