

**Report of the Trustees and
Financial Statements for the Year Ended 31 March 2019
for
Sunderland Counselling Service**



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The trustees are pleased to present their annual report together with the financial statements of the charity for the year ending 31 March 2019 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, 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) (effective January 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

As defined in our governing document our charitable purposes are to provide counselling and psychological therapy services in and around the City of Sunderland and the North of England in order to relieve suffering and distress.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

In pursuance of this mission Sunderland Counselling Service exists to:

- o Promote and improve mental health and emotional wellbeing for adults.
- o Provide services which assist in relieving suffering from emotional and / or mental distress.
- o Improve the lives of men and women who have experienced sexual abuse and sexual violence in childhood and / or adulthood.
- o Promote and improve positive mental health and emotional wellbeing for children and young people.
- o Enable and empower users of our service to live independently in the community as valued citizens.
- o Develop and maintain a professional and suitably qualified workforce.
- o Maintain services that meet the needs of our clients.
- o Work in partnership with other services in the statutory and voluntary sectors.
- o Work to provide any other relevant and related service for which there is a genuine demand and inadequate provision.

In working to achieve these aims Sunderland Counselling Service currently provides the following services:

- o **GP / Primary Care Counselling Service:** providing individual time limited counselling in GP surgeries in Sunderland.
- o **Bereavement Support:** provision of bereavement support groups for Sunderland residents.
- o **Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA):** provides individual counselling to men and women who have experienced childhood sexual abuse or sexual violence in adulthood in Sunderland; and to male clients from across the north east.
- o **REACH Counselling Service:** The counselling element of the Rape Examination Advice Counselling & Help (REACH) service provided by Northumbria Police Force for male and female victims of recent sexual assault across the Northumbria force area.
- o **Cancer Counselling Service:** provides individual time limited counselling for adults suffering from any form of cancer.
- o **St Benedict's Hospice Service:** providing individual counselling and other forms of support for patients and family members, carers and children of patients at St Benedict's Hospice in Sunderland.
- o **Community CAMHS Counselling Service:** provides individual counselling to children and young people in Sunderland, in partnership with South Tyneside NHS Foundation Trust.
- o **Employee Counselling Services:** under contract to Sunderland City Council, providing occupational health counselling to council employees.
- o **Sunderland Psychological Wellbeing Service:** Working in partnership with NTW NHS Foundation Trust to deliver Sunderland's IAPT service, providing a stepped care model of interventions for people suffering from common mental health problems, including anxiety and depression.
- o **Carers Counselling Service:** As part of Sunderland's IAPT provision, a counselling service for people whose mental health and emotional wellbeing are affected by their caring responsibilities.
- o **Talking Matters Northumberland:** Working in partnership with Mental Health Matters and Efficacy to deliver Northumberland's IAPT service, providing a stepped care model of interventions for people suffering from common mental health problems, including anxiety and depression.
- o **North Tyneside Talking Therapies:** provision of the counselling element of North Tyneside's IAPT service.
- o **Wise Steps:** acting as a specialist partner, providing counselling for clients of the Building Better Opportunities programme for Tyne and Wear.
- o **Supervision and Professional Development:** the service provides trainee placement and volunteering opportunities for counsellors and other psychological therapists and provides clinical counselling supervision, training and professional development to its staff and volunteers; we also provide these services to other agencies.

OBJECTIVES AND ACTIVITIES

Philosophy

Counselling and therapy services are informed by a person centred philosophy where clients are at the heart of the therapeutic intervention. Key to counselling are the qualities of empathy, acceptance and congruence. The service adheres to the Ethical Framework for the Counselling Professions laid down by the British Association of Counselling & Psychotherapy (BACP) which emphasises principles of fidelity, autonomy, beneficence, non-maleficence, justice and self respect. We now hold service accreditation with BACP for the majority of our counselling services for adults and for children. By providing a safe and supportive environment for clients to explore their issues, it is hoped that they will achieve a better ability to function individually and within society and achieve a greater degree of autonomy and resourcefulness.

Sunderland Counselling Service is committed to making its services accessible to those who need them. Therefore the service operates an Equal Opportunities Policy, which applies equally to clients accessing the service as well as to prospective employees and volunteers. We undertake not to discriminate against any potential client in ensuring that they receive services appropriate to their needs. Where clients are unable to access services within our own premises we will do our utmost to provide services in more accessible venues, including community venues. We make no charge to our clients for any of the services we provide.

Sunderland Counselling Service is an established and respected voluntary sector organisation which is committed to the promotion of volunteering while ensuring safe professional practice and a productive working environment. Operating according to the Volunteer Policy, underpinned by the Equal Opportunities Policy, all volunteers are provided with the opportunity to access training and supervision appropriate to their role and which will also assist them in their personal and professional development. Volunteer roles are evidenced at all levels throughout the service, as are the high number of volunteers who have achieved paid posts both within the service and with many other agencies in the statutory and voluntary sectors.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

During the last year the charity has worked towards its objectives as described above and continues to provide excellent services to the people of the north east of England.

