

REGISTERED COMPANY NUMBER: NI679965 (Northern Ireland)
REGISTERED CHARITY NUMBER: 108200

**Report of the Trustees and
Financial Statements
for the Year Ended 31 March 2023
for
Counselling All Nations Service (CANS)**

McCleary & Company Ltd
Chartered Accountants
Garvey Studios
14 Longstone Street
Lisburn
Co. Antrim
BT28 1TP

Counselling All Nations Service (CANS)

Contents of the Financial Statements for the Year Ended 31 March 2023

	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7 to 8
Notes to the Financial Statements	9 to 13
Detailed Statement of Financial Activities	14

Counselling All Nations Service (CANS)

Report of the Trustees for the Year Ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of 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).

Since our relatively recent last AGM in April 2023 CANS continues to develop apace and the Board wishes to acknowledge the hard work of our staff, sessional staff and volunteers as we continue this period of growth and development.

OBJECTIVES AND ACTIVITIES

Objectives and aims

We remain true to our mission to improve the mental health and quality of life of people from minority ethnic groups through talking therapies and other support and our vision of a future in a just, supportive and inclusive society, which recognises the importance of mental health. In everything we remember our values of respect, honesty, confidentiality, person centred care, and excellence.

Staff

Mr Lekan Ojo-Okiji Abasi and Ms Jurita Naumane continue as Clinical Coordinator and Assistant Clinical Coordinator respectively and are joined by part time administrative assistants Maryam Naz and Joy Wangui Kirii.

Francesca A Dada and Tin Wai Chan are salaried part time counsellors. Our other counsellors and interpreters are sessional.

This dedicated team work with the Board, in particular as new IT, HR and financial systems are planned and implemented. The Finance Committee under the leadership of Treasurer Mrs Mac McBride ensure good governance as we prepare systems and train staff in their use.

Counsellors and therapists

Our counsellors are from BAME communities and representing at least 9 languages. They are all trained to work with professional interpreters and are trained in EMDR and other psychological therapies e.g CBT. They continue to deliver a professional, high quality service for people from the BAME community living in Northern Ireland with care and compassion. We would also like to acknowledge the professionalism and support of our professional interpreters without whom we could not do our work.

We are also indebted to everyone who has supported CANS in a voluntary capacity.

Fundraising

After several years of service as CANS fundraiser we were sad to say goodbye to Mr Paul Atherton and we thank him for his dedicated support and advice in raising funds, ensuring good governance and in the development of CANS.

We were delighted to appoint Nisha Tandon OBE as fundraiser in May 2023. Nisha was warmly welcomed by Board and staff and brings experience and enthusiasm to the post.

Counselling All Nations Service (CANS)

Report of the Trustees for the Year Ended 31 March 2023

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Clinical Work

In June 2023 the Board, responding to a proposal from the clinical Coordinator and some counsellors agreed that there is a recognised need for specialist 1 to 1 work with BAME young people. The Board agreed that the clinical coordinator present a business plan to develop this work.

We are grateful to all our funders whose generosity supports our work:

Belfast Health and Social Care Trust: Tier 2 Talking Therapies

The National Lottery Community Fund (TNLCF): BAME Counselling Project £284,168.00 3 years funding from Sep 2022: 1 part time Clinical Co-ordinator Salary · 2 part time Counsellors Salary · 1 parttime Book-Keeping & Admin Support salary.

Dormant Account (managed by TNLCF): Making CANS Fit for the future - Business Development & Income Generation Worker £11,590.00 Nov 2022 - Apr 2024 · 1 part time Business Development Income Generation Worker / Fundraising Consultant.

Starling Collective / Corrymeela - Community Foundation NI (CFNI) DoH MH Fund Delivery of counselling sessions over 2.5 years with interpreting for 60 people receiving 8 sessions £44,640.00 Dec 2021 - Apr 2024 · 480 sessions delivered to 60 people over 2.5 years.

Public Health Agency SHSCT / STEP BAME Counselling Project £4,750.00 Dec 2022 - Mar 2023.

