
AFFORDABLE COUNSELLING EPPING FOREST
(A Company Limited by Guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

AFFORDABLE COUNSELLING EPPING FOREST
(A Company Limited by Guarantee)

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AFFORDABLE COUNSELLING EPPING FOREST

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TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their annual report together with the financial statements of the Affordable Counselling Epping Forest for the year 1 April 2021 to 31 March 2022. The Annual Report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic Report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Policies and objectives

The charities objectives are the preservation and protection of the good mental and physical health of families and individuals through the provision of support and counselling services in accordance with Christian principles.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Achievements and performance

a. Main achievements of the Company

The charity continues its operations with nine sessions of counselling offered weekly at The Box, Epping, and Hazelwood Children's Centre, Waltham Abbey, meeting enquiries from all parts of the Epping Forest District. Face to face counselling resumed following the pandemic and it is noted that demand for the service increased, owing to heightened mental health issues caused by the pandemic. The service is evaluated regularly and clients have demonstrated a high level of satisfaction in the feedback forms they have completed.

Financial review

a. Finance

The charity exists to offer counselling to those who cannot afford full counsellor fees. The operation is funded by investment interest and donations from clients and grant funding. These limited funds are carefully managed. Costs have been kept to a minimum, and new savings and sources of income are regularly sought.

Structure, governance and management

a. 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.

AFFORDABLE COUNSELLING EPPING FOREST

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Reference and administrative details of the Company, its trustees and advisers

Trustees

D Allum
Dr D Barker
Revd A Caw
M Callow
B Collins
S Everitt
D A Jackman
S M Jackman
J M Moon
J M Walters
R J Walters

Company registered number 05785768

Charity registered number 1118296

Registered office St John's House
St Johns Road
Epping
Essex
CM16 5DN

Accountants

Haslers
Chartered Accountants
Old Station Road
Loughton
Essex
IG10 4PL

AFFORDABLE COUNSELLING EPPING FOREST

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Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' 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 Trustees to prepare financial statements for each financial year. 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 its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

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 the Companies Act 2006. 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 order of the members of the board of Trustees on 24 November 2022 and signed on their behalf by:

J M Walters

(Chair of Trustees)

AFFORDABLE COUNSELLING EPPING FOREST
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STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
	Note				
Income from:					
Donations and legacies	3	5,010	-	5,010	3,248
Other trading activities	4	2,611	-	2,611	2,721
Investments	5	6,729	-	6,729	7,157
Other income	6	-	-	-	2,000
Total income		14,350	-	14,350	15,126
Expenditure on:					
Charitable activities	7	12,776	-	12,776	13,426
Total expenditure		12,776	-	12,776	13,426
Net income before net gains on investments		1,574	-	1,574	1,700
Net gains on investments		-	4,362	4,362	20,901
Net movement in funds		1,574	4,362	5,936	22,601
Reconciliation of funds:					
Total funds brought forward		18,220	239,057	257,277	234,676
Net movement in funds		1,574	4,362	5,936	22,601
Total funds carried forward		19,794	243,419	263,213	257,277

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 7 to 14 form part of these financial statements.

AFFORDABLE COUNSELLING EPPING FOREST

(A Company Limited by Guarantee)

REGISTERED NUMBER: 05785768

**BALANCE SHEET
AS AT 31 MARCH 2022**

	Note	2022 £	2021 £
Fixed assets			
Investments	10	243,419	239,057
		<u>243,419</u>	<u>239,057</u>
Current assets			
Debtors	11	1,722	144
Cash at bank and in hand		19,512	18,772
		<u>21,234</u>	<u>18,916</u>
Creditors: amounts falling due within one year	12	(1,440)	(696)
Net current assets		<u>19,794</u>	<u>18,220</u>
Total assets less current liabilities		<u>263,213</u>	<u>257,277</u>
Net assets excluding pension asset		<u>263,213</u>	<u>257,277</u>
Total net assets		<u><u>263,213</u></u>	<u><u>257,277</u></u>
Charity funds			
Restricted funds	14	243,419	239,057
Unrestricted funds	14	19,794	18,220
Total funds		<u><u>263,213</u></u>	<u><u>257,277</u></u>

AFFORDABLE COUNSELLING EPPING FOREST

(A Company Limited by Guarantee)

REGISTERED NUMBER: 05785768

BALANCE SHEET (CONTINUED)

AS AT 31 MARCH 2022

The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

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

The financial statements were approved and authorised for issue by the Trustees on 24 November 2022 and signed on their behalf by:

J M Walters

(Chair of Trustees)

The notes on pages 7 to 14 form part of these financial statements.

AFFORDABLE COUNSELLING EPPING FOREST
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. General information

Affordable Counselling Epping Forest is a charitable organisation, registered in England and Wales, with a registration number 05785768. The address of the registered office is St John's House, St Johns Road, Epping, Essex CM16 5DN.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Affordable Counselling Epping Forest meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

2.3 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.

All expenditure is inclusive of irrecoverable VAT.

2.4 Taxation

The Company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

AFFORDABLE COUNSELLING EPPING FOREST
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.5 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.

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Donations	110	110	248
Grants	4,900	4,900	3,000
	<u>5,010</u>	<u>5,010</u>	<u>3,248</u>

4. Income from other trading activities

Income from non charitable trading activities

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Client contributions	<u>2,611</u>	<u>2,611</u>	<u>2,721</u>

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

5. Investment income

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from local listed investments	376	376	372
Investment income - other local investments	6,353	6,353	6,785
	<u>6,729</u>	<u>6,729</u>	<u>7,157</u>

6. Other incoming resources

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
COVID Grant	<u>-</u>	<u>-</u>	<u>2,000</u>

7. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Direct Activity Costs	<u>12,776</u>	<u>12,776</u>	<u>13,426</u>

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

8. Analysis of expenditure by activities

	Activities undertaken directly 2022 £	Support costs 2022 £	Total funds 2022 £	Total funds 2021 £
Direct Activity Costs	12,002	774	12,776	13,426
<i>Total 2021</i>	<u>12,718</u>	<u>708</u>	<u>13,426</u>	

9. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021 - £NIL).

