

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST OCTOBER 2021
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 2021**

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THE ROCK CLINIC ASSOCIATION
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST OCTOBER 2021

The trustees present their report with the financial statements of the charity for the year ended 31st October 2021. 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 2019).

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

This year has, of course, again been characterised by Covid-19 and the repeat lockdowns experienced by the whole of the UK. Thanks to our pre-existing experience of delivering therapy via video conferencing, we were able to move all sessions online from March 2020 and this continued throughout 2021 as the various lockdowns were imposed and then lifted.

'How concise information was relayed through my therapist about the clinic (even through a pandemic). My overall experience with the therapist week after week was pleasant and professional.'

On average we conducted over 4,000 sessions each month with fewer cancellations thanks to the web-based provision. We saw over 120 new clients a month for an initial interview, and also still online with clients reporting high levels of satisfaction with the service overall.

'Efficient and timely appointments. Great range of services and impressive first consultation. Affordable and consistent.'

Nevertheless, there was a lot of caution and both clients and therapists were slow to return to in-person working. However, as essential health and social care staff we were able to support our therapists in getting vaccinated in time for our planned in-person re-opening in April 2021 after lockdown ended although, with covid again on the rise again in the summer, we did not fully open until September 2021 when our therapist had been double-jabbed. We also ensured our clinics were covid-safety compliant, installed a video entry system so that therapist could buzz in their individual clients and closed the waiting rooms at both locations to maintain as much social distancing as possible.

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ACHIEVEMENT AND PERFORMANCE

Charitable activities

As one of the leading providers of psychological services in the city, The Rock Clinic maintained its reputation for offering affordable therapy within an average two-to three-week period in a range of well researched therapeutic modalities. Our expansion of online working means that we were able to offer therapy to a far wider community than before and were regularly seeing clients from the UK, Europe and beyond. We feel this is very important in that offering affordable support to those in countries where there is limited or no access to psychological interventions is one of our charitable aims. Therapy is conducted with a range of price options as previously stated, but we have expanded our online payment systems by using card readers as well as bank transfer (BACS) and PayPal. As a charity all costs are kept as low as possible as is appropriate for a not-for-profit organisation.

As one of the leading providers of psychological services in the city, The Rock Clinic maintained its reputation for offering affordable therapy within an average two-to three-week period in a range of well researched therapeutic modalities. Our continued online provision has meant a widening of the services we are able to offer in the UK and abroad, fulfilling our charitable aims of making therapy accessible and affordable for all. We aim to keep costs as low as possible in line with our not-for-profit status.

Clients continue to report good levels of satisfaction: 64% stating that therapy is one of the most significant features in helping them resolve their difficulties. Improvements in self-esteem (71%) and relationships (66%) were also reported. 65% felt counselling at the Rock Clinic was the most important or significant factor in helping 'develop ideas and abilities that might be useful for the future (self-understanding, understanding others, managing difficult feelings better, improving communication skills, increased confidence, and assertiveness)'.

'I felt that my therapist supportively led me through the most challenging time of my life-online, during a pandemic when all my self-care and support networks were down. He has helped me navigate my past experiences in order to positively impact on my current relationships and provide me with the confidence to manage these independently going forward. I am so grateful for what he has helped us achieve as a family.'

Administration

Feedback was also very positive about the service overall, administrative efficiency, waiting times and the friendly approach from the office staff. We introduced a new diary system which has vastly improved the administrative burden for the office staff, freeing them up for more social media postings about the clinic and what we do.

Training and Continuing Professional Development

The Association's second charitable aim is to deliver training and CPD. Clinical Assessment training was delivered online as was a very well received programme of Cognitive Behaviour Therapy, but as lockdown eased, we ran a couple of in-person workshops on Working with Young People and Creative Tools in Therapeutic delivery. We also resumed the 30-week Clinical Supervision training.

Finally, along these lines we also have a new practitioner area at Rock West which we hope in time will enhance networking opportunities and the sharing of ideas.

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.

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FINANCIAL REVIEW

We continued to succeed through the Pandemic with the Clinic's being closed for face to face therapy until 12th April 2021. We faced an extremely slow return to the clinic for face to face therapy with the majority of our Therapists staying online working from home. In September we prioritised the rooms for trainees to return to the clinic and we have continued to operate in person and online. This to date has not affected the referral income

The online therapy is currently between 25 - 30% of our overall revenue on Referral Fees. It is also the view of many Practitioners that incorporating the online therapy as well as face to face has meant that there are less client cancellations.

Assessments numbers are still down year by year since 2019, however we do have a large amount of returning clients that bypass the assessment process. Currently there is only a two week waiting time on assessments to it being 4 weeks earlier on in the year. This has also meant that assessment cancellations are down due to not having to wait as long.

We spent some funds during this financial year on making a bigger space for our Therapists at Rock West by moving the kitchen into a bigger room and converting the previous kitchen into an online therapy room.

We ran the Supervision Group again from September 21 to June 22 with 5 people attending, thoughts are to widen this out to external candidates in 2023. We will also be concentrating on offering a wide range of CPD events starting in 2022 to draw on the expertise of those within our Rock Community.

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

M Sawyer
R Hooton
Ms A Coates
D Keighley (resigned 17/7/22)
R Scott
G Evident
D Walls (appointed 18/7/22)

THE ROCK CLINIC ASSOCIATION
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST OCTOBER 2021

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

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

Approved by order of the board of trustees on and signed on its behalf by:

.....
G Evident - 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 2021.

