

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 2024

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 2024

The trustees present their annual report and the financial statements for the year ended 31 March 2024.

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
- Senior Counsellor and specialist Domestic Abuse Counsellor (1 staff member, 2 x part-time roles)
- Antidote Drug and Alcohol recovery worker (x 3)
- SASH Health and Wellbeing Coach x 2

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

Board of Trustees Report - Continued

For the year ended 31 March 2024

Staff and volunteers – *continued*

- SASH counsellor (part-time)
- 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 157 people volunteered time with the organisation in structured volunteering roles, including counsellors, Antidote key workers, group facilitators, clinical supervisors, trustees, and administrative support. 48 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

2023/24 was a stable year for London Friend. Our main focus for 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.

We continue our work delivering Antidote, our service supporting LGBTQ+ people around alcohol and drugs. This makes us the UK's leading charity responding to chemsex support needs and a large focus of our work during the year has been strategic work with local authorities, commissioners and service providers who are developing local healthcare and whole systems approaches to this growing public health issue.

To mark World Mental Health Day, we continued a 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.lgbtghelp.org.uk

We had a prominent presence at key LGBTQ+ events such as Pride in London and UK Black Pride.

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

Board of Trustees Report - Continued

For the year ended 31 March 2024

Significant achievements within the year – *continued*

1. Income for the year was £708,705. This included funding from the Lloyds Bank Foundation; the National Lottery Community Fund; the National Lottery Heritage Fund; The National LGBT Partnership; SASH Partnership; DAWS Partnership; London LGBT Domestic Abuse Partnership; the London Boroughs of Lambeth and Southwark; 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 and Southwark 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 and strategic work with the local authorities.
5. 2023/24 was the seventh 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 by Hammersmith & Fulham from April 2024.
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 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 2024

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. Building on this we began a pilot funded by the Ministry of Justice through the HMPPS Innovation Grants programme providing a specialist LGBTQ+ and chemsex rehabilitation offer to men convicted of offending in the chemsex context. We have also worked strategically with local authorities, commissioners, and service providers developing multi-agency approaches across 12 London Boroughs. We also helped deliver a Masterclass for English Drug and Alcohol, and Sexual Health and HIV Commissions organised with the Association of Directors of Public Health.
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 one full time LGBTQ+ recovery worker. This work also includes outreach in the Homerton Sexual Health Service in Hackney.
10. We continued to engage closely with our LGBTQ+ and related sector colleagues, including via the LGBT Consortium and the National LGBT Partnership. 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

270 clients received contracted counselling (including specialist LGBTQ+ domestic abuse counselling) and mental health support. We have invested in the counselling service, further expanding the Counselling Manager role to full time. This has helped us to further grow the service. A total of 39 volunteer counsellors and 7 clinical supervisors provided the counselling service throughout the year. Frequent issues addressed through counselling included common mental health issues such as anxiety; depression; and stress; plus, relationships; self-esteem; loneliness; and isolation. 41% of clients discussed coming out. Half of clients discussed their sexual orientation and one in three discussed their gender identity. One in five indicated their gender identity was different to that typically associated with their sex recorded at birth.

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

Board of Trustees Report - Continued

For the year ended 31 March 2024

Charitable activities within the year – *continued*

Antidote – Drug and Alcohol Services

Our drug and alcohol service, Antidote, continued to deliver support during the year. 372 people receiving support. Antidote was supported by 26 volunteers. The predominant issue supported by Antidote remains chemsex, the use of drugs to enhance and prolong sex between men. One third of clients report alcohol as an issue, with 1 in 5 reporting this as their primary concern. Antidote provided one to one and group interventions plus outreach into sexual health clinics. In addition to Antidote Management the service employed three drug and alcohol recovery workers co-located in drug and alcohol treatment services serving five London Boroughs (City of London; Hackney; Westminster; Kensington & Chelsea; and Hammersmith & Fulham). The work done through these partnerships is separately reported by the lead agencies.

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; a group for neurodiverse 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.

559 people received support through groups in 2022/23 and we ran 227 groups. 83 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 146 people during the year, 26% of all group clients. 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 of London and Hackney. This partnership is led by Turning Point with Mind in the City, Hackney and Waltham Forest. One recovery worker provided specialist support to LGBTQ+ clients.

