

**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 2025**

## **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 2025**

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The trustees present their annual report and the financial statements for the year ended 31 March 2025.

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 50<sup>th</sup> 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 5)
- SASH Health and Wellbeing Coach (x 2)

**Board of Trustees Report - Continued**

**For the year ended 31 March 2025**

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**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 193 people volunteered time with the organisation in structured volunteering roles, including counsellors, Antidote key workers, group facilitators, clinical supervisors, trustees, and administrative support. 53 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**

2024/25 was another stable year for London Friend. Our main focus 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](http://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 2025

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#### Significant achievements within the year – *continued*

1. Income for the year was £762,290. This included funding from the National Lottery Community Fund; The National LGBT Partnership; SASH Partnership; DAWS Partnership; London LGBT Domestic Abuse Partnership; the London Boroughs of Lambeth and Southwark; the London Borough of Islington; the City and Hackney Recovery Partnership; the Henry Smith Charity; The Love Tank; the City Bridge Foundation; the Mercers Company; HIV Prevention England; the Ministry of Justice; 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 re-funded 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. We also began new work with the London Borough of Islington, delivering grant and contract funded work to provide support for chemsex.
5. 2024/25 was the eighth 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 delivering a three-year partnership with elop and LGBT HERO delivering mental health support funded by the National Lottery Community Fund for three years from January 2022. We are the lead partner. We are pleased to have received further funding from the National Lottery Community Fund to continue and expand this work for five years from April 2025.

**Board of Trustees Report - Continued**

**For the year ended 31 March 2025**

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**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. We continued to deliver 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 and conducting local needs assessments.
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.
11. We worked with the British Association for Counselling and Psychotherapy (BACP) who carried out research into the value of third sector counselling services, published as a research report in 2024.
12. We began a partnership with The Love Tank, a queer-led Community Interest Company to deliver a new chemsex and other substances harm reduction programme.
13. We began delivery of a new group counselling service, supported by the City Bridge Foundation. In the first year we delivered seven groups including targeted groups for GBT men, LBT women, and trans and nonbinary people.
14. We worked with the Media Trust through their Stronger Voices programme which supports third sector organisations to strengthen their communications activity.



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

### **Board of Trustees Report - Continued**

#### **For the year ended 31 March 2025**

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#### **Charitable activities within the year**

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

##### ***Counselling and mental health support***

346 clients received contracted counselling during the year, of which 70 attended our new group counselling service. A total of 62 volunteers supported delivery of the counselling service throughout the year. The service engaged 9 clinical supervisors, and 4 new group counsellors supported the new group counselling service. Frequent issues addressed through counselling included common mental health issues such as anxiety; depression; and stress; plus, relationships; self-esteem; loneliness; and isolation. 46% of clients discussed coming out. 58% of clients discussed their sexual orientation and a quarter discussed their gender identity. 24% indicated their gender identity was different to that typically associated with their sex recorded at birth.

##### ***Antidote – Drug and Alcohol Services***

Our drug and alcohol service, Antidote, continued to deliver support during the year. 441 people receiving support, which represented an increase of 18% from the previous year. We also saw the highest number of new clients at 348. Antidote was supported by 31 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 five drug and alcohol recovery workers, three of which were 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. We also appointed a recovery worker to lead our pilot with HMPPS. Our long-term Manager of our drug and alcohol service Antidote retired in November 2024 after 25 years connected to the service in its former incarnations managed by Turning Point and since transferring to London Friend in 2011, who was replaced by our Assistant Manager.

##### ***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. 583 people received support through groups in 2024/25, and we ran 250 groups. 90 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 123 people during the year, 21% of all group clients. This reflects the increasing number of trans and non-binary people the charity supports.



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

### **Board of Trustees Report - Continued**

**For the year ended 31 March 2025**

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#### **Charitable activities within the year – *continued***

##### **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 service 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. Clients seen as part of these 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 5 administration volunteers throughout the year.

##### ***Community Centre and Meeting Space***

The organisation provides free and low-cost meeting and social space for external groups and organisations within the LGBT community to use. During this year we have hosted Stonewall Housing; Beaumont Society; SM Dykes; Queer Book Club; London International Lesbians Book Club; CMA; LGBTQ Carers; and Queer China.

##### ***Training***

124 volunteers attended in-house training during the year; 21 volunteer training courses were provided during the year with topics including trans awareness; neurodiversity; eating disorders; suicide prevention; psychosexual issues; GHB/GBL detox and residential treatment options; motivational interviewing; and specialist CPD for counsellors. managing psychosis; chemsex; digital safety; working with trauma; and suicide prevention. 17 training sessions were provided to external agencies, with around 200 attendees, including representatives from sexual health and drug and alcohol treatment agencies.



