

REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST OCTOBER 2019  
FOR  
THE ROCK CLINIC ASSOCIATION

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

**THE ROCK CLINIC ASSOCIATION**

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FOR THE YEAR ENDED 31ST OCTOBER 2019**

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**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31ST OCTOBER 2019**

The trustees present their report with the financial statements of the charity for the year ended 31st October 2019. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2015).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The Rock Clinic Association aims to provide psychological and counselling services to the general public and to provide placement opportunities for those training in the field.

The Trustees are satisfied that they have complied with the duty in section 17(5) of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission.

**Significant activities**

As well as providing a specific service for those affected by substance misuse and the experience of boarding school, which have been successfully running since the autumn, we are now expanding the service delivery aspect of our work. With an enhanced and expanded online and video conferencing, therapeutic service we are able to offer support those who move away, live abroad with limited access to therapy, or who have a range of disabilities that prevent attendance face-to-face. Yet again this initiative means that many more people are able to access good quality psychological support and therapy.

Specialist services now consist of:

- |                            |                          |
|----------------------------|--------------------------|
| - Third Age Therapy        | - Couple and family work |
| - Addiction                | - Young People           |
| - Boarding School survivor | - Online Therapy         |
| - Workplace Counselling    | - Employee Assistance    |

We have also finally achieved our goal of the paperless office and with an enhanced system of cycle security we hope we are contribute to climate change initiatives in a positive way:

- Online Diary and Booking system via Simply Book
- Intranet communications, referrals and client notes using Microsoft 365 - Outlook and SharePoint:
- Invoicing via Invoice Ninja.
- Clinic information and training manual on Therapist access to SharePoint.
- Cycle stands.

Both clinics have benefitted from a comprehensive re-decoration and refurbishment with Rock East in particular having a total room upgrade which was quite overdue.

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31ST OCTOBER 2019**

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities**

As one of the leading providers of psychological services in the City, The Rock Clinic continues to offer affordable therapy within an average two-to three-week period in a range of well researched therapeutic modalities including Psychodynamic, CBT, Integrative, EMDR, Body and Yoga therapy. Therapy is conducted with a range of price options so that costings, based on the experience of the therapist, never needs to be mean tested. As a charity all costs are kept as low as possible as is appropriate for a not-for-profit organisation.

'Both the initial evaluation and then my treatment was carried out by incredibly proficient, knowledgeable and professional therapists. There was never any doubt in my mind about their approach and expertise.'

'I felt instantly at ease with XXX and my mental health improvement is in no small measure down to her empathy and consideration. She built up my confidence and made me feel good about myself again. She had no problem with my emotional outbursts, and she put up with my sense of humour too. I always felt that she was on my side. I cannot recommend her highly enough. Whether by luck or design it was a very good match.'

During this year our feedback and evaluation records that we have:

- 1224 available spaces
- Client take-up is just over 1000
- Approximately 100 cancellations
- 40 assessments

Clients continue to report high levels of satisfaction: 75% stating that therapy is one of the most significant features in helping them resolve their difficulties.

We have continued to provide CPD programmes to ensure staff remain on top of developments, and this year upgraded our clinical supervision training for to meet the requirements for the British Association for Psychoanalytic and Psychodynamic Supervision membership (BAPPS: <https://www.supervision.org.uk/>). We continue to offer networking events to help our 120 therapists meet up and share experiences, with a Christmas Party and lovely July Social making good use of the wonderful summer and the ever-popular quiz night. Once again, we took part in the annual Brighton Pride Parade demonstrating our commitment to the life and health of the people of Brighton, Hove and Sussex.

**FINANCIAL REVIEW**

**Reserves policy**

The board have determined that the unrestricted funds held by the charity should be in excess of 3 months running costs.

The 2018-19 revenue is up by over 20k which is 7% up on the previous year. There has been a large increase in Assessments currently provided at the Clinic to meet public demand, which in turn has meant a rise in income and therapists providing more clinical hours.

We have been able to build a surplus fund to enable the Clinic to be financially secure during any holiday periods, along with any unforeseen circumstances that could arise.

During the 2018-2019 financial year we were able to implement the following enhancements and improvements:-

- Receptionist on Saturdays at Rock West
- Re-decoration of all internal areas of Rock East including office
- New chairs for Rock West
- Building works and new window in Reception Area at Rock West
- New Boiler at Rock West
- Re-decoration of Rock East Rooms 5&6
- Rock West Repairs to Rooms 2,4 & 5
- Additional Cleaning at both Clinics



REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31ST OCTOBER 2019

**STRUCTURE, GOVERNANCE AND MANAGEMENT****Governing document**

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

**Recruitment and appointment of new trustees**

New trustees are selected on the basis of the contribution that they will make to the governance of the organisation and the skills they will contribute.

**Induction and training of new trustees**

New trustees are provided with copies of the Charity Commission's guidance to trustees and given an introduction to the activities of the charity by the existing board. Existing trustees are provided with training as and when required.

**REFERENCE AND ADMINISTRATIVE DETAILS****Registered Charity number**

1057328

**Principal address**

270 Eastern Road  
Brighton  
East Sussex  
BN2 5TA

**Trustees**

N Masani  
M Sawyer  
R Hooton  
Ms A Coates  
D Keighley  
R Scott  
G Evident (appointed 12/12/18)  
R Camera (resigned 30/6/19)

**Independent Examiner**

Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

Approved by order of the board of trustees on 24<sup>th</sup> August 2020 and signed on its behalf by:

  
D Keighley - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
THE ROCK CLINIC ASSOCIATION**

**Independent examiner's report to the trustees of The Rock Clinic Association**

I report to the charity trustees on my examination of the accounts of The Rock Clinic Association (the Trust) for the year ended 31st October 2019.