Highlights and achievements of the year:

Services in Sunderland:

o All of our services commissioned by Sunderland Clinical Commissioning Group had their contracts extended for a further year until 31 March 2019. These are the GP / Primary Care Counselling Service; Community CAMHS Counselling Service; Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA); and our element of the Sunderland Psychological Wellbeing Service, including the Carers Service.

o All of our counselling services in Sunderland reported increases in referral numbers, which clearly shows the ongoing levels of need. Despite the pressure this has placed on all services, we have done our best throughout the year to keep waiting times and waiting lists as low as possible.

o As part of this effort, we carried out significant service improvement work during the year to redesign our pathways and processes for receiving referrals, carrying out assessments and allocating clients. The new ways of working took effect in March 2019.

Improving Access to Psychological Therapies:

o The Sunderland Psychological Wellbeing Service received non recurrent funding from Sunderland CCG to employ an additional 4 Psychological Wellbeing Practitioners to continue the work with people with long term physical health conditions. During the year, we reached agreement that this funding would become recurrent from April 2019.

o SPWS achieved a figure of 50.8% for recovery for the year (against the national target of 50%).

o Talking Matters Northumberland entered its fourth year of operation and continued to meet challenging targets for waiting times and recovery, achieving 55% recovery for the year. Within this overall figure our PWP's achieved a figure of 66% and our counsellors achieved 53%.

o The counselling element of the North Tyneside Talking Therapies service entered its second year of operation and made significant progress in reducing inherited waiting lists and meeting recovery targets, ending the year with a recovery figure of 51.8%.

o During the year, Northumbria Health Care Foundation Trust told us they would be extending our contract for this service until 31 March 2020, due to the successes to date.

**Report of the Trustees
for the Year Ended 31 March 2019**

o During the year, we reached agreement with Tees Esk & Wear Valley NHS Trust that we would act as a sub-contractor for them, to provide counselling as part of Talking Changes, the IAPT service which covers County Durham and Darlington. This is due to commence in April 2019.

Sexual Violence:

o The contract with NHS England and Northumbria Police Force to provide counselling for the REACH service was again extended for a further year to 31 March 2019.

o During the year, NHS England issued a tender for a three year contract for the REACH counselling service, running from April 2019 to March 2022. We successfully bid for and secured this contract.

o We continued to provide clinical supervision for the Northumbria Independent Sexual Violence Advisors.

o Service provision within the REACH and CASSVA services was again augmented by a successful bid for funding from the Ministry of Justice Male Rape Support Fund, with which we employed a peripatetic counsellor working across the north east and helping to address gaps in service provision for male rape victims in the region.

o During the year, the Ministry of Justice opened applications for a three year grant funding programme, the Rape Support Fund, running from 2019 to 2022. Sadly, our bid to this fund was unsuccessful but we did secure a three month extension to our Ministry of Justice funding, running to June 2019.

o We successfully secured additional funding from the Northumbria Police and Crime Commissioner, at a higher level than in previous years, to support our work in the CASSVA and REACH projects.

Cancer and palliative care:

o Despite the ending of funding from Macmillan Cancer Support in September 2017, we were able to continue to provide counselling for cancer patients in Sunderland with much appreciated support from Sunderland Royal Hospital's charitable foundations. Due to this change, the service has been renamed as the Cancer Counselling Service.

o Counselling provision at St Benedict's Hospice for patients and family members, carers and children of patients was secured until 31 March 2019. During the year, we reached agreement that this provision would be secured until March 2022.

o Following a successful bid to Awards for All, we were able to employ a counsellor to work specifically with family members and carers of people in Sunderland with cancer.

Children and young people:

o As part of our involvement with the Children and Young People's IAPT initiative, during this year, four counsellors completed training at Northumbria University in Evidence Based Counselling Practice.

o Two of these were taken on under training contracts and both subsequently secured permanent counselling positions with us.

o We successfully bid with our partners in South Tyneside NHS Foundation Trust to recruit staff into training places on the new CYP IAPT course for Children's Psychological Wellbeing Practitioners; 4 children's PWPs started work in April 2018.

o This had a significant impact on waiting lists and waiting times for the Community CAMHS Service and during the year, we reached agreement with Sunderland CCG to fund these posts on an ongoing basis.

o The number of schools directly commissioning us to provide counselling to their pupils increased to nine.

Quality and standards:

o All of our salaried counsellors have completed the BACP Certificate of Proficiency and are therefore entered on BACP's accredited register; this is now our minimum standard for recruiting new counsellors, with many counsellors holding BACP individual accreditation.

o We maintained our BACP service accreditation for the majority of our adult counselling services, including the GP Counselling Service, the Cancer Counselling Service, the Reach Counselling service, Carers Counselling service and our CASSVA service; this complements the service accreditation held for the Community CAMHS Counselling Service.

o We joined the Male Survivors Partnership, a group of organisations that work with male survivors of sexual violence and abuse.

**Report of the Trustees
for the Year Ended 31 March 2019**

o In February 2019, we secured a funded place on the MSP service accreditation scheme.

o Two of our senior managers undertook their training as Certified Leaders with North East Transformation Systems, which will equip them to lead and run significant service improvement events.

o We successfully submitted our NHS Data Security Protection Toolkit and completed work to ensure that we are fully compliant with new GDPR legislation.

o We completed our biannual review and refresh of all our operational and clinical policies, with revised versions of all issued in April 2019.