CFNi - Comic Relief Empowering Change Programme: Client Paperwork Translation £1,000.00 Jan - Apr 2023 · Selected client paperwork.

CFNi - Wesleyan Assurance Fund: owards Mental Health Awareness Workshops for new entrants Children and Young People £10,000.00 Nov 2022 - Oct 2023 · 96 sessions of MHA workshop.

Premises

We are delighted that in addition to our office space in the Chinese Welfare Association and E Belfast we have also acquired office space in North Belfast.

We would also like to express our thanks to PWC for donating much needed office space for counselling in the centre of Belfast and to West Belfast Whiterock Children's Centre who continue to provide counselling space.

We continue to try to respond to the accessibility needs of clients who may have difficulty due to location, work commitments and child care.

FINANCIAL REVIEW

Financial and IT updates

Continuing our commitment to good governance and adapting to our increasing work, management IT system development is ongoing.

New updated clinical systems are installed and active. This will ensure rapid accurate data capture in real time as we go forward.

The Treasurer and the finance committee continue to work with our Accountant with the installation of a new financial recording and reporting system.

We are indebted to the finance committee, accountant, staff and everyone who continues to support these developments.

Counselling All Nations Service (CANS)

Report of the Trustees for the Year Ended 31 March 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

NI679965 (Northern Ireland)

Registered Charity number

108200

Registered office

Chinese Welfare Association
1 Stranmillis Embankment
Belfast
Co. Antrim
BT7 1GB

Trustees

Dr Linda Mary Agnew GP
Dr Daniel Gboloo-Teye Consultant
Dr Satish Kumar Lecturer
Mrs Angela Doreen Martin Teacher
Mrs Immacula McBride Director
Dr Muhammad Saleem Tareen
Zaheer Khan Baloch Management Consultant (resigned 30.6.22)

The following committees were convened by the board in Feb 2022:

- o Finance Committee: Mrs Mac Mc Bride, Dr Daniel Gboloo-Teye, Mr John Boddu
- o Social Media committee: Mrs Angela Martin, Mrs Pashmina Kashif

Dr Daniel Gboloo-Teye provides supervision for the clinical coordinator.

We would like to thank all the Board members for freely giving their time and expertise.

Company Secretary

Dr Linda Mary Agnew

Independent Examiner

John McCleary FCA
McCleary & Company Ltd
Chartered Accountants
Garvey Studios
14 Longstone Street
Lisburn
Co. Antrim
BT28 1TP

Counselling All Nations Service (CANS)

**Report of the Trustees
for the Year Ended 31 March 2023**

CANS SUPPORT FOR COUNSELLORS, STAFF AND BOARD

The Board would like to pay tribute to the counsellors who work daily with clients. We plan a 2nd residential in Corrymeela for everyone involved with Counselling All Nations in January 2024. We believe that it is important that everyone involved in CANS has the opportunity to meet, relax, listen and learn from each other.

We remain convinced that CANS provides much needed unique client centred service. Our Board and counsellors see the need for CANS in their work and in their own communities. Hearing Our Needs has confirmed these observations.

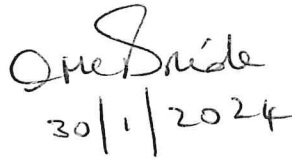
As we look forward, we are embedding ongoing changes in structure and technology so we can build on the growth of the past years and continue to develop the work of CANS.

Approved by order of the board of trustees on 25 January 2024 and signed on its behalf by:



Dr Satish Kumar - Trustee

29/1/2024



30/1/2024

**Independent Examiner's Report to the Trustees of
Counselling All Nations Service (CANS)**

I report on the accounts of the company for the year ended 31 March 2023, which are set out on pages six to thirteen.

Respective responsibilities of charity trustees and examiner

As the charity's trustees (and also the directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of the independent examiner's report

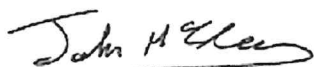
I have examined your charity accounts as required under Section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with Section 386 of the Companies Act 2006
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of Section 396 of the Companies Act 2006 and with the methods and principles of the 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
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.



