THE MANNA HOUSE TRUST

TRUSTEES REPORT AND FINANCIAL STATEMENTS
FOR THE PERIOD TO 31 MARCH 2026

Registered Charity Number 286358

THE MANNA HOUSE TRUST

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The trustees present their report and the financial statements for the period ended 31 March 2026.

Principal activity and objects

The Manna House Trust (MHT) is a long-standing Christian charity based in Northampton and through the Manna House Counselling Service (MHCS) provides access to professional counselling services, accredited training courses to potential counsellors and pastoral carers, and health and wellbeing workshops, training and resources, available to everyone in Northamptonshire, irrespective of faith, background or ability to pay.

The Manna House Trust (formally The Northampton Christian Centres Trust) is registered by the Charity Commission (No: 286358) and is governed by a trust deed dated 23 August 1982 and a supplemental deed dated 8 January 1983. Further amendments were made on 8 May 2003 changing two parts of the constitution and the charity's name to the Manna House Trust (MHT). A further amendment was made on 31 January 2024 to more accurately reflect the on-going and evolving work of serving the wider community.

Review of the activities and achievements

This review covers the Trust's activities from April 2025 to March 2026, a period of significant challenge, growth and change. During this financial year we said a fond farewell and paid tribute to David Hill as he retired from the Trust Board. David was one of the original founding members of the charity and for many years had acted as Honorary Treasurer and then more latterly as Chair of Trustees. Also, to Edward Harding as he stood back from the Trust Board, again after many years as a trustee representing St Giles Parish Church, Northampton. Both will be sorely missed.

Key Developments

During the year, the Trust's priorities were twofold:
· To consolidate and confirm the Trust's financial position.
· To manage the retirement and relocation of staff and trustees while ensuring continuity of services for clients, students, staff and supporters.
Growth was supported by continued investment in IT infrastructure and the introduction of a new direct referral pathway through the website.
Manna House Counselling Service (MHCS) continued to provide low-cost, subsidised counselling to everyone referred to the service, accepting only donations towards the work of the Manna House Trust. The appointment of new staff and the development of the training team also contributed to growth and changes in the delivery of both counselling and training services.

Counselling Services

During 2025/26, MHCS provided 1,246 counselling sessions to over 198 clients. Most clients received between 6 and 12 sessions, although some received significantly more depending on their needs and presenting issues.
There continued to be a significant number of late cancellations and non-attendance. A total of 124 sessions were missed, representing a cost of £6,820. However, this was a 32% decrease compared with the previous year.

Referrals

MHCS received 207 referrals during the reporting period, representing an 88% increase on the previous year.
The majority of referrals were self-referrals. From August 2025, these were made directly through the MHCS website into the new Lamplight for Charities CRM system.
Introduced in July 2025, Lamplight provided a secure, paperless client record system. It has enabled counsellors to monitor, evaluate and evidence both quantitative and qualitative outcomes more effectively and efficiently.
The introduction of the new referral system did, however, contribute to an increase in the waiting list:
· March 2025: 15 clients
· January 2026: 58 clients
Despite this increase, the expectation remained that clients would be seen by an MHCS counsellor within three to four weeks of referral, which continued to be the intended timescale.

Staffing

Staffing levels and roles changed during the year as staff retired or relocated.

April 2025

The nominal staffing establishment was 3.9 WTE, comprising:
· 5 staff members, including 2 staff counsellors
· 6 sessional counsellors
· 7 volunteer counsellors
· 10 student counsellors
· 3 training tutors

March 2026

By March 2026, this had changed to 3.0 WTE, comprising:
· 5 staff members, including 3 staff counsellors
· 14 sessional counsellors
· 7 volunteer counsellors
· 12 student counsellors
· 4 training tutors
MHCS also benefited from the services of 5 counselling supervisors under contract, together with 2 staff undertaking supervision training.