FINANCIAL REVIEW

Financial position

The charity had net assets of £1,355,095 at 31 March 2019, having generated a surplus of £195,329 in the year then ended. Net current assets amounted to £1,007,614 which included cash at bank of £984,226. Unrestricted funds totalled £1,343,917 and restricted funds totalled £11,178.

Principal funding sources

Against a backdrop of insecurity over funding in some service areas the charity has worked hard to sustain existing services and where possible develop additional services. The management committee and staff have worked hard to generate a positive financial outcome for the year.

The principal funding sources are:

- o Sunderland Clinical Commissioning Group
- o Northumberland Clinical Commissioning Group
- o St. Benedict's Hospice Charity
- o Big Lottery Fund Awards for All
- o NHS England
- o Health Education England
- o Ministry of Justice Male Rape Support Fund
- o Northumbria Police and Crime Commissioner
- o Northumbria Healthcare Foundation Trust
- o Big Lottery Fund & ESF Building Better Opportunities Grant
- o Sunderland City Council
- o Sunderland Royal Hospital

Reserves policy

The management committee revised its reserves policy so that unrestricted funds, not committed or invested in tangible fixed assets, held by the charity should now be at least 6 months of the resources expended, which equates to reserves on unrestricted funds of approximately £1,340,000. The general fund reserve at 31 March 2019 amounted to £996,874. It is the management committee's intention to continue to gradually augment the reserve by an annual excess of incoming over outgoing resources until the appropriate level of reserves has been achieved.

FUTURE PLANS

Plans for the coming financial year are as follows:

Services in Sunderland:

o Having successfully secured contract funding until 31 March 2019 for all services commissioned by Sunderland CCG, we will continue to deliver these services as effectively and efficiently as we can, to meet the need that exists for those services.

o We will work collaboratively with the CCG and with other providers in Sunderland to ensure that efficient, long term and stable contract arrangements are in place for these services.

o As part of this work, we have agreed with the CCG and partners to integrate primary care counselling services into Sunderland's IAPT provision, accessible via a single point of access.

o We will work to ensure that our GP Counselling Service in Sunderland is able to meet and demonstrate comparable recovery performance to our other IAPT counselling services.

Improving Access to Psychological Therapies:

o We will continue to work with commissioners and colleagues in Talking Matters Northumberland and Sunderland Psychological Wellbeing Service to further expand and enhance IAPT services to meet increased national access targets (25% of prevalence by 2021) and to achieve the associated necessary expansion in the workforce.

o We will recruit, train and develop sufficient counselling staff to provide counselling for Talking Changes Durham and Darlington, at both step 1 and step 3 of the IAPT stepped care model.

Sexual Violence:

o Given the challenges we have faced in maintaining funding for working with victims of sexual violence, we will continue to try and secure additional funding for this invaluable area of work.

Children and Young People:

o Having successfully secured sustainable funding for the Children's Psychological Wellbeing Practitioners, we will work to demonstrate the impact and effectiveness of these new roles in CAMHS services and to ensure they form part of the long term plan for service delivery in Sunderland.

o As part of this effort, we will collaborate with partners to work towards a single point of access in Sunderland for child and adolescent mental health services.

o We will continue to expand our counselling provision in schools in Sunderland, which ensures that counselling is available to children and young people as a preventative early intervention.

Developing the workforce:

o We will continue to develop our workforce, investing in suitable training for existing staff and volunteers and recruiting trainee staff as appropriate. In particular we will encourage as many of our counsellors as possible to undertake training in recognised evidence based therapies, such as Counselling for Depression for counsellors working with adult clients and Evidence Based Counselling for counsellors working with children and young people.

o Making use of our existing links at local, regional and national levels, alongside our involvement with BACP, we will advocate for the effectiveness and availability of counselling as an intervention and for counsellors as a professional group, including the development of sustainable career paths for counsellors within health care settings.

o With two qualified Certified Leaders on the staff team, we will invest in training in Quality Improvement Systems for Leaders to embed this approach throughout the organisation.

Developing the service:

o Starting with our REACH service, we will look at suitable areas for service improvement and run rapid process improvement workshops as appropriate.

o We will maintain and continue to publish successful submissions for the NHS Data Security and Protection Toolkit.

o Having secured a funded place on the Male Survivors Partnership accreditation programme, we will work to meet and satisfy the required criteria to ensure we achieve this quality mark.

**Report of the Trustees
for the Year Ended 31 March 2019**

o As our BACP service accreditation for our adult counselling services runs until November 2019, we will prepare and submit a successful application for reaccreditation.

o We will develop and implement plans for better involvement, engagement and consultation with our clients, so that their voices and experiences contribute meaningfully to our overall service delivery and development.

o We will continue to actively explore other opportunities for service development and partnership working in line with our aims, objectives, philosophy, governing documents and strategic plan. In particular we will look to secure contracts for relevant services in other areas in the North East.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 7 February 1997. The company is governed by its Memorandum and Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and appointment of new trustees

The directors, who are also charity trustees for the purposes of charity law, are known as members of the management committee.

