Time2Talk

ANNUAL REPORT AND REVIEW

2026

REGISTERED CHARITY: 802472

West Northamptonshire Council

REACH

NHS Northamptonshire Healthcare NHS Foundation Trust

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)

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)

Towcester combined charities contributed £1000 towards cost of Towcester room hire charges.

Tesco stronger starts awarded us a grant of £1000 towards counselling service costs.

Chlamydia screening continues to generate funds towards our core costs

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 and review of its services. We have achieved bronze standard charter mark as recognition of this, which we do through satisfaction surveys and client feedback questionnaires which are considered and influence how services are delivered.

EQUAL OPPORTUNITIES POLICY

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

Time2Talk is coming to the end of another successful year providing excellent services supporting the young people of Daventry and West Northamptonshire. Our main office continues to be located at the Abbey in Daventry with the Chantry acting as a valuable base in Towcester. We are very grateful for the excellent room hire rate that Towcester PCC offers us and a big thank you must be extended to the Towcester Combined Charities who donated £1000 this year towards covering the costs incurred in Towcester. I must congratulate the team on maintaining a very diverse range of services including one to one counselling, drop-in work and a remote service – an extraordinarily important function when covering such a large rural area, enabling accessibility for all young people.

I want to take this chance to encourage you to read the COO's report carefully so that you can appreciate the complexity of the services offered – both in the type of response delivered to a client and in how services are funded. A huge thank you to our COO, Andy Nixon, for keeping the train on the tracks and balancing all the various demands. His dedication and commitment to T2T must be applauded.

This leads me to one of the main tasks for this report - thanking all the other individuals also involved in staffing and supporting T2T. Alongside Andy work two other staff members: Ashley, our highly effective data analyst who also supports Andy in service provision and many other organisational tasks, and Sylvia, one of our most experienced therapists. A huge thanks to both for their ongoing hard work and commitment.

An enormous thank you to our self-employed therapists: Corrinne, Eve, Julie, Prem, Lynsey and Sarah. Thank you for providing a very valued and high-quality service to our young people. We have been very fortunate this year to welcome a new team member - a volunteer student counsellor, Cathy. I wish to thank her for her hard work and wish her well for her ongoing studies. Behind all these counsellors is a highly skilled, experienced supervisor – Jayne Innes. Thank you, Jayne, for continuing to support our team and ensure the continuation of a high-quality service; your role is essential. The last year has seen the launch of a new website which has embedded efficiently and been well received. A big thank you to Jonathan Kokke for donating his time and experience in setting this up for us.

Thanks must also be extended to my fellow trustees – Julie and Suzy – without whom the charity could not function. Behind every charity is a band of trustees quietly overseeing governance and offering support where needed – thank you both for your time and continuing commitment. A big thank you too to Gordan, our volunteer treasurer, whose role is vital in informing the decision making by the trustee board. Gordan has been with us for many years, and we value his hard work, time and wisdom.

Finally, a thank you to all our funders – TCC (as above), the ICB, Public Health, NHFT and the local authority. Also, to Tesco Stronger Starts Initiative whose £1000 donation this year was used to support counselling costs. And last but not least, a plea for anyone out there interested in supporting the work at T2T by joining our board of Trustees, please contact Andy or one of the trustees to discuss further.

Dr Susan Davies
Chair

CHIEF OFFICERS ANNUAL REPORT AND REVIEW

INTRODUCTION AND ACKNOWLEDGMENTS.

At the risk of this report reading like a Groundhog Day experience, it has indeed been another challenging year for Time2Talk and for charities more generally. Despite this we have again weathered those challenges and continued to deliver the brilliant service that young people and families have come to expect from us across our large patch of West Northamptonshire. Our service is available to any young person within the old Daventry district and South Northamptonshire areas.

Alongside our base in Daventry we continue to maintain a space in Towcester, The Chantry house in the centre of the town. This helps to enable those that live in or near Towcester to have easier access to counselling and our drop-in. We get a great room hire rate from the Towcester PCC and this year we received £1000 from the Towcester combined charities towards the room hire costs at the venue. They paid that on our behalf directly to The Chantry and our bills were credited accordingly. This is a big help when you consider we are there each Monday and Wednesday. To increase session numbers we have also started holding sessions at the Towcester Family Hub, which the West Northamptonshire Council kindly allows us use for free, every Wednesday evening, for which we are very grateful for.

Rurality can present many challenges in terms of accessing services and sadly we can't be everywhere but we do continue to provide a remote offer for those young people who feel they would prefer it. There is a good take up of this which means for example someone living in Silverstone who is open to remote therapy can access it without having to travel.

Having the spaces to work from is one thing but it's our people that make the magic happen. The dedication and flexibility and enthusiasm they each bring to their roles shines through every day. Thanks to staff member Sylv for her work across Daventry and Towcester, she has made a real difference to the lives of hundreds of young people. Ash our super data and admin officer, who works wonders providing loads of data for REACH, the ICB and NHS England along with a range of other things.

Our small team of self-employed therapists, Corrinne, Eve, Julie (also a dedicated trustee), Prem, Lynsey and Sarah have helped improve the mental health of so many young people bringing professionalism and humanity to the role. Alongside this our volunteer student counsellor Cathy has brought a wealth of experience and has proved herself an invaluable member of the team.

Clinical supervision for our counsellors is vital and has been expertly provided by Jayne Innes for many years now. Jane started off as a volunteer with us way back when and has become a highly qualified and experienced practitioner working with many small organisations, charities and individuals across Northamptonshire.

Our small board of Trustees have stuck with us through thick and thin providing support and guidance and scrutiny. Thanks to Sue, Suzy and Julie for your continued, vital and unwavering support. Gordon our volunteer treasurer contributes so much ensuring our accounts are properly kept and the trustees receive regular financial updates alongside ensuring payroll and tax and NI and all the other things connected to that are done. We are all so appreciative of that.

