

# Choices Counselling Buxton

Report and Accounts

Year ended 31 December 2022

**Choices Counselling Buxton**  
**LEGAL & ADMINISTRATIVE DETAILS**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

ADDRESS FOR CORRESPONDENCE	2 St James Terrace Buxton Derbyshire SK17 6HS
GOVERNING DOCUMENT	CIO Constitution dated 1 July 2020
CHARITY REGISTRATION NUMBER	1135434
TRUSTEES RESPONSIBLE FOR MANAGING THE CHARITY	Dr H Bradbrook Mrs S Crispin Dr S M Read (resigned April 2022) Dr G P A Todd Mrs A M Walker Mr C J Walker
SECRETARY	Mr C J Walker
BANKERS	CAF Bank Ltd 25 Kings Hill Avenue, Kings Hill West Malling Kent ME19 4JQ
INDEPENDENT EXAMINER	Marie Axelle McMahon

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**Choices Counselling Buxton**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

The Trustees have pleasure in submitting the Report and Accounts for the year ended 31 December 2022.

**Objects of the charity**

The charity is governed by a constitution and is constituted as a charitable incorporated organisation. The charity's principal objects, as set out in its governing document, are:

- a) The advancement of education in the subject of pregnancy and the termination of pregnancy and into the effects thereof upon women whether physical, medical or psychological.
- b) The preservation and protection of women's health.
- c) The provision of advice, counselling and assistance to women and their partners and families who are suffering from any physical and mental illness, distress or poverty during or as a result of pregnancy or following an abortion, miscarriage, cot death, still birth, loss of a child or sexual abuse.
- d) The promotion of such other charitable purposes which may conveniently be carried on in connection with the above objects.

The charity meets these objects mainly via two projects:

- 1. A professional counselling service offering free caring support for ante-natal and post-natal depression or anxiety, pregnancy concerns, parenting difficulties, miscarriage, termination and stillbirth.
- 2. The Family Support Fund which enables the charity to offer free baby clothes and equipment for pregnant women and families referred by other agencies/professionals and identified as being in severe hardship.

**Summary of the charity's main activities and achievements including future plans**

To further the above objects and vision, the charity's main activities and achievements were as follows:

During 2022, Choices Counselling had a total of 38 recorded enquiries. Of those, 26 clients continued to take up active counselling and received one-to-one counselling and psychotherapy support from our counselling team. Sessions were of a 1-hour duration and the majority were held online or by telephone, although 2 clients opted to have face-to-face counselling.

The number of client sessions ranged between 1 to 22 hours, with the average number of sessions per client being 13 hours.

The main reasons for referral included post-natal depression, general depression, stress and anxiety as well as new parent anxiety. We also had a small number of referrals pertaining to miscarriage and our counsellors saw 2 clients regarding unplanned pregnancy.

At the end of 2022 we were very sad to say 'goodbye' to two of our counsellors as they both felt they needed to give more time to their professional and family commitments. We are incredibly grateful for the years of service they have given to Choices, and they left with our best wishes and prayers.

Their departures have had serious implications for the service we can offer at Choices.

The trustees spent the early months of 2023 considering ways in which Choices could continue with a reduced range of services. However, they came to the conclusion that it would not be sustainable and that they should enter into discussions with two geographically adjacent Centres in the Pregnancy Centres Network.

After discussions with the two Centres, the trustees resolved to dissolve the charity and transfer the majority of its assets to Image in Manchester, and to offer one-off financial and other support to Sheffield Pregnancy Counselling Support (SPCS) during the transition period.

The intention is to complete the transition process by the end of 2023 to coincide with Choices' financial year end.

In planning this transition the Trustees are applying the guidance on public benefit issued by the Charity Commission and acting in compliance with Clause 29 of the Constitution of the charity.

**Financial review**

Total income during the year increased by £130 to £7,601 and total expenditure decreased by £1,472 to £9,248 resulting in a deficit for the year of £1,647. As a result, the cash held by the charity decreased to £9,582, of which £9,520 is unrestricted and can be used for any charitable purpose.

Regular donations remained at a similar level to 2021 and some one-off donations were also received. There were no donations from clients (2021: £340). Gift aid receipts during the year were lower due to the timing of claims.

The savings in total expenditure were due to some one off costs in 2021 on the website and promotional video.

Although not a legal requirement, the Trustees have chosen to have the accounts for 2022 independently examined in the interests of good governance.

**Reserves policy**

The trustees have determined that the charity should aim to hold unrestricted cash of no less than the £3,000 (which equates to at least 3 months' of unrestricted expenditure) so that the charity could continue to operate should income and / or expenditure vary adversely. At the year end, the charity held unrestricted cash of £9,520 and the charity is complying with its reserves policy.

**Governance**

Responsibility for setting policy and for making operating decisions rest with the trustees who meet regularly to monitor the activities of the charity. New trustees are recruited and appointed by the existing trustees, by a majority vote, on the basis of their Christian character and maturity, the specific skills and experience they are able to offer and their ability to embrace the vision and non-judgemental ethos of this sensitive and caring work.

**Responsibilities of trustees**

Charity law requires us as Trustees to prepare financial statements for each accounting year which record the receipts and payments of the charity for the year.

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011.

We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

**Acknowledgements**

The Trustees would like to thank Buxton Church in the Peak for their continued regular financial support and Buxton Community Church for becoming regular supporters during 2022, as well as all the faithful individual supporters who continue to support our work through regular and occasional donations.

