

The Counselling Foundation

Annual Report and Accounts 2021

Registered office and principal office:

1 College Yard
Lower Dagnall Street
St Albans
AL3 4PA

A private company
limited by guarantee
Charity No. 1014988
Company No. 02713806
(England & Wales)

The Counselling Foundation

The Counselling Foundation provides counselling training and counselling, seeking to promote positive mental health. It has been working to support its communities since 1974. It works with people to prepare for a career in counselling, contribute to professional development or by offering counselling support to inspire a different perspective on relationships and life. It operates remotely and face-to-face based from 5 Centres across Hertfordshire and Bedfordshire.

Further information can be found on: www.counsellingfoundation.org

BEDFORD CENTRE

58 Tavistock Street
Bedford
MK40 2RD
bedford@counsellingfoundation.org

STEVENAGE CENTRE

Springfield House Community Centre
24 High Street Stevenage
SG1 3EJ
stevenage@counsellingfoundation.org

BROXBOURNE CENTRE

Bishops College
Churchgate
Cheshunt
Waltham Cross
EN8 9XA
broxbourne@counsellingfoundation.org

ST ALBANS CENTRE

1 College Yard
Lower Dagnall Street
St Albans
AL3 4PA
stalbans@counsellingfoundation.org

LUTON CENTRE

Hilde Eccles House
70-72 Princess Street
Luton
LU1 5AT
luton@counsellingfoundation.org

FOUNDATION OFFICE & TRAINING CENTRE

1 College Yard
Lower Dagnall Street
St Albans
AL3 4PA
foundation@counsellingfoundation.org
training@counsellingfoundation.org

The Counselling Foundation is referred to in this document as the Company or the Foundation.

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Trustees

Antony Cates (Chair)

Frances Bogie

Sue Murphy

Mandy Macqueen

Wendy Molefi-Youri

Executive

Emma Branch - CEO

Jo Spilling - Clinical

Mimie Hollist - Training

Tracy McPhillips - Operations

Mark Graham (from June 2021) – IT & Digital

Stephen Anstee - Finance

Advisors

Auditors Mercer & Hole
Chartered Accountants and Registered Auditors
72 London Road, St Albans, Hertfordshire,
AL1 1NS

Bankers Barclays Bank plc
St Peter's Street, St Albans
AL1 3LP

CAF Bank Limited
25 Kings Hill Avenue, Kings Hill, West Malling,
Kent ME19 4JQ

TRUSTEES REPORT FOR THE YEAR ENDED 31 DECEMBER 2021

The Trustees present their annual report with the accounts of the Company for the year ended 31 December 2021. This report includes the directors' report as required by company law.

Objectives and Activities

The Foundations' objects under its Articles of Association are stated as follows:

1. *Relief of suffering from mental or emotional difficulties by the provision of therapeutic counselling*
2. *Education and training of persons in the practice of therapeutic counselling*
3. *Promotion of better mental health and psychological well-being*

To further these objectives, our aim is to provide people with access to subsidised counselling that may not be available elsewhere in our communities in Hertfordshire and Bedfordshire. In addition, our counselling training promotes personal development and growth whilst supporting the community through the training of counsellors qualified to provide a talking therapy. As well as contributing to individuals' wellbeing and providing trained counsellors, our activities are intended to enhance awareness and understanding of mental health.

During the year, we met our objectives primarily through the provision of the following main activities:

- **Charitable Counselling**

Our charitable ethos is to offer counselling including at a subsidised cost where possible and this is a key activity for us for the public benefit. We provide remote delivery of counselling, introduced at the start of the March 2020 Covid restrictions, using video or telephone. In addition we continue to provide face-to-face counselling from our centres in Bedford, Broxbourne, Luton, St Albans and Stevenage, particularly since Covid restrictions eased. We often provide counselling on a long-term basis where appropriate.

- **NHS counselling**

We work under contracts or sub-contracts with the NHS to provide short-term counselling to patients referred by GP surgeries. Historically based at our counselling centres in Hertfordshire and Bedfordshire, the majority of sessions were delivered remotely in 2021, in the light of the ongoing Covid restrictions.

- **Training**

In addition, we offer training courses to people who wish to become professionally qualified in counselling. These courses cover a 5-year programme, running from one year Certificate to a two-year Diploma and a two-year Advanced Diploma. A key feature of our training in Hertfordshire and Bedfordshire is the opportunity for trainees to access supervised placements in-house in our counselling centres, which enables trainee counsellors to acquire the client hours necessary for their counselling qualifications. Training is mainly organised from our St Albans and Bedford centres and has been

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delivered in a combination of remote and face to face delivery during the Covid pandemic.

We are an organisational member of the British Association for Counselling and Psychotherapy (BACP). Our Diploma and Advanced Diploma courses are accredited by the British Association for Counselling and Psychotherapy so that successful completion of these by our students, plus the necessary experience, enables them to become members of the British Association for Counselling and Psychotherapy.

Achievement and Performance

Counselling

The Foundation delivered counselling sessions under its own charitable service and under contracts or sub-contracts for the NHS, as follows:

	Number of Counselling sessions delivered 2021	Number of Counselling sessions delivered 2020
Bedford Centre	1,017	1,262
Broxbourne Centre	1,753	1,409
Luton Centre	2,241	2,074
St Albans Centre	4,473	4,068
Stevenage Centre	1,438	1,512
Charitable Counselling	10,922	10,325
NHS and similar	10,049	11,836
Other	1,326	1,308
Total counselling	22,297	23,469

Charitable counselling

Although we typically previously had up to 300 clients in our charitable counselling service prior to Covid, many at subsidised rates, these numbers dropped in 2020 with the impact of Covid. Whilst we are pleased by the number of our clients who adopted remote counselling, we inevitably lost some counselling sessions in 2020 as remote working does not suit all clients. Client numbers started to recover over 2020 and continued to do so into 2021 to date, as reflected in the higher charitable counselling session volumes in 2021. We refined the framework for our charges from April 2021 including reducing the minimum session fee at which we can, subject to availability, provide a limited number of subsidised counselling places, and this may reflect in lower average fee levels going forward.

