

Registered Charity number: 1140721
Registered Company number: 7407329

Help Counselling Centre

Report and accounts

Year ending 31 March 2022

Contents

	Page
Trustees Report	3 - 6
Independent Examiner's Report	7
Statement of Financial Activities	8
Income and Expenditure Account	9
Statement of Total Recognised Gains and Losses	9
Balance sheet	10
Notes to the accounts	11 - 14
Detailed Statement of Financial Activities	15 - 17

Trustees Report

Introduction

The trustees present their annual report and accounts for the year ended 31 March 2022.

The board of trustees, notwithstanding the impact of the Covid 19 pandemic upon our activities, are satisfied with the performance of the charity during the year and the position as at 31 March 2022 and consider that the charity is in a strong position to continue its activities and meet its obligations.

Statutory Information

Name, registered office and constitution of the charity

The full name of the charity is HELP COUNSELLING CENTRE.

The legal registration details are:

Date of incorporation	14 October 2010
Company registration number	7407329
Registered office	9 Orme Court, London, W2 4RL
Charity registration number	1140721

Structure, governance, and management

The organisation is a charitable company limited by guarantee incorporated on 14 October 2010. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Trustees are appointed by the board of trustees and serve for three years, after which period they may put themselves forward for re-appointment. The Board has an on-going process of recruiting new trustees and a recruitment procedure that includes an interview to establish the skills and time that any new trustees can offer to the charity, and subsequent discussion at a meeting of the Board of Trustees. Each new trustee is given an induction pack which includes details of the charity's background, a copy of the constitution, and relevant publications prepared by the Charity Commission.

The charity has a board of trustees that meets regularly to agree the broad strategy and areas of activity for the charity.

Key Management

The Trustees consider all staff and the Board of Trustees to comprise the key management personnel of the Charity in charge of directing and controlling, running and operating the Charity on a day to day basis. All Trustees give of their time freely.

The Trustees also confirm that they have had due regard to the guidance on Public Benefit issued by the Charity Commission.

Board of Trustees

The members of the Board of Trustees of the charity during the year ended 31 March 2022 were as follows:

Name	Office (if any)	Date acted if not for whole year
Moira Maguire	CEO	
Timothy Neill	Treasurer	
Hallie Heeg		
David Leech		
Sara Mormino		
Ke-Wei Orly		
Simon Wardle		
Jason Nash		Resigned 20 September 2021

All trustees/directors are members of the charity.

Activities of HCC

History and objectives

Help Counselling was setup over 50 years ago and for many years occupied premises in Portobello Road to serve clients in the local community. The aims of the charity are to provide low-cost, long-term talking therapy to those who would otherwise not be able to access private counselling or NHS services due to cost or availability.

Trustees Report (cont.)

This objective is achieved through Help's main operation as a training placement organisation, offering 12 month+ voluntary placements to students studying on suitably accredited counselling and psychotherapy post-graduate training courses that require them to acquire a certain number of clinical hours to qualify.

We are organisational members of the BACP, adhering to their ethical framework and good practice guidelines for training placement organisations.

Types of clients served

Help clients are over 18 years and present with a wide range of mental health related issues. They are low to medium risk but mostly complex and require longer-term therapy.

- How clients find HCC

Clients are directed towards Help mainly via word-of-mouth recommendations, internet search engine results, GPs, NHS IAPT services, or through other organisations such as universities for example. Regardless of channel, all clients must self-refer.

- Risk assessment

As clients are seen by counsellors in training, they must all be assessed to ensure they are suitable in terms of their presenting issues, history, and risk.

How HCC is funded and background to client donations

The primary funding sources during the year have comprised grants, private donations and associated gift aid, and client contributions.

The majority of the charity's expenditure during the year was incurred in respect of salaries and supervision expenses.

Liaison with training colleges

During the pandemic we have worked hard to build new relationships with a wider group of training organisations meaning we have a more diverse set of counsellors studying at different levels and in different modalities. Students find their placements at Help mainly through being on the recommended placement lists at their training organisation and through word-of-mouth.

Role of supervisors

As our counsellors are in training, they are all fully supervised by internally provided supervisors in line with the requirements of the BACP. The role of the supervisors is to ensure that counsellors work within their competencies and to provide clinical responsibility for client work.

COVID

At the beginning of the financial year Covid restrictions were still in place and although the 'stay at home' instruction had just been lifted after the third national lockdown, restrictions on indoor gatherings and activities were still in place. Not only did this have a continued impact in delivering in-person therapy sessions, but it also had a major impact on student counsellors who were still no longer able to attend their trainings in person. Additional uncertainty prevailed about what the training organisations required the counsellors to do in respect of obtaining clinical hours – traditionally those hours were all obtained in a face-to-face setting which had not been possible for the last year. The training organisations also faced major challenges themselves due to loss of income from foreign students and staff following the government guidance and therefore not being on site.

