

# Finding Hope Counselling

Northern Ireland · Charity number 109650

## Details

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**Status** Received

**Registered** 2023-06-14

**Register** [View on the Charity Commission for Northern Ireland register](#)

## Contact

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**Address** St Mary's Sexton Cottage  
Church Road  
Kilmood  
Newtownards  
BT23 6sa  
BT23 6SA

**Phone** 07478734554

**Website** [findinghopeni.org.uk](https://findinghopeni.org.uk)

## Activities

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**Purposes:** The Charity's objects are to promote the mental health and well-being of children and their families in rural communities within a 20-mile radius of Kilmood, County Down (the 'area of benefit') through offering self-regulation capacity building opportunities for families and individual children by providing counselling, resources and other therapeutic support to enhance mental health and increase resilience, including but not limited to providing: a) a safe space and an accessible counselling service for children and young people in the area of benefit, to assist them to process difficult emotions and learn new ways of thinking and connecting, which in turn will help avoid serious mental health problems in later life; b) therapeutic work with children and young people; c) holistic support for families, including educational sessions, mental wellbeing sessions and a safe space to process experiences; and d) a mental health hub to offer training, information and advice about counselling and resources.

**What the charity does:** The advancement of health or the saving of lives

**How the charity works:** Advice/advocacy/information,Community development,General charitable purposes

**Who the charity helps:** Adult training,Children (5-13 year olds),General public,Mental health,Physical disabilities,Preschool (0-5 year olds),Youth (14-25 year olds)

### Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|--------|-------------|--------|-----------|
| 2025-04-05 | £5,330 | £1,127      | £0     | 0         |

### Trustees

| Name                  | Role | Appointed |
|-----------------------|------|-----------|
| John                  |      |           |
| Mrs Hazel Anne Clarke |      |           |
| Mrs Judith McLaughlin |      |           |

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# Accounts

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## Receipts and payments accounts

|                        |            |    |            |  |
|------------------------|------------|----|------------|--|
| For the period<br>from | 05/04/2024 | To | 04/04/2025 |  |
|------------------------|------------|----|------------|--|

### Section A Receipts and payments

|                                                                                                   | Unrestricted<br>funds<br>to the nearest<br>£ | Restricted<br>funds<br>to the nearest £ | Endowment<br>funds<br>to the nearest £ | Total funds<br>to the nearest £ | Last year<br>to the nearest £ |
|---------------------------------------------------------------------------------------------------|----------------------------------------------|-----------------------------------------|----------------------------------------|---------------------------------|-------------------------------|
| <b>A1 Receipts</b>                                                                                |                                              |                                         |                                        |                                 |                               |
| Donations                                                                                         | 1 740                                        | -                                       | -                                      | 1 740                           | 2 278                         |
| Fundraising                                                                                       | 3 590                                        | -                                       | -                                      | 3 590                           | -                             |
| David Cross Foundation Grant                                                                      | -                                            | -                                       | -                                      | -                               | 5 000                         |
|                                                                                                   | -                                            | -                                       | -                                      | -                               | -                             |
|                                                                                                   | -                                            | -                                       | -                                      | -                               | -                             |
|                                                                                                   | -                                            | -                                       | -                                      | -                               | -                             |
|                                                                                                   | -                                            | -                                       | -                                      | -                               | -                             |
| <b>A1 Sub total</b> (Gross income for<br>the Annual Return)                                       | 5 330                                        | -                                       | -                                      | 5 330                           | 7 278                         |
| <b>A2 Asset and investment sales</b><br>(see tables 1 and 2 in section 7 of<br>the guidance).     |                                              |                                         |                                        |                                 |                               |
|                                                                                                   | -                                            | -                                       | -                                      | -                               | -                             |
|                                                                                                   | -                                            | -                                       | -                                      | -                               | -                             |
| <b>A2 Sub total</b>                                                                               | -                                            | -                                       | -                                      | -                               | -                             |
| <b>Total receipts</b>                                                                             | 5 330                                        | -                                       | -                                      | 5 330                           | 7 278                         |
| <b>A3 Payments</b>                                                                                |                                              |                                         |                                        |                                 |                               |
| Direct charitable activity                                                                        | 1 095                                        | -                                       | -                                      | 1 095                           | 4 700                         |
| Bank fees                                                                                         | 32                                           | -                                       | -                                      | 32                              | 5                             |
| Professional fees                                                                                 | -                                            | -                                       | -                                      | -                               | 296                           |
|                                                                                                   | -                                            | -                                       | -                                      | -                               | -                             |
|                                                                                                   | -                                            | -                                       | -                                      | -                               | -                             |
|                                                                                                   | -                                            | -                                       | -                                      | -                               | -                             |
|                                                                                                   | -                                            | -                                       | -                                      | -                               | -                             |
|                                                                                                   | -                                            | -                                       | -                                      | -                               | -                             |
| <b>A3 Sub total</b>                                                                               | 1 127                                        | -                                       | -                                      | 1 127                           | 5 001                         |
| <b>A4 Asset and investment<br/>purchases</b> (see tables 1 and 2 in<br>section 7 of the guidance) |                                              |                                         |                                        |                                 |                               |
|                                                                                                   | -                                            | -                                       | -                                      | -                               | -                             |
|                                                                                                   | -                                            | -                                       | -                                      | -                               | -                             |
| <b>A4 Sub total</b>                                                                               | -                                            | -                                       | -                                      | -                               | -                             |
| <b>Total payments</b>                                                                             | 1 127                                        | -                                       | -                                      | 1 127                           | 5 001                         |
| <b>Net of receipts/(payments)</b>                                                                 | 4 203                                        | -                                       | -                                      | 4 203                           | 2 277                         |
| <b>A5 Transfers between funds</b>                                                                 | -                                            | -                                       | -                                      | -                               | -                             |
| <b>A6 Cash funds last year end</b>                                                                | -                                            | -                                       | -                                      | -                               | -                             |
| <b>Cash funds this year end</b>                                                                   | 4 203                                        | -                                       | -                                      | 4 203                           | 2 277                         |