John McCleary FCA

McCleary & Company Ltd
Chartered Accountants
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25 January 2024

Counselling All Nations Service (CANS)

**Statement of Financial Activities
for the Year Ended 31 March 2023**

	Notes	Unrestricted fund £	Restricted funds £	Year Ended 31.3.23 Total funds £	Period 11.6.21 to 31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		6,240	181	6,421	82,449
Charitable activities					
Grants Receivable		-	171,514	171,514	176,365
Total		<u>6,240</u>	<u>171,695</u>	<u>177,935</u>	<u>258,814</u>
EXPENDITURE ON					
Charitable activities					
Direct Costs		10,483	188,025	198,508	138,329
Support costs		-	2,000	2,000	1,600
Total		<u>10,483</u>	<u>190,025</u>	<u>200,508</u>	<u>139,929</u>
NET INCOME/(EXPENDITURE)		(4,243)	(18,330)	(22,573)	118,885
RECONCILIATION OF FUNDS					
Total funds brought forward		7,205	111,680	118,885	-
TOTAL FUNDS CARRIED FORWARD		<u><u>2,962</u></u>	<u><u>93,350</u></u>	<u><u>96,312</u></u>	<u><u>118,885</u></u>

The notes form part of these financial statements

Counselling All Nations Service (CANS)

**Balance Sheet
31 March 2023**

	Notes	Unrestricted fund £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
CURRENT ASSETS					
Debtors	4	1,377	2,606	3,983	2,837
Cash at bank		1,585	118,062	119,647	129,646
		<u>2,962</u>	<u>120,668</u>	<u>123,630</u>	<u>132,483</u>
CREDITORS					
Amounts falling due within one year	5	-	(27,318)	(27,318)	(13,598)
			<u>93,350</u>	<u>96,312</u>	<u>118,885</u>
NET CURRENT ASSETS					
		<u>2,962</u>	<u>93,350</u>	<u>96,312</u>	<u>118,885</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>2,962</u>	<u>93,350</u>	<u>96,312</u>	<u>118,885</u>
NET ASSETS					
		<u>2,962</u>	<u>93,350</u>	<u>96,312</u>	<u>118,885</u>
FUNDS					
Unrestricted funds	6			2,962	7,205
Restricted funds				93,350	111,680
TOTAL FUNDS					
				<u>96,312</u>	<u>118,885</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

Counselling All Nations Service (CANS)

**Balance Sheet - continued
31 March 2023**

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 25 January 2024 and were signed on its behalf by:



Mrs Immacula McBride - Trustee

30/1/2024

Counselling All Nations Service (CANS)

Notes to the Financial Statements for the Year Ended 31 March 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

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.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Counselling All Nations Service (CANS)

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the period ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the period ended 31 March 2022.

3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	7,205	75,244	82,449
Charitable activities			
Grants Receivable	-	176,365	176,365
Total	7,205	251,609	258,814
EXPENDITURE ON			
Charitable activities			
Direct Costs	-	138,329	138,329
Support costs	-	1,600	1,600
Total	-	139,929	139,929
NET INCOME	7,205	111,680	118,885
TOTAL FUNDS CARRIED FORWARD	7,205	111,680	118,885

Counselling All Nations Service (CANS)

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

4. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
		31.3.23	31.3.22
		£	£
VAT		2,607	1,557
Prepayments and accrued income		1,376	1,280
		<u>3,983</u>	<u>2,837</u>
5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
		31.3.23	31.3.22
		£	£
Trade creditors		-	1,244
Social security and other taxes		1,896	1,478
Other creditors		12,383	3,284
Accrued expenses		13,039	7,592
		<u>27,318</u>	<u>13,598</u>
6. MOVEMENT IN FUNDS			
		Net	
	At 1.4.22	movement	At
	£	in funds	31.3.23
		£	£
Unrestricted funds			
General Fund	7,205	(4,243)	2,962
Restricted funds			
Big Lottery	63,166	(2,748)	60,418
Belfast Health & Social Care Trust	48,173	(29,518)	18,655
Small Grants	341	180	521
Baobab Foundation	-	575	575
Dormant	-	1,708	1,708
HCVS	-	1,354	1,354
STEP	-	119	119
Wesleyan Community Foundation	-	10,000	10,000
	<u>111,680</u>	<u>(18,330)</u>	<u>93,350</u>
TOTAL FUNDS	<u>118,885</u>	<u>(22,573)</u>	<u>96,312</u>