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

Board of Trustees Report - Continued

For the year ended 31 March 2024

Charitable activities within the year – *Continued*

Clients seen as part of this services are reported via the Recovery Service's KPIs to local commissioners and the National Drug Treatment Monitoring System (NDTMS).

DAWS Partnership (Turning Point Central London)

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. Two recovery workers provided specialist support to LGBTQ+ clients. Clients seen as part of this service are reported via the DAWS Service's KPIs to local commissioners and the National Drug Treatment Monitoring System (NDTMS).

Administrative Support

The organisation was supported by 3 administration volunteers throughout the year.

Community Centre and Meeting Space

The organisation provides free and subsidised meeting and social space for external groups and organisations within the LGBT community to use. During this year we have hosted Stonewall Housing; Opening Doors; Beaumont Society; SM Dykes; and the Queer Book Club.

Training

118 volunteers attended in-house training during the year; 24 volunteer training courses were provided during the year with topics including trans awareness; neurodiversity; managing psychosis; chemsex; digital safety; working with trauma; and suicide prevention. 29 training sessions were provided to external agencies, with 486 attendees, including representatives from sexual health and drug and alcohol treatment agencies. We also spoke at 4 conferences to combined audiences of over 440 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 £523,652 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 2024

Looking forward to 2024/25

We are continuing to deliver our services, with several grants and contracts/sub-contracts being mid-term. These make 2024/25 a stable year for the charity. Our trustees are developing a new strategic plan to steer the charity in the coming years, utilising some of the charity's unrestricted reserves to support organisational development.

In addition to our usual services, we are pleased to be continuing our criminal justice chemsex pilot, an innovative piece of work and the first pilot providing rehabilitative support with this cohort of offenders. We are also delighted to have been funded by the City Bridge Foundation to develop a programme of counselling groups which will begin to be delivered in the summer of 2024.

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	Mubeen Ahmed (Appointed 17 th July 2023, Chair from 8 th February 2024) Matthew Horwood (Chair to 8 th February 2024, resigned 19 th March 2024) Joshua De Luna Maria Munir (resigned 13 th September 2023) Olivia Andrews Vivienne Smith Jonas Thompson-McCormick (Appointed 17 th July 2023)
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Chief Executive	Monty Moncrieff MBE
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FRIEND COUNSELLING (LONDON) LTD (KNOWN AS LONDON FRIEND)

Board of Trustees Report - Continued

For the year ended 31 March 2024

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 at least four times a year together with the Chief Executive.

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 is 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 2024

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:

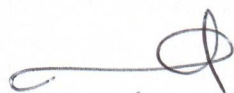
- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and accounting estimates that are reasonable and prudent;
- State whether applicable UK Accounting standards have been followed, subject to any material 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:



Mubeen Ahmed, Chair of the Board of Trustees

Date:

18/11/24

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 2024

I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 March 2024.

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.

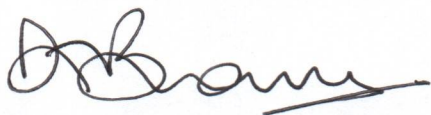
Independent examiner's statement

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: 20 November 2024

Friend Counselling (London) Limited (Known as London Friend)
Statement of Financial Activities (including Income and Expenditure Account)
for the year ended 31 March 2024

		Unrestricted funds				
	Note	General fund £	Designated funds £	Restricted funds £	2024 total £	2023 total £
Income						
Donations & Legacies	2	152,606	-	2,750	155,356	107,027
Grants	3	-	-	187,979	187,979	274,386
<i>Income from charitable activities</i>						
Service funding	4	40,739	-	304,371	345,110	332,708
Training & talks		10,112	-	-	10,112	4,175
Rental income		555	-	-	555	640
<i>Investment income</i>	5	9,593	-	-	9,593	1,901
Total incoming resources		<u>213,605</u>	<u>-</u>	<u>495,100</u>	<u>708,705</u>	<u>720,837</u>
Expenditure						
<i>Costs of raising funds</i>		-	-	-	-	399
<i>Expenditure on charitable activities</i>		63,709	-	551,253	614,962	624,915
Total resources expended	7	<u>63,709</u>	<u>-</u>	<u>551,253</u>	<u>614,962</u>	<u>625,314</u>
Net (outgoing)/incoming resources before transfers, being net (expenditure)/income for the year		149,896	-	(56,153)	93,743	95,523
Gross transfers between funds	14	(4,122)	-	4,122	-	-
Net movement in funds		<u>145,774</u>	<u>-</u>	<u>(52,031)</u>	<u>93,743</u>	<u>95,523</u>
Total funds brought forward at 1 April 2023		337,878	40,000	91,919	469,797	374,274
Total funds carried forward at 31 March 2024		<u>483,652</u>	<u>40,000</u>	<u>39,888</u>	<u>563,540</u>	<u>469,797</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 2024