The knock-on effect of this turbulent time was that we experienced high attrition rates of counsellors leaving their placements early and reduced applications as trainee counsellors were distanced from the courses, plus some training organisations were unclear on the status of placements.

Without counsellors, we were unable to uplift our client numbers and we reached our lowest volumes in August 2021 as a result.

The resulting financial pressure meant that we could not add resources in all the areas we would have liked, thus placing additional pressure on our small team. General uncertainty and lock down arrangements provided ongoing challenges for our team and trainee counsellors with all counselling activities being conducted online and caution around in person meetings with regard to the team and board trustees. Abiding by the rules was important but this did hinder the usual teamwork and collaboration which plays such a key role in the work we do. Economic uncertainty impacted the number of clients coming forward with natural concerns about affordability given the demographic we traditionally support. Training colleges and organisations were also impacted, and trainee counsellors endured months of uncertainty about how their placements would be arranged and evaluated given the impossibility of face-to-face sessions for many of our users. Ongoing restrictions also delayed our plans to return to face-to-face counselling during 2021 and required additional work to adapt our organisational structure, technology infrastructure and team skillset.

Trustees Report (cont.)

In response to these challenges, the Covid measures prompted a necessary process of review, and the subsequent rebuilding of our processes and procedures has delivered a more resilient organisation that will better support the charity's future endeavours. The highlights are:-

1. From April through to August 2021 we transformed our IT infrastructure and systems. This included migrating to a new cloud-based Clinical Management platform from an old, unsupported Access database that was proving impossible to work with remotely when we could no longer be in the office. Our new system, Medesk has been fully configured to be bespoke to our needs, it is fully scalable, has its own secure video platform and online booking facilities.
2. As part of our restructure, we have established a pool of qualified assessors to support the review of all clients coming into our service. A qualified clinician assesses every client to ensure we evaluate their needs and their suitability to the support we can provide. Online booking has enabled us to assess significantly greater numbers with a much faster turnaround.
3. To maximise the features of Medesk we also migrated our network data onto Microsoft SharePoint and implemented OneDrive. As a result, all our systems are now entirely cloud-based meaning we have no servers or network to maintain which not only reduces our IT support costs but also the way we work is more collaborative and effective. This is particularly important with our growing network of trainee counsellors.
4. We also took the opportunity to go paperless and now every form, contract or related paperwork is electronic. No longer having to rely on posting and scanning has vastly simplified and speeded up our internal operations. Importantly it has reduced the amount of time clients have to wait before being seen.

5. Online working allowed us to expand our geographical reach, and this is a welcome development as we sought to grow our service.

All of these accomplishments have been made possible by our resolute team into which we have welcomed new members with the diverse capability and experience needed to fully embed these changes and provide us with the firm foundations we need for the future.

However, once legal restrictions were lifted on July 19th 2021, we were able to start a recruitment drive that enabled us to build up to the counsellor and client numbers experienced in March 2021 which were a record high, made possible by the other transformational changes we had made.

Our charity's future purpose remains to sustain and build further our on-line counselling service and whilst also offering face to face counselling sessions now it is safer to do so. This is something that the training colleges are pressing for as are some of our clients.

Donors

All clients are asked to make a financial contribution towards the cost of their counselling. This is based on a sliding scale according to their annual household income. However, these donations are not sufficient to cover our costs and we also rely on the generosity of those who are prepared to make a more substantial donation.

In this regard we are extremely grateful to an anonymous donor for their donation of £17,462 in 2019 towards the cost of implementing a new client management system (of which £2,645 was utilised in 2020/2021 and the balance this year) and Sue and Laura Birkinshaw (the latter a former trustee) for their donation of £10,000. We would also like to thank Mr Robert Haas, a local resident who became interested in supporting Help Counselling as a result of the Grenfell fire. He provided an introduction to a European funder, Medicor Foundation, who made a donation of £150,000 in 2019, £60,000 of which was paid in December 2019, a further £60,000 during 2020/21 and a final £30,000 this year). In addition we would like to thank those who donated via one of the online donation websites. It is fair to say that without these contributions during 2021/2022 it would not have been possible for Help to continue operations and we are extremely grateful for this support.