THE REACH COLLABORATION.

Time2Talk remain a key part of this group of like-minded agencies. Although we all deliver core services, we vary in size from large agencies in the big towns of Northamptonshire and smaller agencies like us working across a large rural area. The Lowdown work in Northampton and surrounding areas, Wellingborough is covered by Service 6 along with Youth Works in Kettering. Youth works is currently our lead agency and then Time2Talk in rural Daventry district and South Northants and Chat based in Oundle. We all meet monthly and each of us takes it in turn to host these meetings at our agencies. Our commissioners within the integrated care board favoured this approach as in effect they are dealing with one agency rather than 5 separate ones when it comes to funding and contract review each quarter.

FUNDING THE WORK

The core work across REACH is commissioned by the ICB and local authorities and NHFT. All of REACH services receive funding via these routes. Some agencies run projects that we don't, however our young people can be signposted or referred into those service if they are of interest to them.

Time2Talk have an individual contract with the NHS for our core tier 2 counselling work with an additional amount for capacity and demand. Our core funding target for the year was to deliver 1184 individual sessions of core counselling. We exceeded that total by 147 sessions which meant we were able to use capacity and demand funding to cover the cost of the extra sessions.

Our tier 2.5 funding is held by Service 6 and our allocation for the year was £43,247 which was to pay for the delivery of 733 sessions. We simply invoice Service 6 monthly for this. We exceeded that target by 158 sessions so again capacity and demand funding were used to meet the extra costs. It is agreed by REACH that any capacity and demand funding unspent at the end of the year may be allocated to agencies within REACH that have seen a larger number of referrals outside their expected numbers so the resource can be directed to that work within the collaborative.

Funding for our rapid response service is held by Lowdown and we invoice them for sessions delivered and Lowdown also hold funds for the emotional wellbeing drop-ins that we run in Daventry and Towcester, along with the Daventry Out there Group that we run each Thursday evening during term time, again, we invoice them for sessions delivered and it is entirely up to us how we utilise the funding to ensure service delivery is met.

OUR SERVICES IN SUMMARY

Core tier 2 counselling is a non-urgent but can sometimes be more complicated, self-referrals, over the phone or via our website, referrals from parents, carers schools GP's CAMHS etc welcomed. We are able to offer 6 sessions but can go up to 8 and in exceptional circumstances 12. Our tier 2.5 service is more complex but not urgent, cases can be referred to us in the same way as tier 2 therapy with similar session numbers offered. Rapid response, these are higher level cases often involving young people who have been admitted to A & E following an episode of self-harm. Following triage by medical professionals and if deemed not in need of a clinical intervention or admission will be referred to us to contact within 2 working days and the offer of an appointment within 7 working days. We also run two emotional wellbeing drop-ins for young people and families. We offer a Saturday one in Daventry from our base

from 12.00noon until 4.00pm and also one in Towcester each Wed's from 4.00pm until 8.00pm. The Time2Talk Out There group for young LGBTQ+ young people runs each Thursday eve during term time in Daventry.

SOCIAL MEDIA AND WEBSITE

The current website was launched about a year ago now and it's been working really well! It has all our info in a clear format and the option to refer safely and directly into us has been a very useful tool. It's also mobile phone friendly too! We were very grateful to the web designer Jonathan Kokke for doing that for us free of charge!

We also maintain a Time2Talk Facebook page which is mainly used by parents and professionals but still a useful promotional vehicle for what we do. In the future we need to develop here and we'll be looking to do that in some way moving forwards.

QUALITY STANDARDS

Time2Tak are organisational members of BACP and fully subscribe to their codes of ethics and guidelines and our counsellors are expected to do the same. All self-employed counsellors must hold their own indemnity insurances that complement the insurances we have and everyone must have an up to date enhanced DBS check. We require trustees to undertake enhanced DBS checks as well.

Each year all of the team must complete the NHS data security awareness short on-line course and each year Time2Talk have to complete the NHS self-assessment data security and protection online toolkit. This is a lengthy but very useful tool to help ensure we look after the data we do hold and collect on behalf of the NHS in a safe and secure and legal fashion. In addition, our therapists may access training offered by other agencies or that we have identified as and when appropriate. All therapists must complete a level 3 safeguarding course every 3 years and report any and all concerns directly to us alongside reporting or referring safeguarding issues into the appropriate statutory service.

FINALLY THANK YOU!

We need to thank all of the people involved in our main funding. The commissioners work tirelessly to keep these funds on stream despite huge challenges in Northamptonshire. We thank the ICB, Public health, NHFT and the local authority who all contribute funds into this central pot in some way or another. Each year there are challenges and uncertainties but at the time of writing we are assured of similar funding for the 2026-7 financial years so we'll continue building on the good work already done whilst always looking out for other funding opportunities.

We were grateful to receive a contribution of £1000 last year from the Towcester Combined Charities towards our room hire costs in Towcester. We also successfully applied to the Tesco Stronger starts initiative and received £1000 towards the costs of counselling sessions.

Andy Nixon
Chief Operating Officer

DATA AND INFORMATION REPORT

As Data and Information Officer my main job is to submit our counselling statistics to the NHS for all the various services we run. This covers monthly data for the core, tier 2.5 and rapid response counselling, the emotional wellbeing drop-in and the LGBTQ Out There group. I also submit monthly data to NHS England as part of the MHSDS, which includes more detailed information on the individual sessions, such as the dates, whether each session was attended and core scores.