	Note	£	2024 £	£	2023 £
Fixed assets					
Tangible assets	9		144,947		154,883
Current assets					
Debtors	10	162,680		218,938	
Cash at bank and in hand		407,864		226,033	
		<u>570,544</u>		<u>444,971</u>	
Creditors: amounts falling due within one year	11	(74,680)		(48,402)	
Net current assets			<u>495,864</u>		<u>396,569</u>
Creditors: amounts falling due after more than one year	12	(77,271)		(81,655)	
			<u>563,540</u>		<u>469,797</u>
The funds of the charity					
Unrestricted income funds					
General			483,652		337,878
Designated	13		40,000		40,000
			<u>523,652</u>		<u>377,878</u>
Restricted income funds	14		39,888		91,919
Total charity funds			<u>563,540</u>		<u>469,797</u>

For the financial year ended 31 March 2024 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 18/11/2024



Mubeen Ahmed, 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 2024

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 2024

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 2024

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.

i) Cash and bank

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

j) 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.

k) 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.

l) Pension

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

m) Taxation

The charity is exempt from tax on its charitable activities.

n) 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 and legacies

	Unrestricted funds				
	General fund	Designated funds	Restricted funds	2024 total	2023 total
	£	£	£	£	£
Individual/Organisations donations	130,950	-	2,750	133,700	104,524
Gift Aid reclaimed	14,734	-	-	14,734	2,503
Legacies and bequests	6,922	-	-	6,922	-
	<u>152,606</u>	<u>-</u>	<u>2,750</u>	<u>155,356</u>	<u>107,027</u>

Friend Counselling (London) Limited (Known as London Friend)
Notes to the financial statements
for the year ended 31 March 2024

3 Grants

	Unrestricted funds				
	General fund	Designated funds	Restricted funds	2024 total	2023 total
	£	£	£	£	£
Antidote Service					
The Henry Smith Charity	-	-	59,000	59,000	58,200
The Leathersellers Charitable Fund	-	-	-	-	7,500
Lloyds Bank Foundation	-	-	13,995	13,995	30,655
50th Anniversary					
The National Lottery Heritage Fund	-	-	(2,302)	(2,302)	21,650
Mental Health & Well Being					
Blooming with Pride -The National Lottery Community Fund	-	-	117,286	117,286	156,381
	<u>-</u>	<u>-</u>	<u>187,979</u>	<u>187,979</u>	<u>274,386</u>

4 Service Funding

	Unrestricted funds				
	General fund	Designated funds	Restricted funds	2024 total	2023 total
	£	£	£	£	£
Antidote Service					
Turning Point -City & Hackney	-	-	42,500	42,500	85,000
Turning Point - Hammersmith & Fulham	-	-	45,000	45,000	-
Turning Point - Bi Borough Westminster, Kensington & Chelsea	-	-	39,996	39,996	39,998
Lambeth & Southwark Chemsex (2023 & Lewisham)	-	-	30,000	30,000	40,000
HMPPS Chemsex Pilot	-	-	19,939	19,939	-
Turning Point-Adder Accelerator Project	-	-	-	-	28,667
Sexual Health					
Turning Point-SASH	-	-	93,917	93,917	91,733
Domestic Abuse					
GALOP-Domestic Abuse Partnership	-	-	33,019	33,019	33,987
Counselling income	40,739	-	-	40,739	13,323
	<u>40,739</u>	<u>-</u>	<u>304,371</u>	<u>345,110</u>	<u>332,708</u>

