

2022 Annual Report and Review

Time **2** TALK



Registered Charity No. 802472

Time2Talk
(Daventry Information and Counselling Service)
The Abbey
Market Square
Daventry
Northants NN11 4XG

Email: info@time2talk.org.uk
www.time2talk.org.uk
 Registered Charity No. 802472

Board of Trustees: *(all voluntary positions)*

Suzy Dion	Chairperson
Dr Sue Davies	Vice-Chair
Gordon Barker	Treasurer, Secretary
Julie Luvaglio	Trustee

Staff Team:

Andy Nixon	Chief Operating Officer/Fundraiser
Sylvia Birch	Counsellor and Towcester Service Manager
Ashley Southgate	Data and Information Officer

Supervision:

Jayne Innes	Clinical Supervisor
--------------------	---------------------

We would also like to give a huge thank you to our team of self-employed counsellors and volunteers!!

INDEX

Acknowledgements	2
Service Opening Times	3
Mission Statement	4
Active Involvement Activity	5
Equal Opportunities Policy	5
Chairperson's Report	6
Chief Officers Annual Report and Review	7
Data and Information Report	10
A Therapeutic Counsellors Perspective	13
Counsellor/Towcester Service Manager Report	14
The Time2Talk Team	15
Time2Talk Accounts	17

Acknowledgements

Time2Talk were successful in securing grant funding from the following organisations:

Northamptonshire NHS/Public Health

Chlamydia screening and needle exchange continue to generate funds towards our core costs

We also received donations or support from:

Garrick Hawkes, executor of the estate of his Nephew Justin Broersma, donated £5,000. One of the largest private donations that we have ever received and for which we were deeply moved.

We'd also like to thank everyone who has supported us over the last year

Proud to be a referring agent for the Daventry Foodbank

Time2Talk is registered for Gift Aid

TIME2TALK – Service Opening Times

	Opening Times - Daventry		
Monday – Thursday	10:00am	–	5:30pm
Friday	10:00am	–	2:00pm
Saturday	10:00am	–	4:00pm
Sunday	Closed		

Towcester Service

MONDAY

Towcester - The Chantry 1:30pm – 5:30pm

WEDNESDAY

Towcester – The Chantry 12:45pm - 6:15pm

Mission Statement

To offer quality free information, counselling to improve mental health, therefore reducing clinical admissions into the NHS and to provide the resources necessary for young people aged 13-25 to make informed decisions about their sexual health.

To actively challenge prejudice of all kinds and to promote equality throughout our work.

To actively seek new working opportunities within the ethical framework and boundaries of Time2Talk.

To promote social inclusion through our work.

To provide a listening ear for those in emotional distress and to have a positive impact on improving the mental health of young people.

To provide up to date quality information literature on those subjects that affect young people and also for family members concerned about a young person.

To network with other organisations in order to strengthen resources and work together in tackling the many issues that impact on a young person's emotional well-being and mental health.

As an Organisational Member of British Association for Counselling & Psychotherapy we are bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy, the Ethical Guidelines for Researching Counselling and Psychotherapy (where organisations undertake research) and subject to the Professional Conduct Procedure for the time being

Active Involvement Activity

Time2Talk are committed to the Active Involvement of young people in the planning of its services. We have achieved bronze standard charter mark as recognition of this.

Equal Opportunities Policy

Time2Talk recognises the inherent worth of every human being and firmly believe that every human being has something to offer the community. We aim to ensure that no member of our team, no volunteer or management committee member, organisation or individual to whom we provide services to will be discriminated against on any of the following grounds:

- Unrelated Criminal Conviction
- Age
- Class
- Employment Status
- Political Belief
- Race, colour, nationality, ethnic or national origin
- Religion
- Gender, sexual orientation or marital status
- Disability

Time2Talk aims to ensure that all potential staff, volunteers or management committee members are recruited in line with the above. If instances of discrimination occur within the organisation or within an organisation or venue where Time2Talk are providing a service, Time2Talk will take positive action against such discrimination.

Chairperson's Report

This is my first report as Chairperson, as Dr Sue Davies and I have switched places, I from Vice Chair to Chair and Sue from Chair to Vice Chair. This will continue in the coming year. This year has been an extraordinary ride as we have begun the journey out of the pandemic. Andy has kindly provided a very detailed Chief Operating Officer's report, which I will not replicate here.

I must take this opportunity to commend and thank Andy. His ongoing hard work and resilience in coping through the pandemic and now as we begin the journey back to normality. Let's hope that the pandemic and lockdowns are now behind us.

Partnership working has been high on the agenda this year. Andy has detailed the changes this year, but in summary, the picture remains complicated by the REACH entity not being formally ratified, requiring the continued individual commissioning with each service provider.

We remain committed to working together with other members of REACH to ensure high quality, needs driven service provision throughout the county and look forward to continuing to work with our partners over the coming months. Ultimately, as one of the smaller members of REACH we struggle to be able to be involved in all the initiatives discussed by the consortium.

We do, however, remain immensely proud of the high quality counselling and interventions offered by our small team of counsellors, staff and volunteers. I want to thank them all for their hard work and dedication over the last year.

Service provision can now be in person again, T2T offers a mixture of in person, virtual and telephone support to give our young people the most options to get the support they need. As Andy outlined, certain initiatives have come on board which have brought with them some welcome additional resources.

Furthermore, Covid recovery funding has been very useful, although quickly eaten up by the additional rental charges for the extra rooms needed to ensure correct distancing when face to face work has occurred, this will now ease. Needless to say, our accommodation costs remain a burden on our resources and we await the details of any changes following the council merger with some trepidation. As always, we are disadvantaged in comparison to the other members of REACH due to our rental charges.

I think the main task I must fulfil in this report is to recognise and thank the team. In addition to those mentioned above I must also thank Ashley for his hard work at completing the data submissions required as part of our contract and for his ongoing dedicated support to the running of T2T.

I must also thank Gordon who continues his methodical analysis and organisation of the accounts and DNG who continue to provide excellent examination of these accounts. Finally, my thanks also to my fellow trustees who have continued to support T2T despite their own difficulties in such an unprecedented year. We would like to recruit more trustees and I would encourage anyone interested to contact me for further information.