There is also a quarterly report which provides a more qualitative focus on the work we do and the focus is more on client feedback and outcomes as well reporting any safeguarding issues, it also includes a particular favourite for the counsellors, case studies! We do have 4 case studies every quarter, for the core, tier 2.5, rapid response and emotional wellbeing drop-in. Alongside my data work I provide admin support such as taking referrals from the RMC, over the phone and our website, I invoice for all our projects and respond to emails and enquiries into the service, upload and maintain client information on our lamplight database and support the emotional wellbeing drop-in every Saturday.

I also help run the LGBTQ Group, we have a loyal group of close-knit regulars and we try and arrange a different activity every week this has included board games (social deduction and murder mystery game are particular favourites) arts and crafting (badge making, rock painting) anime or gaming nights.

In this section I have included some graphs and data that highlight the nature of the work we do. It's important to stress behind every one of these numbers is a real person which highly complex needs.

CLIENT REFERRALS, SESSIONS AND FEEDBACK

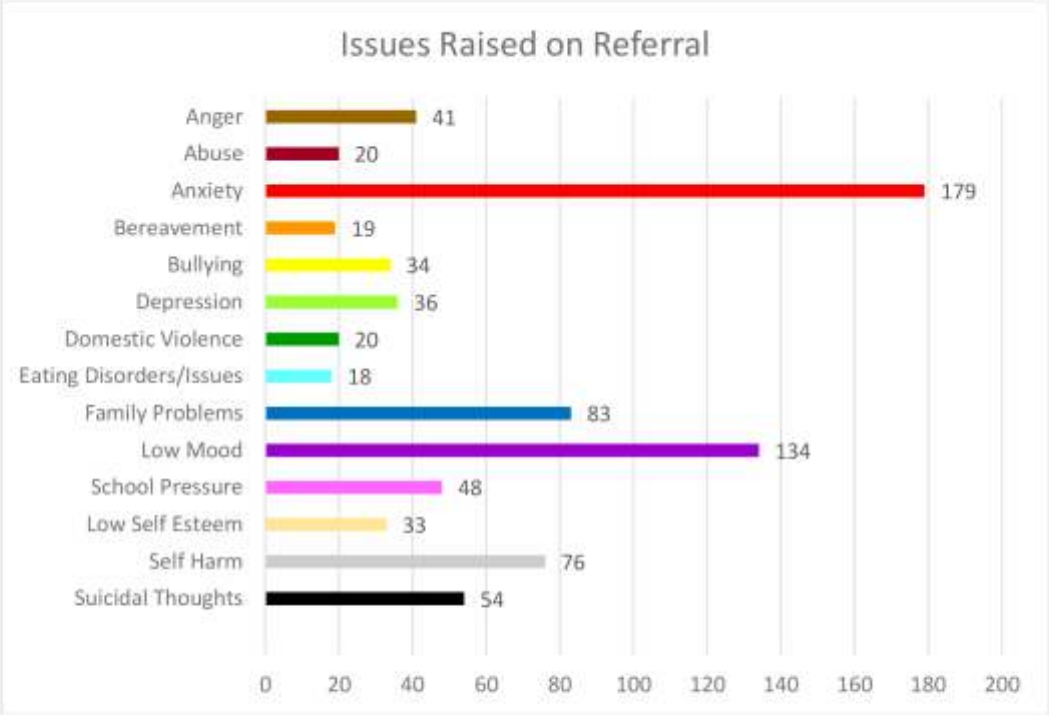
- We received 385 referrals across our core, tier 2.5 and rapid response counselling, an increase from 331 in 2025.
- We delivered 2441 counselling sessions across all 3 projects, up from 2302 sessions last year.
- 178 interventions delivered for the emotional wellbeing drop-ins
- 88% of clients improved their core score at the close of their sessions compared to the start.
- 99% of clients who attended the emotional wellbeing drop-in reported an improved mood.

TIME2TALK COVERAGE

We can accept referrals for any young person in the red highlighted areas of the county. Geographically, this covers around 50% of the county.

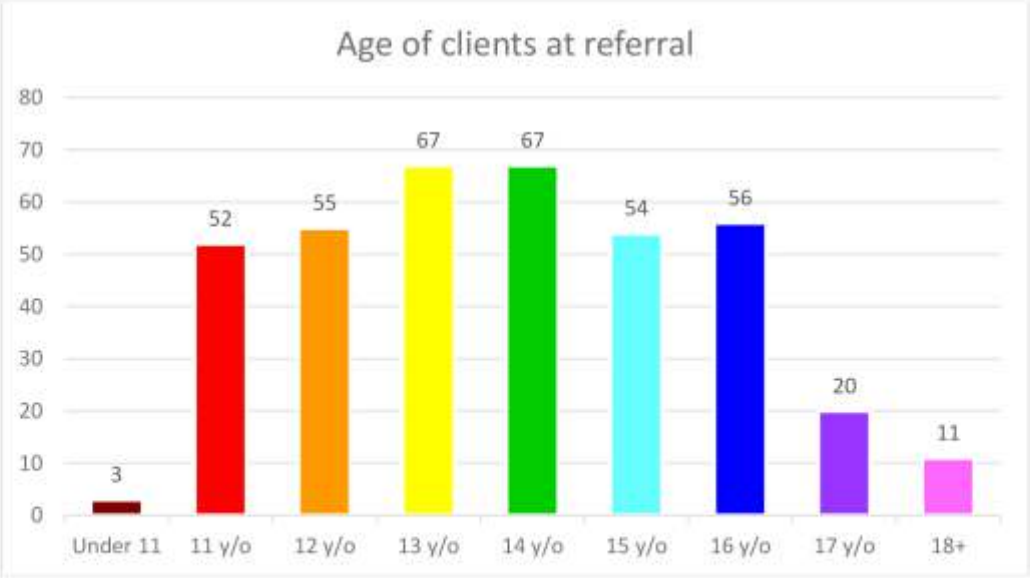


ISSUES ON REFERRAL



Anxiety remains the most common issue that young people are reporting, with 46% mentioning it as an issue on referral, low mood also remains common, which is reported by 35% of young people. Then it is family problems (22%), self-harm (20%) and suicidal thoughts (14%) that are the issues raised most often