In addition to responding to advertisements placed in the media, people with a genuine interest in the work of Sunderland Counselling Service may approach the service seeking opportunities to volunteer and become a trustee, wishing to contribute worthwhile activity to the community. People who have benefited from the service provision often return at a later date wishing to give something back and offer their services as volunteers, which is evidenced at all levels throughout the organisation. Prospective trustees are requested to apply in writing to the Chair of the management committee including a curriculum vitae. After having been supplied with information about the service the applicant will be then invited to meet with the management committee for an interview, during which the expectations of both applicant and committee will be discussed. The applicant will then be informed of the outcome of the interview within seven days.

Organisational structure

Sunderland Counselling Service has a management committee of a minimum of 3 members who meet monthly and are responsible for the strategic direction of the charity. A chief executive officer is appointed by the committee and is responsible for all aspects of the charity's operations, including obtaining adequate funding to finance the charity's services.

Key management remuneration

The pay of all staff is reviewed annually by the board of trustees and normally increased in line with average earnings. In view of the nature, size and growth of the charity, salaries for senior staff are benchmarked against charities of similar size, complexity and reach. NHS salary scales for comparable roles are considered, given the large amount of collaboration and partnership working we do with NHS organisations. Affordability is a key factor, as well as growth of the charity in the preceding year and any significant changes in job role, scale or remit.

Risk management

The trustees have conducted a review of major risks to which the charity is exposed, including risks pertaining to information governance. Systems and procedures have been established to mitigate those risks identified.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

3315039 (England and Wales)

Registered Charity number

1159057

Registered office

51 John Street
Sunderland
SR1 1QN

**Report of the Trustees
for the Year Ended 31 March 2019**

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees

B Greener
Mrs A Loadman
Ms L Morris
C Sketchley
Mrs E M Watt
Ms L H Bruton

Company Secretary

B Greener

Auditors

Davies Tracey
Chartered Accountants and Statutory Auditors
Swan House
Westpoint Road
Teesdale Business Park
Stockton on Tees
TS17 6BP

Bankers

HSBC Bank plc
Unit 49-51
The Bridges Shopping Centre
Market Square
Sunderland
SR1 3LE

Solicitors

BHP Law
Eldon Chambers
23 The Quayside
Newcastle upon Tyne
NE1 3DE

Chief Executive

T Sweet

**Report of the Trustees
for the Year Ended 31 March 2019**

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees (who are also the directors of Sunderland Counselling Service for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Company law requires the trustees to prepare financial statements for each financial year which 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 those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and 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 business.


The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 20/11/2019 and signed on its behalf by:



Trustee

MRS E M WATT

Opinion

We have audited the financial statements of Sunderland Counselling Service (the 'charitable company') for the year ended 31 March 2019 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2019 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Davies Tracey

Craig McBride (Senior Statutory Auditor)
for and on behalf of Davies Tracey
Chartered Accountants and Statutory Auditors
Swan House
Westpoint Road
Teesdale Business Park
Stockton on Tees
TS17 6BP

Date: 22/11/19

Sunderland Counselling Service

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2019

		Unrestricted funds	Restricted funds	Total 2019 funds	Total 2018 funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	1,161	-	1,161	179
Charitable activities	4				
Provision of counselling service		2,742,500	123,875	2,866,375	2,791,617
Investment income	3	606	-	606	214
Total		2,744,267	123,875	2,868,142	2,792,010
EXPENDITURE ON					
Charitable activities	5				
Provision of counselling service		2,142,087	107,563	2,249,650	2,214,536
Support costs		401,598	21,565	423,163	425,138
Total		2,543,685	129,128	2,672,813	2,639,674
NET INCOME/(EXPENDITURE)		200,582	(5,253)	195,329	152,336
Transfers between funds	17	(10,647)	10,647	-	-
Net movement in funds		189,935	5,394	195,329	152,336
RECONCILIATION OF FUNDS					
Total funds brought forward		1,153,982	5,784	1,159,766	1,007,430
TOTAL FUNDS CARRIED FORWARD		1,343,917	11,178	1,355,095	1,159,766

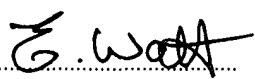
The notes form part of these financial statements

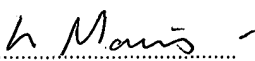
Balance Sheet
At 31 March 2019

	Notes	2019 £	2018 £
FIXED ASSETS			
Tangible assets	12	347,481	359,762
CURRENT ASSETS			
Debtors	13	97,799	247,078
Cash at bank and in hand		<u>984,226</u>	<u>649,072</u>
		1,082,025	896,150
CREDITORS			
Amounts falling due within one year	14	<u>(74,411)</u>	<u>(96,146)</u>
NET CURRENT ASSETS		1,007,614	800,004
TOTAL ASSETS LESS CURRENT LIABILITIES		1,355,095	1,159,766
NET ASSETS		<u>1,355,095</u>	<u>1,159,766</u>
FUNDS	17		
Unrestricted funds		1,343,917	1,153,982
Restricted funds		<u>11,178</u>	<u>5,784</u>
TOTAL FUNDS		<u>1,355,095</u>	<u>1,159,766</u>

