

**Community Counselling**

**Accounts for the year ended**

**31st May 2021**

**Community Counselling  
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**Accounts for the  
Year to 31st May 2021**

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<b>Community Counselling Trustees Report Year to 31st May 2021</b>
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**Reference And Administration Details**

The name of the charity is: Community Counselling.

Charity registration number is: 1049519

The address of the charity is: St. Bartholomews Church & Centre, 292b Barking Road, London, E6 3BA

The Trustees who served during the year and are current at the report approval date are:

**Served during the year**

Sally Jane Higgs

Rosemary Margaret Williams

Lova Rajaonarimanana

Anja Frykegard

Damian Castello (chair)

Vincent Foxcroft

Annabel Emma Jane Katherine Buck

Susan Kelly

Marilyn Elizabeth Oscar

Lisa Marie Vann

Sharon Patricia Anderson

**Current at report approval date**

Clare Hawes

Jennie O'Connor

Michelle Roddy

Maria Spyrou

The Trustees have had regard to Charity Commission guidance on public benefit.

**Aims and Objects**

Community Counselling has been working in the London Borough of Newham for over 30 years. We provide one-to-one counselling for anyone in East London who is suffering from psychological distress that threatens their mental and emotional health and wellbeing, such as depression, anxiety, feelings of loneliness and isolation, bereavement, childhood trauma and low self-esteem. We are an independent voluntary organisation and are able to offer low-cost medium and long-term counselling, sometimes supporting clients over several years. We do not receive any public funding and our counsellors offer their time without charging. In the current year we have 26 counsellors working with us and currently see 90 clients a week.

**Structure**

We are a collective of qualified counsellors and counsellors in training who volunteer our services part-time. We are an organisational member of the BACP (British Association for Counselling and Psychotherapy) and work within their guidelines for good practice.

Our structure is defined by the Constitution which was adopted on 13<sup>th</sup> February 2016. The quarterly meeting is our main decision-making body, supported by smaller Clinical Issues and Service Delivery groups. Our trustees are elected at our Annual General Meeting from our body of counsellors, who are given a detailed induction and introduction to our policies and procedures at their initial supervision session. We have a team of four qualified supervisors who provide monthly low-cost supervision. All our counsellors are further supported by monthly peer supervision groups and, when possible, by free quarterly continuing professional development workshops.

<b>Community Counselling Trustees Report (continued) Year to 31st May 2021</b>
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**Activities, achievements and performance**

In the year 2020/21 we assessed 130 clients and on average our team of 26 counsellors was seeing 90 clients per week. At the start of the Covid pandemic we were able to move rapidly to working remotely, either by Zoom or by telephone. Our counsellors took the BACP course *How to do counselling online: a coronavirus primer*, to familiarise themselves with this new way of working. Ten student counsellors completed their placements with us and qualified and of these, five moved on to work elsewhere. We are grateful to those qualified counsellors who continue to volunteer with us. We were able to offer placements to six new counselling students and took on one more qualified counsellor.

**Financial review and funds**

Community Counselling continues to support clients who are unable to meet the cost of counselling charged by private practitioners. We have been able to keep our fees low (most clients pay £10 per session) and we aim to be able to support a few clients who are unable to pay at all. One of our counsellors raised £12,000 through the philanthropy department at her workplace and the Charities Aid Foundation. We also received a small grant of £2,415 from London Borough of Newham's Covid-19 Community Grant, which we put towards the cost of supervision for our counsellors. This has helped us to retain our experienced counsellors and support those counsellors who have also suffered financial hardship because of the pandemic.

The trustees have a policy to retain sufficient reserves to be able to fund activities for the year ahead. Reserves held at 31st May 2021 totalled £26,386.

Rm Williams

Rosie Williams  
Secretary, Community Counselling  
5<sup>th</sup> March 2022

**Community Counselling  
Receipts and Payments Account  
Year to 31st May 2021**

	Year to 31st May 2021			Year to 31st May 2020		
	£	£	£	£	£	£
	Total	Restricted	Unrestricted	Total	Restricted	Unrestricted
<b>Receipts</b>						
Donations	25,793		25,793	12,042		12,042
Members fees contribution	0		0	200		200
Fundraising	12,006		12,006	577		577
Grant	2,415	2,415	0	0		0
Interest received	0		0	1		1
	40,214	2,415	37,799	12,820	0	12,820
<b>Payments</b>						
Rent	0		0	12,380		12,380
Professional body membership fee	264		264	240		240
Telephone	336		336	337		337
Printing, postage & stationery	10		10	110		110
Workshop expenses	75		75	0		0
Administrative cost	4,083		4,083	0		0
Supervision cost	10,881	2,415	8,466	0		0
Volunteer expenses	11,651		11,651	0		0
	27,300	2,415	24,885	13,067	0	13,067
<b>Surplus/-Deficit for the year</b>	12,914	0	12,914	-247	0	-247

<b>Community Counselling</b> <b>Statement of Assets and Liabilities</b> <b>At 31st May 2021</b>
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	<u>2021</u>	<u>2020</u>
	<u>£</u>	<u>£</u>
<b>Assets</b>		
Bank account balances	26,386	13,472
<b>Net assets</b>	26,386	13,472
<b>Reserves</b>		
Unrestricted Funds		
As at 1st June 2020	13,472	13,719
Surplus/-Deficit for year	12,914	-247
	26,386	13,472
Restricted Funds (see note 2)		
As at 1st June 2020	0	0
Surplus/-Deficit for year	0	0
	0	0
<b>Total reserves</b>	26,386	13,472

Accounts approved by:

R M Williams

Rosie Williams  
(Secretary)

Date of approval

11th March 2022

<b>Community Counselling</b> <b>Notes to the accounts</b> <b>For the year to 31st May 2021</b>
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### 1 Accounting policies

These accounts are prepared on a receipts and payments (rather than accruals) basis.

The income and expenditure shown therefore reflects the cash/bank receipts and payments during the period.

### 2 Restricted funds

	<b>Covid-19 Community Grant</b>
Reserves at 1st June 2020	0
Income	2,415
Expenditure	-2,415
Reserves at 31st May 2021	0

### 3 Payments to trustees

During the year, some trustees were paid for services provided (at far below normal commercial rates) to the charity in respect of counselling, supervision and administrative work. There are now agreements in place between the charity and trustees who are paid for providing services and there have been changes to the board of trustees to ensure that the majority of trustees are not paid.



**Community Counselling**  
**Independent Examiner's Report to the Trustees of Community Counselling**  
**For the year to 31st May 2021**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st May 2021, which are set out on pages 1 to 5.

**Responsibilities and basis of report**

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

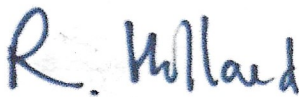
I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's report**

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 charity as required by section 130 of the Act; or
2. the accounts do not accord with those records

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.



R M Holland FCA BSc (Econ)

11th March 2022

Holland Harper LLP  
Chartered Accountants  
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Battle  
East Sussex  
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