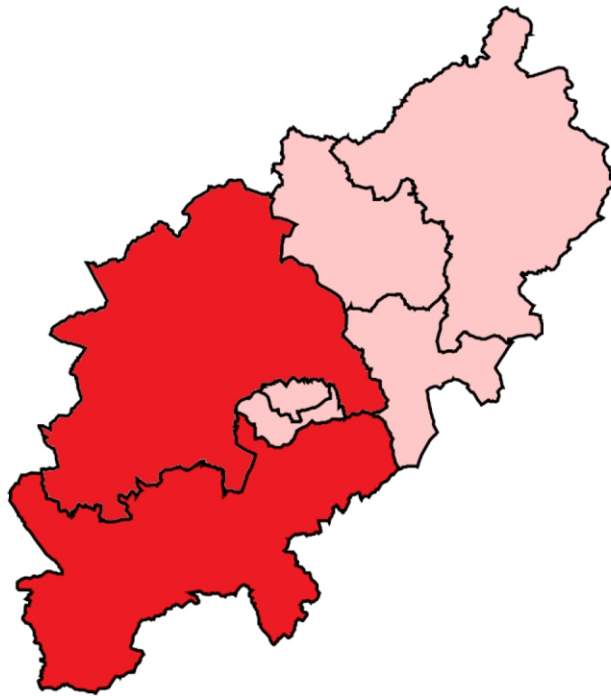


2025 Annual Report and Review

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 |
| Julie Luvaglio | Trustee |

Staff Team:

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

Supervision:

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

Honorary Treasurer:

| | |
|----------------------|-------------------------------|
| Gordon Barker | Honorary Treasurer, Secretary |
|----------------------|-------------------------------|

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

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Acknowledgements

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

Northamptonshire NHS/Public Health

Additional NHS funding pays for the following projects. This funding is held by our REACH partners who commission us to deliver the projects in our area.

Tier 2.5 (Service Six)
Emotional Wellbeing Drop-In (The Lowdown)
Rapid Response (The Lowdown)
LGBTQ Out There Group (The Lowdown)

Daventry Conservative Club members spent a year fundraising for us! We were very grateful to receive a cheque for all their hard work for £4500

Daventry Rotary club raised £500.00 for us and the W + M Morris Charitable Trust made a donation of £1000.00 towards the cost of our work.

We would also like to thank our REACH partners for their support over the year:

Chat (Oundle)
Service Six (Wellingborough)
The Lowdown (Northampton)
Youth Works (Kettering)

Chlamydia screening continues to generate funds towards our core costs

We would like to give a massive shout out to Jonathan Kokke for updating, amending and bringing our website into the 21st century.

A huge thanks to everyone that supported us in whatever way. We really appreciate it!

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 | | |

Opening Times - Towcester

| | | | |
|-----------|---------|---|--------|
| Monday | 12:00pm | – | 5:15pm |
| Wednesday | 12:00pm | – | 8:00pm |

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.

Mission Statement

To offer quality free information and counselling to improve mental health, therefore reducing clinical admissions into the NHS and to do all we can to enable young people aged 11-18 and up to 25 with a SEND to access our services.

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 (membership no:00115464) 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.

Chairperson's Report

I am pleased to report that Time2Talk has had another successful year providing services for the young people in Daventry and surrounding South Northants. Andy's comprehensive COO report outlines the exact details, and I will provide an over-arching review of the highlights in my report. As always, T2T faces many uncertainties – both financial and within the health of the team providing the services. Furthermore, there has been a growth in demand with an increase in the complexity of the issues requiring help.

The T2T team is a small, tightly knit unit – 3 members of staff working out of a compact office space in the Abbey Building and managing services provided by themselves and the 6 self-employed counsellors working with T2T. With these limited resources they provide services across a rural area covering almost half the county. Face to face provision occurs in Daventry and Towcester and a vital remote service provides wider cover. Rurality remains a key factor in the difficulties faced providing services and impacts hugely on the costs encountered by T2T.

I think the main task of the Chairperson's Report is to recognise and thank the team for all their dedication and hard work. Firstly, Andy, our COO. I must extend huge thanks to Andy as he continues to work hard, dedicating time and energy to continuing to provide a high-quality counselling service as well as managing the other activities he has outlined in his own report. It is no small feat to accomplish this with the level of resources T2T receives and the impact of the costs of rurality and office rental. He continues to spend a lot of his time seeking alternative funding and grants.

I must also thank Ash, a data genius with national recognition, who works hard for T2T and in supporting the wider REACH partnership. Sylvia, who has worked tirelessly with T2T for many years to provide high quality counselling and support for our young people both here in Daventry and in Towcester. Our group of self-employed counsellors; Julie, Eve, Sarah, Prem, and Lynsey and volunteer counsellor Corrinne. A special mention here for Julie – who is not only a counsellor but also volunteers as a Trustee and quietly provides T2T with a huge amount of support – thank you.

A big thank you to Gordon for his continued patience, professionalism and dedication in working on our accounts and providing such excellent reports and to Shaw Gibbs accountants for providing the independent examining of these accounts.

Finally, my thanks to my fellow trustees – Suzy and Julie. They have remained dedicated to their roles despite many difficulties, and I want to thank them for the flexibility and support they have demonstrated in keeping this small band of trustees operating. Trustees are seemingly becoming a rare breed and if anyone reading this can spare some time to join our team, please do contact one of us, or Andy. Thank you.

Dr Sue Davies

Chairperson

Chief Officers Annual Report and Review

Introduction and acknowledgments.

We faced another challenging year of uncertainties, and a growing demand on our services. The area we cover is vast with almost half the county falling in our area of operation. Rurality and rural issues play a big part along with parents who don't have cars or decent access to the internet. One of our team was recovering from cancer and our service user caseload continues to present ever more complex issues for our dedicated team.

We can't thank our small team enough for staying with it, rising to the challenge and delivering great services for the young people we are here to support. Sylvia continues to support young people in Daventry and Towcester. We are in Towcester two days and one evening each week and supporting Sylv on Mondays our volunteer counsellor Corrinne and sessional counsellor Lyndsey who covers Daventry as well, ensure even more sessions can be covered. Sessional counsellors Eve and Sarah who also support Daventry service delivery, support our rural Towcester service on Weds and I am there helping to cover the Weds evening drop-in.

Prem our remote counsellor based in Brackley has a steady stream of clients for whom a remote service is preferable. This enable's young people in remoter rural locations and who would otherwise struggle to access emotional wellbeing support, to engage in the service. A stalwart of Time2Talk, Julie who brings a wealth of experience working for CAHMS in the past covers many sessional slots each week in Daventry. Thanks to them all. Thanks also to Ash our superb data and information officer. We are required to submit regular data reports into the REACH partnership and also into NHS England. It's a complicated process that requires meticulous attention to detail and Time2Talks MHSDS date is always top in the entire country for quality! That's no mean feat. Alongside this Ash provides admin support for our counsellors helping to ensure referrals are allocated quickly. Our counsellors are required to do their own admin which involves maintaining data sets and core scores along with booking in client's but we help out with that of course and I am always available for any and all safeguarding concerns or queries.

