

# **NORTHWEST COUNSELLING LIMITED**

## **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)**

### **FOR THE YEAR ENDED 31 JULY 2022**

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The trustees present their report and accounts for the year ended 31 July 2022. The Trust is a charitable company limited by guarantee and accepted as a charity by HM Revenue and Customs under reference NI00229.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016)

#### **Objectives and activities**

The principal activity of the company is to promote the use of counselling in the local area and to provide counselling services for those in need.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

#### **Achievements and performance**

During the year the charity continued to strive to achieve their objectives of providing counselling services to those in need. The organisation was able to push forward with fund raising and grant applications on the basis of their charitable status. Last year the total number of clients seen by the organisation was 209.

#### **Financial review**

The results for the year are set out on page 5.

Total incoming resources for the year increased to £137,669 (2021 - £71,424) of which 86% was generated by charitable activities. Income from counselling services in schools increased significantly by £58,561. The remaining income was generated by donations and grants from local bodies.

Total resources expended increased to £122,004 (2021 - £67,636) of which 99% was expended on direct activities. Counselling fees increased in 2022 by £47,508 to facilitate increased services to School's.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

#### **Reserves Policy**

The Trust aims to continue to increase reserves to ensure the stability of its services, employment and everyday operations of the organisation.

#### **Risk Management**

In accordance with good practice, the charity is developing a Risk Management Policy and is completing a risk assessment. A Corporate Risk Register is being drawn up to prioritise the risks requiring action. The Risk Register will be reviewed and updated on a regular basis or as soon as a potential risk is identified. Analysis for each risk will be detailed in the Risk Register together with the controls currently in place to mitigate the risk and the further actions required to minimise the risk.

# NORTHWEST COUNSELLING LIMITED

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 JULY 2022

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### Going Concern

The Trustees have a reasonable expectation that the Trust has adequate resources to continue in operational existence for the foreseeable future. The principal factors underlying this judgement include:

- Current levels of financial performance by comparison with budgeted expectations;
- Continuing support from local bodies

Accordingly, the Trust continues to adopt the going concern basis of accounting in preparing the annual financial statements.

### Structure, governance and management

The charity is a company limited by guarantee and is governed by its Memorandum and Articles of Association.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

R Craig

N Gahan

R Logue

R Morton

(Resigned 31 December 2021)

(Resigned 15 December 2021)

### Appointment of Trustees

The Charity Trustees are also Directors of the company. A Trustee is initially elected by the Board in accordance with the Memorandum and Articles of Association.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

### Organisation

The Board of Trustees which administers the Trust meets throughout the year as required.

### Public Benefit

The objectives of the Trust are as listed. The Trust has considered the UK Charity Commission's guidance on public benefit and plans to ensure that it provides public benefit and achieves its objectives as set out in the Trust's Memorandum and Articles of Association.

The direct benefits to the individuals using the service include:

- The advancement of health and the saving of lives;
- The advancement of citizenship and community development; and
- The relief of those in need by reason of ill-health, disability, or other related disadvantages.

The trustees give careful consideration to accessibility for all without discrimination on grounds of politics, religion, race, social or economic background.

The trustees' report was approved by the Board of Trustees.



R Craig

Trustee

Dated: 31 May 2023