As noted above, clients are asked to make a donation as a contribution towards the cost of providing our services. In some cases, even though the amount asked is considerably less than what would be asked in a professional consultation, it is more than many applicants for our services can afford. Accordingly, Help Counselling has set up a bursary scheme whereby the shortfall between the amount that Help needs in order to maintain our services and the amount that many clients can afford is met by a bursary fund. The first organisation to help establish this fund is the Worshipful Company of Chartered Secretaries who have generously donated £2,500. It is our intention to approach similar bodies who also have objectives to support organisations such as Help Counselling also to contribute to this bursary fund.

Trustees Report (cont.)

The primary funding sources during the year have comprised grants, private donations and associated gift aid, and client contributions.

The majority of the charity's expenditure during the year was incurred in respect of salaries and supervision expenses.

Post balance sheet events

There is nothing to report.

Statement of directors' and trustees' responsibilities

This report of the trustees is a directors' report as required by s.417 of the Companies Act 2006. All of the trustees of the company are also directors of the company, and their responsibilities include all the responsibilities of trustees under the Charities Acts and of directors under the Companies Acts.

The Charities Acts and the Companies Acts require the board of trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements, the Board is required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business; and
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.

The trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are also responsible for the contents of the trustees' report.

Method of preparation of accounts

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

This report was approved by the board of trustees on 18 October 2022



Moira Maguire
Director and Chair of the Board of Trustees

Independent examiner's report

Respective responsibilities of trustees and examiners

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under s.144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act); and
- To state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that, in any material respect, the requirements to keep accounting records in accordance with s.130 of the Charities Act and to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Kardani Consulting Limited

18 October 2022

Statement of Financial Activities for the year ended 31 March 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Last year total funds 2021 £
Incoming resources					
Incoming resources from generated funds:					
Voluntary income		62,340	353	62,693	66,387
Investment income	6	2	-	2	8
Incoming resources from charitable activities		58,864	-	58,864	37,911
Miscellaneous Income		-	-	-	163
Total incoming resources		121,206	353	121,559	104,469
Resources expended					
Costs of generating funds:					
Costs of generating voluntary income		19,272	(14,816)	4,456	2,912
Fundraising costs		6,631	-	6,631	3,150
Charitable activities		88,536	-	88,536	56,125
Governance costs		1,848	-	1,848	1,129
Other resources expended		54,194	-	54,194	84,211
Total resources expended		170,481	(14,816)	155,665	147,527
Net incoming/(outgoing) resources before transfers		(49,275)	15,169	(34,106)	(43,058)
Gross transfers		15,169	(15,169)	-	-
Other recognised gains and losses		-	-	-	-
Net movement in funds		(34,106)	-	(34,106)	(43,058)
Total funds brought forward		68,048	-	68,048	111,106
Total funds carried forward		33,942	-	33,942	68,048

Income and Expenditure account

	Notes	2022 £	2021 £
Turnover		121,557	104,461
Direct costs of turnover		(153,817)	(146,398)
Gross (deficit)/surplus		(32,260)	(41,937)
Governance costs		(1,848)	(1,129)
Operating (deficit)/surplus		(34,108)	(43,066)
Interest receivable	6.	2	8
(Deficit)/surplus on ordinary activities before tax		(34,106)	(43,058)
Tax on profit on ordinary activities		-	-
Retained (deficit) for the financial year		(34,106)	(43,058)
		=====	=====

Statement of total recognised gains and losses

	2022 £	2021 £
Excess/(Shortfall) of income over expenditure before realisation of assets	(34,106)	(43,058)
Realised/unrealised gains/(losses) on investments	-	-
Net movement in funds before taxation	(34,106)	(43,058)
	=====	=====

Balance sheet as at 31 March 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Last year total funds 2021 £
Fixed assets	9.	1,203	-	1,203	1,531
Current assets					
Debtors and prepayments	10.	545	-	545	101
Cash at bank and in hand		39,222	6,147	45,369	89,684
Total current assets		39,767	6,147	45,914	89,785
Creditors					
Amounts due within one year	11. & 12.	(7,028)	(6,147)	(13,175)	(23,268)
Net current assets/(liabilities)		32,739	-	32,739	66,517
Total assets less current liabilities		33,942	-	33,942	68,048
Funds of the charity					
Unrestricted funds		33,942	-	33,942	68,048
Restricted income funds	12.	-	-	-	-
Total funds		33,942	-	33,942	68,048

The accounts have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under s.477 of the Companies Act 2006 and that no members have required the company to obtain an audit in accordance with s.476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The notes on pages 11 to 17 form an integral part of these accounts.

