

Links Counselling Service Ltd
(A company limited by guarantee, not having a share capital)
TRUSTEES' ANNUAL REPORT
for the financial year ended 31 March 2023

The trustees present their Trustees' Annual Report, combining the Directors' Report and Trustees' Report, and the audited financial statements for the financial year ended 31 March 2023.

The financial statements are prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Trustees' Report contains the information required to be provided in the Trustees' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The trustees of the company are also charity trustees for the purpose of charity law and under the company's constitution are known as members of the board of trustees.

In this report the trustees of Links Counselling Service Ltd present a summary of its purpose, governance, activities, achievements and finances for the financial year 31 March 2023.

So far as the trustees are aware, there is no relevant audit information of which the charity's auditor is unaware and they have taken all reasonable steps as trustees to make themselves aware of any relevant information and to establish that the company's auditor is aware of that information.

The company is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2006 and, although not obliged to comply with the Statement of Recommended Practice applicable in the UK and Republic of Ireland FRS 102, the organisation has implemented its recommendations where relevant in these financial statements.

Financial Review

The results for the financial year are set out on page 13 and additional notes are provided showing income and expenditure in greater detail.

Financial Results

At the end of the financial year the company has assets of £720,672 (2022 - £542,810) and liabilities of £122,758 (2022 - £57,281). The net assets of the company have increased by £112,385.

Trustees

The trustees who served throughout the financial year, except as noted, were as follows:

Mr. George Watson
Mr. Leonard Adamson
Mr. Stanley Abraham
Mr. Philip Ruddell Emerson
Dr John McMullen (Resigned 31 January 2023)
Mrs. Ruth Craig
Mr. David Blevins
Mrs. Andrea Parks
Dr. Graham Gault

In accordance with the Articles of Association, the trustees retire by rotation and, being eligible, offer themselves for re-election.

The secretary who served during the financial year was:

Mr. Stanley Abraham

Compliance with Sector-Wide Legislation and Standards

The company engages pro-actively with legislation, standards and codes which are developed for the sector. Links Counselling Service Ltd subscribes to and is compliant with the following:

- The Companies Act 2006
- The Charities SORP (FRS 102)

Public Benefit

In setting our objectives and planning our activities for the year the trustees have given careful consideration to the Charity Commission for Northern Ireland's statutory guidance on public benefit to ensure that the activities have helped achieve the charity purposes and provide a benefit to the beneficiaries.

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2022-2023 has been a significantly challenging year in the face of a growing mental health crisis across Northern Ireland. With the need for services outstripping the resources available within the third sector, Links has worked tirelessly to find creative strategies to fulfil the mission of our organisation, which is to ensure that “No One Journeys Alone” through difficult times.

This mission propelled us to grow the reach of our service into other areas, schools, and partnerships, increasing capacity and sharing resources. As such, we have been able to open new counselling centres across the Northern and South-Eastern Trust areas in an attempt to localise resources and make them accessible to communities in need.

This year we have been thankful to partner with other sectors, collaborating with strategic planning processes in aid of raising awareness and resources for early intervention strategies in the field of mental health. With the evidence we have gathered on how effective counselling can be, and the impact it can make on an individual's wellbeing, it is our hope to keep lobbying for investment in this vital community resource.

TESTIMONIES

“I was able to talk about my feelings in a safe and controlled environment”

“I have found counselling to be such a benefit to my mental health and life. I found my counsellor such an easy person to chat to and the tools and things that she has taught me have been so valuable to me.”

“I have explored things I have never considered before. Enlightening!”

“Brilliant service...I felt at ease and safe, what you did made a real difference.”

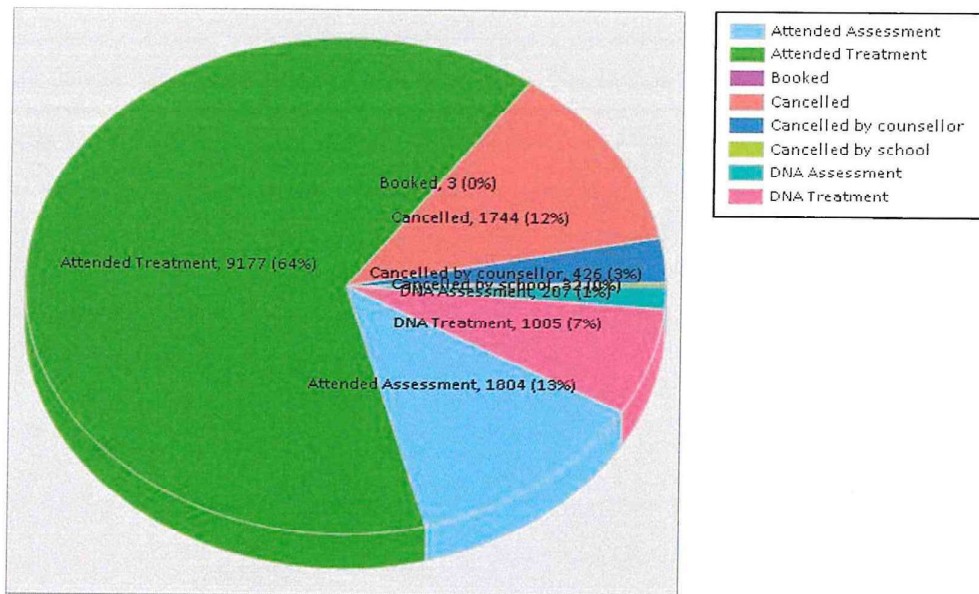
“Links has helped me through one of the hardest times of my life. And I feel that talking has helped me cope a lot better with stressful situations.”