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

### **Board of Trustees Report - Continued**

#### **For the year ended 31 March 2025**

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##### **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 to 6 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 £587,568 of which £130,000 has been designated by the trustees. £50,000 has been designated for the freehold property maintenance fund and £80,000 has been designated as the salary cost commitment on the charity's behalf.

##### **Looking forward to 2025/26**

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 planning to invest some of our unrestricted reserves on further development for the charity.

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; this has been extended to March 2026. We are also delighted to have been further funded by the National Lottery Community Fund to continue and expand our mental health partnership with elop and LGBT HERO, which is funded for five years from April 2025. We're also pleased to have embarked on a new partnership with The Love Tank to deliver a new harm reduction initiative which will continue into 2025/26.

##### **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
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Independent Examiner	Brown Warner LLP 38 Northgate, Newark-on-Trent, Nottinghamshire, NG24 1EZ
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## **FRIEND COUNSELLING (LONDON) LTD (KNOWN AS LONDON FRIEND)**

### **Board of Trustees Report - Continued**

**For the year ended 31 March 2025**

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#### **Reference and administration details - *continued***

##### **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:

<b>Trustees</b>	Mubeen Ahmed (Chair) Rachel Croshaw (Appointed 1 <sup>st</sup> August 2025) Joshua De Luna Olivia Andrews (Resigned 10 <sup>th</sup> September 2025) Vivienne Smith Jonas Thompson-McCormick (Resigned 6 <sup>th</sup> March 2025)
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<b>Chief Executive</b>	Monty Moncrieff MBE
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##### **Structure, governance and management**

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



**Board of Trustees Report - Continued**

**For the year ended 31 March 2025**

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**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.

**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:

10-12-2025

**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 2025**

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I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 March 2025.

**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: 16 December 2025*



**Friend Counselling (London) Limited (Known as London Friend)**  
**Statement of Financial Activities (including Income and Expenditure Account)**  
**for the year ended 31 March 2025**

		Unrestricted funds				
		General	Designated	Restricted	2025	2024
	Note	fund	funds	funds	total	total
		£	£	£	£	£
<b>Income</b>						
Donations & Legacies	3	91,689	-	6,023	97,712	155,356
Grants	4	-	-	249,546	249,546	187,979
<i>Income from charitable activities</i>						
Service funding	5	34,897	-	354,218	389,115	345,110
Training & talks		13,700	-	-	13,700	10,112
Rental income		230	-	-	230	555
<i>Investment income</i>	6	11,987	-	-	11,987	9,593
<b>Total incoming resources</b>		<u>152,503</u>	<u>-</u>	<u>609,787</u>	<u>762,290</u>	<u>708,705</u>
<b>Expenditure</b>						
<i>Costs of raising funds</i>		439	-	-	439	-
<i>Expenditure on charitable activities</i>		88,134	-	596,432	684,566	614,962
<b>Total resources expended</b>	8	<u>88,573</u>	<u>-</u>	<u>596,432</u>	<u>685,005</u>	<u>614,962</u>
<b>Net (outgoing)/incoming resources before transfers, being net (expenditure)/income for the year</b>		63,930	-	13,355	77,285	93,743
Gross transfers between funds	14 15	(90,014)	90,000	14	-	-
<b>Net movement in funds</b>		<u>(26,084)</u>	<u>90,000</u>	<u>13,369</u>	<u>77,285</u>	<u>93,743</u>
Total funds brought forward at 1 April 2024		483,652	40,000	39,888	563,540	469,797
<b>Total funds carried forward at 31 March 2025</b>		<u>457,568</u>	<u>130,000</u>	<u>53,257</u>	<u>640,825</u>	<u>563,540</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 2025**

	Note	£	2025 £	£	2024 £
<b>Fixed assets</b>					
Tangible assets	10		133,535		144,947
<b>Current assets</b>					
Debtors	11	136,188		162,680	
Cash at bank and in hand		519,646		407,864	
		<u>655,834</u>		<u>570,544</u>	
<b>Creditors: amounts falling due within one year</b>	12	(75,948)		(74,680)	
<b>Net current assets</b>			<u>579,886</u>		<u>495,864</u>
<b>Creditors: amounts falling due after more than one year</b>	13	(72,596)		(77,271)	
		<u>640,825</u>		<u>563,540</u>	
<b>The funds of the charity</b>					
Unrestricted income funds					
General			457,568		483,652
Designated	14		130,000		40,000
			<u>587,568</u>		<u>523,652</u>
Restricted income funds	15		53,257		39,888
<b>Total charity funds</b>			<u>640,825</u>		<u>563,540</u>

