Umbrella Counselling East Midlands CIO

Charity Number: 1200745

Trustees' Annual Report

for the Period
1 March 2025 to 28 February 2026

Reference & Administration Details

Charity name: **Umbrella Counselling East Midlands CIO**

Charity number: 1200745

Charity's operating address: Unit 4 Hill Court, Turnpike Close, Grantham, Lincs, NG31 7XY

Names of the Charity Trustees who manage the Charity

	Trustee Name	*Office*	*Appointed*	*Retired*
1:	Victoria Stephenson	Chair	October 2022	
2:	Robert Ballentine	Secretary	October 2022	
3:	Sarah Gibson	Treasurer	September 2023	
4:	Victoria Holden	Trustee	October 2025	
5:	Laura Joanknecht	Trustee	October 2025	

Names & Addresses of Advisors

Type of advisor	*Name*	*Address & Postcode*
Bank	National Westminster Bank Plc	250 Bishopsgate, London EC2M 4AA
Independent Examiner	Roger White (ACA)	12 Tentercroft street, Lincoln, LN5 7DB

Structure, Governance & Management

Description of the Charity's Trusts

Type of Governing Document: Constitution

How the Charity is Constituted: Charitable Incorporated Organisation

Trustee Selection Methods: Appointed by existing Trustees

Objectives & Activities

Summary of the Objects of the Charity as set out in its Governing Document

The objects of the CIO are:

To aid the preservation and protection of the physical and mental health of individuals in the East Midlands affected by rape, sexual abuse or sexual violence through:

a) providing trauma informed counselling;

b) providing training to counsellors;

c) providing supervised placements to trainee counsellors to enhance the ability to provide for those impacted by the above.

Summary of the Main Activities Undertaken for the Public Benefit in Relation to the Charity's Objects

Umbrella Counselling East Midlands CIO has undertaken the following activities:

- Delivered one-to-one counselling to survivors of rape and sexual violence in the East Midlands.
- Provided supervision and training to volunteer and trainee counsellors, including keeping them up to date with current legislation regarding CPS decision making.

Public Benefit

The Charity operates as a Public Benefit to the Community of the East Midlands in providing support for the victims of rape, sexual abuse and violence.

Statutory Declaration

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the commission in exercising their powers or duties.

Achievements & Performance

Year in Review

During the year we have received 369 referrals to the service. These were received from a variety of sources including:

- Victim Services
- ISVA
- Spring Lodge
- Victim Lincs
- Educational Establishments
- NHS
- The Castle Project
- Self Referrals
- Lincolnshire Police
- Mental Health Services

Throughout the year we have delivered a total of 3210 counselling sessions, a mixture in person from our office in Grantham and remotely.

We have provided supervised counselling placements to 19 student counsellors.

Our clinical lead provided supervision to 17 ISVAs and crisis workers in Lincolnshire.

Financial Review

Brief Statement of the Charity's Policy on Reserves

The Trustees regularly review the reserves of the charity. This review encompasses the nature of the income and expenditure streams and the need to maintain adequate working capital for all core costs and liabilities. The Trustees have established a policy whereby the unrestricted funds held by the charity should include between one and three months core costs.

Details of Any Funds Materially in Deficit

N/A

Other

Donations were received from collection boxes in local shops, Vinted sales run by a volunteer, car boot sales and Easter craft sales.

Declaration

The Trustees declare that they have approved the Trustees' Report above.

Signed on behalf of the Charity's Trustees

Signature(s): .....

Full Name(s): Sarah Gibson

Position(s): Trustee/Treasurer

Date: 20.08.26

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	Umbrella Counselling East Midlands CIO		
On accounts for the year ended	28th February 2026	**Charity no (if any)**	1200745
Set out on pages	6-8		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 28th February 2026.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed: [signature] **Date:** 17/08/2026

Name: Roger White

Relevant professional qualification(s) or body (if any): ACA (ICAEW)

Address: Saul Fairholm Limited Chartered Accountants, 12 Tentercroft Street, Lincoln, LN5 7DB

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Receipts and Payments Accounts

Charity Name: Umbrella Counselling East Midlands CIO
Charity Number: 1200745
Period from (start date): 01/03/2025 **to (end date):** 28/02/2026

Section A **Receipts and payments**

	Unrestricted funds £	Restricted funds £	Endowment funds £	Total funds £	Last year £
A1 Receipts					
Counselling	1,525.00	-	-	1,525.00	1,680.00
OPCC FT	158,073.26	-	-	158,073.26	81,819.52
Donations	852.61	-	-	852.61	1,654.85
University	-	-	-	-	2,135.00
Supervision	3,535.00	-	-	3,535.00	3,290.00
Lincolnshire Community Fund	10,000.00	-	-	10,000.00	-
TKMaxx and Homesense	500.00	-	-	500.00	-
Screwfix Foundation	5,000.00	-	-	5,000.00	-
Sub total	179,485.87	-	-	179,485.87	90,579.37
A2 Asset & investment sales, etc	-	-	-	-	-
Total receipts	179,485.87	-	-	179,485.87	90,579.37
A3 Payments					
Counselling	32,260.00	-	-	32,260.00	12,800.00
Rent	10,012.48	-	-	10,012.48	9,600.00
Stationary	1,592.58	-	-	1,592.58	1,012.08
Training	1,000.00	-	-	1,000.00	560.00
Misc	1,107.12	-	-	1,107.12	1,145.71
Salary	62,409.86	-	-	62,409.86	59,602.55
Supervision	1,730.00	-	-	1,730.00	2,889.00
Insurance	660.47	-	-	660.47	784.74
Utilities	7,528.28	-	-	7,528.28	-
Repairs	5,460.86	-	-	5,460.86	-
Accountancy	2,710.80	-	-	2,710.80	9,882.27
Sub total	126,472.45	-	-	126,472.45	98,276.35
A4 Asset & investment purchases, etc	-	-	-	-	-
Total payments	126,472.45	-	-	126,472.45	98,276.35
Net of receipts/(payments)	53,013.42	-	-	53,013.42	(7,696.98)
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,616.15	-	-	4,616.15	12,313.13
Cash funds this year end	57,629.57	-	-	57,629.57	4,616.15

All Income and Expenditure in 2025 was unrestricted

Section B Statement of assets and liabilities at the end of the period

B1 Cash funds

Details	Unrestricted funds £	Restricted funds £	Endowment funds £
Current account	58,401.38	-	-
Total cash funds	58,401.38	-	-

B2 Other monetary assets

Details	Unrestricted funds £	Restricted funds £	Endowment funds £
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	-	-	-

B4 Assets retained for the charities own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	-	-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
PAYE	Unrestricted	530.28	Mar-26
Pension	Unrestricted	241.53	Mar-26

Signed by one or two trustees on behalf of all the trustees

Signature	Name	Date of approval
	Robert Alexander Ballentine	20.08.2026
	Victoria Katherine Stephenson	20.8.26

Notes to the accounts

General

Umbrella Counselling CIO has nothing to disclose with regard to following:

a) particulars of any guarantee given by the CIO, where any potential liability under guarantee is outstanding at the date of the statement of assets and liabilities; and

b) particulars of any debt outstanding at the date of the statement of assets and liabilities which is owed by the CIO and which is secured by an express charge on any assets of the CIO.

Trustee Remuneration

The Charity Trustees were not paid or received any other benefits from employment with the Trust in the year (2025: £Nil) neither were they reimbursed expenses during the year (2025: £Nil). No Charity Trustee received payment for professional or other services supplied to the Charity (2025: £Nil).