Section B Statement of assets and liabilities at the end of the period

| Categories    | Details                 | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ | Total funds<br>to nearest £ | Last year<br>to nearest £ |
|---------------|-------------------------|------------------------------------|----------------------------------|---------------------------------|-----------------------------|---------------------------|
| B1 Cash funds |                         | 6 476                              | -                                | -                               | 6 476                       | 2 273                     |
|               |                         | -                                  | -                                | -                               | -                           | -                         |
|               |                         | -                                  | -                                | -                               | -                           | -                         |
|               | <b>Total cash funds</b> | <b>6 476</b>                       | <b>-</b>                         | <b>-</b>                        | <b>6 476</b>                | <b>2 273</b>              |

(agree balances with receipts and payments account(s))

OK OK  
Make sure that Cash Balances match the Cash Funds in Section A

|                          | Details | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ | Total funds<br>to nearest £ | Last year<br>to nearest £ |
|--------------------------|---------|------------------------------------|----------------------------------|---------------------------------|-----------------------------|---------------------------|
| B2 Other monetary assets |         | -                                  | -                                | -                               | -                           | -                         |
|                          |         | -                                  | -                                | -                               | -                           | -                         |
|                          |         | -                                  | -                                | -                               | -                           | -                         |
|                          |         | -                                  | -                                | -                               | -                           | -                         |
|                          |         | -                                  | -                                | -                               | -                           | -                         |
|                          |         |                                    |                                  | Total                           | -                           | -                         |

|                      | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) | Last year |
|----------------------|---------|-----------------------------|-----------------|--------------------------|-----------|
| B3 Investment assets |         |                             | -               | -                        | -         |
|                      |         |                             | -               | -                        | -         |
|                      |         |                             | -               | -                        | -         |
|                      |         |                             | -               | -                        | -         |
|                      |         | Total                       | -               | -                        | -         |

|                                              | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) | Last year |
|----------------------------------------------|---------|-----------------------------|-----------------|--------------------------|-----------|
| B4 Assets retained for the charity's own use |         |                             | -               | -                        | -         |
|                                              |         |                             | -               | -                        | -         |
|                                              |         |                             | -               | -                        | -         |
|                                              |         |                             | -               | -                        | -         |
|                                              |         |                             | -               | -                        | -         |
|                                              |         |                             | -               | -                        | -         |
|                                              |         |                             | -               | -                        | -         |
|                                              |         |                             | -               | -                        | -         |
|                                              |         | Total                       | -               | -                        | -         |

|                | Details | Fund to which liability relates | When due (optional) | Amount due (optional) | Last year |
|----------------|---------|---------------------------------|---------------------|-----------------------|-----------|
| B5 Liabilities |         |                                 |                     | -                     | -         |
|                |         |                                 |                     | -                     | -         |
|                |         |                                 |                     | -                     | -         |
|                |         |                                 |                     | -                     | -         |
|                |         | Total                           |                     | -                     | -         |

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Date of approval