CLIENT AGE



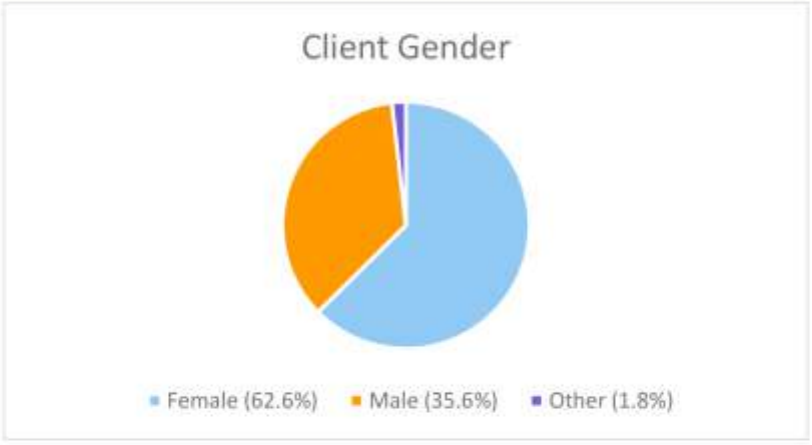
The ages of the client we have seen has been remarkably even, an increase in the number of 15- and 16-year olds has meant that all ages from 11-16 have had a similar number of referrals.

CLIENT LOCATION



56% of the referrals we receive are from Daventry District and 42% from South Northamptonshire. We also see a small number of people who live outside Northamptonshire if they have a GP in the area, with a full breakdown below.

CLIENT GENDER



While we do see significantly more female, compared to male, clients the gap is reducing and the total number of males referred into us increase from 119 last year to 137 this year. In total 62% of the young people referred into us are female and 35% are male. Just under 2% are listed as other, which includes non-binary, gender fluid or those did not wish to answer.

Ashley Southgate
Data and Information Officer

A THERAPEUTIC COUNSELLORS PERSPECTIVE

I approached Time2Talk to request a placement opportunity during the third year of my MA in Integrative Counselling & Psychotherapy. My initial contact was with Ashley, who was professional, warm, and reassuring. He explained that the service could support my placement and would confirm this with Andy. I was asked to send my CV, and Ashley phoned me the following day to invite me to complete an application form. Once submitted, I was offered an in-person interview with both Ashley and Andy the following week.

The process that followed was straightforward and timely. I attended the office to complete a DBS check, was invited back for a thorough induction, and was provided with all relevant policies and procedures to review before starting.

Once my DBS had cleared, I was allocated pre-assessed clients whose needs were appropriate for my level of training and aligned with my university's requirements. The counselling room provided was warm, welcoming, and safe, and I was assigned a supervisor with extensive experience in adolescent work. The service funded fortnightly supervision sessions, as well as additional sessions when needed.

Practical arrangements were handled efficiently; my travel expenses were reimbursed promptly. Throughout my placement, Ashley and Andy were consistently supportive, approachable, and willing to answer any questions. When safeguarding concerns arose, they were immediately available, and the procedures were clear, containing, and collaborative.

The wider team has been friendly, warm, and accessible, and I have always felt welcomed, supported, and valued as a volunteer counsellor. I have thoroughly enjoyed my time at Time2Talk and continue to look forward to my sessions there.

Cathy McMorrow
Student Counsellor

COUNSELLOR AND TOWCESTER SERVICE REPORT

INTRODUCTION

This report provides an outline of the work undertaken and developments made in my roles as Counsellor and Towcester Service Manager during the period up to April 2026.

DAVENTRY

I am based in the Daventry office on Mondays and Wednesdays between 10:00am and 11:00am. On Tuesdays and Thursdays, I am normally in the office from 10:00am until 5:00pm, during which time I see counselling clients. I continue to keep up to date with all required training, ensure my client files are maintained and up to date, answer the telephone when required, and complete the statistics for Ashley.

TOWCESTER

The Towcester service is open on Mondays from 12:00pm until 5:00pm and on Wednesdays from 12:00pm until 4:00pm. As well as seeing clients, I support the counsellors who use the rooms upstairs. I try to ensure that additional forms are available in case counsellors run out of them. I also book the rooms required for counselling and other activities.



Chantry House, where we hold our counselling in Towcester

TOWCESTER DROP-IN

The Towcester Drop-In covers the areas of Towcester, Middleton Cheney, Brackley, Deanshanger and the surrounding villages. We aim to provide a safe and welcoming place for young people, as well as for

parents who may accompany them. We hope to be able to offer refreshments before young people see a support worker.

Some of the young people who attend the drop-In would like to see a counsellor because they have issues they would like to talk about. We can ask whether they would like counselling support and, if they do, we are able to add them to our waiting list. Counselling can then be offered either face-to-face or remotely, where appropriate.

The Drop-In runs every Wednesday from 4:00pm until 8:00pm, with the last person seen at 7:15pm. The service does not run on Bank Holidays, or during the Easter and Christmas periods. The Drop-In is based at The Chantry House in Towcester.