Client Demographics

The proportion of clients from Northampton postcodes fell to 35% of the total.
The proportions from other areas remained relatively consistent:
· Daventry: 14%
· Wellingborough: 14%
· South Northamptonshire: 21%
· Kettering: 7%
· Corby: 9%

Wellbeing Services

Alongside counselling, MHCS continued to provide free wellbeing workshops covering a wide range of subjects, including:
· Depression
· Peer support
· Anxiety
· Anger management
· Stress and emotional resilience
· Life transitions
· Self-awareness
· Food and mood
· Forgiveness
Primarily through membership of the Mental Health Northants Collaboration Wellbeing Education Network (WEN), MHCS delivered 35 wellbeing sessions during the reporting period.
In addition, MHCS delivered its own Wellbeing Programme, both in person and remotely, to a number of charities, organisations and individuals.
Other ongoing activities included:
Weekly in-person peer support groups.
A monthly Café Club, run by volunteers.

Counselling Training

MHCS remained committed to providing cost-effective routes into counselling training and professional practice. This included the delivery of accredited, low-cost courses for people training to become counsellors, supervisors and pastoral care workers.
As a training centre, MHCS welcomed students from a wide range of backgrounds and educational experiences onto Level 2, Level 3 and Level 4 CPCAB-validated courses.
During 2025/26:
· 12 students on the two-year training course began their clinical placements.
· 9 of these students chose to complete their placements at MHCS.
· 31 students completed Level 2 training.
· 16 students completed Level 3 training.

Matters Arising and Development Planning

Throughout 2025, the Trust Board continued to support significant investment in infrastructure and systems, and towards good governance.
Key developments included:
· The purchase and implementation of a new client reporting system, moving MHCS from a predominantly paper-based model to a secure online system.
· Introduction of a SAGE accounting package, bringing financial management in-house.
· An upgrade to the telephone system to provide easier remote access for receiving client referrals.
· Extension of counselling hours to include evenings and weekends.
· An update to the MHCS website.

Future Premises

Alongside these investments, the Trust Board agreed that the remaining proceeds from the 2024 property sale should be designated towards the purchase of a new, longer-term home for MHCS. This remains a significant project and continues to be a key focus for the Trust Board. In the meantime, the sale proceeds have been invested in secured Charity Bonds.

Looking Ahead

The Trust remains committed to providing safe spaces where people can talk to professionally trained counsellors and mental health practitioners, helping people discover, rediscover or recover what makes life worth living.

MHCS will continue to:
· Provide free wellbeing workshops.
· Deliver CPCAB-accredited training courses.
· Provide accessible and affordable counselling services.
· Develop safe, effective and responsive services for the community.
· Invest in the systems, staff and facilities needed to support long-term sustainability.
The Trust remains determined to serve the community by providing services that are safe, effective, caring, responsive and well led

Financial review

The net incoming resources of the Charity for the year amounted to £6,302 as set out on page 8.

Reserves policy

The trustees have again reviewed this policy and aim to ensure that unrestricted reserves be sufficient to cover 3 to 6 months expenses. This would negate the need to realise fixed assets due to unforeseen difficulties.

Trustees and members of the committee

The trustees serving during the year were:

Mr D V Hill resigned 25/3/26

Mr K T Davidson (Honorary President)

Mr E P Harding (representative of the Parochial Church Council for the Parish of St Giles) resigned 25/3/26

Mr L E Thomson

Mr G Pritchard (chair)

Mrs E M Sturgess

Mr N Purvey-Tyrer (CEO)

Mr R Ombui

Dr I White

Mrs P Ernestine Peters appointed 28/1/26

Dr M Daye sppointed 25/3/26

Principal address	**Independent examiner**	**Bankers**
The Innovation Centre University of Northampton Green Street NN1 1SY	James Parsons FCCA Sawford Bullard Accountants The Old Mill Blisworth Hill Farm Stoke Road Blisworth Northampton NN7 3DB	The Co-operative Bank Plc 1 Balloon Street Manchester M60 1GP

On behalf of the trustees 30th September 2026



Mr G Pritchard
Chairman

THE MANNA HOUSE TRUST

INDEPENDENT EXAMINER'S UNQUALIFIED REPORT TO THE TRUSTEES

I report to the charity trustees on my examination of the financial statements of The Manna House Trust ('the charity') for the period ended 31 March 2026 which are set out on pages 1 to 14.