We have to thanks Jane who has been ably providing clinical supervision for our counselling team for many years. Clinical supervision is a vital part of the therapeutic support offer. All counsellors working with us must and do have this at least once each month, more if needed and we really appreciate the experience and professionalism she brings to the table. Time2Talk remain organisational members of BACP.

Last but by no means least our brilliant trustees who are small in number but remain dedicated to Time2Talk. Sue Davies, Suzy Dion and Julie Luvaglio, thank you for staying with us. As volunteers it's a big ask and one you take on without complaint. Our volunteer treasurer Gordon continues to provide exceptional services to Time2Talk, preparing our accounts for examination, keeping our books in order and maintaining payroll, and invoice payments including PAYE and pensions. All this is done free of charge. Thank you. I meet with Gordon at least weekly and Gordon provides regular finance reports for the trustees to ensure they are fully informed when it comes to finances.

The REACH collaboration

Time2Talk remain a key player in the REACH collaboration. A network of like-minded agencies delivering services for young people across Northamptonshire. We'd all known each other for many years, we came together more formally though as a result of commissioning pressures with the ICB, Public Health and the local authority wanting a single point of commissioning rather than to commission 5 different agencies. Although REACH has been formally established, Youth Works in Kettering remain 'lead provider' however we retain our contract with the NHS for the core counselling work, with the Lowdown in Northampton holding the funds for emotional wellbeing drop-in's and rapid response and LGBTQ plus groups. Service 6 retain the funds for tier 2.5 counselling. We invoice those agencies directly for our share of the funds. Drop-in and LGBTQ group are paid for per sessions delivered, counselling services are worked out at a unit cost per head something we do struggle with. We cover a vast largely rural area with a much smaller share of the resources that go into other REACH agencies. We all meet monthly and we all meet with the ICB, public health and local authority commissioners for a quarterly contract review.

Services

Core tier 2 counselling

We are directly commissioned by the NHS via the integrated care board to deliver core counselling across Daventry District and South Northants. This is non-urgent, non-emergency and we accept referrals form professionals, such as schools, GP's, CAMHS etc along with self-referrals. A course of therapy generally last for 6-8 sessions with an absolute maximum of 12 in very exceptional circumstances.

Tier 2.5 counselling

This is similar to the above however this works with young people with more complex needs. Service 6 hold the NHS contract for this on behalf of REACH and we invoice monthly.

Rapid response

This is a specific dedicated service that offers fast access to counselling. The criteria involves a young person having presented at A&E following concerns raised for a self-harm incident such as taking an overdose. The clinical team at hospital will then determine whether the young person needs an urgent intervention or admission, and if not, they may be referred to us for counselling.

Once we receive the referral in these cases, we must do our best to connect them within 2 working days with the offer of an appointment within 5 working days. The Lowdown hold the funds for this on behalf of REACH and we invoice them monthly.

Emotional wellbeing drop-ins

Time2Talk deliver 2 each week. One in Daventry every Saturday between 12.00-4.00pm and one in Towcester every Wednesday 4.00-8.00pm.

Our Daventry service is for those aged 8 (with a parent or carer) and up to 25 and in Towcester its 8 (with apparent or carer) and up to 18. This is non-crisis; non-emergency and no appointment

is needed. The platform of delivery is usually face to face however remote sessions can be available. This is funded again via the NHS with Lowdown holding the funds on behalf of REACH, we invoice the Lowdown monthly for sessions delivered.

LGBTQ+ Young people's group

Time2Talk took over the running of this group in May 2024 and rapidly increased the numbers accessing it. This provides a safe dedicated space for young people aged 13-18 who identify as LGBTQ+ to meet and engage in a structured programme of activities each Thursday during term time from 6.30pm-8.00pm. It is staffed by two trained Time2Talk people on a rota basis who facilitate discussions and activities that the young people are interested in including art and quizzes and subjects that the young people themselves may be concerned about. This is not a counselling-based support group.

It's important to stress that all those working for Time2Talk in whatever capacity must undertake mandatory safeguarding training every 2 years and be enhanced DBS checked.

Extra service offers

We can provide pregnancy testing, condoms and the joint chlamydia/gonorrhoea test for those aged 15-24. We are also agents for the Daventry foodbank service and can provide or obtain information on a variety of subjects for parents or carers upon request.

Social media and web site

We recently launched a new website that is more intuitive and easier to use. It now also contains a self-referral form with a confidential secure email address to return it to us. It is also mobile phone friendly. As with all new technology there's bound to be the odd thing that needs updating almost immediately something goes live but do visit us at www.time2talk.org.uk In addition our Time2Talk Facebook page is where we post and promote services and anything well-being related that may be of interest to our service users and their families.

Finally

We'd like to say a big thank you to all our funders but a huge thank you to Daventry Conservative club members who embarked on a years' worth of fundraising activities on behalf of Time2Talk. We were so grateful to receive a donation of almost £4500.00 as a contribution towards our work. In addition, the Daventry Rotary club members donated £500.00 along with a donation of £1000.00 from the W and M Morris charitable trust.

Nothing in this job is ever really nine to five. It's a privilege to do the work we do and knowing the impact our work can have on improving the lives of young people and their families is just brilliant! Thanks to everyone who was able to make it to our AGM today, we all really appreciate it. We hope you enjoy reading the individual report contained in our annual review.

Andrew Nixon

Chief Operating Officer

Data and Information Report

I'm responsible for submitting data and various reports to the NHS for all the different services that we run. This includes the core and tier 2.5 counselling, rapid response, emotional wellbeing drop ins and our LGBTQ youth group. I will also submit monthly stats into the MHSDS, which includes more details on the sessions themselves such as the dates they took place, whether they were attended and core scores. Alongside this there are also narrative reports and case studies every quarter which offer a more qualitative look at our work rather than the purely quantitative data for the monthly reports.

I'm also part of the clinical consistency and data groups which are both represented by a member from each REACH agency. This creates consistency in how we operate but also allows us to support each other, and get support, in our work. Both have been a great help.

I also do the day to day admin in the office, take referrals, invoicing and the Saturday drop-ins in Daventry. We've also started our LGBTQ Out There group that I am regularly a part of, which we hold every Thursday during the school term. We try and do a different activity every week such as board games, art, video games, anime/movie nights and sometimes they will be themed around an event coming up such as Halloween, Christmas or local pride events.

In this section I have included a selection of stats that highlight the nature of the work that we do.