5 Investment Income

	2024 total	2023 total
	£	£
Bank interest receivable	<u>9,593</u>	<u>1,901</u>

Friend Counselling (London) Limited (Known as London Friend)
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	Direct charitable expenditure	Costs of generating voluntary income	Governance	2024 total	2023 total
	£	£	£	£	£
6 Allocation of support costs					
The charity has allocated its support costs:					
IT costs	15,759	-	-	15,759	14,216
Stationery, Postage and Courier	764	-	-	764	618
Photocopier	580	-	-	580	1,488
Affiliation and membership fees	573	-	-	573	408
Financial management	12,117	-	-	12,117	6,546
	<u>29,793</u>	<u>-</u>	<u>-</u>	<u>29,793</u>	<u>23,276</u>
	Staff	Direct	Support	2024	2023
	costs	costs	costs	total	total
	£	£	£	£	£
7 Resources expended					
Costs of generating funds					
Fundraising and marketing	-	-	-	-	399
Charitable expenditure					
Antidote Service					
Lloyds Bank Foundation	12,685	3,502	250	16,437	30,655
The Henry Smith Charity	51,300	5,846	1,854	59,000	58,200
Individuals	-	2,220	530	2,750	5,000
Turning Point-City & Hackney Recovery	42,500	-	-	42,500	85,000
Turning Point- Hamersmith & Fulham	33,055	7,132	4,813	45,000	-
Lambeth, & Southwark Chemsex	26,029	3,471	500	30,000	40,000
HMPPS Chemsex Pilot	15,686	2,637	1,465	19,788	-
Turning Point/Adder Accelerator Project	-	-	-	-	29,538
Mental Health & Well Being	39,996	-	-	39,996	39,998
Blooming with Pride - The National Lottery					
Community Fund	-	-	-	-	7,500
Sexual Health					
Turning Point-SASH	83,709	6,633	3,575	93,917	91,733
Domestic Abuse					
GALOP - Domestic Abuse Partnership	28,363	3,703	953	33,019	34,637
Covid - London Community Response Fund					
City Bridge Trust - Wave 3	-	1,063	-	1,063	2,112
Mental Health & Well Being					
Blooming with Pride -The National Lottery	55,306	104,734	2,031	162,071	37,380
50th Anniversary					
The National Lottery Heritage Fund	1,273	-	-	1,273	145,189
Other charitable expenditure	30,446	16,700	13,822	60,968	11,193
Governance	-	7,180	-	7,180	6,780
	<u>420,348</u>	<u>164,821</u>	<u>29,793</u>	<u>614,962</u>	<u>625,314</u>

Included in resources expended are: A charge for depreciation amounting to £14,370 (2023: £15,176)

Friend Counselling (London) Limited (Known as London Friend)
Notes to the financial statements
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7 Resources expended - Continued

Governance	2024	2023
	£	£
Independent review and statutory accounts	6,000	6,000
Board expenses	1,180	780
	<u>7,180</u>	<u>6,780</u>

8 Staff costs

Staff costs amounted to:	2024	2023
	£	£
Wages and salaries	377,179	396,171
Social security costs	30,780	34,374
Pension	12,389	13,181
	<u>420,348</u>	<u>443,726</u>
Recruitment and payroll costs	1,591	299
	<u>421,939</u>	<u>444,025</u>

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

The average monthly number of employees during the year was 14 (2023:13).

No remuneration was paid to Trustees during either year. Expenses totalling £380 were reimbursed to Trustees during 2024 (2023: £Nil). Trustees insurance of £800 was paid during 2024 (2023: £780)

9 Tangible fixed assets

	Freehold Property £	Furniture and Fittings £	Equipment £	Total £
Cost				
At 1 April 2023	218,257	5,666	21,626	245,549
Additions	3,593	-	841	4,434
Disposals	-	-	-	-
At 31 March 2024	<u>221,850</u>	<u>5,666</u>	<u>22,467</u>	<u>249,983</u>
Depreciation				
At 1 April 2023	65,472	5,666	19,528	90,666
Charge for the year	12,021	-	2,349	14,370
Disposals	-	-	-	-
At 31 March 2024	<u>77,493</u>	<u>5,666</u>	<u>21,877</u>	<u>105,036</u>
Net book value				
At 31 March 2024	<u>144,357</u>	<u>-</u>	<u>590</u>	<u>144,947</u>
At 1 April 2023	<u>152,785</u>	<u>-</u>	<u>2,098</u>	<u>154,883</u>