For the financial year ended 31 March 2025 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 10-12-2025



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 2025**

**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 2025**

**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 2025**

**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 Critical accounting estimates and judgements**

In the application of the charitable group's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

**3 Donations and legacies**

	Unrestricted funds			2025 total £	2024 total £
	General fund £	Designated funds £	Restricted funds £		
Individual/Organisations donations	82,493	-	2,382	84,875	133,700
Gift Aid reclaimed	9,196	-	-	9,196	14,734
Legacies and bequests	-	-	3,641	3,641	6,922
	<u>91,689</u>	<u>-</u>	<u>6,023</u>	<u>97,712</u>	<u>155,356</u>

**Friend Counselling (London) Limited (Known as London Friend)**  
**Notes to the financial statements**  
**for the year ended 31 March 2025**

**4 Grants**

	Unrestricted funds		Restricted funds £	2025 total £	2024 total £
	General fund £	Designated funds £			
<b>Antidote Service</b>					
The Henry Smith Charity	-	-	59,800	59,800	59,000
Lloyds Bank Foundation	-	-	-	-	13,995
<b>50th Anniversary</b>					
The National Lottery Heritage Fund	-	-	-	-	(2,302)
<b>Supporting LGBTQ+ Older People</b>					
The Mercers' Company	-	-	33,000	33,000	-
<b>New Group Counselling Service</b>					
City Bridge Foundation	-	-	39,460	39,460	-
<b>Mental Health &amp; Well Being</b>					
Blooming with Pride -The National Lottery Community Fund	-	-	117,286	117,286	117,286
	<u>-</u>	<u>-</u>	<u>249,546</u>	<u>249,546</u>	<u>187,979</u>

**5 Service Funding**

	Unrestricted funds		Restricted funds £	2025 total £	2024 total £
	General fund £	Designated funds £			
<b>Antidote Service</b>					
Turning Point -City & Hackney	-	-	45,000	45,000	42,500
Turning Point - Hammersmith & Fulham	-	-	45,000	45,000	45,000
Turning Point - Bi Borough Westminster, Kensington & Chelsea	-	-	40,000	40,000	39,996
Lambeth & Southwark Chemsex	-	-	30,000	30,000	30,000
HMPPS Chemsex	-	-	50,527	50,527	19,939
Islington Public Health - Chemsex	-	-	8,000	8,000	-
Islington Community Recovery Project Fund	-	-	4,600	4,600	-
The Love Tank - Therapeutic Support	-	-	1,875	1,875	-
<b>Sexual Health</b>					
Turning Point-SASH	-	-	96,096	96,096	93,917
<b>Domestic Abuse</b>					
GALOP-Domestic Abuse Partnership	-	-	33,120	33,120	33,019
<b>Counselling income</b>	34,897	-	-	34,897	40,739
	<u>34,897</u>	<u>-</u>	<u>354,218</u>	<u>389,115</u>	<u>345,110</u>

**6 Investment Income**

	2025 total £	2024 total £
Bank interest receivable	<u>11,987</u>	<u>9,593</u>

**Friend Counselling (London) Limited (Known as London Friend)**  
**Notes to the financial statements**  
**for the year ended 31 March 2025**

7 Allocation of support costs	Direct	Costs of	Governance	2025	2024
	charitable expenditure	generating voluntary income		total	total
	£	£	£	£	£
The charity has allocated its support costs:					
IT costs	17,150	-	-	17,150	15,759
Stationery, Postage and Courier	891	-	-	891	764
Photocopier	855	-	-	855	580
Affiliation and membership fees	1,637	-	-	1,637	573
Financial management	10,934	-	-	10,934	12,117
	<u>31,467</u>	<u>-</u>	<u>-</u>	<u>31,467</u>	<u>29,793</u>
8 Resources expended	Staff costs	Direct costs	Support costs	2025 total	2024 total
	£	£	£	£	£
<b>Costs of generating funds</b>					
Fundraising and marketing	-	439	-	439	-
<b>Charitable expenditure</b>					
<b>Antidote Service</b>					
Lloyds Bank Foundation	-	-	-	-	16,437
The Henry Smith Charity	52,100	6,500	1,200	59,800	59,000
Individuals	6,023	-	-	6,023	2,750
Turning Point-City & Hackney Recovery	45,000	14	-	45,014	42,500
Turning Point- Hammersmith & Fulham	45,000	-	-	45,000	45,000
Turning Point - Bi Borough Westminster, Kensington & Chelsea	40,000	-	-	40,000	39,996
Lambeth, & Southwark Chemsex	26,900	2,100	1,000	30,000	30,000
HMPPS Chemsex Pilot	38,118	9,470	3,090	50,678	19,788
Islington Public Health - Chemsex	7,500	500	-	8,000	-
Islington Community Recovery Project Fund	4,000	81	-	4,081	-
The Love Tank - Therapeutic Support	1,200	675	-	1,875	-
<b>New Group Counselling Service</b>					
City Bridge Foundation	20,860	16,800	800	38,460	-
<b>Sexual Health</b>					
Turning Point-SASH	94,905	979	212	96,096	93,917
<b>Supporting LGBTQ+ Older People</b>					
The Mercers' Company	16,175	325	-	16,500	-
<b>Domestic Abuse</b>					
GALOP - Domestic Abuse Partnership	29,300	3,220	600	33,120	33,019
<b>Covid - London Community Response Fund</b>					
City Bridge Trust - Wave 3	-	-	-	-	1,063
<b>Mental Health &amp; Well Being</b>					
Blooming with Pride -The National Lottery	43,214	68,097	6,036	117,347	162,071
<b>50th Anniversary</b>					
The National Lottery Heritage Fund	-	-	-	-	1,273
Other charitable expenditure	26,064	40,799	18,529	85,392	60,968
Governance	-	7,180	-	7,180	7,180
	<u>496,359</u>	<u>157,179</u>	<u>31,467</u>	<u>685,005</u>	<u>614,962</u>