NHS counselling service

The Foundation provides short-term counselling to patients referred under the NHS. Income for these services is generated by charges based on a rate per counselling session.

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Although the number of providers on the contract has now increased, we successfully participated in the tender at the end of 2020 for the renewal of our NHS Hertfordshire contract. With limits on the availability of the counsellors with the specific training that the contract requires, the volume decreases that we have experienced in recent years continued.

The contract for the delivery of short-term counselling covering north Bedfordshire was extended again on a short-term basis to the end of 2021. We await clarification as to whether and the extent to which it will continue thereafter.

In addition, we provide a number of other counselling services, including support for victims of crime and domestic and sexual abuse in Bedfordshire. We have been in discussions to provide counselling services in partnership with other local charities.

Training

The Foundation provides a programme of counselling training courses based on the academic year from September – starting with the one-year Certificate and progressing through the two-year Diploma and two-year Advanced Diploma. The Training service provides some continuity, with a proportion of trainees usually continuing from one course to the next.

In addition, the Foundation provides short term Introduction to Counselling courses, typically delivered over 4 to 6 weeks. The Introduction to Counselling course provides an insight for clients with an interest in counselling. These Introduction courses proved successful with remote delivery during the Covid restrictions including in 2021.

Student numbers	Autumn 2021	Autumn 2020	Autumn 2019	Autumn 2018
Annual courses:				
Certificate in Psychodynamic Counselling Skills	99	101	99	86
Diploma in Psychodynamic Counselling	65	67	65	67
Advanced Diploma in Psychodynamic Counselling	32	32	33	32
Totals	196	200	197	185

Income from Training comprises principally fees for each course and for training placements. For the courses covering an academic year, the course fees are payable either by an initial deposit and then instalments or in full prior to the start of the course.

The Training service promotes personal development and growth, including communication skills in personal or professional lives, whilst supporting communities through the development of qualified counsellors able to provide a talking therapy. It thereby fulfils the charity mission of providing education and helps in raising awareness and knowledge of

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mental health. Our trainees undertake supervised placements in our counselling service - supporting charitable counselling clients while building their professional skills.

Donations, Grants and other income

Whilst the principal funding sources of the charity are from the services that it provides, the Foundation's income also benefits from donations, grants and fundraising – we are grateful to providers of these funds.

Operations

We historically provided our counselling and training services face-to-face, from our centres and other locations. Given the impact of Covid-19, we worked rapidly to migrate to provision of our services remotely, in both counselling and training from April 2020 onwards. Although we have seen a return to face-to-face counselling and training, many of our counselling sessions and some of our training continues to be delivered remotely.

Following the impact of Covid, our staff worked hard to maintain our services and operations, in a blend of remote and face to face working. The Foundation has continued to maintain its Centre infrastructure around which much of our charitable counselling continues to be based.

As we emerged from the Covid restrictions, the Foundation identified that repair, maintenance and refurbishment was required at its St Albans property and in particular at its Luton property. The Foundation has therefore in 2022 commenced a programme of building, repair and maintenance work to be funded from its reserves.

During 2021, we started a process of enhancing our technology infrastructure in order for the Foundation to better operate in today's environment. As well as a new IT outsourced provider, we have invested in IT infrastructure and, with the assistance of a team of volunteers to whom we are very grateful, are developing our own database and app technology to support our counselling services.

Financial

Financial out-turn

The Foundation reported net income for the year ended 31 December 2021. Following the significant underlying deficit in the 2018 period and the deficit in 2019, this 2021 net income built on the net income reported in 2020 as a continuing progression in enhancing our financial sustainability.

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	<i>Year ended</i> 31 December 2021 £'000	<i>Year ended</i> 31 December 2020 £'000
Donations and grants	56.5	35.4
Training and counselling income	1,649.1	1,602.4
Other income	4.7	10.6
Total income	1,710.3	1,648.4
Expenditure	(1,493.7)	(1,496.8)
Net income, all funds	216.6	151.6
Less restricted funds net income	(8.2)	(10.5)
Net income, unrestricted funds	208.4	141.1
Designated fund for 2022/23 Property programme	(80.0)	-
Net income, after 2022/23 Property programme fund	128.4	141.1
Transfer to other funds	(85.2)	(100.0)
Net movement in general funds	43.2	41.1

Although NHS counselling volumes in Hertfordshire were lower, the Foundation benefitted from enhancing Training income, including from Introduction to Counselling courses delivered online in the Covid environment, and favourable volumes on its Bedfordshire NHS and similar work.

The net income recorded in 2021 and 2020 helps build the Foundation's finances following previous periods of unfavourable underlying financial results and will also assist the Foundation in investing in its infrastructure and in its services to its communities. More immediately, it allows the Foundation to carry out in 2022 and into 2023 much needed repair, maintenance and related work on its owned properties.

Balance sheet

The Foundation's balance sheet includes tangible fixed assets with a net book value at 31 December 2021 of £406.7k, relating to freehold and long-leasehold properties. Debtors totaling £153.0k at 31 December 2021 mainly relate to training course fees being settled by instalments and amounts due in relation to counselling. At 31 December 2021, cash was £1,075.1k mostly held on short term deposits. Creditors (due within one year) of £765.9k at 31 December 2021 include deferred income of £540.2k, the majority in relation to training courses to be released as income over the remainder of the academic year. The Foundation had £68.8k in bank loans at 31 December 2021 (part of which is included in Creditors due within one year). Net assets at 31 December 2021 were £811.6k.