During the year ended 31 March 2022, no Trustee expenses have been incurred (2021 - £NIL).

10. Fixed asset investments

	Other fixed asset investments £
Cost or valuation	
At 1 April 2021	239,057
Revaluations	4,362
At 31 March 2022	<u>243,419</u>
Net book value	
At 31 March 2022	<u>243,419</u>
<i>At 31 March 2021</i>	<u>239,057</u>

AFFORDABLE COUNSELLING EPPING FOREST
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

11. Debtors

	2022	2021
	£	£
Due after more than one year		
Prepayments and accrued income	127	144
	<u>127</u>	<u>144</u>
Due within one year		
Other debtors	1,594	-
	<u>1,721</u>	<u>144</u>

12. Creditors: Amounts falling due within one year

	2022	2021
	£	£
Accruals and deferred income	<u>1,440</u>	<u>696</u>

13. Financial instruments

	2022	2021
	£	£
Financial assets		
Financial assets measured at fair value through income and expenditure	<u>19,513</u>	<u>18,772</u>

AFFORDABLE COUNSELLING EPPING FOREST
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

14. Statement of funds

Statement of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 March 2022 £
Unrestricted funds					
General Funds - all funds	<u>18,220</u>	<u>14,350</u>	<u>(12,776)</u>	<u>-</u>	<u>19,794</u>
Restricted funds					
Restricted Funds - all funds	<u>239,057</u>	<u>-</u>	<u>-</u>	<u>4,362</u>	<u>243,419</u>
Total of funds	<u><u>257,277</u></u>	<u><u>14,350</u></u>	<u><u>(12,776)</u></u>	<u><u>4,362</u></u>	<u><u>263,213</u></u>

Statement of funds - prior year

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2021 £</i>
Unrestricted funds					
General Funds - all funds	<u>16,520</u>	<u>15,126</u>	<u>(13,426)</u>	<u>-</u>	<u>18,220</u>
Restricted funds					
Restricted Funds - all funds	<u>218,156</u>	<u>-</u>	<u>-</u>	<u>20,901</u>	<u>239,057</u>
Total of funds	<u><u>234,676</u></u>	<u><u>15,126</u></u>	<u><u>(13,426)</u></u>	<u><u>20,901</u></u>	<u><u>257,277</u></u>

AFFORDABLE COUNSELLING EPPING FOREST
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

15. Summary of funds

Summary of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 March 2022 £
General funds	18,220	14,350	(12,776)	-	19,794
Restricted funds	239,057	-	-	4,362	243,419
	<u>257,277</u>	<u>14,350</u>	<u>(12,776)</u>	<u>4,362</u>	<u>263,213</u>

Summary of funds - prior year

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2021 £</i>
General funds	16,520	15,126	(13,426)	-	18,220
Restricted funds	218,156	-	-	20,901	239,057
	<u>234,676</u>	<u>15,126</u>	<u>(13,426)</u>	<u>20,901</u>	<u>257,277</u>

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

16. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Fixed asset investments	-	243,419	243,419
Debtors due after more than one year	127	-	127
Current assets	21,107	-	21,107
Creditors due within one year	(1,440)	-	(1,440)
Total	<u>19,794</u>	<u>243,419</u>	<u>263,213</u>

Analysis of net assets between funds - prior year

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Fixed asset investments	-	239,057	239,057
Debtors due after more than one year	144	-	144
Current assets	18,772	-	18,772
Creditors due within one year	(696)	-	(696)
Total	<u>18,220</u>	<u>239,057</u>	<u>257,277</u>

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**INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2022**

	2022 £	2022 £	2021 £	2021 £
Income				
Donations	110		248	
Grants	4,900		3,000	
Client contributions	2,611		2,721	
COIF Fixed Interest Fund	2,722		3,199	
COIF Investment Fund	3,631		3,586	
Shares	376		371	
COVID Grants	-		2,000	
	<hr/>		<hr/>	
		14,350		15,125
Gains on investments				
Realised gains/(losses) on fixed asset investments	4,362		20,901	
		4,362		20,901
		<hr/>		<hr/>
Gross income in the reporting period		18,712		36,026
Less:				
Charitable activities costs				
Rent	1,387		1,296	
Insurance	135		135	
Telephone	75		614	
Advertising	211		232	
Sundries	131		98	
Counsellors fees	10,044		10,343	
Bank charges	20		-	
	<hr/>		<hr/>	
		12,003		12,718
Support costs				
Accountancy and legal fees	773		708	
	<hr/>		<hr/>	
		773		708
		<hr/>		<hr/>
Total expenditure		12,776		13,426
		<hr/>		<hr/>
Net income before taxation for the reporting period		5,936		22,600

AFFORDABLE COUNSELLING EPPING FOREST
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INCOME AND EXPENDITURE ACCOUNT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

	2022 £	2022 £	2021 £	2021 £
Taxation				
		-		-
Net income for the reporting period		5,936		22,600
Surplus for the reporting period		5,936		22,600
Surplus brought forward at 1 April 2021		22,600		-
Surplus carried forward at 31 March 2022		28,536		22,600

The notes on pages 7 to 14 form part of these financial statements.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.