Suzy Dion
Chair

Chief Officers Annual Report and Review

Introduction.

This year has barrelled along at an alarming rate. It's been another year of challenges and increased demand on our services. Covid 19 impacted on children and families greatly but we are moving forward from the restrictions and other measures that were placed on organisations. The legacy of Covid also had a profound effect on our people as well that work for us at all levels.

The ongoing longer-term effects of the pandemic have led to high level debilitating anxiety amongst many young people and other global events also take their toll. Young people are concerned not just about their own emotional wellbeing and mental health but also for their families at a time of an unprecedented cost of living increase alongside concerns about the environment and about the war in Ukraine. Young people are not immune from the effects of the news around them.

Our biggest challenge in many ways is trying to offer services across a huge, mainly rural, district. We maintained our base in Daventry, and maintain our space in Towcester to give those living in South Northants the opportunity of attending a nearer face to face provision but alongside that we have continued with a remote offer so an over the phone or zoom course of therapy sessions can suit those in remoter locations much better.

Many young people do prefer and request a face to face service and it's been great to return to that as a core offer however many are responding well to over the phone or Zoom. Operating across a larger rural district brings extra challenges in terms of logistics and what we can and can't do so a remote offer is not a second class offer as it offers greater flexibility as some of our counsellors can work evenings and weekends. With the resources we have we can't be everywhere but what we do we do to the best our ability.

We remain members of the REACH collaborative. As yet the collaborative has yet to constitute itself as a legal entity as required by the commissioners of our services. We at Time2Talk were hoping REACH would go down a registered charity route however the majority of members are favouring a different approach. Reach is made of up: Youthworks in Kettering, Service Six in Wellingborough, The Lowdown in Northampton and Chat in Oundle.

Youthworks lead on the Happier family's initiative and digital solutions (and a number of county wide projects that we are not directly involved in) The Lowdown lead on the emotional wellbeing Cafes and on the Rapid Response projects that we deliver whilst Service Six lead on the tier 2.5 projects for which we received a small amount of funding and they also run a county wide suicide bereavement project. All of these projects are

funded via the NHS in some form or another and we are all required to flow data for these projects into the NHS via Youthworks in Kettering.

All of these projects require a lot of administration especially when it comes to the data requirements. The collection of data is a contractual requirement and of course we have to publish our NHS DTSP toolkit each year in order to demonstrate our compliance with various systems and processes. You will read more about data in our Information officers report. I have to say Ash does a sterling job in this regard!

We have to extend our heartfelt thanks to our small team of staff, sessional counsellors, and volunteer Trustees who have stuck with us for another year. Ash for maintaining and developing the IT systems we need to manage the data we are required to process. We thank Sylv for her help in looking after the Towcester provision and for her ongoing work with young people. We have a great team of sessional therapists who have been invaluable in helping us deliver more sessions to young people with often complex needs, so thanks to Eve, Helen and Prem and also to Julie who took up the mantle at a time when the waits were getting very high. We need to do more here to ensure the referral to treatment time reduces. That said we are still much faster than some statutory providers.

Funding our services.

We maintained our core grant in order to deliver counselling provision to as many young people across this massive geographic area as possible. This in itself is extremely challenging due to logistics and rurality but we believe we do a great job with the resources we have available.

Our drop-in provision that isn't directly funded (Chlamydia screening, Needle exchange, condoms and pregnancy testing as well as food bank) are slowly picking up again.

We maintained resources under the rapid response contract which means we can offer counselling appointments quickly to young people who may have been admitted to A & E following a self-harm episode.

The happier family's initiative has supported a number of families via information and access to the virtual programme however there have been delays on the part of the lead provider in securing or offering proper training for the virtual programme. We understand this is in hand and will be forthcoming shortly. Funds are carried forward for the current financial year.

We received some digital solutions funding via youthworks and this can be utilised for the development of IT systems and for staff hours in achieving that.

We launched an emotional well-being café this year with funds from the NHS but via the Lowdown who've been offering these services for quite some time. Ours is now taking

off. It is a drop-in offered on Saturdays that young people can access without an appointment and this runs from our Daventry base.

We have some resource that will enable us develop some specific LGBTQ plus service in partnership with Lowdown Northampton and we look forward to seeing this flourish moving forward.

We look forward to future opportunities as they become available.

A note on reserves.

The trustees have ensured we have sufficient reserves to meet our legal obligations should the worse happen and our honorary treasurer Gordon has again done a great job keeping an eye on the figures and preparing our accounts for independent examination.

Finally

Young people have always been at the heart of what we do, they drive everything, it's the reason why we are here. It doesn't matter who they are or where they are from. We are open to anyone regardless of gender, ethnicity sexuality or however they identify the door has always been open.

We know we can't be everywhere we know we can't work miracles but the environment we operate in and the issues young people present to us are getting ever more complex and the issues our counsellors face are getting ever more involved and high level.

Organisations like ours can't be expected to solve all of the issues young people have. There has to be a systematic approach that sees youth clubs return , greater funding for community-based activities and environmental activities to go alongside therapies like the ones we try and offer.

Andy Nixon
Chief Operating Officer

Data and Information Report

I submit data to NHS Northamptonshire for the various NHS funded projects that we have run over the past year. This includes the core counselling, rapid response, tier 2.5 and the emotional wellbeing café that started in November.

In addition, I also submit data to NHS England for the MHSDS. The requirements are becoming increasingly complex but I hold regular meeting with my data equivalents in our REACH partners. This have been a great help in getting to grips with the increasingly complicated data requirements (plus it's always reassuring to find out how other people also equally despair at data). But we all work hard to support each other in ensuring the data we submit to the NHS is of the highest possible quality.