**Responsibilities and basis of report**

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of \_ which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Annette Watson

Annette Watson PhD BSc FCA  
Parkers  
Cornelius House  
178-180 Church Road  
Hove  
East Sussex  
BN3 2DJ

Date: .....24th August 2020.....

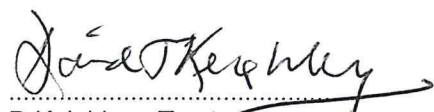
STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31ST OCTOBER 2019

	Notes	2019 Unrestricted fund £	2018 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies		620	1,578
<b>Charitable activities</b>			
Clinic		300,075	276,526
<b>Total</b>		<b>300,695</b>	<b>278,104</b>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Clinic		276,722	268,162
<b>NET INCOME</b>		<b>23,973</b>	<b>9,942</b>
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		33,454	23,512
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>57,427</b>	<b>33,454</b>

**BALANCE SHEET**  
**31ST OCTOBER 2019**

	Notes	2019 Unrestricted fund £	2018 Total funds £
<b>FIXED ASSETS</b>			
Tangible assets	4	11,873	12,469
<b>CURRENT ASSETS</b>			
Debtors	5	51,499	47,499
Cash at bank		18,007	4,409
		<u>69,506</u>	<u>51,908</u>
<b>CREDITORS</b>			
Amounts falling due within one year	6	(23,952)	(27,609)
<b>NET CURRENT ASSETS</b>		<u>45,554</u>	<u>24,299</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>57,427</u>	<u>36,768</u>
<b>CREDITORS</b>			
Amounts falling due after more than one year	7	-	(3,314)
<b>NET ASSETS/(LIABILITIES)</b>		<u>57,427</u>	<u>33,454</u>
<b>FUNDS</b>	9		
Unrestricted funds		57,427	33,454
<b>TOTAL FUNDS</b>		<u>57,427</u>	<u>33,454</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 24<sup>th</sup> August 2020 and were signed on its behalf by:



D Keighley - Trustee



**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31ST OCTOBER 2019**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 15% on reducing balance
Computer equipment	- 33% on cost

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31ST OCTOBER 2019**

**2. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31st October 2019 nor for the year ended 31st October 2018.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31st October 2019 nor for the year ended 31st October 2018.

**3. STAFF COSTS**

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

	2019	2018
Administrative	4	3
Clinic	1	1
	<u>5</u>	<u>4</u>

No employees received emoluments in excess of £60,000.

**4. TANGIBLE FIXED ASSETS**

	Plant and machinery £	Computer equipment £	Totals £
<b>COST</b>			
At 1st November 2018	37,100	17,476	54,576
Additions	1,220	566	1,786
	<u>38,320</u>	<u>18,042</u>	<u>56,362</u>
At 31st October 2019	38,320	18,042	56,362
<b>DEPRECIATION</b>			
At 1st November 2018	25,030	17,077	42,107
Charge for year	1,994	388	2,382
	<u>27,024</u>	<u>17,465</u>	<u>44,489</u>
At 31st October 2019	27,024	17,465	44,489
<b>NET BOOK VALUE</b>			
At 31st October 2019	<u>11,296</u>	<u>577</u>	<u>11,873</u>
At 31st October 2018	<u>12,070</u>	<u>399</u>	<u>12,469</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31ST OCTOBER 2019**

**5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2019	2018
	£	£
Trade debtors	51,153	47,161
Prepayments and accrued income	346	338
	<u>51,499</u>	<u>47,499</u>

**6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2019	2018
	£	£
Bank loans and overdrafts (see note 8)	3,314	3,214
Trade creditors	2,797	4,625
Taxation and social security	860	1,091
Other creditors	16,981	18,679
	<u>23,952</u>	<u>27,609</u>

**7. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR**

	2019	2018
	£	£
Bank loans (see note 8)	-	3,314
	<u>-</u>	<u>3,314</u>

**8. LOANS**

An analysis of the maturity of loans is given below:

	2019	2018
	£	£
Amounts falling due within one year on demand:		
Bank loans	3,314	3,214
Other loans	16,300	17,800
	<u>19,614</u>	<u>21,014</u>
Amounts falling between one and two years:		
Bank loans - 1-2 years	-	3,314
	<u>-</u>	<u>3,314</u>

**9. MOVEMENT IN FUNDS**

	At 1/11/18 £	Net movement in funds £	At 31/10/19 £
<b>Unrestricted funds</b>			
General fund	33,454	23,973	57,427
	<u>33,454</u>	<u>23,973</u>	<u>57,427</u>
<b>TOTAL FUNDS</b>	<u>33,454</u>	<u>23,973</u>	<u>57,427</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31ST OCTOBER 2019**

**9. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	300,695	(276,722)	23,973
<b>TOTAL FUNDS</b>	<u>300,695</u>	<u>(276,722)</u>	<u>23,973</u>

**Comparatives for movement in funds**

	At 1/11/17 £	Net movement in funds £	At 31/10/18 £
<b>Unrestricted funds</b>			
General fund	23,512	9,942	33,454
<b>TOTAL FUNDS</b>	<u>23,512</u>	<u>9,942</u>	<u>33,454</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	278,104	(268,162)	9,942
<b>TOTAL FUNDS</b>	<u>278,104</u>	<u>(268,162)</u>	<u>9,942</u>

**10. RELATED PARTY DISCLOSURES**

Included in trade debtors is £3,370 (2018 - £5,346) which is owing by Andrea Coates, a trustee of the charity.