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 and authorised for issue by the Board of Trustees on 20/11/2019 and were signed on its behalf by:


Trustee **E M WATT**


Trustee **L MORRIS**

The notes form part of these financial statements

**Cash Flow Statement
for the Year Ended 31 March 2019**

	Notes	2019 £	2018 £
Cash flows from operating activities:			
Cash generated from operations	1	<u>339,236</u>	<u>93,252</u>
Net cash provided by (used in) operating activities		<u>339,236</u>	<u>93,252</u>
Cash flows from investing activities:			
Purchase of tangible fixed assets		(4,688)	(7,365)
Interest received		<u>606</u>	<u>214</u>
Net cash provided by (used in) investing activities		<u>(4,082)</u>	<u>(7,151)</u>
Change in cash and cash equivalents in the reporting period		<u>335,154</u>	<u>86,101</u>
Cash and cash equivalents at the beginning of the reporting period		<u>649,072</u>	<u>562,971</u>
Cash and cash equivalents at the end of the reporting period		<u>984,226</u>	<u>649,072</u>

The notes form part of these financial statements

Notes to the Cash Flow Statement
for the Year Ended 31 March 2019

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES		
	2019	2018
	£	£
Net income/(expenditure) for the reporting period (as per the statement of financial activities)	195,329	152,336
Adjustments for:		
Depreciation charges	16,969	17,027
Interest received	(606)	(214)
Decrease/(increase) in debtors	149,279	(106,656)
(Decrease)/increase in creditors	<u>(21,735)</u>	<u>30,759</u>
Net cash provided by (used in) operating activities	<u>339,236</u>	<u>93,252</u>

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 2015)', 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.

Sunderland Counselling Service is a private company, limited by guarantee, incorporated in England and Wales. The address of the registered office is included in the Reference and Administrative Details within the Report of the Trustees. The financial statements are prepared in Sterling which is the functional currency of the company and rounded to the nearest £1.

The trustees consider that there are no material uncertainties about the company's ability to continue as a going concern. Staff costs constitute approximately 90% of total resources expended. Where appropriate, employment contracts are for fixed terms to match the period for which the relevant project funding has been secured.

Income and debtors

All income is recognised in the Statement of Financial Activities when all of the following criteria are met:

- the charity has entitlement to the funds;
- any performance conditions attached to the item(s) of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Service contract fees are accounted for on an accruals basis. Income received in advance of the provision of the specified services is deferred until the criteria for income recognition are met.

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Expenditure and creditors

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure on charitable activities includes the costs of the provision of counselling services and the associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Depreciation

Individual fixed assets are capitalised at cost.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Freehold Property	- over 50 years on a straight line basis
Equipment	- 15%-33% reducing balance/20-25% on cost
Fixtures & fittings	- 15% reducing balance/20% on cost

Notes to the Financial Statements - continued
for the Year Ended 31 March 2019

1. ACCOUNTING POLICIES - continued**Taxation**

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

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the Trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

Pension costs and other post-retirement benefits

Certain of the charity's employees are members of the NHS Pension Scheme, an unfunded final salary scheme.

The employer's contributions made to the scheme during the year were £4,950 (2018 - £12,132) with an employer's contribution rate of 14.38% of pensionable salary and an employee's contribution of between 5% and 14.5% of pensionable pay. The trustees are satisfied that any foreseeable change in employer's contributions can be budgeted for without detriment to the charity's ongoing activities.

The trustees are unable to confirm the charity's share of the underlying assets and liabilities of the NHS Pension Scheme and therefore the scheme is accounted for as a defined contribution scheme.

The charity also operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity. The charity now makes a contribution of 3% of salary to this pension scheme and acts as agent in collecting and paying over employee pension contributions. The employer's contributions made for the accounting period are treated as an expense and were £56,538 (2018 - £53,355).

At 31 March 2019 total employer and employee contributions of £12,243 were outstanding (2018 - £11,050).

Donated goods and services

Donated goods and services are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. On receipt, donated services and facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

2. DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £	Total Funds 2018 £
Donations - Core service	<u>1,161</u>	<u>-</u>	<u>1,161</u>	<u>179</u>

In addition to recorded incoming resources the charity received the benefit of many thousands of voluntary hours and unclaimed out of pocket expenses contributed by its supporters. It would be impossible to place a value on all these services and expenses, without which much of the work undertaken could not be achieved and for which the charity is extremely grateful.