“I had a stigma about counselling, but it was the answer to my problem, I realised I couldn't do this on my own.”

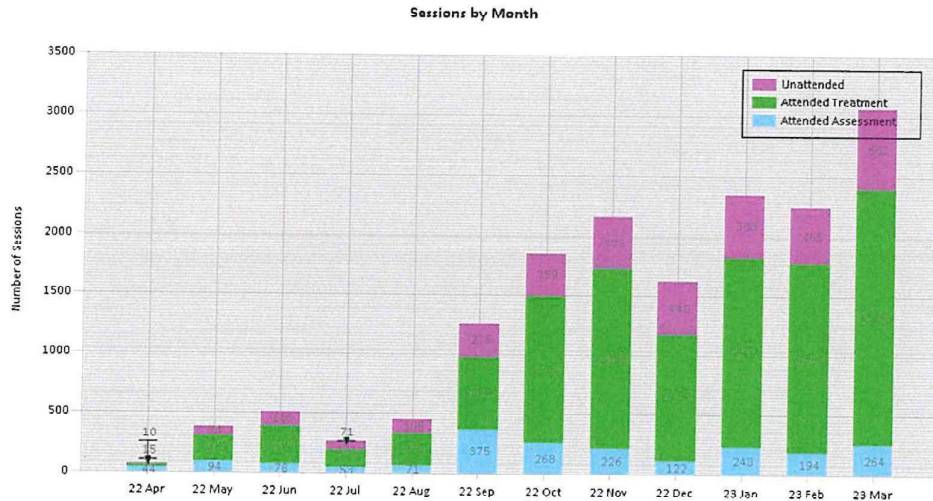
STATISTICS

From April 2022 to March 2023, we have delivered 21283 sessions of counselling across all of our services and 5219 people have received support through one-to-one sessions, Computerised CBT, or Group Sessions.

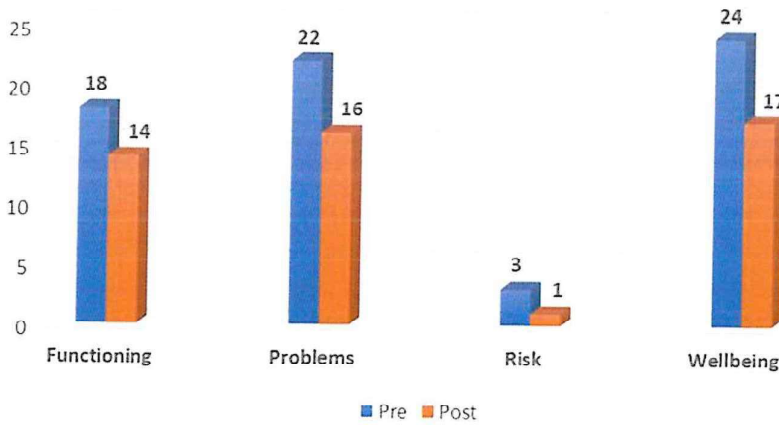
Sessions by Session Type



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**Average CORE Score
Pre and Post Counselling**