The Trustees wish to acknowledge the continuing voluntary service offered by our counsellors, through what has been another very challenging year. Without their commitment, the charity could not exist

**Approval**

This report was approved by the trustees and signed on their behalf by:

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Dr Graham Todd, Chair of Trustees

Date:

## **INDEPENDENT EXAMINER'S REPORT**

### **TO THE TRUSTEES OF**

#### **Choices Counselling Buxton**

I report to the trustees on my examination of the accounts of Choices Counselling Buxton ('the charity') for the year ended 31 December 2022. on pages 5 to 7 following.

#### **Responsibilities and basis of report**

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

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 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 2011 Act.

#### **Independent examiner's statement**

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 accordance with section 130 of the 2011 Act; or
2. the accounts do not accord with the accounting records.

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

Marie Axelle McMahon

Date:

**Choices Counselling Buxton**  
**RECEIPTS AND PAYMENTS ACCOUNT**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

	Notes	Unrestricted Funds £	Restricted Funds £	2022 £	2021 £
<b><i>Income receipts</i></b>					
Donations		7,056	-	7,056	6,010
Gift aid receipts		522	-	522	1,101
Client contributions		-	-	-	340
Interest income		23	-	23	21
<b><i>Total receipts</i></b>		<b><u>7,601</u></b>	<b><u>-</u></b>	<b><u>7,601</u></b>	<b><u>7,471</u></b>
<b><i>Payments</i></b>					
Payments in relation to charitable activities undertaken directly	2	8,388	860	9,248	10,720
<b><i>Total payments</i></b>		<b><u>8,388</u></b>	<b><u>860</u></b>	<b><u>9,248</u></b>	<b><u>10,720</u></b>
Net of receipts / (payments) before		(787)	(860)	(1,647)	(3,249)
Transfers between funds	4	(227)	227	-	-
<b>Net movement in funds</b>		<b><u>(1,014)</u></b>	<b><u>(633)</u></b>	<b><u>(1,647)</u></b>	<b><u>(3,249)</u></b>
Cash funds as at last year end		10,534	695	11,229	14,478
<b>Cash funds at this year end</b>	A	<b><u>9,520</u></b>	<b><u>62</u></b>	<b><u>9,582</u></b>	<b><u>11,229</u></b>

The notes on pages 7 form part of these accounts.

**Choices Counselling Buxton**  
**STATEMENT OF ASSETS AND LIABILITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

Notes	Unrestricted funds £	Restricted funds £	2022 £	2021 £
<b>A Cash funds</b>				
Cash at bank with immediate access	6,452	62	6,514	8,161
Notice deposits	3,068	-	3,068	3,068
	<u>9,520</u>	<u>62</u>	<u>9,582</u>	<u>11,229</u>
<b>B Other monetary assets</b>				
Gift aid due to charity	968	-	968	522
Other debtors	-	-	-	396
	<u>968</u>	<u>-</u>	<u>968</u>	<u>918</u>
<b>C Liabilities</b>				
<b>Falling due within one year</b>				
Accrued expenses	-	-	-	117
	<u>-</u>	<u>-</u>	<u>-</u>	<u>117</u>
<b>D Assets retained for charity's own use</b>				
			Cost £	
Computers and IT			1,515	
Furniture			494	
			<u>2,009</u>	

**E Guarantees and secured debts**

The charity has not given any guarantees and has not provided its assets as security for any liabilities.

The accounts were approved by the trustees and signed on their behalf by:

\_\_\_\_\_  
Dr Graham Todd, Chair of Trustees

Date:

The notes on pages 7 form part of these accounts.

Choices Counselling Buxton

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2022

**1 Accounting policies**

The accounts have been prepared on a receipts and payments basis and comprise a statement that shows the charity's receipts and payments, a statement that summarises the charity's assets and liabilities and related notes. The accountancy profession have determined that only accounts prepared in accordance with applicable accounting standards present a 'true and fair' view and, as these receipts and payments accounts have not (and cannot) be prepared in accordance with accounting standards, these accounts do not present (and are not intended to present) a 'true and fair' view of the charity's financial activities and state of affairs.

In the previous year, the charity presented accounts prepared on the accruals basis using the Charities SORP. However, now that the charity is a charitable incorporated organisation, it has taken advantage of the option to prepare its accounts on a receipts and payments basis and the results reported previously have been restated; further information is given in note 5 below.

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. Restricted funds are donations which are to be used in accordance with specific restrictions imposed by donors; they include donations received from appeals for specific activities or projects.

	Unrestricted funds £	Restricted Funds £	Total 2022 £	Total 2021 £
<b>2 Payments in relation to charitable activities undertaken directly</b>				
Employment costs	4,176	-	4,176	4,261
Supervision, Fees & Subscriptions	2,380	-	2,380	2,684
Conference fees	-	860	860	562
Computers & IT	270	-	270	-
Marketing & website	314	-	314	1,190
Promotions & mailing	-	-	-	600
Office costs	82	-	82	108
Rent	138	-	138	-
Utilities	-	-	-	100
Legal & accountancy	-	-	-	229
Insurance	1,029	-	1,029	986
	<u>8,388</u>	<u>860</u>	<u>9,248</u>	<u>10,720</u>

**3 Transactions with related parties**

There were no related party transactions during the year.

**4 Movement of funds**

	Opening balance £	Receipts £	Payments £	Transfers £	Closing balance £
Unrestricted General funds	10,534	7,601	(8,388)	(227)	9,520
Restricted funds					
Training fund	633	-	(860)	227	-
Family Support Fund	62	-	-	-	62
	<u>695</u>	<u>-</u>	<u>(860)</u>	<u>227</u>	<u>62</u>
Total funds	<u>11,229</u>	<u>7,601</u>	<u>(9,248)</u>	<u>-</u>	<u>9,582</u>

The training fund is money available for training needs of the counsellors or Trustees.

The Family Support Fund is to provide support to clients in particular need.