Number of referrals and sessions

- We received 331 referrals into our counselling service for this year, 305 for our core/tier 2.5 service and 26 for rapid response.
- We delivered 2302 counselling sessions, of this 1285 were for the core counselling, 803 tier 2.5 sessions and 214 rapid response.
- 136 contacts for the emotional wellbeing drop ins

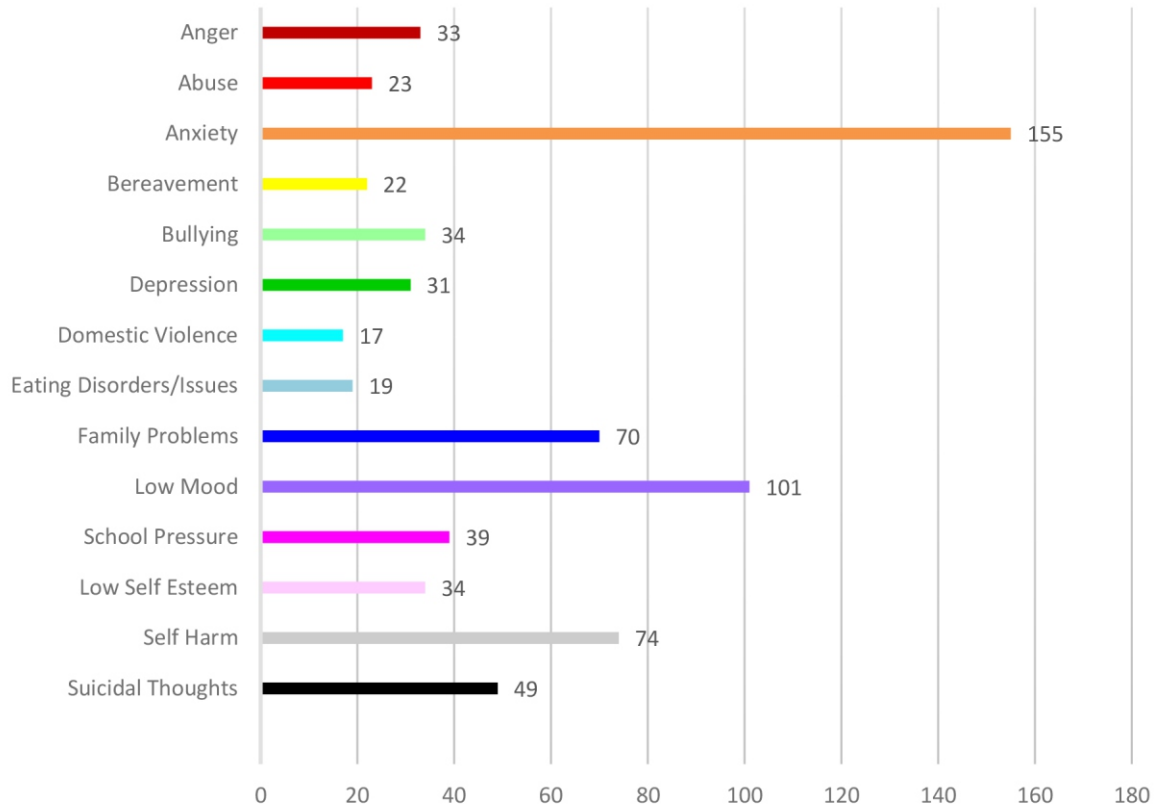
Client Feedback

- 88% of young people who completed a full course of counselling saw their core YP scores improve.
- 95% of users would recommend the service to others when asked at their close of their sessions.
- 95% of users consider there to have been positive changes/outcomes as a result of their counselling sessions.
- 99% who attended the drop-ins maintained or improved their mental health by visiting the drop in.

Safeguarding

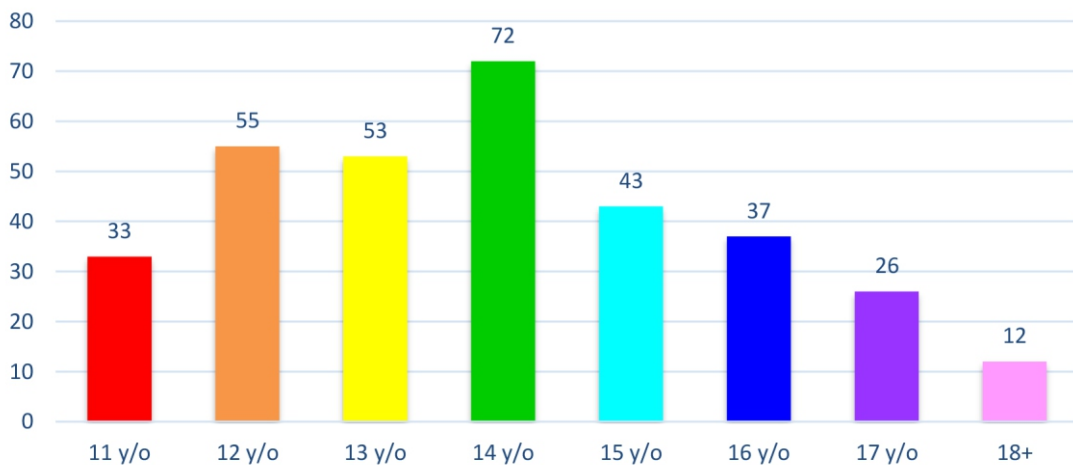
Time2talk takes its safeguarding responsibilities with young people extremely seriously. All staff members have received mandatory safeguarding training and during the period this report covers we had 11 safeguarding concerns of which 7 were escalated into statutory services. Some of these will have resulted in further action taken by the relevant bodies.

ISSUES RAISED ON REFERRAL



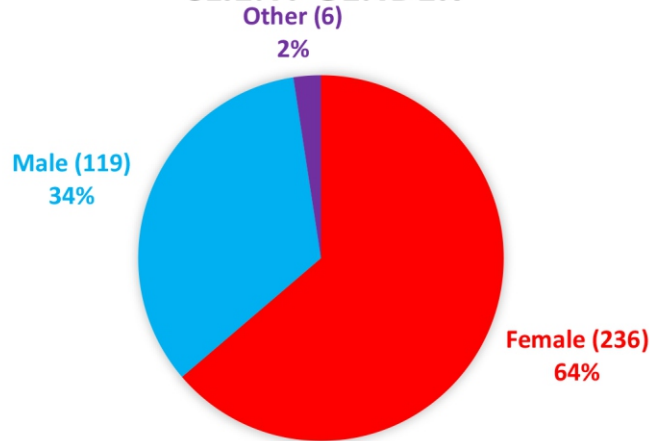
Anxiety is the most common issue young people face which has been the case for as long as we have been recording data. However, the issue that has seen the biggest increase this year is abuse, which includes sexual, physical and emotional abuse.