REFERRALS

Most of the young people I see have been referred from a range of sources, including:

- RMC (Referral Management Centre)
- GPs and doctors
- Support workers
- Hospitals
- Social workers
- Parents
- Grandparents
- Other agencies
- School teachers
- School nurses
- School pastoral teams
- Self-referrals

ISSUES PRESENTED BY YOUNG PEOPLE

Over the last year, young people have presented with a wide range of issues, including:

- Anxiety and stress
- Panic attacks
- Exam pressure
- Bullying and cyberbullying
- Phobias
- Depression
- Low self-esteem
- Suicidal thoughts and feelings
- Self-harm
- Eating disorders
- Personal and family relationships
- Relationship breakdowns
- Peer pressure
- Gender identity

- Sexuality
- Homophobic bullying
- Bereavement
- Family break-up and family problems
- Domestic violence
- Emotional, sexual and physical abuse
- Sexual exploitation
- Sexual assault
- Anger
- Health concerns
- Puberty
- Racism
- Emotional wellbeing
- OCD
- Body image
- Disability
- Long-term illness
- Young caring responsibilities, including caring for a parent or sibling with a disability or illness

Safeguarding concerns can also arise during counselling sessions and are managed in accordance with the appropriate safeguarding procedures and policies.

FRESHERS' FAIR – NORTHAMPTON COLLEGE, DAVENTRY

I attended the Freshers' Fair at Northampton College in Daventry to promote Time2Talk and raise awareness of the support available to young people.

We had a large number of young people visit our stand, which was encouraging. We were able to inform them about our Drop-In services and the different types of support that Time 2 Talk can offer. Some of the young people we spoke to told us that they had previously used our Drop-In services in both Daventry and Towcester, which was positive to hear. We also handed out stress balls.

TRAINING AND PROFESSIONAL DEVELOPMENT

I have completed and/or kept up to date with training in the following areas:

- Safeguarding Children and Young People – Level 3
- Data Security Awareness
- FGM Awareness
- Autism Training – Part 1
- Vulnerable Adults
- Autism Training
- Gender Awareness and issues relating to LGBTQ+
- Child Development and Mental Health
- Rethinking Challenging Behaviours

KEEPING STOCKED UP

I order and purchase stock for the drop-In services and the office as required. This can sometimes be done online, or I will go to the shops to purchase the items needed.
Thank You

I would like to thank all the staff at The Chantry for their continued support.

SUPERVISION

Thank you, Jayne, for the support you have given me over the last year. This has enabled me to achieve positive outcomes with my clients and has also supported me in dealing with an issue I experienced last September.

MANAGEMENT SUPPORT

Thank you, Andy, for your support over the last year. I appreciate the guidance and support you have given me.

Sylvia Birch
Towcester Service Manager and Outreach Counsellor

CASE STUDY

We have included a case study of a young person who attended one of our emotional wellbeing drop-ins which reflects the complexity of the issues that we work with.

BACKGROUND OF THE CASE

Young person attended our Daventry Saturday drop-in with mum following concerns over suicidal ideation which involved thoughts of jumping off a bridge and self-harm on occasion which were triggered by bullying since year 7.

WORK UNDERTAKEN

It was important to establish if there was any level of immediate risk. It was very apparent that mum was acting proactively and protectively and had contacted CAMHS and the GP. Once it was established that the young person was in no imminent danger, the worker then went on to engage with the young person around how they were coping generally. Most of the young person's anxieties and concerns and self-harm stemmed from the bullying at school it was the main reason the young person was struggling to cope. Mum was engaging with the school to try and get some support and to try and get the bullying to stop.

Mum is aware of the young person's suicidal thoughts and self-harm and is keeping a close eye on things in the home. The young person did not express any desire to end their life and there was no plan in place and the feeling was the negative thoughts and self-harm were responses directly to the school environment. Within the limits of the time allowed during drop-in a referral into the Time2talk counselling service was made and accepted so that the young person would have more time to explore all of this and to look at coping mechanisms and strategies and a safety plan was made.

OUTCOMES

A referral was made into Time2Talk, and sessions were started soon after, during which she showed a major improvement in her mental health. Mum was sent information on the School Attendance team for West Northants, right to choose and hospital outreach and the young person was assured they could use the drop-in as again whenever needed.

THE TIME2TALK TEAM





JULIE WITH OLIVIA AND FREYA AT THIS YEAR PRIDE.





SYLVIA IN ONE OF OUR COUNSELLING ROOMS AND ASHLEY AND SYLVIA OUTSIDE THE ABBEY BUILDING





BADGES AND CHOCOLATE CHIP COOKIES MADE BY OUR INCREDIBLE LGBTQ OUT THERE GROUP





WE ENCOURAGE ALL OF OUR SERVICE USERS WHO ARE ABLE TO, TO GET OUT INTO THIS GLORIOUS COUNTY OF OURS. NORTHAMPTONSHIRE IS CRISSCROSSED WITH PUBLIC FOOTPATHS THAT ARE FREE AND WE HAVE LOTS OF COUNTRY ESTATES, PARKS AND GARDENS, MANY FREE TO ACCESS OR THAT HAVE FREE OPEN DAYS. GENTLE WALKING AND GETTING OUTSIDE HAS PROVEN PHYSICAL AND MENTAL HEALTH BENEFITS AS ANDY IS DEMONSTRATING HERE.

Charity Registration Number: 802472

DAVENTRY INFORMATION AND COUNSELLING SERVICE

(TIME2TALK)

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2026

TIME2TALK

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2026

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TIME2TALK

YEAR ENDED 31 MARCH 2026

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 2026

REPORT OF THE TRUSTEES

The Trustees present their report together with financial statements for the year ended 31 March 2026.

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 £126,458 which is in line with the above policy and restricted reserves held at the year end are £4,200.

TIME2TALK

YEAR ENDED 31 MARCH 2026

REPORT OF THE TRUSTEES

Financial Review

Included in the balance sheet at 31 March 2026 is total reserves carried forwards of £130,658, which are includes both unrestricted and restricted funds. The unrestricted reserves of £126,458 includes redundancy and rent commitments of £45,000 in the event of closure leaving £81,458 to be used on overspends.