Responsibilities and basis of report

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

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

James Parsons

James Parsons FCCA

Sawford Bullard
Accountants
The Old Mill
Blisworth Hill Farm
Stoke Road
Blisworth
Northampton
NN7 3DB

30th September 2026

THE MANNA HOUSE TRUST

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED

31 MARCH 2026

	Note	Unrestricted funds	Restricted funds	2026	2025
		£	£	£	£
Incoming resources					
Donations and legacies received		80,765		80,765	82,110
Council contracts			65,477	65,477	34,461
Counselling course and contract fees		66,751		66,751	71,939
Other income		250		250	519
Interest received		14,124		14,124	2,521
Total income and endowments		161,890	65,477	227,367	191,549
Resources expended	4	(193,936)	(27,129)	(221,065)	(246,636)
Net (outgoing)incoming resources		(32,046)	38,348	6,302	(55,087)
Balances at 1 April 2025		442,603	5,056	447,659	502,746
Balances at 31 March 2026		410,557	43,404	453,961	447,659

THE MANNA HOUSE TRUST

BALANCE SHEET AT

31 MARCH 2026

	Note	2026 £	2026 £	2025 £	2025 £
Fixed assets					
Tangible fixed assets	5		1,245		1,557
Investment in subsidiary			-		-
			1,245		1,557
Current assets					
Debtors	6	14,523		8,782	
Cash at bank and in hand		452,795		444,530	
		467,318		453,312	
Creditors: due within one year	7	(14,602)		(7,210)	
Net current assets			452,716		446,102
Total assets less current liabilities			453,961		447,659
Creditors: due after one year	8		-		-
Total net assets			453,961		447,659
Income funds					
Restricted reserves	9		43,404		5,056
Unrestricted reserves	10		410,557		442,603
Total charity funds			453,961		447,659

These financial statements were approved by the board of trustees and committee on 30th September 2026 and are signed on behalf of the board by:

Mr G Pritchard
Chairman

1. **General information**

The charity is a registered charity in England and Wales and is unincorporated. The address of the principal office is The Innovation Centre, University of Northampton, Green Street, NN1 1SY

2. **Statement of compliance**

These financial statements have been prepared in compliance with FRS 102, The Financial Reporting Standard applicable in the UK and the 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) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. **Accounting policies**

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income and expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Cash flow statement

The charity satisfies the criteria of being a qualifying entity as defined by FRS 102 and has taken advantage of exemption in respect of not preparing a cash flow statement.

Going concern

There are no material uncertainties about the charity's ability to continue.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the proprietor for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.

- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

VAT

Value added tax is not recoverable by the charitable company, and as such is included in the relevant costs in the Statement of Financial Activities and tangible fixed assets.

Tangible fixed assets and depreciation

Depreciation of fixed assets is calculated to write off their cost or valuation less any residual value over their estimated useful lives as follows:

Freehold land and buildings	Nil
Office equipment	25% on reducing balance
Computer equipment	33.3% straight line

4. Resources expended

	Unrestricted funds	Restricted funds	2026	2025
	£	£	£	£
Salaries	107,087	16,321	123,408	166,145
Staff training	237	1,481	1,718	5,133
Counselling course and contract expenses	36,505	4,320	40,825	13,743
Consultancy fees and fund raising	-	-	-	-
Volunteer expenses	2,245	1,110	3,355	2,070
Staff costs	-	-	-	-
Travelling costs	281	-	281	1,088
Rent	26,185	3,453	29,638	20,276
Room hire	-	-	-	4,500
Rates and water charges	228	111	339	1,781
Insurances	901	-	901	1,251
Storage costs	-	-	-	1,723
Property repairs and maintenance	-	-	-	4,911
Light and heat	620	-	620	2,654
Bank charges	250	-	250	211
Telephone, internet and office costs	14,544	333	14,877	10,724
Independent examiners fees	2,098	-	2,098	1,800
Professional fees and subscriptions	2,077	-	2,077	6,469
Sundry expenses and cleaning	367	-	367	865
Profit/loss on disposals	-	-	-	903
Depreciation	311	-	311	389
	193,936	27,129	221,065	246,636