Counselling All Nations Service (CANS)

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

6. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	6,240	(10,483)	(4,243)
Restricted funds			
Big Lottery	94,694	(97,442)	(2,748)
Belfast Health & Social Care Trust	49,377	(78,895)	(29,518)
Small Grants	180	-	180
Baobab Foundation	1,500	(925)	575
Dormant	11,590	(9,882)	1,708
HCVS	1,354	-	1,354
STEP	3,000	(2,881)	119
Wesleyan Community Foundation	10,000	-	10,000
	<u>171,695</u>	<u>(190,025)</u>	<u>(18,330)</u>
TOTAL FUNDS	<u><u>177,935</u></u>	<u><u>(200,508)</u></u>	<u><u>(22,573)</u></u>

Comparatives for movement in funds

	Net movement in funds £	At 31.3.22 £
Unrestricted funds		
General Fund	7,205	7,205
Restricted funds		
Big Lottery	63,166	63,166
Belfast Health & Social Care Trust	48,173	48,173
Small Grants	341	341
	<u>111,680</u>	<u>111,680</u>
TOTAL FUNDS	<u><u>118,885</u></u>	<u><u>118,885</u></u>

Counselling All Nations Service (CANS)

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

6. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	7,205	-	7,205
Restricted funds			
Big Lottery	96,059	(32,893)	63,166
Belfast Health & Social Care Trust	81,769	(33,596)	48,173
Small Grants	2,211	(1,870)	341
Communities Foundation NI	14,218	(14,218)	-
PHA	1,230	(1,230)	-
MCNI	7,528	(7,528)	-
Halifax	14,013	(14,013)	-
New Needs	7,129	(7,129)	-
Racial Justice	16,398	(16,398)	-
PWC CM	10,000	(10,000)	-
Enkalon	1,000	(1,000)	-
SCG	54	(54)	-
	<u>251,609</u>	<u>(139,929)</u>	<u>111,680</u>
TOTAL FUNDS	<u><u>258,814</u></u>	<u><u>(139,929)</u></u>	<u><u>118,885</u></u>

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

Counselling All Nations Service (CANS)

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2023**

	Year Ended 31.3.23 £	Period 11.6.21 to 31.3.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	-	75,689
General Donations	6,421	6,760
	<hr/>	<hr/>
	6,421	82,449
Charitable activities		
Grants	171,514	176,365
	<hr/>	<hr/>
Total incoming resources	177,935	258,814
 EXPENDITURE		
Charitable activities		
Wages	101,512	61,721
Staff training & Welfare	-	210
Pensions	2,012	-
Insurance	458	-
Light and heat	53	-
Travel & Subsistence	2,142	744
Sundries	180	1,864
Telephone	2,022	1,710
Stationery & printing	4,122	5,229
Bank charges	394	101
Repairs & renewals	2,083	325
Computer accessories & licences etc	2,606	4,944
Room hire	12,076	5,385
Professional fees	59,300	56,096
Subscriptions & membership	3,548	-
Consultancy fees	6,000	-
	<hr/>	<hr/>
	198,508	138,329
 Support costs		
Governance costs		
Accountancy and legal fees	2,000	1,600
	<hr/>	<hr/>
Total resources expended	200,508	139,929
	<hr/>	<hr/>
Net (expenditure)/income	<u>(22,573)</u>	<u>118,885</u>

This page does not form part of the statutory financial statements