3. INVESTMENT INCOME

	2019 £	2018 £
Interest received	<u>606</u>	<u>214</u>

4. INCOME FROM CHARITABLE ACTIVITIES

	2019	2018
	£	£
Core services	1,817	8,560
Community CAMHS Counselling Service	375,031	197,825
CASSVA - SCCG	139,771	139,632
CASSVA - Northumbria Police and Crime Commissioner	44,900	35,000
GP Project	177,666	177,489
IAPT	547,536	538,573
IAPT expansion	170,000	420,206
IAPT - NHS England	-	2,502
Cancer Counselling Service	25,352	36,337
REACH	40,000	64,270
Schools	54,119	32,992
Ministry of Justice Male Rape Support Fund/BTS	40,800	46,810
Occupational Health	42,936	40,260
St Benedict's Hospice	63,852	64,401
Talking Matters Northumberland	865,074	749,706
Talking Matters Northumberland - NHS England	-	30,729
Palliative Counselling - Awards for All	17,465	-
Bereavement Support	2,900	-
Big Lottery Fund & ESF Building Better Opportunities Grant	37,358	35,991
North Tyneside Talking Therapies	219,798	170,335
	<u>2,866,375</u>	<u>2,791,617</u>

Core Service

The charity provides a core service covering inter alia general counselling, specific counselling, consultancy and training.

Community CAMHS Counselling Service

This service represents the provision of individual counselling support to children and young people.

Counselling for Adult Survivors of Sexual Violence and Abuse (CASSVA)

The provision of individual counselling for male and female survivors of rape and sexual abuse in Sunderland. Funded by NHS Sunderland CCG.

GP Project

Contract funding allocated to the provision of counselling in GP practices in Sunderland.

IAPT

Contract funding allocated to the provision of step 2 interventions within Sunderland's IAPT service; provision of therapy for people whose mental health and emotional wellbeing are affected by their caring responsibilities.

Cancer Counselling Service

The provision of individual counselling to people with any form of cancer.

REACH

A service provided under contract to provide counselling services for recent victims of sexual violence across the Northumbria Police Force area.

Schools

A service to provide an effective school based counselling service for children and young people in the City of Sunderland.

Ministry of Justice Male Rape Support Fund /BTS

Grant funding from the Ministry of Justice Male Rape Support Fund, with which we augment our service provision within the Reach and CASSVA services to address gaps in service provision for male rape victims in the region.

Occupational Health

Contract held with Sunderland City Council for employee counselling, as part of their Occupational Health service.

4. INCOME FROM CHARITABLE ACTIVITIES - continued**St Benedicts Hospice**

Providing individual counselling and other forms of support for patients and family members, carers and children of patients at St Benedict's Hospice in Sunderland.

Talking Matters Northumberland

In partnership with MHM and Efficacy, delivery of Northumberland's IAPT service.

Bereavement Support

Grant funding received from Awards for All, for the purposes of developing and delivering support groups for people affected by bereavement.

Big Lottery Fund & ESF Building Better Opportunities Grant

A Building Better Opportunities project covering the Tyne and Wear region, headed by the Wise Group and jointly funded by the European Social Fund and the Big Lottery Fund. We are a specialist partner, providing counselling to people facing poverty, social exclusion and barriers to work.

North Tyneside Talking Therapies

Provision of the counselling element of North Tyneside's IAPT service.

South Tyneside GP Project

Grant funding allocated to the provision of counselling in 9 GP surgeries in South Tyneside.

Northumbria Police and Crime Commissioner

Grant funding from the Northumbria PCC, with which we augment our service provision within the CASSVA service to increase overall service capacity and address gaps in service provision for male rape victims in the region.

5. TOTAL RESOURCES EXPENDED

	Staff Costs	Other Direct Costs	Support Costs	Total 2019	Total 2018
	£	£	£	£	£
Core services	544	1,123	26,624	28,291	32,223
Community CAMHS Counselling Service	290,068	19,905	12,673	322,646	187,927
Schools	46,967	1,084	353	48,404	16,269
CASSVA	157,034	11,770	4,461	173,265	249,201
St Benedict's Hospice	61,566	1,967	1,932	65,465	54,402
GP Project	165,522	15,521	8,486	189,529	180,017
IAPT	498,763	71,945	12,916	583,624	720,207
Cancer Counselling Service	32,795	1,826	1,189	35,810	40,758
REACH	38,646	2,430	1,072	42,148	56,862
Ministry of Justice Male Rape Support Fund/BTS	40,432	3,896	1,327	45,655	41,955
Occupational Health	38,670	1,267	954	40,891	37,433
Place For You	-	525	-	525	1,180
Talking Matters Northumberland	816,759	15,921	6,384	839,064	778,793
Big Lottery Fund & ESF Building Better Opportunities Grant	39,957	2,872	1,270	44,099	39,897
IT Infrastructure Fund	-	-	5,610	5,610	53,286
North Tyneside Talking Therapies	190,934	7,266	6,023	204,223	148,459
Bereavement support	3,119	232	213	3,564	805
	<u>2,421,776</u>	<u>159,550</u>	<u>91,487</u>	<u>2,672,813</u>	<u>2,639,674</u>