Funds

Like many charities, the Foundation holds unrestricted and restricted funds. Restricted income/funds are those to be used for specific purposes as laid down by the donor or otherwise, with expenditure which meets these criteria charged to the restricted funds. Unrestricted funds can be split, at the discretion of the trustees, between general and

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designated funds (the latter being those that the Trustees elect to earmark for specific purposes). Of the Foundation's total funds, the majority are held as unrestricted:

	<i>31 December 2021</i> <i>£'000</i>	<i>31 December 2020</i> <i>£'000</i>
Restricted reserves	162.5	162.1
Unrestricted reserves		
Designated funds		
- 2022/23 Property programme	80.0	-
- General property fund	100.0	80.0
- Training activities fund	93.0	-
- Other	-	20.0
Total designated funds	273.0	100.0
General funds	376.1	332.9
Unrestricted reserves	649.1	432.9
Total funds	811.6	595.0

The restricted reserves comprise long-standing restricted reserves of £133.7k, arising many years ago to part fund the purchase of some of the Foundation's properties (of which £54.4k is currently held in cash), and £28.8k arising from restricted grant and other income (net of related expenditure to date).

The Foundation's St Albans and Luton Centres require maintenance and refurbishment work, particularly after the Covid period. Work at the Luton Centre has been carried out in 2022 and is expected at the St Albans Centre in the near future. To this end, the Foundation has set up a designated fund for these 2022-2023 property works. The Foundation continues also to maintain the more general designated fund that it set up in 2020 for general future maintenance and improvement of existing properties and to support future potential property acquisitions. In addition, it has earmarked designated funds for the continuation and improvement of its training activities.

Financial Reserves

The Foundation holds financial reserves in order to aid the proper management of its financial affairs in an orderly manner and to provide financial resources on which to draw in the event of unforeseen events or variances that may arise.

A common measure of financial resilience in the charity sector is to compare the level of financial reserves with monthly expenditure, with a 2018 survey published by Third Sector of 157 leading charities reporting that they held on average 4 months expenditure in reserves. The appropriate level of reserves is a matter for each charity, recognising its activities and

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circumstance. The unrestricted funds (including designated funds) held by the Foundation stood at £649.1k at 31 December 2021, which represented approximately 5.2 times the Foundation's average monthly expenditure in the year ended 31 December 2021. However, a substantial proportion of the Foundation's assets which make up these unrestricted funds are held in the form of owned property, used in the delivery of the Foundation's services, and therefore not readily realisable to fund any financial requirements in the short-term. In addition, the Foundation has set aside from its unrestricted reserves an amount to fund work required on its owned properties in 2022 and 2023. The unrestricted reserves of the Foundation, after eliminating those represented by property assets and required to fund the 2022/23 property programme, were £241.7k at 31 December 2021, which represents 1.9 months average expenditure.

	<i>31-Dec-21</i> <i>£'000</i>
Unrestricted reserves	649.1
Less Property assets funded by unrestricted reserves	-327.4
Less 2022/23 Property programme	-80.0
Adjusted unrestricted reserves	<u>241.7</u>
 Average 2021 monthly expenditure	 <u>124.5</u>
 Number of months expenditure held in adjusted unrestricted reserves	 1.9

Whilst the Foundation holds cash and deposit balances to fund its short-term requirements and seasonal training related cash flow cycle, these balances include amounts received in advance as deferred revenue to be released over the subsequent year and are not therefore necessarily an indicator of surplus funds. Net current assets, which are stated after deducting deferred revenue, are a better indicator of surplus readily realisable assets. Net current assets held in unrestricted reserves and after deducting the fund designated for the 2022-23 property work, were £299.0k at 31 December 2021, representing 2.4 times the Foundation's average monthly expenditure in the year ended 31 December 2021.

	<i>31-Dec-21</i> <i>£'000</i>
Net current assets	462.2
Less Net Current assets held in restricted reserves	-83.2
Less 2022/23 Property programme	-80.0
Adjusted net current assets	<u>299.0</u>
 Average 2021 monthly expenditure	 <u>124.5</u>

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Number of months expenditure held in adjusted net current assets 2.4

Although the Foundation considers that its financial reserves are adequate for the time being, its reserves policy is to continue the work of the last few years to further enhance its financial resilience. Although it would like in the long-term to target 6 months' expenditure in unrestricted realisable assets/reserves, the target in the first instance is that both:

- unrestricted reserves after deducting the carrying value of property assets and any other items considered relevant (such as the designated 2022/23 property programme fund); and
- unrestricted net current assets after deducting items considered relevant (such as the designated 2022/23 property works fund)

be equivalent to at least 3 months' average expenditure. Although it may not be possible every year to enhance financial reserves particularly in a challenging economic climate, the Foundation aims to achieve these initial targets by continuing, where possible to do so, to manage its financial affairs effectively. Once it has achieved these targets, the Foundation will further consider its long-term reserves policy.

Plans and Outlook

The Foundation believes that its training and counselling services can continue to contribute to its communities. It aims to continue to deliver its charitable mission to provide counselling and counselling training and promote better mental health, whilst seeking to manage and, where practical having regard to its charitable objectives, enhance its financial sustainability.

There are potential challenges, including the extent to which one of the existing counselling contracts will continue beyond 2022 and the possibility of lower fee levels in charitable counselling. The evolving more difficult economic environment might also impact our income levels and generate cost pressures. To help mitigate these, the Foundation intends to continue to seek opportunities to extend and enhance its services, which might or might not include additional counselling arrangements.