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

17th August 2022

THE ROCK CLINIC ASSOCIATION

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST OCTOBER 2021

	Notes	2021 Unrestricted fund £	2020 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		326	354
Charitable activities			
Clinic		333,253	310,247
Investment income	2	1	8
Total		333,580	310,609
 EXPENDITURE ON			
Charitable activities			
Clinic		325,000	289,463
 NET INCOME		8,580	21,146
 RECONCILIATION OF FUNDS			
Total funds brought forward		78,573	57,427
 TOTAL FUNDS CARRIED FORWARD		87,153	78,573

The notes form part of these financial statements

THE ROCK CLINIC ASSOCIATION

**BALANCE SHEET
31ST OCTOBER 2021**

	Notes	2021 Unrestricted fund £	2020 Total funds £
FIXED ASSETS			
Tangible assets	5	24,716	15,055
CURRENT ASSETS			
Debtors	6	62,801	64,315
Cash at bank		16,549	15,178
		79,350	79,493
CREDITORS			
Amounts falling due within one year	7	(16,913)	(15,975)
NET CURRENT ASSETS		62,437	63,518
TOTAL ASSETS LESS CURRENT LIABILITIES		87,153	78,573
NET ASSETS		87,153	78,573
FUNDS	9		
Unrestricted funds		87,153	78,573
TOTAL FUNDS		87,153	78,573

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
G Evident - Trustee

THE ROCK CLINIC ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST OCTOBER 2021

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 2019)', 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.

THE ROCK CLINIC ASSOCIATION

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST OCTOBER 2021**

2. INVESTMENT INCOME

	2021	2020
	£	£
Deposit account interest	<u>1</u>	<u>8</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st October 2021 nor for the year ended 31st October 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st October 2021 nor for the year ended 31st October 2020.

4. STAFF COSTS

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

	2021	2020
	£	£
Administrative	<u>4</u>	<u>2</u>
Clinic	<u>1</u>	<u>1</u>
	<u>5</u>	<u>3</u>

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

5. TANGIBLE FIXED ASSETS

	Plant and machinery £	Computer equipment £	Totals £
COST			
At 1st November 2020	43,605	19,200	62,805
Additions	<u>10,506</u>	<u>5,128</u>	<u>15,634</u>
At 31st October 2021	<u>54,111</u>	<u>24,328</u>	<u>78,439</u>
DEPRECIATION			
At 1st November 2020	29,511	18,239	47,750
Charge for year	<u>3,690</u>	<u>2,283</u>	<u>5,973</u>
At 31st October 2021	<u>33,201</u>	<u>20,522</u>	<u>53,723</u>
NET BOOK VALUE			
At 31st October 2021	<u>20,910</u>	<u>3,806</u>	<u>24,716</u>
At 31st October 2020	<u>14,094</u>	<u>961</u>	<u>15,055</u>

THE ROCK CLINIC ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST OCTOBER 2021

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade debtors	59,967	60,040
Tax	2,483	3,924
Prepayments and accrued income	351	351
	<u>62,801</u>	<u>64,315</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade creditors	8,658	3,875
Other creditors	8,255	12,100
	<u>16,913</u>	<u>15,975</u>

8. LOANS

An analysis of the maturity of loans is given below:

	2021 £	2020 £
Amounts falling due within one year on demand:		
Other loans	<u>6,300</u>	<u>11,300</u>

9. MOVEMENT IN FUNDS

	At 1/11/20 £	Net movement in funds £	At 31/10/21 £
Unrestricted funds			
General fund	78,573	8,580	87,153
	<u>78,573</u>	<u>8,580</u>	<u>87,153</u>
TOTAL FUNDS	<u>78,573</u>	<u>8,580</u>	<u>87,153</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	333,580	(325,000)	8,580
	<u>333,580</u>	<u>(325,000)</u>	<u>8,580</u>
TOTAL FUNDS	<u>333,580</u>	<u>(325,000)</u>	<u>8,580</u>

THE ROCK CLINIC ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST OCTOBER 2021

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/11/19 £	Net movement in funds £	At 31/10/20 £
Unrestricted funds			
General fund	57,427	21,146	78,573
TOTAL FUNDS	<u>57,427</u>	<u>21,146</u>	<u>78,573</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	310,609	(289,463)	21,146
TOTAL FUNDS	<u>310,609</u>	<u>(289,463)</u>	<u>21,146</u>

10. RELATED PARTY DISCLOSURES

Included in trade debtors is £5,122 (2020 - £4,024) which is owed by Andrea Coates, a trustee of the charity.

THE ROCK CLINIC ASSOCIATION

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST OCTOBER 2021**

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Fundraising	326	354
Investment income		
Deposit account interest	1	8
Charitable activities		
Room rental	294,750	281,487
Counselling fees	38,503	28,760
	<u>333,253</u>	<u>310,247</u>
Total incoming resources	333,580	310,609
EXPENDITURE		
Charitable activities		
Wages	89,938	69,076
Social security	2,829	1,933
Pensions	1,687	1,427
Hire of plant and machinery	-	971
Rent	78,000	78,000
Other premises costs	6,166	7,749
Light and heat	3,810	4,798
Telephone	695	2,128
Postage and stationery	430	1,172
Promotion & fundraising costs	657	193
Sundries	545	433
Repairs and maintenance	17,331	22,977
Counselling costs	53,765	43,046
Computer costs	8,626	3,429
Consultancy fees	27,100	24,990
Bank charges	568	490
Loan interest	-	15
Depreciation of tangible fixed assets	5,973	3,261
	<u>298,120</u>	<u>266,088</u>
Support costs		
Governance costs		
Accountancy and legal fees	26,880	23,375
Total resources expended	325,000	289,463
Net income	8,580	21,146

This page does not form part of the statutory financial statements