	Depreciation	Staff Costs	Overheads	Total 2019	Total 2018
	£	£	£	£	£
Core service	15,241	-	11,383	26,624	18,449
Community CAMHS Counselling Service	-	27,105	12,673	39,778	15,338
Schools	-	2,362	353	2,715	1,626
CASSVA	457	34,084	4,004	38,545	42,613
St Benedict's Hospice	126	10,090	1,806	12,022	8,038
GP Project	505	48,908	7,981	57,394	43,172
IAPT	282	87,442	12,634	100,358	114,678
Cancer Counselling Service	77	4,539	1,112	5,728	8,926
REACH	-	9,981	1,072	11,053	12,123
Ministry of Justice Male Rape Support Fund/BTS	281	8,177	1,046	9,504	6,751
Occupational Health	-	6,839	954	7,793	7,106
Talking Matters Northumberland	-	55,508	6,384	61,892	72,202
Big Lottery Fund & ESF Building Better Opportunities Grant	-	3,956	1,270	5,226	4,297
IT Infrastructure Fund	-	-	5,610	5,610	53,086
North Tyneside Talking Therapies	-	31,791	6,023	37,814	16,288
Bereavement support	-	894	213	1,107	445
	16,969	331,676	74,518	423,163	425,138

Usage	Staff time	Usage
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7. NET INCOME/(EXPENDITURE)

	2019	2018
	£	£
Auditors' remuneration	3,200	3,090
Depreciation - owned assets	16,969	17,027
Accountancy fees - other	8,346	7,566
Operating lease payments recognised as an expense	5,125	825

There were no trustees' remuneration or other benefits for the year ended 31 March 2019 nor for the year ended 31 March 2018.

There were no trustees' expenses paid for the year ended 31 March 2019 nor for the year ended 31 March 2018.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2019

9. STAFF COSTS

	2019 £	2018 £
Wages and salaries	2,214,869	2,154,962
Social security costs	145,419	162,440
Other pension costs	61,488	65,487
	<u>2,421,776</u>	<u>2,382,889</u>

The average monthly number of employees during the year was as follows:

	2019	2018
Counselling and support	106	98
Administration	15	11
	<u>121</u>	<u>109</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2019	2018
£60,001 - £70,000	1	-

Remuneration of the charity's key management personnel for the year totalled £163,092 (2018 - £161,109).

10. STATEMENT OF FINANCIAL ACTIVITIES - YEAR ENDED 31 MARCH 2018

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	179	-	179
Charitable activities			
Provision of counselling service	2,672,479	119,138	2,791,617
Investment income	214	-	214
Total	2,672,872	119,138	2,792,010
EXPENDITURE ON			
Charitable activities			
Provision of counselling service	2,039,267	175,269	2,214,536
Support costs	404,719	20,419	425,138
Total	2,443,986	195,688	2,639,674
NET INCOME/(EXPENDITURE)	228,886	(76,550)	152,336
RECONCILIATION OF FUNDS			
Total funds brought forward	925,096	82,334	1,007,430
TOTAL FUNDS CARRIED FORWARD	1,153,982	5,784	1,159,766

Notes to the Financial Statements - continued
for the Year Ended 31 March 2019**11. TAXATION**

The company is exempt from tax under Sections 466 to 493 Corporation Taxes Act 2010 as long as income is applied for charitable purposes only.

12. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Equipment £	Totals £
COST				
At 1 April 2018	338,267	31,118	81,595	450,980
Additions	-	-	4,688	4,688
At 31 March 2019	<u>338,267</u>	<u>31,118</u>	<u>86,283</u>	<u>455,668</u>
DEPRECIATION				
At 1 April 2018	14,658	15,722	60,838	91,218
Charge for year	6,766	3,646	6,557	16,969
At 31 March 2019	<u>21,424</u>	<u>19,368</u>	<u>67,395</u>	<u>108,187</u>
NET BOOK VALUE				
At 31 March 2019	<u>316,843</u>	<u>11,750</u>	<u>18,888</u>	<u>347,481</u>
At 31 March 2018	<u>323,609</u>	<u>15,396</u>	<u>20,757</u>	<u>359,762</u>

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2019 £	2018 £
Other debtors	65,743	219,494
Prepayments	<u>32,056</u>	<u>27,584</u>
	<u>97,799</u>	<u>247,078</u>

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2019 £	2018 £
Trade creditors	6,654	6,628
Social security and other taxes	45,097	44,801
Accruals and deferred income	<u>22,660</u>	<u>44,717</u>
	<u>74,411</u>	<u>96,146</u>

Included in the above is deferred income as follows:

	2019 £	2018 £
Balance at 1 April 2018	27,000	-
Amount released to incoming resources	(27,000)	-
Amount deferred in year	-	27,000
Balance at 31 March 2019	<u>-</u>	<u>27,000</u>

Deferred income reflects funding received in respect of future accounting periods.