Going concern

The Board considers it appropriate to apply the going concern basis to the preparation of these annual financial statements, having regard to the following factors:

- The Foundation weathered the disruptive impact of Covid-19 and successfully changed its model and practices, introducing remote delivery of its services, upgrading its technology and managing its costs

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- The Foundation has recorded net income in each of the last two financial years and unaudited accounting records in 2022 so far indicate that the Foundation has recorded a satisfactory financial outcome for the first half of 2022
- The Foundation's current cash balances are also satisfactory having regard to previous years' patterns and its current working capital requirements
- Internal financial projections for the remainder of 2022 and into 2023, whilst inevitably subject to the uncertainties inherent in all financial forecasting, provide an appropriate support for the going concern basis for these financial statements.

Structure, Governance and Management

The Counselling Foundation is registered as a charity and is constituted as a company limited by guarantee. It was incorporated on 12 May 1992 under a Memorandum of Association. The governing document is the Articles of Association. Its company number is 02713806 (England & Wales) and its charity number is 1014988.

The Memorandum and Articles of Association were replaced during 2018 by new Articles which are simplified and comply with the Charity Commission's Model Articles for charities set up in this form. Under the new Articles the Board of the company is its governing body. Those appointed to the Board are the Trustees in charity law and the Directors in company law. The Company's Members are the appointed Board. The Trustees confirm that during the year the charity has had due regard to the Charity Commission's guidance on public benefit.

Potential trustees are identified and recruited by a recruitment and assessment process. The Foundation has the aim that trustees have a range of experience and skills represented together with, so far as is possible, a gender and ethnic mix. New trustees are briefed on the Foundation's activities and their role in the Board in discussions with other trustees and the Foundation's management. All the trustees are volunteers and receive no remuneration or any other benefit.

Those serving as trustees at the date of this report and during 2021 are:

Antony Cates	Appointed 5 October 2021
Mandy Macqueen	
Wendy Molefi-Youri	
Sue Murphy	Appointed 2 nd February 2021
Frances Bogie	Appointed 2 nd February 2021
Julian Gell	Resigned 5 October 2021
Richard Lane	Appointed 2 nd February 2021, resigned 20 th April 2021

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Thomas Smith

Resigned 2nd February 2021

Matters reserved for decision by the Board include strategy, annual budgets and the appointment and remuneration of the Chief Executive.

The Board delegates management of the Foundation to the Chief Executive, who is supported by members of staff including those in specific areas as follows:

- Emma Branch- CEO
- Jo Spilling - Clinical
- Mimie Hollist - Training
- Tracy McPhillips - Operations
- Mark Graham - IT and Digital -since June 2021
- Stephen Anstee - Finance

Board meetings are usually held every two months and are attended by the Chief Executive and from time-to-time other members of staff as deemed appropriate by the Board. In addition, a Trustee regularly attends monthly management meetings regarding clinical matters. The Board receives regular reports from the Executive, including operational and financial reports. In addition, Trustees may attend other meetings during the year where appropriate.

Remuneration of management

The aim of the Charity's remuneration policy is to attract and retain motivated management with the skills and experience to deliver the charity's objectives, whilst having due regard to the interests of our beneficiaries and financial sustainability.

Remuneration for the year ended 31 December 2021 comprised salary and pension contributions. The total remuneration of the senior management was £224.9k (£210.8k for year ended 31 December 2020). The Foundation generally aims to carry out an annual review of pay, taking into account annual performance appraisals, though deferred doing so in 2019 and 2020 given previous financial out-turns. The Foundation seeks to provide a flexible working environment with most of its employees engaged on a part-time basis. It has an Employee Assistance Programme, available to eligible staff. The Foundation is immensely grateful to management and staff for their dedicated service to the public benefit that the Foundation delivers.

Risk Management

The Board has examined the major risks to which the Foundation may be exposed and is taking reasonable steps to establish systems to mitigate those risks. The Foundation maintains and regularly reviews a log of key risks. This includes operational, financial, people and clinical risks, as appropriate. The Foundation maintains insurance cover.

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Role and Responsibilities of the Board

The Board is responsible for overall strategy; ensuring that the objects of the company are properly pursued and that its financial affairs are properly managed.

The Board is responsible for preparing the annual report and financial statements for each financial year in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice. Company Law requires the members of the Board to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of its incoming resources and application of resources, including income and expenditure for that year. In preparing those financial statements, the members of the Board are required to:

1. Select suitable accounting policies and then apply them consistently
2. Make judgments and estimates that are reasonable and prudent
3. Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue in business.

The members of the Board are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention of and detection of fraud and other irregularities.

Legal and Administrative Details

Legal and administrative details are given elsewhere in this report.

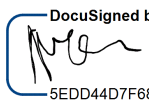
Auditors

Our auditors, Mercer & Hole, have expressed their willingness to continue in that capacity.

Disclosure of Information to Auditors

So far as the Board is aware, there is no relevant audit information of which the company's auditors are unaware. The Board has taken all the steps that they ought to have taken in order to make themselves aware of any relevant audit information and to establish that the company's auditors are aware of the information.

On behalf of the Board

DocuSigned by:

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Antony Cates, Chair

Date: 28 September 2022

Report of the Independent Auditors to the Members of The Counselling Foundation for the year ended 31 December 2021

Independent Auditor's Report to the Trustees of The Counselling Foundation for the year ended 31 December 2021

Opinion

We have audited the financial statements of The Counselling Foundation (the 'charity') for the year ended 31 December 2021 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 December 2021, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Report of the Independent Auditors to the Members of The Counselling Foundation for the year ended 31 December 2021 - continued

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- the charity has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Report of the Independent Auditors to the Members of The Counselling Foundation for the year ended 31 December 2021 - continued

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 12-13, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

We gained an understanding of the legal and regulatory framework applicable to the charity and the environment in which it operates and considered the risk of acts by the charity that were contrary to applicable laws and regulations, including fraud.