Included in resources expended are: A charge for depreciation amounting to £12,567 (2024: £14,370)



**Friend Counselling (London) Limited (Known as London Friend)**  
**Notes to the financial statements**  
**for the year ended 31 March 2025**

**8 Resources expended - Continued**

<b>Governance</b>	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Independent review and statutory accounts	6,000	6,000
Board expenses	1,180	1,180
	<u>7,180</u>	<u>7,180</u>

**9 Staff costs**

<b>Staff costs amounted to:</b>	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Wages and salaries	440,991	377,179
Social security costs	38,439	30,780
Pension	16,929	12,389
	<u>496,359</u>	<u>420,348</u>
Recruitment and payroll costs	-	1,591
	<u>496,359</u>	<u>421,939</u>

The average monthly number of employees during the year was 16 (2024:14).

The number employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	<b>2025</b>	<b>2024</b>
£60,001 - £70,000	<u>1</u>	<u>-</u>

**Key Management Personnel**

The key management personnel of the charitable company comprise the Board of Trustees and the Chief Executive. The total employee benefits of the key management personnel of the charity were £61,913 (2024: £59,352).

No remuneration was paid to Trustees during either year. No expenses were reimbursed to Trustees during 2025 (2024: £380). Trustees insurance of £850 was paid during 2024 (2024: £800)

**10 Tangible fixed assets**

	<b>Freehold Property £</b>	<b>Furniture and Fittings £</b>	<b>Equipment £</b>	<b>Total £</b>
<b>Cost</b>				
At 1 April 2024	221,850	5,666	22,467	249,983
Additions	-	-	1,155	1,155
Disposals	-	-	(186)	(186)
At 31 March 2025	<u>221,850</u>	<u>5,666</u>	<u>23,436</u>	<u>250,952</u>
<b>Depreciation</b>				
At 1 April 2024	77,493	5,666	21,877	105,036
Charge for the year	12,021	-	546	12,567
Disposals	-	-	(186)	(186)
At 31 March 2025	<u>89,514</u>	<u>5,666</u>	<u>22,237</u>	<u>117,417</u>
<b>Net book value</b>				
At 31 March 2025	<u>132,336</u>	<u>-</u>	<u>1,199</u>	<u>133,535</u>
At 1 April 2024	<u>144,357</u>	<u>-</u>	<u>590</u>	<u>144,947</u>



**Friend Counselling (London) Limited (Known as London Friend)**  
**Notes to the financial statements**  
**for the year ended 31 March 2025**

<b>11 Debtors</b>	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Trade Debtors	88,828	126,555
Other Debtors	23,836	14,641
Prepayments and accrued income	23,524	21,484
	<u>136,188</u>	<u>162,680</u>

  

<b>12 Creditors: amounts falling due within one year</b>	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Mortgage	4,677	4,384
Trade creditors	14,167	5,530
Other Taxes and Social Security	10,922	9,065
Other creditors	3,894	3,894
Deferred Income	28,975	39,095
Accruals	13,313	12,712
	<u>75,948</u>	<u>74,680</u>

  

<b>13 Creditors: amounts falling due after more than one year</b>	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Secured Mortgage (falling due in less than 5 years)	22,059	20,675
Secured Mortgage (falling due after 5 years)	50,537	56,596
	<u>72,596</u>	<u>77,271</u>

At 31 March 2025 a mortgage totalling £77,273 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.