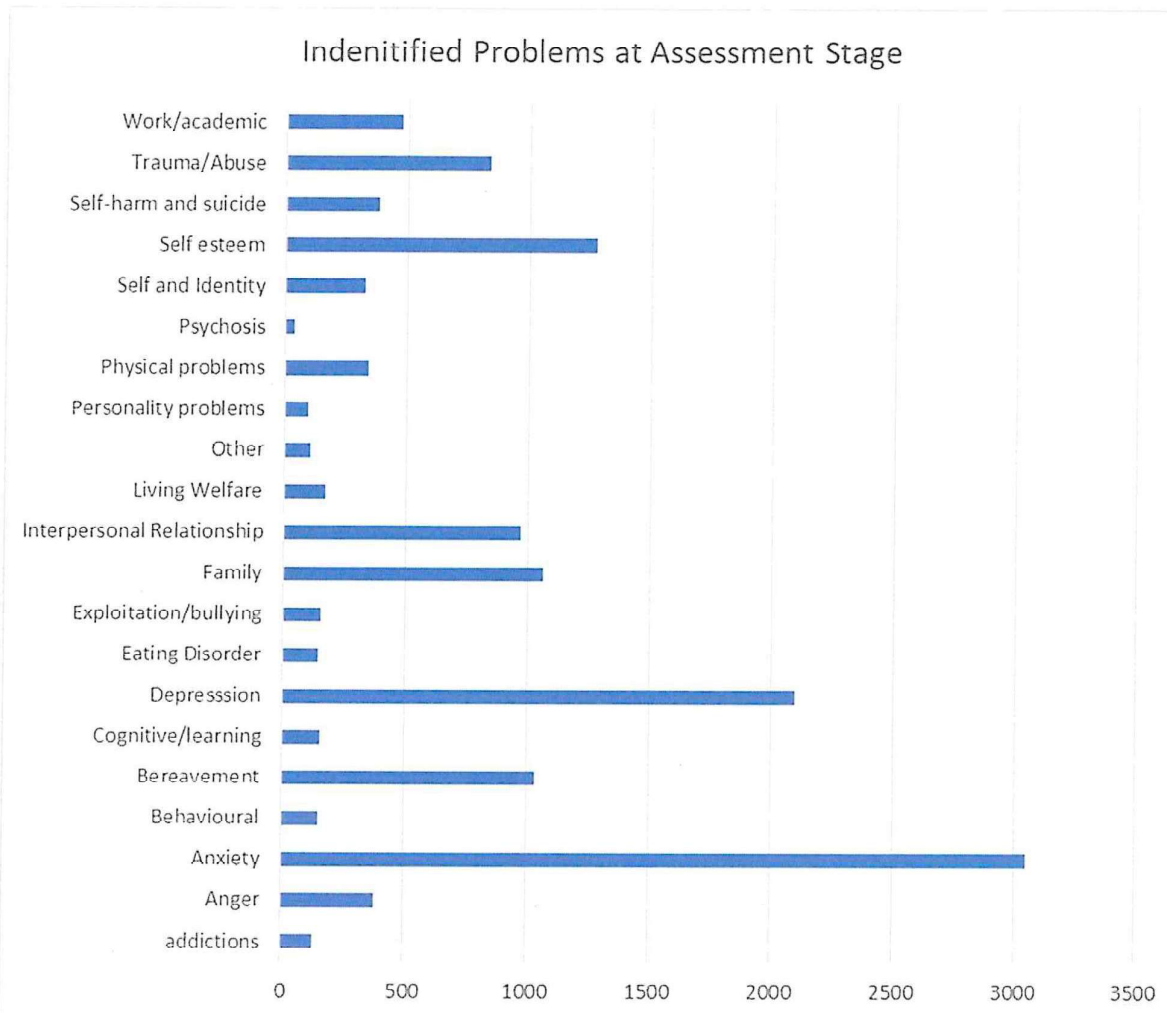
Gender	Total
Female	3555
Male	1647
Not Specified	17
Total	5219

Using CORE-OM measurement tools, the average **First Session score overall was 20**, placing clients before counselling in the top of the 'moderate' cut-off margin of experiencing.

The overall average **Last Session score then reduced to 12**, showing that a majority of clients left counselling with a score that placed them in the bottom of the 'mild' cut-off margin for functioning, symptoms and wellbeing.

Statistically these outcomes suggests that overall client's levels of distress have significantly reduced, proving that therapeutic interventions have significantly helped our clients.

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The highest presenting problems for clients seeking counselling is anxiety, depression, low self-esteem, bereavement and family issues.

NEW CENTRES

This year we have been able to open new counselling centres in Ballyclare and Lisburn, working along the Northern Trust and key community stakeholders within the localities. We are now able to offer therapy for children, young people, adults and couples within the town of Ballyclare and Lisburn.



Links Team Lisburn

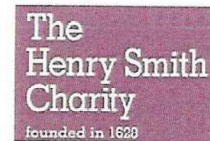
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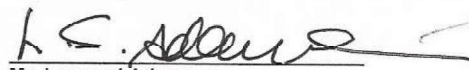
Open day at Links Lisburn with the Mayor

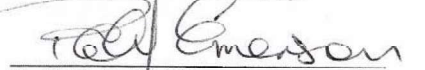


Funders we have worked with this year



Approved by the Board of Trustees on 30 November 2023 and signed on its behalf by:


 Mr. Leonard Adamson
 Trustee


 Mr. Philip Ruddell Emerson
 Trustee

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STATEMENT OF TRUSTEES' RESPONSIBILITIES

for the financial year ended 31 March 2023

The trustees, who are also directors of Links Counselling Service Ltd for the purposes of company law, are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the trustees as the directors to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law) including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A (Small Entities). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with the relevant financial reporting framework, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

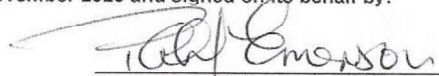
The trustees confirm that they have complied with the above requirements in preparing the financial statements.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Board of Trustees on 30 November 2023 and signed on its behalf by:



Mr. Leonard Adamson
Trustee



Mr. Philip Ruddell Emerson
Trustee