Report of the Independent Auditors to the Members of The Counselling Foundation for the year ended 31 December 2021 - continued

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements and the financial report (including the risk of override of controls), and determined that the principal risks were related to posting inappropriate entries including journals to overstate revenue or understate expenditure and management bias in accounting estimates.

Audit procedures performed by the engagement team included:

- discussions with management, including considerations of known or suspected instances of non-compliance with laws and regulations and fraud;
- gaining an understanding of management's controls designed to prevent and detect irregularities; and
- identifying and testing journal entries.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.


A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/Our-Work/Audit/Audit-and-assurance/Standards-and-guidance/Standards-and-guidance-for-auditors/Auditors-responsibilities-for-audit/Description-of-auditors-responsibilities-for-audit.aspx>. This description forms part of our auditor's report.

Report of the Independent Auditors to the Members of The
Counselling Foundation for the year ended 31 December 2021 -
continued

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Steve Robinson:
Senior Statutory Auditor
for and on behalf of Mercer & Hole
Chartered Accountants and Registered Auditors
Gloucester House, 72 London Road, St Albans,
Hertfordshire, AL1 1NS

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Date: 28 September 2022

2021 Annual Report and
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The Counselling Foundation
Statement of Financial Activities (including Income and Expenditure Account)
For the year ended 31 December 2021

	Notes	Unrestricted funds General Funds 2021 £'000	Unrestricted funds Designated funds 2021 £'000	Restricted Funds 2021 £'000	Total Funds 2021 £'000	Total Funds 2020 £'000
Income from:						
Donations and grants	2	3.0	-	53.5	56.5	35.4
Charitable activities: Training and counselling	3	1,597.9	-	51.2	1,649.1	1,602.4
Other income	4	4.7	-	-	4.7	10.6
Total income		1,605.6	-	104.7	1,710.3	1,648.4
Expenditure on:						
Charitable activities: Training and counselling		1,397.2	-	96.5	1,493.7	1,496.8
Total expenditure	5	1,397.2	-	96.5	1,493.7	1,496.8
Net income for the year	6	208.4	-	8.2	216.6	151.6
Transfers between funds		(165.2)	173.0	(7.8)	-	-
Net Movement in Funds		43.2	173.0	0.4	216.6	151.6
Funds at start of year		332.9	100.0	162.1	595.0	443.4
Funds at end of year		376.1	273.0	162.5	811.6	595.0

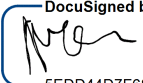
Movements in funds are disclosed in the notes to the financial statements.

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The Counselling Foundation
Balance Sheet
At 31 December 2021

	Notes	31 December 2021		31 December 2020	
		£'000	£'000	£'000	£'000
Fixed Assets					
Tangible assets	9		406.7		433.8
Current assets					
Debtors	10	153.0		206.9	
Cash at bank and in hand	11	1,075.1		711.6	
			<u>1,228.1</u>		<u>918.5</u>
Liabilities					
Creditors: amounts falling due within one year	12	(765.9)		(738.4)	
Net current assets			<u>462.2</u>		<u>180.1</u>
Total assets less current liabilities			<u>868.9</u>		<u>613.9</u>
Creditors: amounts falling due after more than one year	13		(57.3)		(18.9)
Net assets			<u>811.6</u>		<u>595.0</u>
Funds of the charity					
Restricted funds					
General funds		376.1		332.9	
Designated funds		<u>273.0</u>		<u>100.0</u>	
Unrestricted funds			<u>649.1</u>		<u>432.9</u>
Total charity funds	14&15		<u>811.6</u>		<u>595.0</u>

On behalf of the Board, which approved the accounts on 28 September 2022

DocuSigned by:

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 Antony Cates, Director

Date 28 September 2022
 Company Number: 02713806

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The Counselling Foundation
Cash Flow Statement
For the year ended 31 December 2021

	Note	2021 £'000	2020 £'000
Cash flows from Operating Activities	A	318.9	221.0
Cash flows from Investing Activities			
Interest income		0.3	0.9
Cash from/used in Investing Activities		0.3	0.9
Cash flows from Financing Activities			
New borrowing		50.0	-
Repayment of borrowing		(5.7)	(5.6)
Cash from/used in Financing Activities		44.3	(5.6)
Change in cash and cash equivalents in the year		363.5	216.3
Cash and cash equivalents at the beginning of the year		711.6	495.3
Cash and cash equivalents at the end of the year		1,075.1	711.6
Of the cash and cash equivalents at 31 December, the following amounts are held in the following of the charity's funds:			
Restricted reserves		138.7	122.2
Unrestricted funds			
General funds		663.4	489.4
Designated funds		273.0	100.0
Cash and cash equivalents at the end of the year		1,075.1	711.6

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The Counselling Foundation
Cash Flow Statement
For the year ended 31 December 2021

NOTE TO THE CASH FLOW STATEMENT

A. Reconciliation of net movements in funds to net cash flow from operating activities

	2021		2020
	£'000	£'000	£'000
Net movement in funds, as shown in Statement of Financial Activities		216.6	151.6
Non-operating cash flows eliminated:			
Depreciation charge	27.1		17.0
Interest income	(0.3)		(0.9)
		26.8	16.1
Decrease/(increase) in debtors		53.9	(46.4)
(Decrease)/increase in creditors		21.6	99.7
		318.9	221.0
Net cash (absorbed)/generated by operating activities		318.9	221.0

The Counselling Foundation
Notes to the Financial Statements
For the year ended 31 December 2021