**14 Designated funds**

	<b>Balance at 1 April 2024 £</b>	<b>Incoming resources £</b>	<b>Resources expended £</b>	<b>Transfers £</b>	<b>Balance at 31 March 2025 £</b>
Staff costs fund	40,000	-	-	40,000	80,000
Freehold maintenance fund	-	-	-	50,000	50,000
	<u>40,000</u>	<u>-</u>	<u>-</u>	<u>90,000</u>	<u>130,000</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.

**Freehold maintenance fund**

The trustees designated a sum for freehold building maintenance.

**Friend Counselling (London) Limited (Known as London Friend)**  
**Notes to the financial statements**  
**for the year ended 31 March 2025**

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2025 £
<b>15 Restricted funds</b>					
<b><u>Capital</u></b>					
<b><u>Capital Expenditure - Property Appeal</u></b>	39,676	-	(4,438)	-	35,238
<b><u>Antidote</u></b>					
Henry Smith Foundation	-	59,800	(59,800)	-	-
Individuals	-	6,023	(6,023)	-	-
Turning Point - City & Hackney	-	45,000	(45,014)	14	-
Turning Point - Hammersmith & Fulham	-	45,000	(45,000)	-	-
Turning Point - Bi Borough Westminster, Kensington & Chelsea	-	40,000	(40,000)	-	-
Lambeth & Southwark Chemsex	-	30,000	(30,000)	-	-
HMPPS Chemsex Pilot	151	50,527	(50,678)	-	-
Islington Public Health - Chemsex	-	8,000	(8,000)	-	-
Islington Community Recovery Project Fund	-	4,600	(4,081)	-	519
The Love Tank - Therapeutic Support	-	1,875	(1,875)	-	-
<b><u>New Group Counselling Service</u></b>					
City Bridge Foundation	-	39,460	(38,460)	-	1,000
<b><u>Sexual Health</u></b>					
Turning Point - SASH	-	96,096	(96,096)	-	-
<b><u>Supporting LGBTQ+ Older People</u></b>					
The Mercers' Company	-	33,000	(16,500)	-	16,500
<b><u>Domestic Abuse</u></b>					
GALOP	-	33,120	(33,120)	-	-
<b><u>Mental Health &amp; Well Being</u></b>					
Blooming with Pride - The National Lottery Community Fund	61	117,286	(117,347)	-	-
	<u>39,888</u>	<u>609,787</u>	<u>(596,432)</u>	<u>14</u>	<u>53,257</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 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.



**Friend Counselling (London) Limited (Known as London Friend)**  
**Notes to the financial statements**  
**for the year ended 31 March 2025**

**15 Restricted funds (continued)**

**HMPPS Chemsex Pilot**

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

**Domestic Abuse**

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

**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.

**Islington Public Health - Chemsex**

This represents funding from Islington Council for a pilot set of interventions to support people around chemsex.

**Islington Community Recovery Project Fund**

This represents funding from Islington Council's local drug and alcohol recovery grant fund to deliver new chemsex interventions and capacity building work with local services.

**The Love Tank - Peer Mobiliser Project**

This represents funding from a new pilot peer mobiliser project led by The Love Tank; London Friend is providing dedicated therapeutic support where need is identified.

**Group Counselling**

This represents funding from City Bridge Foundation to develop a group counselling programme.

**Supporting LGBTQ+ Older People**

This represents funding from The Mercers' Company for work to support older LGBTQ+ people and reduce isolation.

**16 Analysis of net assets between funds**

	<b>Unrestricted funds</b>		<b>Restricted funds</b>	
	<b>General fund</b>	<b>Designated funds</b>	<b>funds</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Tangible fixed assets	98,297	-	35,238	133,535
Current assets	507,815	130,000	18,019	655,834
Current liabilities	(148,544)	-	-	(148,544)
	<u>457,568</u>	<u>130,000</u>	<u>53,257</u>	<u>640,825</u>

**17 Financial commitments**

At 31 March 2025 the company was committed to making the following payments under non-cancellable operating leases:

	<b>2025</b>		<b>2024</b>	
	<b>Building</b>	<b>Other</b>	<b>Building</b>	<b>Other</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<i>Minimum lease commitment expiring:</i>				
Within one year	-	2,752	-	2,752
2 to 5 years	-	3,810	-	6,562
Over 5 years	-	-	-	-
	<u>-</u>	<u>6,562</u>	<u>-</u>	<u>9,314</u>

**18 Related party transactions**

There were no disclosable related party transactions during the period.