Restricted reserves held at the year end of £4,200, 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 20 September 2026 and signed on its behalf by:



Dr Susan Davies

TIME2TALK

YEAR ENDED 31 MARCH 2026

REPORT OF THE TRUSTEES

ACHIEVEMENTS AND PERFORMANCE

CHAIRPERSON'S REPORT

Time2Talk is coming to the end of another successful year providing excellent services supporting the young people of Daventry and West Northamptonshire. Our main office continues to be located at the Abbey in Daventry with the Chantry acting as a valuable base in Towcester. We are very grateful for the excellent room hire rate that Towcester PCC offers us and a big thank you must be extended to the Towcester Combined Charities who donated £1000 this year towards covering the costs incurred in Towcester.

I must congratulate the team on maintaining a very diverse range of services including one to one counselling, group work and a remote service – an extraordinarily important function when covering such a large rural area, enabling accessibility for all young people.
I want to take this chance to encourage you to read the COO's report carefully so that you can appreciate the complexity of the services offered – both in the type of response delivered to a client and in how services are funded. A huge thank you to our COO, Andy Nixon, for keeping the train on the tracks and balancing all the various demands. His dedication and commitment to T2T must be applauded.

This leads me to one of the main tasks for this report - thanking all the other individuals also involved in staffing and supporting T2T. Alongside Andy work two other staff members: Ashley, our highly effective data analyst who also supports Andy in service provision and many other organisational tasks, and Sylvia, one of our most experienced therapists. A huge thanks to both for their ongoing hard work and commitment.
An enormous thank you to our self- employed therapists: Corrine, Eve, Julie, Prem, Lynsey and Sarah. Thank you for providing a very valued and high-quality service to our young people. We have been very fortunate this year to welcome a new team member - a volunteer student counsellor, Cathy. I wish to thank her for her hard work and wish her well for her ongoing studies.

Behind all these counsellors is a highly skilled, experienced supervisor – Jayne Innes. Thank you, Jayne, for continuing to support our team and ensure the continuation of a high-quality service; your role is essential.

The last year has seen the launch of a new website which has embedded efficiently and been well received. A big thank you to Jonathan Kokke for donating his time and experience in setting this up for us.

Thanks must also be extended to my fellow trustees – Julie and Suzy – without whom the charity could not function. Behind every charity is a band of trustees quietly overseeing governance and offering support where needed – thank you both for your time and continuing commitment. A big thank you too to Gordan, our volunteer treasurer, whose role is vital in informing the decision making by the trustee board. Gordan has been with us for many years, and we value his hard work, time and wisdom.

Finally, a thank you to all our funders – TCC (as above), the ICB, Public Health, NHFT and the local authority. Also, to Tesco Stronger Starts Initiative whose £1000 donation this year was used to support counselling costs.
And last, but not least, a plea for anyone out there interested in supporting the work at T2T by joining our board of Trustees, please contact Andy or one of the trustees to discuss further.

Dr Susan Davies
Chair

TIME2TALK

YEAR ENDED 31 MARCH 2026

REPORT OF THE TRUSTEES

ACHIEVEMENTS AND PERFORMANCE

CHIEF OPERATING OFFICERS ANNUAL REPORT

Introduction and acknowledgements

At the risk of this report reading like a Groundhog Day experience, it has indeed been another challenging year for Time2Talk and for charities more generally. Despite this we have again weathered those challenges and continued to deliver the brilliant service that young people and families have come to expect from us across our large patch of West Northamptonshire. Our service is available to any young person within the old Daventry district and Towcester, south Northamptonshire areas. Alongside our base in Daventry we continue to maintain a space in Towcester, The Chantry house in the centre of the town. This helps to enable those that live in or near Towcester to have easier access to counselling and our drop-in. We get a great room hire rate from the Towcester PCC and this year we received £1000 from the Towcester combined charities towards the room hire costs at the venue. They paid that on our behalf directly to The Chantry and our bills were credited accordingly. This is a big help when you consider we are there each Monday and Wednesday. Rurality can present many challenges in terms of accessing services and sadly we can't be everywhere but we do continue to provide a remote offer for those young people who feel they would prefer it. There is a good take up of this which means for example someone living in Silverstone who is open to remote therapy can access it without having to travel.

Having the spaces to work from is one thing but it's our people that make the magic happen. The dedication and flexibility and enthusiasm they each bring to their roles shines through every day. Thanks to staff member Sylv for her work across Daventry and Towcester, she has made a real difference to the lives of hundreds of young people. Ash our super data and admin officer, who works wonders providing loads of data for REACH, the ICB and NHS England along with a range of other things.

Our small team of self-employed therapists, Corrinne, Eve, Julie (also a dedicated trustee) , Prem, Lynsey and Sarah have helped improve the mental health of so many young people bringing professionalism and humanity to the role. Alongside this our volunteer student counsellor Cathy has brought a wealth of experience and has proved herself an invaluable member of the team.

Clinical supervision for our counsellors is vital and has been expertly provided by Jayne Innes for many years now. Jane started off as a volunteer with us way back when and has become a highly qualified and experienced practitioner working with many small organisations, charities and individuals across Northamptonshire.

Our small board of Trustees have stuck with us through thick and thin providing support and guidance and scrutiny. Thanks to Sue, Suzy and Julie for your continued, vital and unwavering support. Gordon our volunteer treasurer contributes so much ensuring our accounts are properly kept and the trustees receive regular financial updates alongside ensuring payroll and tax and Ni and all the other things connected to that are done. We are all so appreciative of that.