Over the last year we have had 369 referrals into our service for counselling, broken down into:

- Core counselling and tier 2.5	308
- Rapid response	50
- Aspire higher	11

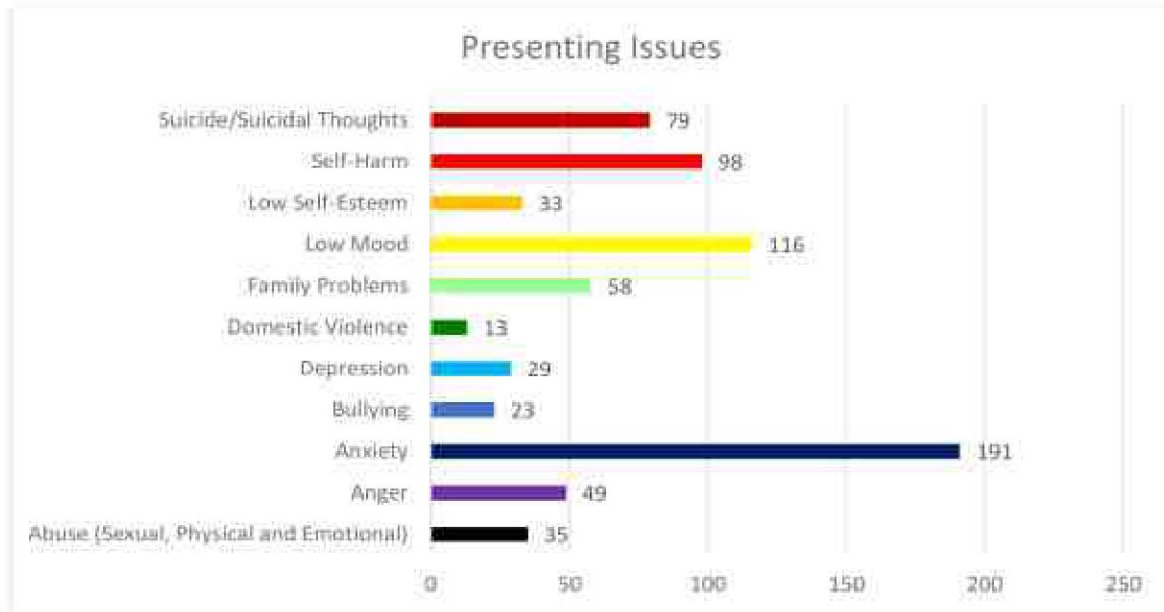
The number of referrals we received were at the highest in March (51), which is the same as the previous year. They were also high in September (35) and January (43) which is likely to be the result of the return to school after summer and Christmas holidays while they were also high in May (42) when exams will be starting. While referrals were at their lowest during the summer, July (25) and August (19) in particular. This is likely to be the result of school holidays and young people being removed from a cause of their anxiety/stress.

On top of the 369 referrals we have also started our emotional wellbeing café at the end of the year. The café is a drop-in service, where young people can come in to speak to a counsellor without ever needing an appointment. It was initially slow to start with but the number of people accessing has increased and continues to do so in the new financial year.

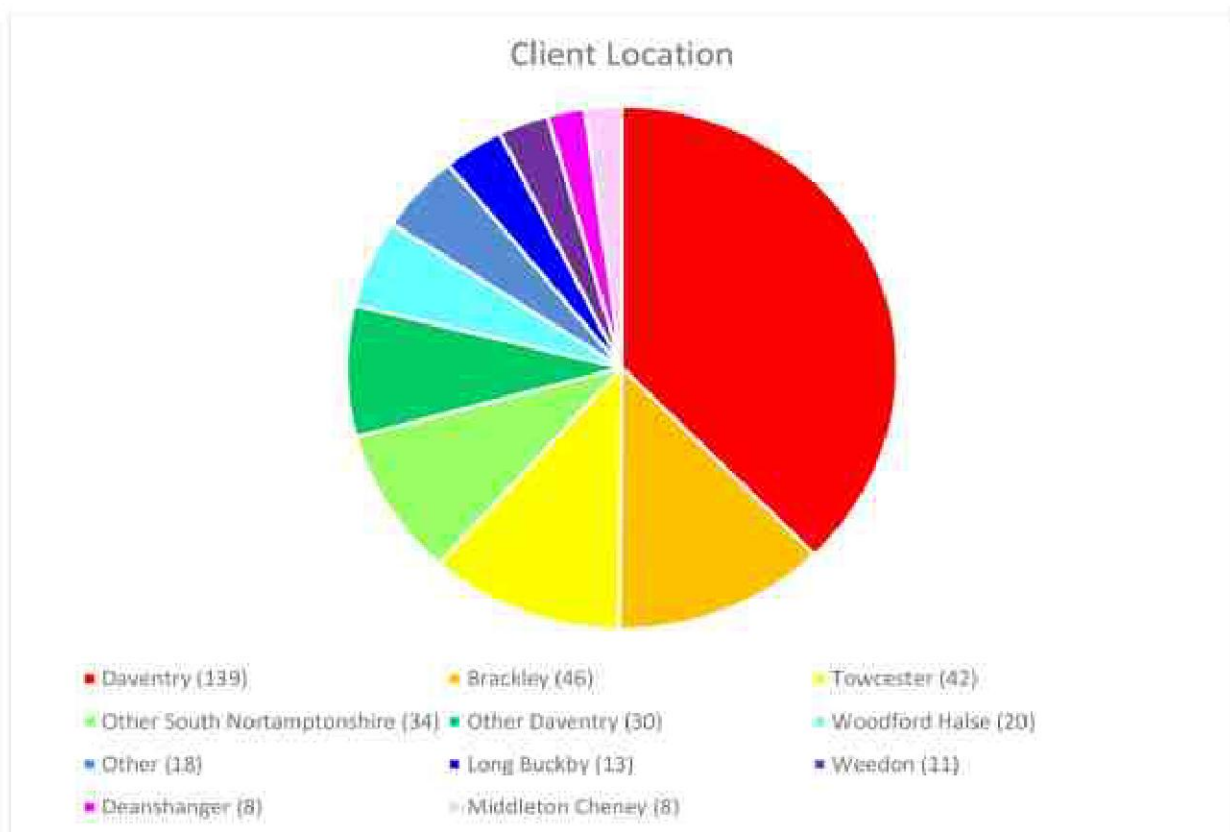
Before every session our clients complete a CORE YP which allows us to measure how their mood changes over the period of therapy. We also offer service feedback forms for clients to fill out once they have completed their counselling, through these:

- 91.6% of clients answered 'quite a bit' or 'totally' when asked if they felt satisfied as a result of their counselling.
- 89.3% of clients improved or maintained their CORE YP score at the end of their service
- 88.8% of emotional wellbeing café clients reported an improvement in their mood after attending the café.