AGE OF CLIENT ON REFERRAL



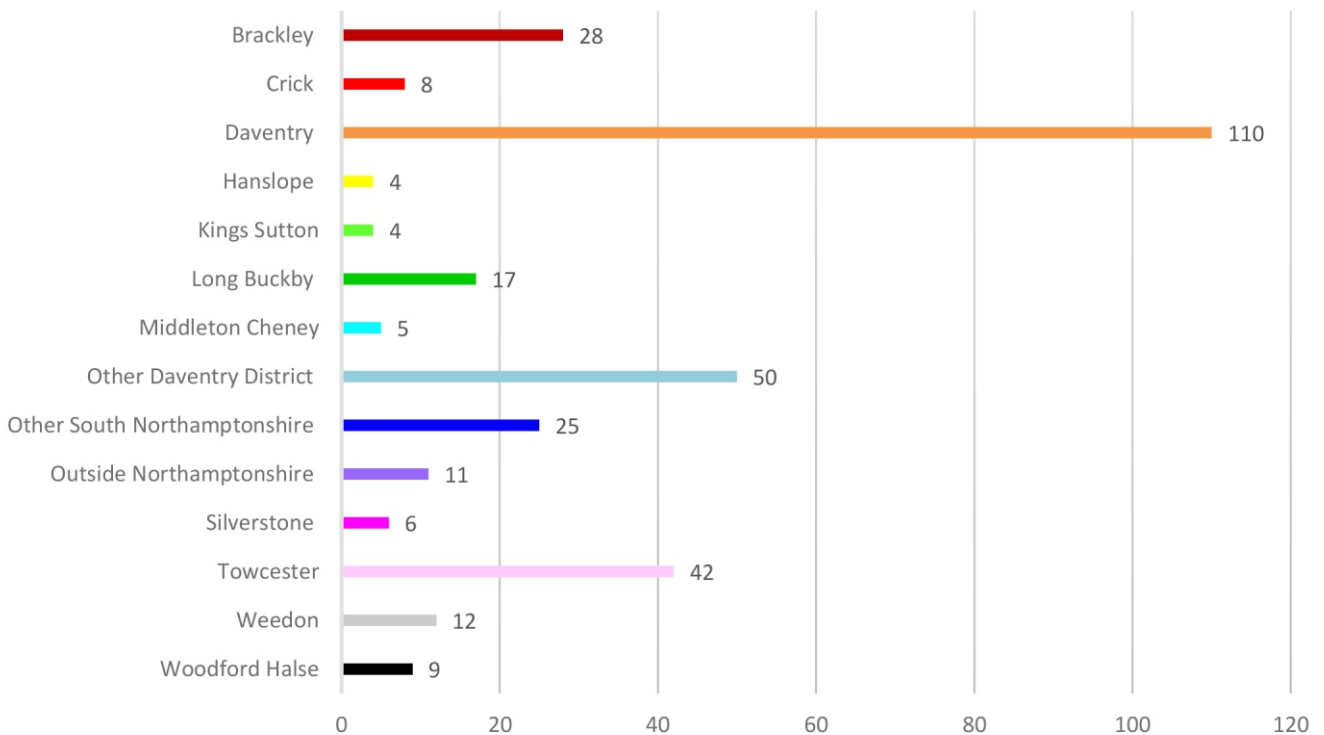
We see more 14 year olds rather any other age. However, the clients we are seeing are younger compared to last year with more 12 and 13 year olds and fewer 15 and 16 year olds.

CLIENT GENDER



Around two thirds of clients referred to us a female (64%), and a third (34%). While 2% people identify as either non-binary or gender fluid.

CLIENT LOCATION



We receive just over half of our referrals from Daventry, Towcester and Brackley with the majority of the rest being from the surrounding villages. We also see some people who live outside the county if they have a GP within Northamptonshire, this includes Warwickshire, Oxfordshire, Leicestershire and Buckinghamshire.

Ashley Southgate

Data and Information Officer

A Therapeutic Counsellors Perspective

I have been with the charity for just over a year and a half now and since day one I have been inspired by the dedication and friendliness of the staff and counsellors here.

I wanted to gain valuable experience working with young people and the support and attention I have been given to help me with that has been great. I have produced a presentation about the work of the charity and as part of the preparation, I had to find out as much as I could and it really is a marvel how much support and care is given to clients by so relatively few people.

Every client I have had the privilege to work with has challenged me in a good way and has broadened the scope and experience which is exactly what I am looking for. I do wish it was possible to spend far more time than is available to get even more involved in the initiatives that the charity wants to take forward and as we all know the scale of the 'climb' ahead is not to be underestimated, with competing priorities and resources.

From a personal perspective I feel very grateful for having this opportunity and only wish I lived closer to where the need is greatest, but all in all I am an advocate for the charity and only wish I could do more! Thanks to all for all that you do!

Corrinne Carr

Volunteer Counsellor

Counsellor and Towcester Service Report

This report will provide an outline of work undertaken, and developments made in the post of Counsellor and Towcester Service Manager up 31st March 2025.

Daventry

Mondays and Wednesdays, I am in the office between 10am till 11am. Tuesdays and Thursdays from 10am till 5.30pm I am normally counselling clients during this time. When I am not seeing clients, I will be keeping my files up to date, answering the phone if needed and completing my stats for Ashley.

Towcester

Time2Talk Towcester service opening times are on Monday between 12pm and 5pm, Wednesday between 12pm to 4pm as the drop-in runs from 4pm till 8pm except for bank holidays, Easter and Christmas. This is run from The Chantry House. As well as seeing clients I also support the other counsellors who use the upstairs room. The Towcester sessions get booked up fast, so although we do have a waiting list, it's managed very well. The referrals are for Towcester and the surrounding villages and also Brackley, Middleton Cheney, Deanshanger and Banbury.

Clients sessions

Clients will have six to eight sessions and rapid response clients will be able to have additional sessions.

Towcester Wellbeing Drop-in

I would normally book the rooms, I arrange the room for the Drop-in also the small room upstairs for the counsellors to see their clients, while the drop-in is open down stairs. The Drop-in covers the area of Towcester and all of Northamptonshire. We will offer a safe space, hot or cold drink plus some biscuits to the young person and their parents, normally before they see a support worker, if they would like one. Most of the young people are wanting to talk regarding an issue they are facing and some will need extra support and will go onto our waiting list face to face counselling. In the mean time they will use the Drop-in as many times as they need support.

Referrals

Most of the young people I am seeing have been referred from the RMC, doctors, hospitals, social workers, family members, other agencies, teachers, school nurses and some will be self-referrals.