The REACH collaboration

Time2Talk remain a key part of this group of like-minded agencies. Although we all deliver core services, we vary in size from large agencies in the big towns of Northamptonshire and smaller agencies like us working across a large rural area. The Lowdown work in Northampton and surrounding areas, Wellingborough is covered by Service 6 along with Youth Works in Kettering. Youth works is currently our lead agency and then Time2Talk in rural Daventry district and south Northants and Chat based in Oundle. We all meet monthly and each of us takes it in turn to host these meetings at our agencies. Our commissioners within the integrated care board favoured this approach as in effect they are dealing with one agency rather than 5 separate ones when it comes to funding and contract review each quarter.

CHIEF OPERATING OFFICERS ANNUAL REPORT (continued)

Funding the work

The core work across REACH is commissioned by the ICB and local authorities and NHFT. All of REACH services receive funding via these routes. Some agencies run projects that we don't however our young people can be signposted or referred into those service if they are of interest to them.

Time2Talk have an individual contract with the NHS for our core Tier2 counselling work with an additional amount for capacity and demand. Our core funding target for the year was to deliver 1184 individual sessions of core counselling. We exceeded that total by 147 sessions which meant we were able to use capacity and demand funding to cover the cost of the extra sessions.

Our tier 2.5 funding is held by Service 6 and our allocation for the year was £43,247 which was to pay for the delivery of 733 sessions. We simply invoice Service 6 monthly for this. We exceeded that target by 158 sessions so again capacity and demand funding were used to meet the extra costs. It is agreed by REACH that any capacity and demand funding unspent at the end of the year may be allocated to agencies within REACH that have seen a larger number of referrals outside their expected numbers so the resource can be directed to that work within the collaborative.

Funding for our rapid response service is held by Lowdown and we invoice them for sessions delivered and Lowdown also hold funds for the emotional well being drop-ins that we run in Daventry and Towcester, along with the Daventry Out there Group that we run each Thursday evening during term time, again, we invoice them for sessions delivered and it is entirely up to us how we utilise the funding to ensure service delivery is met

Our services in summary

Core tier2 counselling, non-urgent but can sometimes be more complicated, self-referrals, over the phone or via our website, referrals from parents, carers schools GP's CAMHS etc welcomed. We are able to offer 6 sessions but can go up to 8 and in exceptional circumstances 12. Tier 2.5 service, more complex but not urgent, cases can be referred in, in the same way as tier 2 therapy with similar session numbers offered. Rapid response, these are higher level cases often involving young people who have been admitted to A & E following an episode of self-harm. Following triage by medical professionals and if deemed not in need of a clinical intervention or admission will be referred to us to contact within 2 working days and the offer of an appointment within 7 working days. We also run two emotional wellbeing drop-ins for young people and families. We offer a Saturday one in Daventry from our base from 12.00noon until 4.00pm and also one in Towcester each Wed's from 4.00pm until 8.00pm. The Time2Talk out there group for young LGBTQ+ young people runs each Thursday eve during term time in Daventry.

Social media and website

The current website was launched about a year ago now and its been working really well! It has all our info in a clear format and the option to refer safely and directly into us has been a very useful tool. It's also mobile phone friendly too! We were very grateful to the web designer Jonathan Kokke for doing that for us free of charge!

We also maintain a Time2Talk Facebook page which is mainly used by parents and professionals but still a useful promotional vehicle for what we do. In the future we need to develop here and we'll be looking to do that in some way moving forwards.

CHIEF OPERATING OFFICERS ANNUAL REPORT (continued)

Quality standards

Time2Talk are organisational members of BACP and fully subscribe to their codes of ethics and guidelines and our counsellors are expected to do the same. All self-employed counsellors must hold their own indemnity insurances that complement the insurances we have and everyone must have an up to date enhanced DBS check. We require trustees to undertake enhanced DBS checks as well.

Each year all of the team must complete the NHS data security awareness short on-line course and each year Time2Talk have to complete the NHS self-assessment data security and protection online toolkit. This is a lengthy but very useful tool to help ensure we look after the data we do hold and collect on behalf of the NHS in a safe and secure and legal fashion. In addition, our therapists may access training offered by other agencies or that we have identified as and when appropriate. All therapists must complete a level 3 safeguarding course every 3 years and report any and all concerns directly to us alongside reporting or referring safeguarding issues into the appropriate statutory service.

Finally

We need to thank all of the people involved in our main funding. The commissioners work tirelessly to keep these funds on stream despite huge challenges in Northamptonshire. We thank the ICB, Public health, NHFT and the local authority who all contribute funds into this central pot in some way or another. Each year there are challenges and uncertainties but at the time of writing we are assured of similar funding for the 2026-7 financial years, so we'll continue building on the good work already done whilst always looking out for other funding opportunities.

We were grateful to receive a contribution of £1000 last year from the Towcester Combined Charities towards our room hire costs in Towcester. We also successfully applied to the Tesco Stronger starts initiative and received £1000.00 towards the costs of counselling sessions.

Andrew Nixon BA (Hons) MBE
Chief Operating Officer

TIME2TALK

INDEPENDENT EXAMINERS REPORT

FOR THE YEAR ENDED 31 MARCH 2026

I report on the accounts of the Charity for the year ended 31 March 2026 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: 21 September 2026