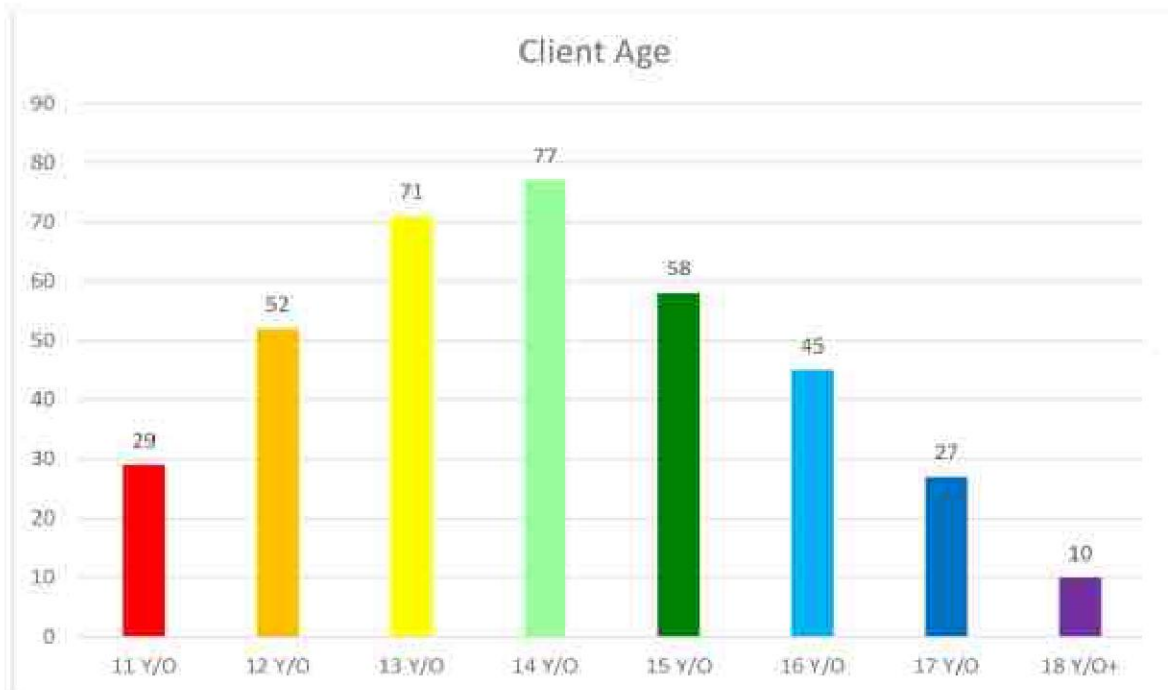
The graph below shows the issues that were most commonly mentioned at referral. Anxiety remains the most common presenting issues with just over half our clients having experienced it but low mood, self-harm and suicidal thoughts are also high.



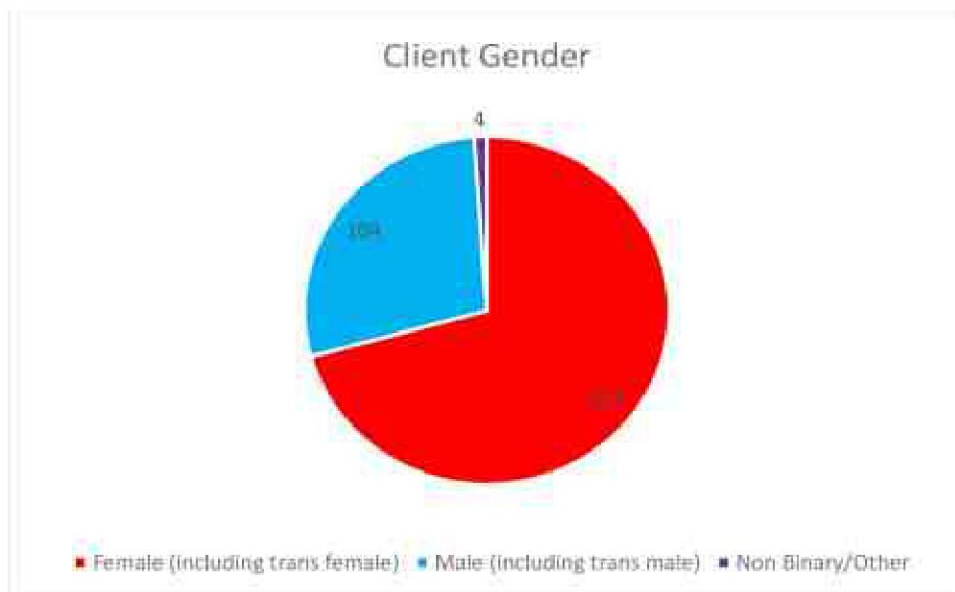
In terms of location, 213 of our counselling referrals come from Daventry District and 138 from South Northamptonshire. The remaining 18 were from clients who lived outside Northamptonshire but we were still able to see if their registered GP is within the county.



For age, 13-15 year olds continue to be the most common ages for people referred into us.



While for gender 261 of our counselling referrals identified as Female. Significantly higher than the number of male referrals. A 71-28 percentage split between Female and Male with the remaining 1% identifying as non-binary.



Ashley Southgate,
Data and Information Officer

A Therapeutic Counsellors Perspective

I have been part of Time2Talk since I joined the organisation in September 1998 as a volunteer. A year later, in 1999, I was employed as an Outreach Development Worker. After a number of years, I became an NHS employee but still donated time to the agency. After my retirement from the NHS, I became a Trustee for Time2Talk and since March 2021 I also work as a self-employed counsellor.

My last few years with the NHS were working at CAMHS (Northamptonshire) as Pathway Lead for Gender Identity and Sexuality. Using my experience in this role, I now see many of the young people with Gender Identity who are referred in to Time2Talk. The number has increased in the last few years, in line with the National figures for Gender Dysphoria.

I am seeing an increase in referrals for anxiety, family problems, phobias and low mood, which may be down to the Covid lockdown experience and also the concern over the war in Ukraine. Many of the issues that we are facing in this country have been beyond our control and have provoked anxiety in adults, which in turn affects our young people.