Issues

These are some of the issue's that young people have been facing over this last year anxiety/stress, panic attacks exam pressure, bullying, phobias, depression, low self-esteem, suicidal thoughts, personal-relationship problems, peer pressure, gender identity, cyber bullying, self-harm behaviours, eating disorders, bereavement, sexuality, homophobia, family problems, domestic violence, emotional, sexual and physical abuse, sexual assault, anger, health, puberty, racism, depression, eating disorders, ADHD, OCD, body image, disability and having to deal with a long term illness or caring for a parent or sibling with a disability or illness.

Freshers Fare

I attended Northampton College's Freshers Event in Daventry to promote Time2Talk services. We had many young people come to our stand and it was nice talking to them all about our work and the support that Time2Talk can offer young people. Some of the young people I spoke to have said they have used our drop-in at both Daventry and Towcester.

Training and keeping up to date

Safeguarding children and young people level 3
Vulnerable Adults
Gender Awareness and issues around LGBTQ+
Child Development and Mental Health
Rethinking Challenging Behaviours
GDPR
Safeguarding
Digital Awareness Training

Keeping stocked up

This is just doing some shopping and things we may need to order online.

Thank you

We would just like to say thank you to all the staff at The Chantry House for their support.

Supervision

Thank you to Jayne for the support that has enabled me to have positive outcomes with my clients.

Manager

Andy thank you for your support over this last year



Sylvia Birch

Towcester Service Manager and Outreach Counsellor

Case Study

This year we have included a brief case study which demonstrates a small part of the work we do.

Background

The young person was referred to us as through the RMC with a history of self-harm by cutting, having experienced suicidal thoughts and urges for the last few years. They had taken an overdose on one occasion in the past but had never been able to identify a clear trigger for why they felt the way they did.

The young person's parents were divorced and they lived with their father but still in regular contact their Mother. However, they had a complicated relationship with their Mum who they believed would try to be more like a friend than a parent to them.

Work Undertaken

The Initial goals of the client was to feel happier and to understand their emotional struggles. A person-centred approach was used, alongside creative activities to add to their own tool kit for coping skills and a focus on understanding healthy relationship helped them realise how they often isolated themselves from others.

Across their sessions the young person experienced an improvement in their self-awareness, and of the triggers, of their low mood. They were able to recognise how past trauma and Mum's own mental health difficulties had impacted on their mood. Over their time seeing us, their self-esteem increased, along with their ability to recognise their emotions and knowledge and confidence to implement coping strategies and asking for help when needed.

Outcomes

The counselling sessions had enabled them to cope with their emotions and gave them a clearer understanding of their struggles with relationships/friendships and past traumas, improved their self-awareness and self-esteem, allowing them to put themselves and their own happiness first.

No onward referral was needed. A self-harm kit was issued, alongside a mood book, client was made aware of being able to self-refer in the future, if necessary, and the wellbeing drop-ins.

The Time2Talk Team



Sylvia at the Northampton College Freshers Fare and Julie representing Time2Talk at Daventry Pride



Ashley in the Time2Talk office and Andy alarmed by Mary Queen of Scots at the REACH Strategy Day



Artwork made by our 'Out There' group for Daventry pride and our main office in Daventry



the Chantry in Towcester (above left) and a walk can do wonders for your mental health, we encourage you to make the most of our rural area.

Charity Registration Number: 802472

**DAVENTRY INFORMATION AND COUNSELLING SERVICE
(TIME2TALK)
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

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TIME2TALK

YEAR ENDED 31 MARCH 2025

LEGAL AND ADMINISTRATIVE DETAILS

Charity registration number: 802472

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

Trustees: Dr Susan Davies - Chairperson
Suzy Dion
Julie Luvaglio

Honorary Treasurer: Gordon Barker

Bankers: HSBC
15 Church Street
Rugby
Warwickshire
CV21 3PN

Independent Examiners: Shaw Gibbs Limited
Eagle House
28 Billing Road
Northampton
NN1 5AJ

TIME2TALK

YEAR ENDED 31 MARCH 2025

REPORT OF THE TRUSTEES

The Trustees present their report together with financial statements for the year ended 31 March 2025.

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:

Redundancies £41,000

Rents £4,000

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 £126,325 which is in line with the above policy and restricted reserves held at the year end are £2,150.

TIME2TALK**YEAR ENDED 31 MARCH 2025****REPORT OF THE TRUSTEES**

Financial Review

Included in the balance sheet at 31 March 2025 is total reserves carried forwards of £128,475, which are includes both unrestricted and restricted funds. The unrestricted reserves of £126,325 includes redundancy and rent commitments of £45,000 in the event of closure leaving £81,325 to be used on overspends.

Restricted reserves held at the year end of £2,150, are restricted to be spent on the LGBTQ Out There Group.

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 16th October 2025 and signed on its behalf by:



Dr Susan Davies

TIME2TALK

YEAR ENDED 31 MARCH 2025

REPORT OF THE TRUSTEES

ACHIEVEMENTS AND PERFORMANCE

CHAIRPERSON'S REPORT

I am pleased to report that Time2Talk has had another successful year providing services for the young people in Daventry and surrounding South Northants. Andy's comprehensive COO report outlines the exact details, and I will provide an over-arching review of the highlights in my report.

As always, T2T faces many uncertainties – both financial and within the health of the team providing the services. Furthermore, there has been a growth in demand with an increase in the complexity of the issues requiring help.

The T2T team is a small, tightly knit unit – 3 members of staff working out of a compact office space in the Abbey Building and managing services provided by themselves and the 6 self-employed counsellors working with T2T. With these limited resources they provide services across a rural area covering almost half the county. Face to face provision occurs in Daventry and Towcester and a vital remote service provides wider cover. Rurality remains a key factor in the difficulties faced providing services and impacts hugely on the costs encountered by T2T.

I think the main task of the Chairperson's Report is to recognise and thank the team for all their dedication and hard work. Firstly, Andy, our COO. I must extend huge thanks to Andy as he continues to work hard, dedicating time and energy to continuing to provide a high-quality counselling service as well as managing the other activities he has outlined in his own report. It is no small feat to accomplish this with the level of resources T2T receives and the impact of the costs of rurality and office rental. He continues to spend a lot of his time seeking alternative funding and grants.

I must also thank Ash, a data genius with national recognition, who works hard for T2T and in supporting the wider REACH partnership. Sylvia, who has worked tirelessly with T2T for many years to provide high quality counselling and support for our young people both here in Daventry and in Towcester. Our group of self-employed counsellors; Julie, Eve, Sarah, Prem, and Lynsey and volunteer counsellor Corrinne. A special mention here for Julie – who is not only a counsellor but also volunteers as a Trustee and quietly provides T2T with a huge amount of support – thank you.

A big thank you to Gordon for his continued patience, professionalism and dedication in working on our accounts and providing such excellent reports and to Shaw Gibbs accountants for providing the independent examining of these accounts.