1. Accounting policies

- (a) The financial statements for the year ended 31 December 2021 have been prepared in accordance with 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) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and applicable law in the jurisdiction of registration being the Companies Act 2006. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s). The accounts are prepared in sterling rounded to the nearest £'000. The Charity meets the definition of a public benefit entity under FRS 102.
- (b) Donations and similar income are included in full in the Statement of Financial Activities when receivable. The value of services provided by volunteers has not been included.
- (c) Revenue under contracts for services is recognised to the extent that the right to income has been obtained by the performance or part performance of the contractual obligation.
- (d) In relation to its training services, the majority of the Foundation's training is delivered over courses that cover up to an academic year, with the rest of the training delivered on short-term courses. For training courses that cover an academic year, the total fee income receivable for the course is recognised in debtors on acceptance for the course. The registration fee is recognised as income on acceptance on the course. All of the fees (other than the registration fee) for these year-long training courses are reflected in deferred revenue in the balance sheet and then released to income over the period of the training course. The Foundation provides the option to settle training fees for the longer courses either by payment in full or by an initial deposit and then instalments usually linked to the length of the course (which are less than 12 months).
- (e) Income from short-term training courses is recognised on delivery of the training. In addition, income generated from training placements is recognised over the period of the placement.
- (f) In relation to its provision of counselling under contracts to the NHS, the Foundation recognises revenue from these contracts on delivery of the relevant counselling sessions. Any amounts receivable or received before the year end in relation to counselling sessions to be delivered after the year end, is recognised in deferred income.
- (g) Income from investments and other income is included when receivable.
- (h) Expenditure is recognised in the year in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.

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The Counselling Foundation Notes to the Financial Statements For the year ended 31 December 2021

1.Accounting policies (continued)

- (i) Expenditure is allocated to the activity where the cost relates directly to that activity. Combined, shared and support costs are apportioned by reference to management estimates of where time is spent or of where costs are attributable or on management estimates of appropriate splits or pro rata as estimated by management. Pension costs are allocated between activities based on the allocation of employee costs of the related employee.
- (j) Rentals applicable to operating leases where substantially all the benefits and risks of ownership remain with the lessor are charged to profit and loss account as incurred.
- (k) Fixed assets are capitalised at cost. Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life.
- i. Fixtures, fittings and equipment - 15% straight line basis
 - ii. Information technology equipment - 33% straight line basis
- (l) The accounts have been prepared in compliance with applicable legislation save that no depreciation has been provided in respect of freehold and long leasehold properties, which are carried at cost. This is a departure from the requirements of the Companies Act 2006 which requires all properties to be depreciated and has been made in order to give a fair presentation. The directors consider that to depreciate the properties would not give a true and fair view. The properties are maintained to a reasonable standard and their residual value is expected to be not less than their cost and therefore any diminution in their value is immaterial to the accounts. Impairment reviews are carried out on an annual basis. The directors consider that this policy results in the financial statements giving a true and fair view.
- (m) Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.
- (n) Cash at bank and in hand includes cash and short-term liquid investments or deposits with a short maturity of typically less than three months.
- (o) Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.
- (p) The charity has a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the company. The annual contributions payable are charged to the Statement of Financial Activities.
- (q) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value except for bank loans which are subsequently measured at the carrying value plus accrued interest less repayments.

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The Counselling Foundation
Notes to the Financial Statements
For the year ended 31 December 2021

1. Accounting policies (continued)

- (r) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- (s) Designated funds are unrestricted funds that have been earmarked by the directors for particular purposes.
- (t) Restricted funds are to be used for specific purposes as laid down by the donor or otherwise. Expenditure which meets these criteria is charged to the restricted funds.
- (u) These accounts have been prepared on a going concern basis. The Trustees believe that this is appropriate, having regard to the charity's cash position, management accounts in the current year to date and its budget and projections for the rest of 2022 and subsequently.

2. Donations and grants

	2021			2020
	Unrestricted £'000	Restricted £'000	Total £'000	Total £'000
Donations	3.0	22.9	25.9	23.0
Grants	-	30.6	30.6	12.4
	3.0	53.5	56.5	35.4

3. Income from charitable activities

	2021			2020
	Unrestricted £'000	Restricted £'000	Total £'000	Total £'000
Counselling income	806.1	51.2	857.3	896.8
Training income	791.8	-	791.8	705.6
	1,597.9	51.2	1,649.1	1,602.4

During 2021, the Foundation was provided with £50k (2020 £56.3k) for support for victims of crime, domestic and sexual abuse and other similar counselling services in Bedfordshire, part of which was delivered in 2021 with the remainder to be delivered in 2022.

4. Other income

	2021			2020
	Unrestricted £'000	Restricted £'000	Total £'000	Total £'000
Rents received	-	-	-	0.8
Miscellaneous income	4.4	-	4.4	8.9
Investment and interest income	0.3	-	0.3	0.9
	4.7	-	4.7	10.6

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The Counselling Foundation Notes to the Financial Statements For the year ended 31 December 2021

5. Total expenditure

	2021			2020		
	Counselling £'000	Training £'000	Total £'000	Counselling £'000	Training £'000	Total £'000
Staff and similar costs	326.1	532.9	859.0	332.8	516.1	848.9
Counselling costs	358.0	-	358.0	393.5	-	393.5
Premises	57.0	33.9	90.9	66.2	47.6	113.8
IT	17.5	25.8	43.3	8.5	10.9	19.4
Depreciation	2.9	24.2	27.1	1.8	15.2	17.0
General expenses	6.3	19.6	25.9	5.4	12.6	18.0
Consultancy	7.7	9.8	17.5	6.7	8.3	15.0
Training costs	-	15.7	15.7	-	11.2	11.2
Bank charges	1.2	8.3	9.5	1.1	7.5	8.6
Bad & doubtful debts	4.8	4.6	9.4	1.4	5.8	7.2
Communications	3.4	4.4	7.8	3.7	4.9	8.6
Advertising	-	7.0	7.0	-	14.2	14.2
Insurance	2.7	3.5	6.2	2.5	3.3	5.8
Audit fees	2.3	3.1	5.4	2.3	3.1	5.4
Post & stationary	2.4	2.1	4.5	2.3	2.4	4.7
Travel	1.6	2.1	3.7	2.9	1.2	4.1
Subscriptions	0.4	2.1	2.5	0.2	0.3	0.5
Interest	0.1	0.2	0.3	0.4	0.5	0.9
	794.4	699.3	1,493.7	831.7	665.1	1,496.8
Direct costs	610.8	309.8	920.6	654.6	283.7	938.3
Support costs allocated and apportioned	183.6	389.5	573.1	177.1	381.4	558.5
	794.4	699.3	1,493.7	831.7	665.1	1,496.8

The allocation or apportionment of support costs in relation to 2020 has been restated to be consistent with the basis and estimates adopted for 2021.