Time2Talk has always been a fantastic place to work and although the agency is small, in comparison with many other Youth Counselling agencies in the county, it has always covered the huge area of Daventry District and South Northamptonshire. I have enjoyed working with committed and hard-working staff and volunteers, with the emphasis on providing a high quality of service to our young people and their families.

Since the Covid pandemic, we have discovered new ways of working, now offering zoom and telephone appointments, alongside the face to face appointments.

Julie Luvaglio

Therapeutic Counsellor/ Trustee

Counsellor and Towcester Service Manager Report

This report provides an outline of work undertaken, and developments made in the post of Counsellor and Towcester Service Manager in the period up to April 2022.

The referrals continue to come in. We receive them from the CYPRMC, GPs, Support and Social Workers, school, family members and friends as well as a number of self-referrals from the young person themselves who need counselling.

Here are some of the issues young people are facing over this last year: anxiety, stress, panic attacks, exam pressure, bullying, phobias, depression, low self-esteem, self-harm, gender identity, eating disorders, suicidal thoughts, bereavement, sexuality and abuse along with many, many others.

Our clients are offered either face to face or remote counselling, remote can be done over the phone or via zoom. A lot of our clients continue to find remote counselling helpful even after full time face to face work has resumed as it can allow them to be more flexible over the times they can do and enables them to have counselling at their own homes or in school without having to travel. While face to face sessions are offered in either Daventry or Towcester, clients are given an initial six session hopefully resulting in a positive outcome, however if the client and the counsellor feel they would benefit with a few more sessions they can be offered additional sessions up to a maximum of twelve.

I'd like to say thank you Jayne for your supervision and support which has enabled me to have positive outcomes with my clients which I have shared with my clients. So again thank you for your support over this last year.

And to Andy as well a big thank you for your support over this last year, it's been a very difficult and very challenging year for us all but you got us through it.



Sylvia Birch
Towcester Service Manager and Outreach Counsellor

The Time2Talk Team





**DAVENTRY INFORMATION AND COUNSELLING SERVICE
(TIME2TALK)
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

TIME2TALK

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

CONTENTS

	Page
Legal and administrative details	1
Trustees' report	2
Independent Examiners report	8
Statement of Financial Activities	9
Balance Sheet	10
Notes to the Financial Statements	11

TIME2TALK

YEAR ENDED 31 MARCH 2022

LEGAL AND ADMINISTRATIVE DETAILS

Charity registration number: 802472

Principal address: The Abbey
Market Square
Daventry
Northamptonshire
NN11 4XG

Trustees: Suzy Dion – Chairperson
Dr Susan Davies – Vice Chair
Julie Luvaglio

Honorary Treasurer: Gordon Barker

Bankers: HSBC
29 Bowen Square
Daventry
Northamptonshire
NN11 4ER

Independent Examiners: DNG Dove Naish LLP
Eagle House
28 Billing Road
Northampton
NN1 5AJ

TIME2TALK**YEAR ENDED 31 MARCH 2022****REPORT OF THE TRUSTEES**

The Trustees present their report together with financial statements for the year ended 31 March 2022.

Structure, governance and management

Time2Talk is governed by a constitution adopted in 1989, amended in November 1999, September 2006 and in November 2011. The organisation was registered as a charity on 8 January 1990.

Trustees

Trustees are sought on the basis of their experience and skills in the counselling and youth work field, or for other skills as the existing trustees may from time to time determine would be of value to the charity. Election of trustees takes place at the AGM at which all members are entitled to vote. Trustees may co-opt to the Board in the case of vacancy or need between AGMs.

Trustees are given a full induction and encouraged to undertake further training during their time in office. The present membership of the Board is set out on page 1.

Objectives and activities

The objects of the charity as stated in the constitution are “to assist in the promotion of the physical and moral welfare of young people in Daventry and District and to facilitate their education so that they grow to full maturity as responsible citizens and their quality of life may be improved”.

In directing the activities undertaken by the charity the trustees have had regard to the Charity Commission’s guidance on public benefit.

The trustees consider that the charity’s activities meet the public benefit test as the focus of the charity’s work is on adolescent health and wellbeing.

Reserves Policy

Time2Talk are conscious of the need to establish a realistic level of reserves at the time when it is opening multiple and complex projects, and during a period of financial uncertainty for the Voluntary Youth Sector in Northamptonshire.

The Trustees of the Charity have decided that our Reserves Policy takes into account the following areas:

- Salaries for the equivalent of three full-time well established staff; this we estimate to be three months salary plus statutory redundancy payments for qualifying staff.

Levels of Reserves

In order for the Charity to maintain its commitments should the above situations arise, the Trustees have determined to aim at maintaining reserves of:

Salaries £20,000

The reserves figures will be reviewed annually at the meeting prior to the end of the financial year, and will be presented in the Annual Report with the accounts. Unrestricted reserves held at the year end are £46,267, which is in line with the above policy.

Financial Review

Included in the balance sheet at 31 March 2022 is total reserves carried forwards of £210,195, including £163,928 of restricted reserves.

TIME2TALK

YEAR ENDED 31 MARCH 2022

REPORT OF THE TRUSTEES

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on and signed on its behalf by:



Suzy Dion

Date: 22/07/22

TIME2TALK

YEAR ENDED 31 MARCH 2022

REPORT OF THE TRUSTEES

ACHIEVEMENTS AND PERFORMANCE

CHAIRPERSON'S REPORT

This is my first report as Chairperson, as Dr Sue Davies and I have switched places, I from Vice Chair to Chair and Sue from Chair to Vice Chair. This will continue in the coming year.

This year has been an extraordinary journey as we have begun the journey out of the pandemic. Andy has kindly provided a very detailed Chief Operating Officer's report, which I will not replicate here.

I must take this opportunity to commend and thank Andy. His ongoing hard work and resilience in coping through the pandemic and now as we begin the journey back to normality. Let's hope that the pandemic and lockdowns are now behind us.