Finally, my thanks to my fellow trustees – Suzy and Julie. They have remained dedicated to their roles despite many difficulties, and I want to thank them for the flexibility and support they have demonstrated in keeping this small band of trustees operating. Trustees are seemingly becoming a rare breed and if anyone reading this can spare some time to join our team, please do contact one of us, or Andy. Thank you.

Dr Susan Davies
Chair

TIME2TALK**YEAR ENDED 31 MARCH 2025****REPORT OF THE TRUSTEES**

ACHIEVEMENTS AND PERFORMANCE**CHIEF OPERATING OFFICERS ANNUAL REPORT****Introduction**

We delivered a brilliant service across our patch again during this period, enabling hundreds of young people to improve their mental health and well-being. We also faced another challenging year of uncertainties, and a growing demand on our services. The area we cover is vast with almost half the county falling into our area of operation. Rurality and rural issues play a big part in the challenges our service users can face when it comes to accessing services. Lack of public transport and in some cases poor internet access along with working parents in rural locations with limited access to personal transport are also factors. We maintain a service twice weekly in Towcester to help with this and also a remote counselling offer which is popular with many young people who live in remoter locations. Being a small team can also be a challenge despite how hard we all work. For example, one of our team was recovering from cancer but our service user caseload grows and continues to present ever more complex issues for our dedicated team.

We can't thank our small team enough for staying with it, rising to the challenge and delivering great services for the young people we are here to support. Sylvia continues to support young people in Daventry and Towcester. We are in Towcester two days and one evening each week. Sylvia covers our Towcester service and on Mondays our volunteer counsellor Corrinne and sessional counsellor Lyndsey (both cover Daventry as well) ensure even more sessions can be covered. Sessional counsellors Eve and Sarah who also support Daventry service delivery, support our rural Towcester service on Weds and I am there helping to cover the Weds evening drop-in.

Prem our remote counsellor based in Brackley has a steady stream of clients for whom a remote service is preferable. This enable's young people in remoter rural locations and who would otherwise struggle to access emotional wellbeing support, to engage in the service. A stalwart of Time2Talk, Julie who brings a wealth of experience working for CAHMS in the past covers many sessional slots each week in Daventry. Thanks to them all. Thanks also to Ash our superb data and information officer. We are required to submit regular data reports into the REACH partnership and also into NHS England. It's a complicated process that requires meticulous attention to detail and Time2Talk's MHSDS data is always top in the entire country for quality! That's no mean feat.

Alongside this Ash provides admin support for our counsellors helping to ensure referrals are allocated quickly. Our counsellors are required to do their own admin which involves maintaining data sets and core scores along with booking in client's but we help out with that of course and I am always available for any and all safeguarding concerns or queries.

We have to thanks Jane who has been ably providing clinical supervision for our counselling team for many years. Clinical supervision is a vital part of the therapeutic support offer. All counsellors working with us must and do have this at least once each month, more if needed and we really appreciate the experience and professionalism she brings to the table. Time2Talk remain organisational members of BACP.

Last but by no means least our brilliant trustees who are small in number but remain dedicated to Time2Talk. Dr Susan Davies, Suzy Dion and Julie Luvaglio, thank you for staying with us. As volunteers it's a big ask and one you take on without complaint. Our volunteer treasurer Gordon continues to provide exceptional services to Time2Talk, preparing our accounts for examination, keeping our books in order and maintaining payroll, and invoice payments including PAYE and pensions. All this is done free of charge. Thank you. I meet with Gordon at least weekly and Gordon provides regular finance reports for the trustees to ensure they are fully informed when it comes to finances.

YEAR ENDED 31 MARCH 2025

REPORT OF THE TRUSTEES

CHIEF OPERATING OFFICERS ANNUAL REPORT (continued)

The REACH collaboration

Time2Talk remain a key player in the REACH collaboration. A network of like-minded agencies delivering services for young people across Northamptonshire. As a group of agencies, we have known each other for many years, we came together more formally though as a result of commissioning pressures with the ICB, Public Health and the local authority wanting a single point of commissioning rather than to commission 5 different agencies. REACH has been formally established, Youth Works in Kettering remain 'lead provider' however we retain our contract with the NHS for the core counselling work. The Lowdown in Northampton hold the funds for emotional well being drop-in's and rapid response and LGBTQ plus groups. Service 6, based in Wellingborough retain the funds for tier 2.5 counselling. We invoice those agencies directly for our share of the funds for delivering that work.

Drop-in and LGBTQ groups are paid for per session delivered, counselling services are worked out at a unit cost per head. This can be something we struggle with. We cover a vast largely rural area with a much smaller share of the resources that go into other REACH agencies. We will be working on reviewing this moving forward. The REACH agencies meet monthly and we all meet with the ICB, public health and local authority commissioners for a quarterly contract review where each individual element is monitored.

Services

Core tier 2 counselling

We are directly commissioned by the NHS via the integrated care board to deliver core counselling across Daventry District and South Northants. This is non-urgent, non-emergency and we accept referrals from professionals, such as schools, GP's, CAMHS etc along with self-referrals. A course of therapy generally last for 6-8 sessions with an absolute maximum of 12 in very exceptional circumstances.

Tier 2.5 counselling

This is similar to the above however this works with young people with more complex needs. Service 6 hold the NHS contract for this on behalf of REACH and we invoice monthly.

Rapid response

This is a specific dedicated service that offers fast access to counselling. The criteria involve a young person having presented at A&E following concerns raised for a self-harm incident such as taking an overdose. The clinical team at hospital will then determine whether the young person needs an urgent intervention or admission, and if not, they may be referred to us for counselling.

Once we receive the referral in these cases, we must do our best to connect with them within 2 working days with the offer of an appointment within 5 working days. The Lowdown hold the funds for this on behalf of REACH and we invoice them monthly.

Emotional wellbeing drop-ins

Time2Talk deliver 2 each week. One in Daventry each Saturday between 12.00-4.00pm and one in Towcester each Weds 4.00-8.00pm.

Our Daventry service is for those aged 8 (with a parent or carer) and up to 25 and in Towcester it's 8 (with a parent or carer) and up to 18. This is non-crisis; non-emergency and no appointment is needed. The platform of delivery is usually face to face however remote sessions can be available. This is funded again via the NHS with Lowdown holding the funds on behalf of REACH, we invoice the Lowdown monthly for sessions delivered.

YEAR ENDED 31 MARCH 2025

REPORT OF THE TRUSTEES

CHIEF OPERATING OFFICERS ANNUAL REPORT (continued)

LGBTQ+ Young People's Group

Time 2Talk took over the running of this group in May 2024 and rapidly increased the numbers accessing it. This provides a safe dedicated space for young people aged 13-18 who identify as LGBTQ+ to meet and engage in a structured programme of activities each Thursday during term time from 6.30pm-8.00pm. It is staffed by two trained Time2Talk people on a rota basis who facilitate discussions and activities that the young people are interested in including art and quizzes and subjects that the young people themselves may be concerned about. The is not a counselling-based support group.