The governance costs incurred by the Foundation relate to audit plus trustee indemnity and directors' liability insurance. Audit and related charges were £5.4k for the year ended 31 December 2021 (£5.4k for the year ended 31 December 2020). The cost of the Foundation's insurance cover (which includes wider business insurance as well as trustee indemnity and directors' liability cover) was £6.2k for the year ended 31 December 2021 (£5.8k for the year ended 31 December 2020). These audit and wider insurance costs total £11.6k for the year ended 31 December 2021 (£11.2k for the year ended 31 December 2020).

6. Net income for the year

Net income for the year is stated after charging:

	2021 £'000	2020 £'000
Interest payable	0.3	0.9
Depreciation	27.1	17.0
Auditors' remuneration for audit services	5.4	5.4
Operating lease commitments	69.5	63.2

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The Counselling Foundation Notes to the Financial Statements For the year ended 31 December 2021

7. Staff costs and numbers

Staff costs were as follows:

	2021	2020
	£'000	£'000
Wages and salaries – management, finance and administration, counselling and training	793.8	769.4
Social security costs – management, finance and administration, counselling and training.	48.0	47.2
Pension contributions – management, finance and administration, counselling and training	15.6	13.7
Total staff costs	857.4	830.3

Staff costs include redundancy and termination payments incurred and paid in 2021 of £22.9k (2020: £nil).

	2021	2020
The number of employees whose emoluments exceeded £60,000 is stated below:		
£60,001 - £70,000	-	-

No trustee received any remuneration or pension contributions or received any other benefits of an employment. Trustee expenses of £nil (2020: £nil) were reimbursed. The pension contributions related to monies paid into a defined contribution scheme for employees. Benefits are accruing for 24 members of staff under the defined contribution scheme. There were no outstanding contributions at the balance sheet date.

	2021	2020
	Number	Number
The monthly average number of persons employed by the charity during the year was:		
Management	5	6
Counselling and training staff	44	44
Administration and support	15	14
	64	64

	2021	2020
	Number	Number
The average weekly number of full-time equivalent employees during the year, calculated on the basis of full-time equivalents was as follows:		
Management	4	4
Counselling and training staff	11	12
Administration and support	12	11
	27	27

	2021	2020
	£'000	£'000
Management remuneration was as follows:		
Management remuneration	224.9	210.8

8. Taxation

The company is exempt from corporation tax on its charitable activities.

Any surplus from training supplies is applied to the continuance or improvement of training activities.

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The Counselling Foundation
Notes to the Financial Statements
For the year ended 31 December 2021

9. Tangible fixed assets

	Freehold Property	Long Leasehold Property	Fixtures, fittings and equipment	Total
	£'000	£'000	£'000	£'000
Cost				
At 31 December 2020	88.3	318.4	125.5	532.2
Additions	-	-	-	-
Disposals	-	-	(31.5)	(31.5)
At 31 December 2021	88.3	318.4	94.0	500.7
Depreciation				
At 31 December 2020	-	-	98.4	98.4
Charge for the year	-	-	27.1	27.1
Eliminated on disposals	-	-	(31.5)	(31.5)
At 31 December 2021	-	-	94.0	94.0
Net Book Value				
At 31 December 2021	88.3	318.4	-	406.7
At 31 December 2020	88.3	318.4	27.1	433.8

The long leasehold properties, with a net book value at 31 December 2021 of £318.4k, are subject to security in relation to a bank loan of £18.8k at 31 December 2021.

No depreciation has been provided in respect of freehold and long leasehold properties, which are carried at cost. Had depreciation been provided at 2% per annum, the net book value of the freehold and long leasehold properties would have been £173.3k at 31 December 2021, compared to their net book value of £406.7k.

10. Debtors

	2021 £'000	2020 £'000
Prepayments & Accrued Income	6.7	10.6
Other debtors	146.3	196.3
	153.0	206.9

11. Cash

	2021 £'000	2020 £'000
Cash at bank	85.2	93.4
Cash deposits (short term)	989.9	618.2
	1,075.1	711.6

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The Counselling Foundation Notes to the Financial Statements For the year ended 31 December 2021

12. Creditors: amounts falling due within one year

	2021	2020
	£'000	£'000
Bank loans	11.5	5.6
Trade creditors	116.7	92.9
Accruals	81.5	72.9
Deferred income	540.2	546.2
Social security	16.0	20.8
	<u>765.9</u>	<u>738.4</u>

All income deferred at the previous year end at 31 December 2020 (save for some immaterial amounts) was released during the year ended 31 December 2021. All income that was deferred as at the 31 December 2021 (save for some immaterial amounts) was deferred during the year then ended and has been or is expected to be released in the year to December 2022.

13. Creditors: amounts falling due after more than one year

	2021	2020
	£'000	£'000
Bank loans	<u>57.3</u>	<u>18.9</u>
Analysis of bank loans:		
Amounts payable by instalments:		
Between one and two years	15.7	5.6
Between two and five years	37.4	13.3
After 5 years	4.2	-
	<u>57.3</u>	<u>18.9</u>

In addition, there is an amount of £11.5k (2020: £5.6k) in relation to these bank loans that is included in Creditors: amounts falling due within one year.