Partnership working has been high on the agenda this year. Andy has detailed the changes this year, but in summary, the picture remains complicated by the REACH entity not being formerly ratified, requiring the continued individual commissioning with each service provider. We remain committed to working together with other members of REACH to ensure high quality, needs driven service provision throughout the county and look forward to continuing to work with our partners over the coming months. Ultimately, as one of the smaller members of REACH we struggle to be able to be involved in all the initiatives discussed by the consortium. We do, however, remain immensely proud of the high-quality counselling and interventions offered by our small team of counsellors, staff and volunteers. I want to thank them all for their hard work and dedication over the last year.

Service provision can now be in person again, T2T offers a mixture of in person, virtual and telephone support to give our young people the most options to get the support they need. As Andy outlined, certain initiatives have come on board which have brought with them some welcome additional resources. Furthermore, Covid recovery funding has been very useful, although quickly eaten up by the additional rental charges for the extra rooms needed to ensure correct distancing when face to face work has occurred, this will now ease. Needless to say, our accommodation costs remain a burden on our resources and we await the details of any changes following the council merger with some trepidation. As always, we are disadvantaged in comparison to the other members of REACH due to our rental charges.

I think the main task I must fulfil in this report is to recognise and thank the team. In addition to those mentioned above I must also thank Ashley for his hard work at completing the data submissions required as part of our contract and for his ongoing dedicated support to the running of T2T. I must also thank Gordon who continues his methodical analysis and organisation of the accounts and DNG who continue to provide excellent examination of these accounts. Finally, my thanks also to my fellow trustees who have continued to support T2T despite their own difficulties in such an unprecedented year. We would like to recruit more trustees and I would encourage anyone interested to contact me for further information.

Suzy Dion
Chair

TIME2TALK**YEAR ENDED 31 MARCH 2022****REPORT OF THE TRUSTEES****ACHIEVEMENTS AND PERFORMANCE****CHIEF OPERATING OFFICERS ANNUAL REPORT****Introduction**

This year has barrelled along at an alarming rate. Covid 19 impacted on children and families greatly but we are moving forward from the restrictions and other measures that were placed on organisations. It's been another year of challenges and increased demand on our services. The legacy of covid also had a profound effect on our people as well, the people that work for us at all levels.

The ongoing longer-term effects of the pandemic have led to high level debilitating anxiety amongst many young people and other global events also take their toll. Young people are concerned not just about their own emotional wellbeing and mental health but also for their families at a time of an unprecedented cost of living increase alongside concerns about the environment and about the war in Ukraine. Young people are not immune from the effects of the news around them.

Our biggest challenge in many ways is trying to offer services across a huge, mainly rural district. We maintained our base in Daventry, and maintain our space in Towcester to give those living in South Northants the opportunity of attending a nearer face to face provision but alongside that we have continued with a remote offer so an over the phone or zoom course of therapy sessions can suit those in remoter locations much better.

Many young people do prefer and request a face to face service and it's been great to return to that as a core offer however many are responding well to over the phone or Zoom. Operating across a larger rural district brings extra challenges in terms of logistics and what we can and can't do so a remote offer is not a second class offer as it offers greater flexibility as some of our counsellors can work evenings and weekends. With the resources we have we can't be everywhere but what we do we do to the best of our ability.

We remain members of the REACH collaborative. As yet the collaborative has yet to constitute itself as a legal entity as required by the commissioners of our services. We at Time2Talk were hoping REACH would go down a registered charity route however the majority of members are favouring a different approach. Reach is made of up: Youthworks in Kettering, Service Six in Wellingborough, The Lowdown in Northampton and Chat in Oundle.

Youthworks lead on the Happier family's initiative and digital solutions (and a number of county wide projects that we are not directly involved in). The Lowdown lead on the emotional well being Cafes and on the Rapid Response projects that we deliver whilst Service Six lead on the tier 2.5 projects for which we received a small amount of funding and they also run a county wide suicide bereavement project. All of these projects are funded via the NHS in some form or another and we are all required to flow data for these projects into the NHS via Youthworks.

All of these projects require a lot of administration especially when it comes to the data requirements. The collection of data is part of the contracts and of course we have to publish our NHS DTSP toolkit each March in order to demonstrate our compliance with various systems and processes. You will read more about that in our Data and Information officers report. I have to say Ash does a sterling job in this regard!

We have to extend our heartfelt thanks to our small team of staff, sessional counsellors, and volunteers including our Trustees who have stuck with us for another year. Ash for maintaining and developing the IT systems we need to manage the data we are required to process We thank Sylv for her help in looking after the Towcester provision and for her ongoing work with young people. We have a great team of sessional therapist who have been invaluable in helping us deliver more sessions to young people with often complex needs, so thanks to Eve, Helen and Prem and also to Julie who took up the mantle at a time when the waits were getting very high. We need to do more here to ensure the referral to treatment time reduces. That said we are still much faster than some statutory providers.

TIME2TALK**Page 6****YEAR ENDED 31 MARCH 2022****REPORT OF THE TRUSTEES**

CHIEF OPERATING OFFICERS ANNUAL REPORT (continued)**Funding our services**

We maintained our core grant in order to deliver counselling provision to as many young people across this massive geographic area as possible. This in itself is extremely challenging due to logistics and rurality but we believe we do a great job with the resources we have available.

Our drop-in provision that isn't directly funded (Chlamydia screening, Needle exchange, condoms and pregnancy testing as well as food bank) are slowly picking up again.

We maintained resources under the rapid response contract which means we can offer counselling appointments quickly to young people who may have been admitted to A & E following a self-harm episode.

The happier family's initiative has supported a number of families via information and access to the virtual programme however there have been delays on the part of the lead provider in securing or offering proper training for the virtual programme. We understand this is in hand and will be forthcoming shortly. Funds are carried forward for the current financial year.

We received some digital solutions funding via youthworks and this can be utilised for the development of IT systems and for staff hours in achieving that.

We launched an emotional well-being café this year with funds from the NHS but via the Lowdown who've been offering these services for quite some time. Ours is now taking off. It is a drop-in offered on Saturdays that young people can access without an appointment and this runs from our Daventry base.

We have some resource that will enable us develop some specific LGBTQ plus service in partnership with Lowdown Northampton and we look forward to seeing this flourish moving forward.

We look forward to future opportunities as they become available.

A note on reserves.

The trustees have ensured we have sufficient reserves to meet our legal obligations should the worse happen and our honorary treasurer Gordon has again done a great job keeping an eye on the figures and preparing our accounts for independent examination.

