

Bright Places Counselling Services

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

Reference and administrative details

Registered charity name	Bright Places Counselling Services
Charity registration number	NIC108096
Company registration number	NI667318
Principal office and registered office	133 Ballinran Road Kilkeel Co Down BT34 4JB
The trustees	J G Graham R S R Graham J A Hanna (Resigned 14 June 2023) M D Hazard L D Norman B M O'Hare
Independent examiner	Una Cunningham FCA Purdy Quinn Chartered Accountants Northern Bank House 42 Greencastle Street KILKEEL Co Down BT34 4BH

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Structure, governance and management

Constitution

The company is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association on 28 November 2019. The company has now been officially registered with the Charities Commission NI under Charity Number NIC 108096.

Organisational structure and decision making

The charity is managed by a committee of trustees who are appointed at the Annual General Meeting (AGM) of the charity.

A trustee must be a member of the charity or the nominated representative of an organisation that is a member of the charity.

The charity has a membership. People, who support the work of the charity and are aged 18 or over, can apply to the trustees to become a member. Once accepted by the trustees, membership lasts for 3 years and may be renewed. The trustees will keep an up-to-date membership list. The trustees may remove a person's membership if they believe it is in the best interests of the charity. The member has the right to be heard by the trustees before the decision is made.

Trustees must hold at least four meetings each year. Trustees may act by majority decision. At least three trustees must be present at the meeting to be able to take decisions.

Minutes shall be kept for every meeting.

During the year, the trustees may appoint up to two additional trustees.

They must stand down at the next AGM but are eligible to stand for election at the AGM.

Risk management

The Trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

Objectives and activities

The aims of Bright Places Counselling Services are as follows:

- To provide or assist in providing an appropriate and free confidential counselling service to young people in need aged 15-25 in the Southern Health and Social Care Trust.
- To promote positive health through the provision of an education outreach service to young people aged 15-25 in Southern Health and Social Care Trust.
- To link with other agencies in the area to promote positive health and well-being in Southern Health and Social Care Trust.

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Achievements and performance

2022-2023 has been a busy year with more referrals from various channels. We have seen an increase in referrals and more engagement with local Mental Health professionals who are now more aware of the service we offer.

This is positive, however the need for funding limits yet again our potential. We have not marketed Bright Places in the way we could if we had the funds in place to offer sessions with little wait time. On average our wait time is 8 weeks, however during some busy periods this has risen to 10 weeks.

We were able to offer over 600 sessions last year. This is an increase on the year before and again shows the need for a presence in our locality.

Plans for future periods

For Bright Places to continue to grow and offer a timely service, we need to ensure funding is secured to do so. Our Constitution determines this may be done by fundraising, grants and donations. We have received donations and undertaken fundraisers this year. We completed a collection in Asda and sent letters out to raise awareness and also asking for support and partnership from various businesses throughout the locality. We have placed collection boxes in some local shops and this passive income will be much welcomed. We will plan to create more opportunities to actively fund raise as well as apply for suitable grants.

Our partnership with Old Forge Surgery is much needed in these lean days for Charities trying to secure funding and we are thankful for their partnership. Numbers have dictated there is a need for Bright Places Counselling Services and we need to continue to work to ensure we have the funds available to provide the help and support our local community deserve

Financial review

The results for the year are set out on page 6 of the accompanying financial statements.

Bright Places Counselling Services accounts for the year record a deficit of £1,434 (2022 -surplus £3,496).

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

Reserves policy

The Trustees have established a policy to designate funds for particular purposes, as deemed necessary by the Board, and to restrict funds which are to be used for specific purposes as laid down by the donor.

Trustees have confirmed that the charity's assets are available and adequate to fulfil the obligations of the charity.

At the balance sheet date the unrestricted reserves of the charity amounted to £2,497 (2022 - £3,931).

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Directors' responsibilities statement

The Directors (who are also directors of Bright Places Counselling Services for the purposes of company law) are responsible for preparing the Directors' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Directors to prepare financial statements for each financial year. Under company law the Directors 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Directors are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP.
- make judgments and accounting estimates that are reasonable and prudent.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Directors are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 18 December 2023 and signed on behalf of the board of trustees by:



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M D Hazard
Trustee



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L D Norman
Trustee