Notes to the Financial Statements - continued
for the Year Ended 31 March 2019

15. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2019	2018
	£	£
Within one year	825	825
Between one and five years	<u>4,332</u>	<u>619</u>
	<u>5,157</u>	<u>1,444</u>

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets £	Other net assets £	Total £
Cancer Counselling Service	438	458	896
South Tyneside GP Project	-	3,048	3,048
Bereavement Support	-	7,234	7,234
Big Lottery Fund & ESF Building Better Opportunities Grant	-	-	-
Ministry of Justice Male Rape Support Fund /BTS	-	-	-
	<u>438</u>	<u>10,740</u>	<u>11,178</u>
Unrestricted funds	<u>347,043</u>	<u>996,874</u>	<u>1,343,917</u>
	<u>347,481</u>	<u>1,007,614</u>	<u>1,355,095</u>

17. MOVEMENT IN FUNDS

	At 1.4.18 £	Net movement in funds £	Transfers between funds £	At 31.3.19 £
Unrestricted funds	1,153,982	200,582	(10,647)	1,343,917
Restricted funds				
Cancer Counselling Service	(6,111)	7,007	-	896
South Tyneside GP Project	3,048	-	-	3,048
Bereavement support	7,898	(664)	-	7,234
Big Lottery Fund & ESF Building Better Opportunities Grant	(3,906)	(6,741)	10,647	-
Ministry of Justice Male Rape Support Fund /BTS	4,855	(4,855)	-	-
	<u>5,784</u>	<u>(5,253)</u>	<u>10,647</u>	<u>11,178</u>
TOTAL FUNDS	<u>1,159,766</u>	<u>195,329</u>	<u>-</u>	<u>1,355,095</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2019

17. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds	2,744,267	(2,543,685)	200,582
Restricted funds			
Cancer Counselling Service	42,817	(35,810)	7,007
Bereavement support	2,900	(3,564)	(664)
Big Lottery Fund & ESF Building Better Opportunities Grant	37,358	(44,099)	(6,741)
Ministry of Justice Male Rape Support Fund /BTS	<u>40,800</u>	<u>(45,655)</u>	<u>(4,855)</u>
	123,875	(129,128)	(5,253)
TOTAL FUNDS	<u>2,868,142</u>	<u>(2,672,813)</u>	<u>195,329</u>

17. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.17 £	Net movement in funds £	Transfers between funds £	At 31.3.18 £
Unrestricted Funds	925,096	228,886	-	1,153,982
Restricted Funds				
Cancer Counselling Service	(1,690)	(4,421)	-	(6,111)
South Tyneside GP Project	3,048	-	-	3,048
CASSVA - Big Lottery Fund	72,273	(72,273)	-	-
Bereavement support	8,703	(805)	-	7,898
Big Lottery Fund & ESF Building Better				
Opportunities Grant	-	(3,906)	-	(3,906)
Ministry of Justice Male Rape Support Fund /BTS	-	4,855	-	4,855
	<u>82,334</u>	<u>(76,550)</u>	-	<u>5,784</u>
TOTAL FUNDS	<u>1,007,430</u>	<u>152,336</u>	-	<u>1,159,766</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2019

17. 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	2,672,872	(2,443,986)	228,886
Restricted funds			
Cancer Counselling Service	36,337	(40,758)	(4,421)
CASSVA - Big Lottery Fund	-	(72,273)	(72,273)
Bereavement support	-	(805)	(805)
Big Lottery Fund & ESF Building Better Opportunities Grant	35,991	(39,897)	(3,906)
Ministry of Justice Male Rape Support Fund /BTS	<u>46,810</u>	<u>(41,955)</u>	<u>4,855</u>
	119,138	(195,688)	(76,550)
TOTAL FUNDS	<u>2,792,010</u>	<u>(2,639,674)</u>	<u>152,336</u>

17. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.17 £	Net movement in funds £	Transfers between funds £	At 31.3.19 £
Unrestricted funds	925,096	429,468	(10,647)	1,343,917
Restricted funds				
Cancer Counselling Service	(1,690)	2,586	-	896
South Tyneside GP Project	3,048	-	-	3,048
CASSVA - Big Lottery Fund	72,273	(72,273)	-	-
Bereavement support	8,703	(1,469)	-	7,234
Big Lottery Fund & ESF Building Better Opportunities Grant	-	(10,647)	10,647	-
	<u>82,334</u>	<u>(81,803)</u>	<u>10,647</u>	<u>11,178</u>
TOTAL FUNDS	<u>1,007,430</u>	<u>347,665</u>	<u>-</u>	<u>1,355,095</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2019

17. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds	5,417,139	(4,987,671)	429,468
Restricted funds			
Cancer Counselling Service	79,154	(76,568)	2,586
Bereavement support	2,900	(4,369)	(1,469)
Big Lottery Fund & ESF Building Better Opportunities Grant	73,349	(83,996)	(10,647)
Ministry of Justice Male Rape Support Fund /BTS	87,610	(87,610)	-
CASSVA - Big Lottery Fund	-	(72,273)	(72,273)
	<u>243,013</u>	<u>(324,816)</u>	<u>(81,803)</u>
TOTAL FUNDS	<u>5,660,152</u>	<u>(5,312,487)</u>	<u>347,665</u>

18. CONTINGENT LIABILITIES

Grants receivable and similar funding may be repayable if certain associated conditions are not, or have not been, met.

19. RELATED PARTY DISCLOSURES

Mrs E M Watt and B Greener acted as guarantors to a lease in the company's name. Rent payable under the terms of the lease was £4,300 per annum.

20. COMPANY LIMITED BY GUARANTEE

The liability of the members of the company is limited by guarantee. Each member has undertaken to contribute an amount not exceeding £1 towards any deficit arising in the event of the company being wound up.