Finally

Young people have always been at the heart of what we do, they drive everything, it's the reason why we are here. It doesn't matter who they are or where they are from we are open to anyone regardless of gender, ethnicity sexuality or however they identify the door has always been open. We know we can't be everywhere we know we can't work miracles but the environment is getting ever more complex and the issues our counsellors face are getting ever more involved and high level. Organisations like ours can't be expected to solve all of the issues young people have. There has to be a systematic approach that youth clubs return, greater funding for community-based activities and environmental activities to go alongside therapies like the ones we try and offer.

Andrew Nixon BA (Hons) MBE
Chief Operating Officer

TIME2TALK**INDEPENDENT EXAMINERS REPORT****FOR THE YEAR ENDED 31 MARCH 2022**

I report on the accounts of the Charity for the year ended 31 March 2022 which are set out on the attached pages 8 to 16.

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 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

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 independent examination 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 independent examiner'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 independent examination work, for this report, or for the opinions we have formed.



Nicola Fox FCA
DNG Dove Naish LLP
Chartered Accountants
Eagle House
28 Billing Road
Northampton
NN1 5AJ

Date: 22 July 2022

TIME2TALK

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Incoming resources					
Incoming resources from generated funds					
Voluntary income					
Grants	2	-	233,926	233,926	125,348
Donations & Gift Aid		45	-	45	1,645
Legacies		5,000	-	5,000	-
Investment income		11	-	11	44
Other incoming resources					
Costs reimbursed		13,052	-	13,052	7,920
Employment allowance		4,000	-	4,000	4,000
Total incoming resources		<u>22,108</u>	<u>233,926</u>	<u>256,034</u>	<u>138,957</u>
Resources expended					
Charitable activities					
Salaries, NIC and pension	3	4,161	88,132	92,293	80,345
Travel costs – staff		-	1,753	1,753	1,328
Travel costs – volunteers		-	23	23	-
Sexual health and education		-	60	60	-
Office accommodation		-	16,143	16,143	16,464
Telephone and postage		-	853	853	992
Stationery and photocopying		-	631	631	340
Fees, courses and subscriptions		-	41,706	41,706	21,709
Advertising		-	183	183	156
IT costs		-	1,110	1,110	1,278
Insurances		-	864	864	825
Sundry office costs		-	142	142	64
Independent Examiner's fee	5	700	-	700	700
Total resources expended		<u>4,861</u>	<u>151,600</u>	<u>156,461</u>	<u>124,201</u>
Net income / expenditure		17,247	82,326	99,573	14,756
Transfers between funds		(4,994)	4,994	-	-
Net movement in funds		<u>12,253</u>	<u>87,320</u>	<u>99,573</u>	<u>14,756</u>
Total funds brought forward		<u>34,014</u>	<u>76,608</u>	<u>110,622</u>	<u>95,866</u>
Total funds carried forward		<u>46,267</u>	<u>163,928</u>	<u>210,195</u>	<u>110,622</u>


TIME2TALK

BALANCE SHEET AT 31 MARCH 2022

	Note	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Current assets					
Accrued income		-	-	-	7,978
Cash at bank and on deposit		46,897	168,761	215,658	106,694
Cash in hand		70	-	70	70
		<u>46,967</u>	<u>168,761</u>	<u>215,728</u>	<u>114,742</u>
Creditors amounts falling due within one year					
Accruals		700	4,833	5,533	2,400
Social security		-	-	-	1,720
		<u>700</u>	<u>4,833</u>	<u>5,533</u>	<u>4,120</u>
Net current assets		<u>46,267</u>	<u>163,928</u>	<u>210,195</u>	<u>110,622</u>
Net assets		<u>46,267</u>	<u>163,928</u>	<u>210,195</u>	<u>110,622</u>
Funds of the charity					
Unrestricted funds	9	46,267	-	46,267	34,014
Restricted funds	8	-	163,928	163,928	76,608
		<u>46,267</u>	<u>163,928</u>	<u>210,195</u>	<u>110,622</u>

These accounts were approved on by the Management Committee and signed on its behalf.


Suzy Dion
Chairperson


Dr Susan Davies
Vice - Chairperson

Date: 22/07/22

TIME2TALK**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 31 MARCH 2022**

1. Accounting Policies**Basis of accounting**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The charity is an unincorporated charity registered in England and Wales. Its charity number and registered office are listed on page 1.

The presentational currency of the financial statements is the Pound Sterling (£).

Incoming Resources**Recognition of Incoming Resources**

These are included in the Statement of Financial Activities (SOFA) when:

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

Grants and Donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Volunteer Help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Investment Income

This is included in the accounts when receivable.

Income is recognised as received or when receipt is certain.

Expenditure and Liabilities**Liability Recognition**

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

Governance Costs

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

TIME2TALK**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 31 MARCH 2022**

1. Accounting Policies (continued)**Tangible Fixed assets for use by Charity**

These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or if gifted, at the value to the charity on receipt. Depreciation is provided at the following rates to write off all tangible fixed assets over their expected useful lives:

Office equipment	25% on cost
------------------	-------------

Depreciation methods, useful lives and residual values are reviewed at each balance sheet date. The selection of these residual values and estimated lives requires the exercise of judgement. The directors are required to assess whether there is an indication of impairment to the carrying value of assets. In making that assessment, judgements are made in estimating value in use. The directors consider that the individual carrying values of assets are supportable by their value in use

Financial instruments

Cash and cash equivalents in the balance sheet comprise cash at banks and in hand and short term deposits with an original maturity date of three months or less.

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in the statement of financial activities.

Going Concern

The Trustees have considered a period of 12 months from the date of approval of these financial statements and have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus they continue to adopt the going concern basis of accounting in preparing the financial statements.

TIME2TALK

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

2. Grants

	2022	2021
NHS Northamptonshire (PCT)	95,730	95,731
Rapid Response NHS	13,490	-
Emotional Wellbeing Caf�es (via Lowdown)	12,400	-
Happier Families Youth Works	-	19,811
LGBTQ Project (via Lowdown)	2,000	-
NHS Northamptonshire Additional	104,306	-
Northamptonshire Community Foundation	-	9,806
Digital Development and Bid Writing	6,000	-
	<u>233,926</u>	<u>125,348</u>

3. Staff costs and trustees remuneration

	Total 2022 �	Total 2021 �
Gross wages	82,518	72,405
Social security costs	7,753	6,437
Pension	2,022	1,503
	<u>92,293</u>	<u>80,345</u>

No employee received remuneration amounting to more than  60,000 in either year.