Its important to stress that all those working for Time2Talk in whatever capacity must undertake mandatory safeguarding training every 2 years and be enhanced DBS checked.

Extra service offers

We can provide pregnancy testing, condoms and the joint chlamydia/gonorrhoea test for those aged 15-24. We are also agents for the Daventry foodbank service and can provide or obtain information on a variety of subjects for parents or carers upon request.

Social Media

We recently launched a new website that is more intuitive and easier to use. It now also contains a self-referral form with a confidential secure email address to return it to us. It is also mobile phone friendly. As with all new technology there's bound to be the odd thing that needs updating almost immediately something goes live but do visit us at www.time2talk.org.uk In addition our Time2Talk Facebook page is where we post and promote services and anything well-being related that may be of interest to our service users and their families.

Finally

We'd like to say a big thank you to all our funders but a huge thank you to Daventry Conservative club members who embarked on a years' worth of fundraising activities on behalf of Time2Talk. We were so grateful to receive a donation of almost £4,500.00 as a contribution towards our work. In addition, the Daventry Rotary club members donated £500.00 along with a donation of £1,000.00 from the W and M Morris charitable trust.

Nothing in this job is ever really 9.00-5.00. It's a privilege to do the work we do and knowing the impact our work can have on improving the lives of young people and their families is just brilliant! Thanks to everyone who was able to make it to our AGM today, we all really appreciate it.

Andrew Nixon BA (Hons) MBE
Chief Operating Officer

TIME2TALK**INDEPENDENT EXAMINERS REPORT****FOR THE YEAR ENDED 31 MARCH 2025**

I report on the accounts of the Charity for the year ended 31 March 2025 which are set out on the attached pages 9 to 17.

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

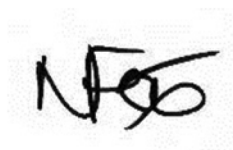
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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
Shaw Gibbs Limited
Eagle House
28 Billing Road
Northampton
NN1 5AJ

Date: 20 October 2025

TIME2TALK

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2025

| | Notes | Unrestricted Funds £ | Restricted Funds £ | Total 2024 £ | Total 2023 £ |
|--|-------|----------------------------|--------------------------|--------------------|--------------------|
| Incoming resources | | | | | |
| Incoming resources from generated funds | | | | | |
| Voluntary income | | | | | |
| Grants | 2 | 205,109 | 5,530 | 210,639 | 172,605 |
| Donations & Gift Aid | | 6,084 | - | 6,084 | 1,146 |
| Legacies | | - | - | - | - |
| Investment income | | 1,586 | - | 1,586 | 1,764 |
| Other incoming resources | | | | | |
| Costs reimbursed | | - | - | - | 500 |
| Employment allowance | | 5,000 | - | 5,000 | 5,000 |
| Total incoming resources | | <u>217,779</u> | <u>5,530</u> | <u>223,309</u> | <u>181,015</u> |
| Resources expended | | | | | |
| Charitable activities | | | | | |
| Salaries, NIC and pension | 3 | 115,661 | 1,660 | 117,321 | 112,386 |
| Travel costs – staff | | 4,695 | - | 4,695 | 3,358 |
| Travel costs – volunteers | | 468 | - | 468 | 115 |
| Office accommodation | | 16,360 | 700 | 17,060 | 16,642 |
| Telephone and postage | | 666 | - | 666 | 767 |
| Stationery and photocopying | | 384 | - | 384 | 733 |
| Fees, courses and subscriptions | | 38,587 | 1,020 | 39,607 | 42,796 |
| Advertising | | 685 | - | 685 | 507 |
| IT costs | | 1,791 | - | 1,791 | 1,189 |
| Insurances | | 1,490 | - | 1,490 | 1,435 |
| Sundry office costs | | 858 | - | 858 | 371 |
| Independent Examiner's fee | 5 | 1,074 | - | 1,074 | 1,160 |
| REACH funds reallocation | 6 | 12,083 | - | 12,083 | 54,819 |
| Total resources expended | | <u>194,802</u> | <u>3,380</u> | <u>198,182</u> | <u>236,728</u> |
| Net income / expenditure | | 22,977 | 2,150 | 25,127 | (55,713) |
| Transfers between funds | | - | - | - | - |
| Net movement in funds | | <u>22,977</u> | <u>2,150</u> | <u>25,127</u> | <u>(55,713)</u> |
| Total funds brought forward | | <u>103,348</u> | - | <u>103,348</u> | <u>159,061</u> |
| Total funds carried forward | | <u>126,325</u> | <u>2,150</u> | <u>128,475</u> | <u>103,348</u> |

TIME2TALK

BALANCE SHEET AT 31 MARCH 2025

| | Note | Unrestricted Funds £ | Restricted Funds £ | Total 2025 £ | Total 2024 £ |
|--|------|----------------------------|--------------------------|--------------------|--------------------|
| Current assets | | | | | |
| Cash at bank and on deposit | | 127,191 | 2,150 | 129,341 | 106,138 |
| Cash in hand | | - | - | - | - |
| Prepayments & accrued income | | 3,528 | - | 3,528 | 769 |
| | | <u>130,719</u> | <u>2,150</u> | <u>132,869</u> | <u>106,907</u> |
| Creditors amounts falling due within one year | | | | | |
| Accruals | | 1,873 | - | 1,873 | 1,020 |
| Social security | | 2,521 | - | 2,521 | 2,539 |
| | | <u>4,394</u> | <u>-</u> | <u>4,394</u> | <u>3,559</u> |
| Net current assets | | <u>126,325</u> | <u>2,150</u> | <u>128,475</u> | <u>103,348</u> |
| Net assets | | <u>126,325</u> | <u>2,150</u> | <u>128,475</u> | <u>103,348</u> |
| Funds of the charity | | | | | |
| Unrestricted funds | 8 | 126,325 | | 126,325 | 103,348 |
| Restricted funds | | - | 2,150 | 2,150 | - |
| | | <u>126,325</u> | <u>2,150</u> | <u>128,475</u> | <u>103,348</u> |

These accounts were approved on 16th October 2025 by the Management Committee and signed on its behalf.



Dr Susan Davies
Chairperson

TIME2TALK**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 31 MARCH 2025****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

TIME2TALK

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1. Accounting Policies (continued)

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.