Friend Counselling (London) Limited (Known as London Friend)
Notes to the financial statements
for the year ended 31 March 2024

10 Debtors	2024 £	2023 £
Trade Debtors	126,555	73,357
Other Debtors	14,641	2,822
Prepayments and accrued income	21,484	142,759
	<u>162,680</u>	<u>218,938</u>

11 Creditors: amounts falling due within one year	2024 £	2023 £
Mortgage	4,384	4,109
Trade creditors	5,530	5,565
Other Taxes and Social Security	9,065	9,118
Other creditors	3,894	1,937
Deferred Income	39,095	17,995
Accruals	12,712	9,678
	<u>74,680</u>	<u>48,402</u>

12 Creditors: amounts falling due after more than one year	2024 £	2023 £
Secured Mortgage (falling due in less than 5 years)	20,675	19,378
Secured Mortgage (falling due after 5 years)	56,596	62,277
	<u>77,271</u>	<u>81,655</u>

At 31 March 2024 a mortgage totalling £81,655 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 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
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 2024

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2024 £
14 Restricted funds					
<u>Capital</u>					
<u>Capital Expenditure - Property Appeal</u>	44,115	-	(4,439)	-	39,676
<u>Antidote</u>					
Lloyds Bank Foundation	-	13,995	(16,437)	2,442	-
Henry Smith Foundation	-	59,000	(59,000)	-	-
Individuals	-	2,750	(2,750)	-	-
Turning Point - City & Hackney	-	42,500	(42,500)	-	-
Turning Point - Hammersmith & Fulham	-	45,000	(45,000)	-	-
Turning Point - Bi Borough Westminster, Kensington & Chelsea	-	39,996	(39,996)	-	-
Lambeth & Southwark Chemsex	-	30,000	(30,000)	-	-
HMPPS Chemsex Pilot	-	19,939	(19,788)	-	151
<u>Sexual Health</u>					
Turning Point - SASH	-	93,917	(93,917)	-	-
<u>Domestic Abuse</u>					
GALOP	-	33,019	(33,019)	-	-
<u>Covid - London Community Response Fund</u>					
City Bridge Trust - Wave 3	1,063	-	(1,063)	-	-
<u>Mental Health & Well Being</u>					
Blooming with Pride - The National Lottery Community Fund	44,846	117,286	(162,071)	-	61
<u>50th Anniversary</u>					
The National Lottery Heritage Fund	1,895	(2,302)	(1,273)	1,680	-
	<u>91,919</u>	<u>495,100</u>	<u>(551,253)</u>	<u>4,122</u>	<u>39,888</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

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 - Hammersmith and Fulham

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

Turning Point-Bi Borough Westminster, Kensington and Chelsea

This represents funding for the Antidote service to provide antidote workers for the DAWS Service for Westminster, Kensington & Chelsea.

Turning Point-SASH

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

Lambeth & Southwark 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.

HMPPS Chemsex Pilot

This represents a grant for a pilot project supporting rehabilitative work with gay and bisexual men in the criminal justice system.

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

Domestic Abuse

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

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.

15 Analysis of net assets between funds

	Unrestricted funds		Restricted funds	Total
	General fund	Designated funds	funds	
	£	£	£	£
Tangible fixed assets	105,271	-	39,676	144,947
Current assets	530,332	40,000	212	570,544
Current liabilities	(151,951)	-	-	(151,951)
	<u>483,652</u>	<u>40,000</u>	<u>39,888</u>	<u>563,540</u>

16 Financial commitments

-

At 31 March 2024 the company was committed to making the following payments under non-cancellable operating leases:

	2024		2023	
	Building	Other	Building	Other
	£	£	£	£
<i>Minimum lease commitment expiring:</i>				
Within one year	-	2,752	-	1,400
2 to 5 years	-	6,562	-	5,600
Over 5 years	-	-	-	-
	<u>-</u>	<u>9,314</u>	<u>-</u>	<u>7,000</u>

17 Related party transactions

There were no disclosable related party transactions during the period.