Once trustee received  4,130 (2021: Nil) for counselling services provided.

Key management personnel remuneration totalled  48,370 (2021:  47,632) for the year.

4. Average number of employees

	2022 Number	2021 Number
Care	2	2
Management and administration	1	1
	<u>3</u>	<u>3</u>

5. Independent Examiners remuneration

	Total 2022	Total 2021
Independent examiners fees for examination	700	700
	<u>700</u>	<u>700</u>

TIME2TALK

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

6. Comparatives for the statement of financial activities

	Unrestricted Funds £	Restricted Funds £	Total 2021 £
Incoming resources			
Incoming resources from generated funds			
Voluntary income			
Grants	798	124,550	125,266
Donations and Gifts	1,645	-	1,645
Investment income	44	-	134
Other incoming resources			
Costs reimbursed	7,920	-	1,965
Employment allowance	4,000	-	3,000
Total incoming resources	<u>14,407</u>	<u>124,550</u>	<u>138,957</u>
Resources expended			
Charitable activities			
Salaries, NIC and pension	589	79,756	80,345
Travel costs – staff	-	1,328	1,328
Travel costs – volunteers	-	-	-
Sexual health and education	-	-	-
Office accommodation	-	16,464	16,464
Telephone and postage	-	992	992
Stationery and photocopying	-	340	340
Fees, courses and subscriptions	2,450	19,259	21,709
Advertising	-	156	156
IT costs	-	1,278	1,278
Insurances	-	825	825
Sundry office costs	-	64	64
Independent Examiner's fee	700	-	700
Total resources expended	<u>3,739</u>	<u>120,462</u>	<u>124,201</u>
Net income / expenditure	10,668	4,088	14,756
Gross transfers between funds	(910)	910	-
Net movement in funds	<u>9,758</u>	<u>4,998</u>	<u>14,756</u>
Total funds brought forward	<u>22,256</u>	<u>71,610</u>	<u>95,866</u>
Total funds carried forward	<u>34,014</u>	<u>76,608</u>	<u>110,622</u>

Unrestricted funds consisted of only the general fund for the year

TIME2TALK

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

7. Comparatives for restricted funds movements

	Opening balance £	Income £	Outgoings £	Transfers £	Closing balance £
Happier Families Youth Works	17,348	19,013	2,783	-	33,578
NHS Northamptonshire Waiting List Reduction	11,837	-	(6,831)	-	5,006
NHS Northamptonshire	37,150	95,731	(94,857)	-	38,024
NHS Northamptonshire	5,275	-	(5,275)	-	-
Northampton Community Foundation	-	9,806	(10,716)	910	-
	<u>71,610</u>	<u>124,550</u>	<u>(120,462)</u>	<u>910</u>	<u>76,608</u>

See note 8 for restricted fund descriptions.

8. Restricted funds

	Opening balance £	Income £	Outgoings £	Transfers £	Closing balance £
NHS Northamptonshire	38,024	95,730	(111,729)	-	22,025
NHS Northamptonshire	-	104,306	-	-	104,306
NHS Northamptonshire Waiting List Reduction	5,006	-	(7,948)	4,994	2,052
Happier Families Youth Works	33,578	-	(5,744)	-	27,834
LGBTQ Project (via Lowdown)	-	2,000	-	-	2,000
Emotional Wellbeing Café's		12,400	(11,313)	-	1,087
Rapid Response		13,490	(13,250)	-	240
Digital Solutions		6,000	(1,616)	-	4,384
	<u>76,608</u>	<u>233,926</u>	<u>(151,600)</u>	<u>4,994</u>	<u>163,928</u>

TIME2TALK

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

8. Restricted funds - continued

The Northamptonshire NHS Grant received during the year was £95,730 and is for the provision of therapeutic counselling services in Daventry District and South Northamptonshire.

The Rapid Response grant is for the delivery of a more urgent, but non-emergency service for young people who may have presented at A & E following serious self-harm,

Emotional Well-being cafes grant is for the provision of a drop-in service for young people in need of a space to talk, explore options and consider future actions without the need for an appointment.

Lowdown LGBTQ grant is for the development of a specialised service in Daventry,

The grant from NHS of £104,306 is a one-off contribution to be split over 2 years, this is to assist in managing waiting lists and help capture NHS numbers when managing data systems.

Digital solutions grant is for development of data systems and contribution towards processing data on behalf of NHS.

The closing balance of the NHS Northamptonshire Waiting List Reduction is for the use of group work and drop-in services which were disrupted due to COVID and are still intended to be used for that purpose.

Happier families funding is for the delivery of virtual and drop-in sessions focusing on the five keys to happiness principle. The remaining funding is carried forward to maintain the project during the next financial year.

The transfer from the general fund to the NHS Northamptonshire Waiting List Reduction fund is due to a mis-allocation of restricted income in 2021.

9. Unrestricted funds

	Opening balance £	Income £	Outgoings £	Transfers £	Closing balance £
General funds	<u>34,014</u>	<u>22,108</u>	<u>(4,861)</u>	<u>(4,994)</u>	<u>46,267</u>

All unrestricted funds per the SOFA for both the current year and the year ended 31 March 2021 are general funds and can be used by the charity as they wish.

10. Leasing agreements

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2022 £	2021 £
Within one year	7,100	6,515
Between 1-5 years	<u>14,200</u>	<u>-</u>
	<u>21,300</u>	<u>6,515</u>

Time2Talk

The Abbey

Market Square

Daventry

Northants NN11 4XG

Telephone: 01327 706706

info@time2talk.org.uk

www.time2talk.org.uk

Registered Charity No. 802472

Produced In-house by the Time2Talk Team

© copyrightTime2Talk 2022

Printing costs subsidised by

Design to Print, 46 Daventry Road, Norton, Daventry, Northants, NN11 2ND

Tel/Fax: 01327 872950 Email: dtpltd@btconnect.com