Moira Maguire

Moira Maguire
Director and Chair of the Board of Trustees
Approved by the trustees on 18 October 2022

Notes to the accounts

1. Accounting policies

Basis of preparation of the accounts

The financial statements have been prepared in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE), effective April 2008, and all other applicable accounting standards, as modified by the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, effective April 2005 (revised June 2008). The accounts have been drawn up in accordance with the provisions of the Charities (Accounts and Reports) Regulations 2008 and the Companies Acts, and include the results of the charity's operations which are described in the Trustees' Report.

In so far as the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales (revised June 2008) requires compliance with specific Financial Reporting Standards other than the FRSSE, then the specific Financial Reporting Standards have been followed where their requirements differ from those of the FRSSE.

Advantage has been taken of Section 396(5) of the Companies Act 2006 to allow the format of the financial statements to be adapted to reflect the special nature of the charity's operation and in order to comply with the requirements of the SORP.

The charity has taken advantage of the exemption in the FRSSE from the requirement to produce a cash flow statement.

The particular accounting policies adopted are set out below.

Accounting convention

The financial statements are prepared on a going concern basis under the historical cost convention.

Incoming resources

Incoming resources are included in the Statement of Financial Activities when:

- The charity becomes entitled to the resources;
- The trustees are virtually certain they will receive the resources; and
- The monetary value can be measured with sufficient reliability.

Where incoming resources have related expenditure (as with fundraising), the incoming resources and related expenditure are reported gross in the Statement of Financial Activities.

Grants and donations

When the charity receives grants and donations which are to be used for a specific purpose, referred to as restricted funds, the costs allocated against such income relate specifically to the purpose to which the funds are to be used. To the extent that general overhead costs incurred relate to the purpose to which funds are to be used, such costs are allocated as a fair proportion of the total costs incurred based on the trustees' estimate.

Tax reclaims on donations and gifts

Incoming resources from tax reclaims are included in the Statement of Financial Activities at the same time as the gift to which they relate.

Donated services and facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable, and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the Trustees' Report.

Investment income

This is included in incoming resources when receivable.

Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Notes to the accounts (cont.)

Governance costs

Include costs of the preparation and examination of the statutory accounts, the costs of trustee meetings, and cost of any legal advice to trustees on governance or constitutional matters.

Tangible fixed assets for use by the charity

Tangible fixed assets are capitalised if they can be used for more than one year and cost at least £500. They are stated at cost less accumulated depreciation.

Depreciation is provided at rates calculated to write off the cost of the asset, less any estimated realisable value on disposal, over the useful economic life of the asset. Depreciation is applied on a straight line basis using the following rates:

Leasehold fixtures and fittings	Over the life of the relevant lease.
Office equipment	5 years on a straight line basis

Taxation

As a registered charity, the company is exempt from income and corporation tax to the extent that its income and gains are applicable to charitable purposes only. Value Added Tax is not recoverable by the company and is therefore included in the relevant costs in the Statement of Financial Activities.

Funds structure policy

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity.

Restricted funds have been provided to the charity for particular purposes, and it is the policy of the board of trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

2. Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

3. (Loss) (2021: (Loss)) for the financial year

	2022	2021
	£	£

This is stated after crediting:

Turnover from ordinary activities	121,557	104,461
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And after charging:

Rentals under operating leases	1,950	21,915
Depreciation	328	1,909

4. Statement that no expenses were paid to trustees or connected persons

No expenses were paid to trustees or persons connected with them.

5. Detailed analysis of certain transactions required by the 2005 revision to the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales (effective April 2005)

Various items of support costs and charitable expenditure which are required by the 2005 revision to the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales (effective April 2005 and revised in June 2008) to be disclosed in the notes to the accounts are set out in the Detailed Schedule to the Statement of Financial Activities, which should be read together with these notes.

Notes to the accounts (cont.)

6. Investment income

	2022 £	2021 £
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Bank deposit interest received	2	8
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7. Staff costs and emoluments

	2022 £	2021 £
Gross wages, salaries, and benefits in kind	49,178	73,334
Employer's National Insurance and pension contributions	1,321	4,564
	-----	-----
	50,499	77,898
	=====	=====

Numbers of full time employees or full time equivalents

- Engaged on charitable activities	2	2
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8. Trustees' remuneration

Neither the trustees nor any persons connected with them have received any fees or other remuneration, either in the current year or the prior year.

9. Tangible fixed assets

	Fixtures and fittings £	Office equipment £	Total £
Cost			
At 1 April 2021	-	1,640	1,640
Additions	-	-	-
Disposals	-	-	-
	-----	-----	-----
At 31 March 2022	-	1,640	1,640
Accumulated depreciation			
At 1 April 2021	-	109	109
Charge for the year	-	328	328
Disposals	-	-	-
	-----	-----	-----
At 31 March 2022	-	437	437
Net book value at 31 March 2022	-	1,203	1,203
Net book value at 1 April 2021	-	1,531	1,531
	=====	=====	=====

Notes to the accounts (cont.)

10. Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Sundry Debtors	-	101
	-----	-----
	-	101
	=====	=====

11. Creditors

	2022 £	2021 £
Other creditors and accruals	6,426	6,125
PAYE and National Insurance Contributions	463	1,791
Pension Contributions	139	435
	-----	-----
	7,028	8,351
	=====	=====

12. Restricted funds

Fund name	Note	Balance brought forward £	Outgoing resources/		Balance carried forward £
			Incoming resources £	Allocated costs £	
Anonymous	a.	14,816	-	(14,816)	-
Worshipful Company of Chartered Secretaries and Administrators	b.	-	2,500	(353)	2,147
The Daisy Trust	c.	-	4,000	-	4,000
		-----	-----	-----	-----
Total restricted funds		14,816	6,500	(15,169)	6,147
		=====	=====	=====	=====

- a. In the year ended 31 March 2020 £17,462 was given by an anonymous donor towards a hardware and software upgrade project that commenced in 2020/21 when £2,645 was utilised. The balance of these funds (£14,816) was utilised in 2021/22
- b. This was a donation to establish a bursary fund that was to be used to subsidise specific clients' consultations.
- c. This was a donation to help fund face to face consultations.

13. Share capital

The charity is incorporated under the Companies Act 2006 and is limited by guarantee, each member having undertaken to contribute such amounts not exceeding one pound as may be required in the event of the company being wound up whilst he or she is still a member or within one year thereafter. Each director is also a member of the company.

Detailed statement of financial activities

This schedule is an intrinsic part of the accounts required to comply with the 2008 Revision of the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, effective April 2008. However, it is not part of the statutory accounts required under the provisions of the Companies Act 2006 in relation to incorporated charities.

Analysis of incoming resources

	2022	2021
	£	£
Voluntary income		
Online donations	7,876	2,187
External funding and grants	44,817	64,160
Private donors	10,000	40
	-----	-----
Total	62,693	66,387
	=====	=====
Investment income		
Interest income	2	8
	-----	-----
Total	2	8
	=====	=====
Incoming resources from charitable activities		
Client donations	52,729	29,861
Donations and Legacies	10	8,050
Income from councillors in training/supervision	6,125	-
	-----	-----
Total	58,864	37,911
	=====	=====
Incoming resources from charitable activities		
Other Income	-	163
	-----	-----
Total	-	163
	=====	=====
Total incoming resources	121,559	104,469
	=====	=====

Detailed statement of financial activities (cont.)

This schedule is an intrinsic part of the accounts required to comply with the 2008 Revision of the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, effective April 2008. However, it is not part of the statutory accounts required under the provisions of the Companies Act 2006 in relation to incorporated charities.

Analysis of resources expended

	2022	2021
	£	£
Costs of generating voluntary income		
IT and website costs	3,678	594
Bank charges	778	278
Total	4,456	872
Fundraising trading costs		
Advertising and Promotional	6,631	2,040
Fundraising costs	-	3,150
Total	6,631	5,190
Charitable activities		
Office supplies and petty cash	1,104	1,527
Telephone and internet	1,113	2,338
Supervision expense	32,600	14,097
Initial assessments	5,825	-
Trainee recruitment	875	-
Training and professional memberships	-	373
Rent	1,950	21,915
Room hire	210	-
Utilities	(99)	722
Council tax and rates	-	3,064
Legal and professional fees	43,405	6,701
Insurance	1,225	1,156
Repairs and maintenance	-	2,140
Waste disposal and cleaning	-	183
Depreciation	328	1,909
Sundry expenses	-	-
Total	88,536	56,125

Detailed statement of financial activities (cont.)

This schedule is an intrinsic part of the accounts required to comply with the 2008 Revision of the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, effective April 2008. However, it is not part of the statutory accounts required under the provisions of the Companies Act 2006 in relation to incorporated charities.

Analysis of resources expended (continued)

	2022	2021
	£	£
Governance costs		
Trustee insurance	-	629
CRB checks	1,848	500
Total	1,848	1,129
Staff costs		
Gross wages, salaries, and benefits in kind	49,178	73,334
Employers' National Insurance and pension contributions	1,321	4,564
Temporary staff	3,695	2,113
Recruitment Fees	-	4,200
Total	54,194	84,211
Total expended resources	155,665	147,527