TIME2TALK

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2026

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2026 £	Total 2025 £
Incoming resources					
Incoming resources from generated funds					
Voluntary income					
Grants	2	205,617	7,000	212,617	210,639
Donations & Gift Aid		2,113	-	2,113	6,084
Legacies		-	-	-	-
Investment income		1,528	-	1,528	1,586
Other incoming resources					
Costs reimbursed		-	-	-	-
Employment allowance		10,500	-	10,500	5,000
Total incoming resources		219,758	7,000	226,758	223,309
Resources expended					
Charitable activities					
Salaries, NIC and pension	3	125,010	-	125,010	117,321
Travel costs – staff		3,644	510	4,154	4,695
Travel costs – volunteers		327	-	327	468
Office accommodation		15,981	680	16,661	17,060
Telephone and postage		881	-	881	666
Stationery and photocopying		347	-	347	384
Fees, courses and subscriptions		38,847	3,760	42,607	39,607
Advertising		449	-	449	685
IT costs		2,099	-	2,099	1,791
Insurances		1,528	-	1,528	1,490
Sundry office costs		878	-	878	858
Independent Examiner's fee	5	1,134	-	1,134	1,074
REACH funds reallocation	6	28,500		28,500	12,083
Total resources expended		219,625	4,950	224,575	198,182
Net income / expenditure		133	2,050	2,183	25,127
Transfers between funds		-	-	-	-
Net movement in funds		133	2,050	2,183	25,127
Total funds brought forward		126,325	2,150	128,475	103,348
Total funds carried forward		126,458	4,200	130,658	128,475

TIME2TALK

BALANCE SHEET AT 31 MARCH 2026

	Note	Unrestricted Funds £	Restricted Funds £	Total 2026 £	Total 2025 £
Current assets					
Cash at bank and on deposit		97,213	4,200	101,413	129,341
Cash in hand		-	-	-	-
Prepayments & accrued income		33,710	-	33,710	3,528
		130,923	4,200	135,123	132,869
Creditors amounts falling due within one year					
Accruals		1,134	-	1,134	1,873
Social security		3,331	-	3,331	2,521
		4,465	-	4,465	4,394
Net current assets		126,458	4,200	130,658	128,475
Net assets		126,458	4,200	130,658	128,475
Funds of the charity					
Unrestricted funds	8	126,458		126,458	126,325
Restricted funds		-	4,200	4,200	2,150
		126,458	4,200	130,658	128,475

These accounts were approved on 20 September 2026 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 2026

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 2026

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 2026

2. Grants

	2026	2025
NHS Northamptonshire (PCT)	97,620	96,909
Rapid Response NHS	13,428	13,149
Emotional Wellbeing Café's (via Lowdown)	43,365	46,064
Digital Development (via Youthworks)	1,663	6,650
Tier 2.5 (Via service six)	43,247	42,337
LGBTQ+ (via Lowdown)	7,000	5,530
Emotional Wellbeing Drop In (via Lowdown)	6,293	-
	212,617	210,639

3. Staff costs and trustees remuneration

	Total 2026 £	Total 2025 £
Gross wages	108,602	104,494
Social security costs	14,038	10,654
Pension	2,370	2,173
	125,010	117,321

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

One trustee received £9,076 (2025: £12,182) for counselling services provided.

Key management personnel remuneration totalled £56,099 (2025: £53,816) for the year.

4. Average number of employees

	2026 Number	2025 Number
Care	2	2
Management and administration	1	1
	3	3

TIME2TALK

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2026

5. Independent Examiners remuneration

	Total 2026	Total 2025
Independent examiners fees for examination	1,134	1,074
	1,134	1,074

6. REACH Funds Reallocation

	2026 £	2025 £
Funds Reallocated	28,500	12,083
	28,500	12,083

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

	2026 £	2025 £
The Lowdown	-	2,383
CHAT Youth Counselling	28,500	-
Youthworks	-	9,700
	28,500	12,083

TIME2TALK

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2026

7. Comparatives for the statement of financial activities

	Unrestricted Funds £	Restricted Funds £	Total 2025 £
Incoming resources			
Incoming resources from generated funds			
Voluntary income			
Grants	205,109	5,530	210,639
Donations and Gift Aid	6,084	-	6,084
Legacies	-	-	
Investment Income	1,586	-	
			-
Other incoming resources			
Costs reimbursed	-	-	500
Employment allowance	5,000	-	5,000
Total incoming resources	217,776	5,530	223,309
Resources expended			
Charitable activities			
Salaries, NIC and pension	115,661	1,660	117,321
Travel costs – staff	4,695	-	4,695
Travel costs – volunteers	468	-	468
Office accommodation	16,360	700	17,060
Telephone and postage	666	-	666
Stationery and photocopying	384	-	384
Fees, courses and subscriptions	38,587	1,020	39,607
Advertising	685	-	685
IT costs	1,791	-	1,791
Insurances	1,490	-	1,490
Sundry office costs	858	-	858
Independent Examiner's fee	1,074	-	1,074
REACH funds reallocation	12,083	-	12,083
Total resources expended	194,802	3,380	198,182
Net income / expenditure	22,977	2,150	25,127
Gross transfers between funds	-	-	-
Net movement in funds	22,977	2,150	25,127
Total funds brought forward	103,348	-	103,348
Total funds carried forward	126,325	2,150	128,475

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

TIME2TALK

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2026

8. Unrestricted funds

	Opening balance £	Income £	Outgoings £	Transfers £	Closing balance £
General funds	126,325	219,758	(219,625)	-	126,458

Comparatives for Unrestricted funds movements

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

The unrestricted reserves of £117,288 includes redundancy and rent commitments of £45,000 in the event of closure leaving £72,288 to be used on overspends.

9. Restricted funds movements

	Opening balance £	Income £	Outgoings £	Transfers £	Closing balance £
LGBTQ Project (via Lowdown)	2,150	7,000	(4,950)	-	4,200
	2,150	7,000	(4,950)	-	4,200

Comparatives for 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

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 2026

9. Leasing agreements

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

	2026 £	2025 £
Within one year	7,650	7,650
Between 1-5 years	7,650	15,300
	15,300	22,950

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 2026 nor the year ended 31 March 2025.

11. Ultimate Controlling Party

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

Time2Talk

THE ABBEY
MARKET SQUARE
DAVENTRY
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