There are two bank loans. One bank loan of £18.8k (in total) is secured on the long leasehold properties of the Foundation and at 31st December 2021 represented 6% of their book value. The original loan of £150k was repayable over 25 years from 1992 but was extended in January 2000 for a further 25 years. During the year, the interest rate was a floating interest rate equal to a margin of 2% per annum over the Base Rate.

The second loan is an unsecured loan under the governments Covid related bounce back loan scheme. The original loan of £50k was drawn down in May 2021 and bears interest at a fixed rate of 2.5% and is repayable by monthly instalments over 5 years starting one year after drawdown.

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The Counselling Foundation
Notes to the Financial Statements
For the year ended 31 December 2021

14. Analysis of net assets between funds

	Unrestricted funds General Funds £'000	Unrestricted funds Designated Funds £'000	Restricted Funds £'000	Total Funds £'000
Tangible fixed assets	327.4	-	79.3	406.7
Current assets				
Debtors	153.0	-	-	153.0
Cash	663.4	273.0	138.7	1,075.1
Creditors: due within 1 year	(710.4)		(55.5)	(765.9)
Net current assets	106.0	273.0	83.2	462.2
Creditors: due after more than 1 year	(57.3)	-	-	(57.3)
Net assets at 31 December 2021	376.1	273.0	162.5	811.6

15. Movement in funds

	At 31 December 2020 £'000	2021 Incoming Resources £'000	2021 Outgoing Resources £'000	2021 Transfers £'000	At 31 December 2021 £'000
Restricted funds:					
Freehold Property	13.6	-	-	-	13.6
Leasehold Property	65.7	-	-	-	65.7
Cash – re property	54.4	-	-	-	54.4
Cash – Other	28.4	104.7	(96.5)	(7.8)	28.8
Total restricted funds	162.1	104.7	(96.5)	(7.8)	162.5
Unrestricted funds:					
Designated funds					
2022/23 Property programme	-			80.0	80.0
General property fund	80.0			20.0	100.0
Training fund	-			93.0	93.0
IT	20.0			(20.0)	-
Total designated funds	100.0	-	-	173.0	273.0
General funds	332.9	1,605.6	(1,397.2)	(165.2)	376.1
Total unrestricted funds	432.9	1,605.6	(1,397.2)	7.8	649.1
Total funds	595.0	1,710.3	(1,493.7)	-	811.6

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The Counselling Foundation Notes to the Financial Statements For the year ended 31 December 2021

Restricted funds:

These are funds that were provided specifically towards the purchase and renovation of properties, plus net income from grants made to the Foundation for specific purposes.

Unrestricted funds:

Designated funds

The Foundation has designated funds for:

- a) A programme of building, repair and maintenance work at its owned properties in St Alban and particularly Luton, planned to be carried out in 2022 into 2023
- b) A more general property fund for the future repair, maintenance and improvement of existing properties and to support future property acquisitions
- c) A fund for its Training activities for their continuation and improvement

General Fund

This is income receivable or generated for the objects of the charity without further specified purposes.

16. Legal status of the Charity

The Charity is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity whilst that person is a member, or within one year after that person ceases to be a member. The Company was incorporated in England and Wales, the registered office is: 1 College Yard, Lower Dagnall Street, St Albans, Hertfordshire, AL3 4PA.

17. Operating lease commitments

At 31 December 2021 the charity had commitments under operating leases as set out below:

	Land and buildings		Equipment	
	2021 £'000	2020 £'000	2021 £'000	2020 £'000
Operating lease payments due in less than one year	31.0	31.0	6.2	6.2
Operating lease payments due in the second to fifth year	-	31.0	5.2	11.5
	31.0	62.0	11.4	17.7

18. Related party transactions

There have been no related party transactions in the year.

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The Counselling Foundation
Notes to the Financial Statements
For the year ended 31 December 2021

19. Comparative funds

	Unrestricted funds General Funds 2020 £'000	Unrestricted funds Designated funds 2020 £'000	Restricted Funds 2020 £'000	Total Funds 2020 £'000	Restated Total Funds 2019 £'000
Income from:					
Donations and grants	5.8	-	29.6	35.4	40.2
Charitable activities:					
Training and counselling	1,550.2	-	52.2	1,602.4	1,467.2
Other income	10.6	-	-	10.6	14.3
Total income	1,566.6	-	81.8	1,648.4	1,521.7
Expenditure on:					
Charitable activities:					
Training and counselling	1,425.5	-	71.3	1,496.8	1,584.4
Total expenditure	1,425.5	-	71.3	1,496.8	1,584.4
Net income for the year	141.1	-	10.5	151.6	(62.7)
Transfers between funds	(100.0)	100.0	-	-	-
Net Movement in Funds	41.1	100.0	10.5	151.6	(62.7)
Funds at start of year	291.8	-	151.6	443.4	506.1
Funds at end of year	332.9	100.0	162.1	595.0	443.4

20. Associate entity

The Foundation has a 40% equity and voting interest in College Yard Management Limited, which owns the freehold of and provides property management services for the College Yard site in Lower Dagnall Road, St Albans. The Foundation has long leasehold interests in 2 of the 5 units at this site and a short leasehold interest in another of the 5 units. The net assets of College Yard Management Limited, as shown in its most recently filed unaudited financial statements to 31 December 2020, were £100. The Foundation carries its investment in this company at nil cost. Its share of the net assets of College Yard Management Limited was £40. Save for reimbursement or recharges of appropriate costs, the Foundation has not received any distribution or income from College Yard Management Limited.