5. Tangible fixed assets

	Office equipment	Total
	£	£
Cost		
1 April 2025	2,426	2,426
Additions	-	-
Disposals	-	-
31 March 2026	2,426	2,426
Depreciation		
1 April 2025	870	870
Charge for period	311	311
On disposals	-	-
31 March 2026	1,181	1,181
Net book value		
31 March 2026	1,245	1,245
31 March 2025	1,557	1,557

6. Debtors

	2026	2025
	£	£
Amounts falling due within one year		
Trade debtors	3,750	-
Other debtors	1,767	1,767
Prepayments and accrued income	9,006	7,015
	14,523	8,782
Amounts falling due after one year	-	-
Total debtors	14,523	8,782

7. Creditors due within one year

	2026	2025
	£	£
Trade creditors	2,205	978
Other creditors	12,397	6,232
	14,602	7,210

8. Creditors due after one year

	2026	2025
	£	£
Other loans	-	-
	-	-

9. Restricted reserves

	2025	Incoming resources	Resources expended	Transfer	2026
	£	£		£	£
Counselling fund	5,056	65,477	(27,129)	-	43,404

10. Unrestricted funds

	2025	Incoming resources	Resources expended	Transfer	2026
	£	£	£	£	£
General income fund	62,603	161,890	(193,936)		30,557
Designated fund - Building	315,000	-	-		315,000
Designated fund - other	65,000	-	-		65,000
	442,603			-	410,557

11. Analysis of net assets by fund

	Designated	Unrestricted funds	Restricted funds	2026
	£	£	£	£
Tangible fixed assets	-	1,245	-	1,245
Current assets	-	14,523		14,523
Cash at bank	380,000	29,391	43,404	452,795
Creditors due within one year	-	(14,602)	-	(14,602)
Creditors due after one year	-	-	-	-
At 31st March 2026	380,000	30,557	43,404	453,961

12. Transactions with trustees

No remuneration was paid to the trustees in either the current or the previous year.

13. Ultimate controlling party

The Manna House Trust is controlled by its board of trustees as identified in the trustees report.

No transitional adjustments were required in the retained funds or income or expenditure for the year.

14. Operating lease commitments

The total future minimum lease payments under not-cancellable operating leases are as follows:

	2026	2025
	£	£
Not later than 1 year	9,532	12,947
Later than 1 year and not later than 5 years	-	3,534
	9,532	16,481

THE MANNA HOUSE TRUST

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED

31 MARCH 2026

	2026	2026	2025	2025
	£	£	£	£
Income				
Donations and legacies received		80,765		82,110
Grants received from local councils		65,477		34,461
Counselling course and contract fees		66,751		71,939
Other income		250		519
Interest received		14,124		2,520
		227,367		191,549
Less overheads				
Salaries	123,408		166,145	
Staff training	1,718		5,133	
Counselling course and contract expenses	40,825		13,743	
Consultancy fees & fundraising	-		-	
Volunteer and staff expenses	3,355		2,070	
Travelling costs	281		1,088	
Rent	29,638		20,276	
Room hire	-		4,500	
Rates and water charges	339		1,781	
Insurances	901		1,251	
Property repairs and maintenance	-		4,911	
Storage costs	-		1,723	
Light and heat	620		2,654	
Bank charges	250		211	
Telephone, internet and office costs	14,877		10,724	
Independent examiners fees	2,098		1,800	
Professional fees and subscriptions	2,077		6,469	
Sundry expenses and cleaning	367		865,	
Profit/loss on disposals	-		903	
Depreciation	311		389	
		221,065		246,636
Net surplus/(deficit) for year		6,302		(55,087)