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.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

TIME2TALK

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

2. Grants

| | 2025 | 2024 |
|--|-------------|-------------|
| NHS Northamptonshire (PCT) | 96,909 | 63,909 |
| Rapid Response NHS | 13,149 | 16,344 |
| Emotional Wellbeing Café's (via Lowdown) | 46,064 | 43,365 |
| Digital Development (via Youthworks) | 6,650 | 6,650 |
| Tier 2.5 (Via service six) | 42,337 | 42,337 |
| LGBTQ+ (via Lowdown) | 5,530 | - |
| | 210,639 | 172,605 |

3. Staff costs and trustees remuneration

| | Total 2025 £ | Total 2024 £ |
|-----------------------|-----------------------------|-----------------------------|
| Gross wages | 104,494 | 100,551 |
| Social security costs | 10,654 | 10,111 |
| Pension | 2,173 | 2,174 |
| | 117,321 | 112,836 |

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

One trustee received £12,182 (2024: £10,437) for counselling services provided.

Key management personnel remuneration totalled £53,816 (2024: £52,014) for the year.

4. Average number of employees

| | 2025 Number | 2024 Number |
|-------------------------------|------------------------|------------------------|
| Care | 2 | 2 |
| Management and administration | 1 | 1 |
| | 3 | 3 |

TIME2TALK

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

5. Independent Examiners remuneration

| | Total 2025 | Total 2024 |
|--|-----------------------|-----------------------|
| Independent examiners fees for examination | 1,074 | 1,160 |
| | <u>1,074</u> | <u>1,160</u> |

6. REACH Funds Reallocation

| | 2025 £ | 2024 £ |
|-------------------|-------------------|-------------------|
| Funds Reallocated | 12,083 | 54,819 |
| | <u>12,083</u> | <u>54,819</u> |

The total funds reallocated to REACH institutions during the year was as follows:

| | 2025 £ | 2024 £ |
|-------------|-------------------|-------------------|
| The Lowdown | 2,383 | 34,911 |
| Service 6 | - | 1,000 |
| Youthworks | 9,700 | 18,828 |
| | <u>12,083</u> | <u>54,819</u> |

TIME2TALK

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

7. Comparatives for the statement of financial activities

| | Unrestricted Funds £ | Restricted Funds £ | Total 2024 £ |
|--|----------------------------|--------------------------|--------------------|
| Incoming resources | | | |
| Incoming resources from generated funds | | | |
| Voluntary income | | | |
| Grants | 172,605 | - | 172,605 |
| Donations and Gift Aid | 1,146 | - | 1,146 |
| Legacies | - | - | - |
| Investment Income | 1,764 | - | 1,764 |
| Other incoming resources | | | |
| Costs reimbursed | 500 | - | 500 |
| Employment allowance | 5,000 | - | 5,000 |
| Total incoming resources | <u>181,015</u> | <u>-</u> | <u>181,015</u> |
| Resources expended | | | |
| Charitable activities | | | |
| Salaries, NIC and pension | 112,836 | - | 112,836 |
| Travel costs – staff | 3,358 | - | 3,358 |
| Travel costs – volunteers | 115 | - | 115 |
| Sexual health and education | - | - | - |
| Office accommodation | 16,642 | - | 16,642 |
| Telephone and postage | 767 | - | 767 |
| Stationery and photocopying | 733 | - | 733 |
| Fees, courses and subscriptions | 42,796 | - | 42,796 |
| Advertising | 507 | - | 507 |
| IT costs | 1,189 | - | 1,189 |
| Insurances | 1,435 | - | 1,435 |
| Sundry office costs | 371 | - | 371 |
| Independent Examiner's fee | 1,160 | - | 1,160 |
| Grants Payable | 54,819 | - | 54,819 |
| Total resources expended | <u>236,728</u> | <u>-</u> | <u>236,728</u> |
| Net income / expenditure | (55,713) | - | (55,713) |
| Gross transfers between funds | - | - | - |
| Net movement in funds | <u>(55,713)</u> | <u>-</u> | <u>(55,713)</u> |
| Total funds brought forward | <u>159,061</u> | <u>-</u> | <u>159,061</u> |
| Total funds carried forward | <u>103,348</u> | <u>-</u> | <u>103,348</u> |

Unrestricted funds consisted of only the general fund for the year.

TIME2TALK

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

8. Unrestricted funds

| | Opening balance £ | Income £ | Outgoings £ | Transfers £ | Closing balance £ |
|---------------|-------------------------|-------------|----------------|----------------|-------------------------|
| General funds | 103,348 | 217,779 | (194,802) | - | 126,325 |
| | ===== | ===== | ===== | ===== | ===== |

Comparatives for Unrestricted funds movements

| | Opening balance £ | Income £ | Outgoings £ | Transfers £ | Closing balance £ |
|---------------|-------------------------|-------------|----------------|----------------|-------------------------|
| General funds | 159,061 | 181,015 | (236,728) | - | 103,348 |
| | ===== | ===== | ===== | ===== | ===== |

The unrestricted reserves of £126,325 includes redundancy and rent commitments of £45,000 in the event of closure leaving £81,325 to be used on overspends.

9. Restricted funds movements

| | Opening balance £ | Income £ | Outgoings £ | Transfers £ | Closing balance £ |
|-----------------------------|-------------------------|-------------|----------------|----------------|-------------------------|
| LGBTQ Project (via Lowdown) | - | 5,530 | 3,380 | - | 2,150 |
| | ===== | ===== | ===== | ===== | ===== |
| | - | 5,530 | 3,380 | - | 2,150 |
| | ===== | ===== | ===== | ===== | ===== |

Comparatives for restricted funds movements

| | Opening balance £ | Income £ | Outgoings £ | Transfers £ | Closing balance £ |
|-----------------------------|-------------------------|-------------|----------------|----------------|-------------------------|
| LGBTQ Project (via Lowdown) | - | - | - | - | - |
| | ===== | ===== | ===== | ===== | ===== |
| | - | - | - | - | - |
| | ===== | ===== | ===== | ===== | ===== |

Restricted funds represent grants and other income which are identified to be used for specific projects or purposes. Restricted fund balances are represented by cash and bank balances.

The Lowdown LGBTQ grant is to be used for the running of the LGBTQ Out There Group for members of the LGBTQ community.

TIME2TALK**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 31 MARCH 2025****9. Leasing agreements**

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

| | 2025 | 2024 |
|-------------------|---------------|--------------|
| | £ | £ |
| Within one year | 7,650 | 7,100 |
| Between 1-5 years | 15,300 | - |
| | ----- | ----- |
| | 22,950 | 7,100 |
| | ===== | ===== |

10. Transactions with Related Parties

There have been no transactions, other than those disclosed within note 3, with related parties during the year ended 31 March 2025 nor the year ended 31 March 2024.

11. Ultimate Controlling Party

The charity is under the control of its trustees, as listed on Page 1.

Time2Talk

The Abbey

Market Square

Daventry

Northants NN11 4XG

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Registered Charity No. 802472

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