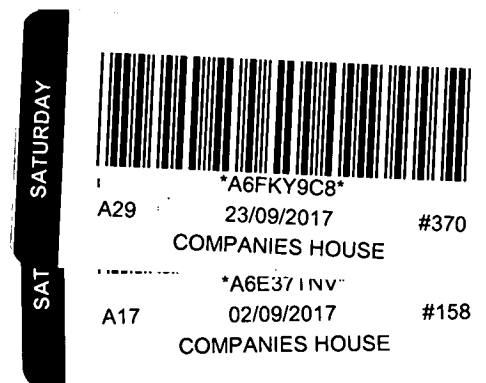




WELLSPRING THERAPY AND TRAINING

Annual Report 2016



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Welcome from the Chair

Throughout 2016 Wellspring Therapy & Training has continued to bring counselling and training services to those in need.

Mental health problems are widespread and people in all walks of life and at any stage can be affected. These problems in fact represent the largest single cause of disability in the UK. Nationally, the NHS continues to be under pressure as it seeks to address these problems. It is an area which is attracting more and more public awareness as demand for services increases.

Here, in our local community, the steady increase in applications for counselling at Wellspring continues. We are very thankful and indebted, as always, to our committed, and increasing, team of volunteer counsellors as they support both adults and young people. All our work is underpinned and enhanced by our very talented and skilled staff team led by Executive Director Emily Fullarton.

This period in the Wellspring story has been specially marked by 'gifts' and 'generosity' in such an encouraging way. Our focus has been the intention to move to larger premises and we have been very fortunate indeed in being generously gifted the wonderful property at 78 High Street by the Bramall Foundation. The property is in need of refurbishment and we are now raising funds to carry out that work. As we develop this wonderful project we are so thankful to have the support of friends who are giving their skills and expertise to bring Wellspring's new home to fruition.

Day by day, Wellspring depends on voluntary donations and we want to express our heartfelt thanks to all those who have given from their financial resources, including our valued 'Friends of Wellspring'. We are thankful too to the generosity of grant and trust funders who support our activity.

We are filled with hope as we plan for the next stage in the development of Wellspring and we thank God, as always, for his provision now and for the future.

Moirá Start
Chair of Trustees
November 2014- Present



Introduction from the Director

2016 has been a year where the lack of mental health services in the UK fails to leave our news headlines. Whilst this is a sad sight, there is no denying that there is growing understanding and awareness in supporting people struggling due to emotional distress of mental health issues.

At Wellspring, we are proud to not only provide therapeutic support to those in need but to deliver many training sessions to promote education around mental health issues. We have seen the amount of sessions delivered by our counsellors increase by 13% compared to 2015, and have run 13 training sessions, attended by over 230 people.

It has been a pleasure to see our volunteer team grow. I deeply value being part of a team who work hard to provide the sort of services we do at a time when many charities are struggling. All of our volunteers, staff, trustees and supporters understand the need for help in the area of mental health and are using their skills and time to address this need. We wouldn't have survived as an organisation without their continued generosity and dedication this year.

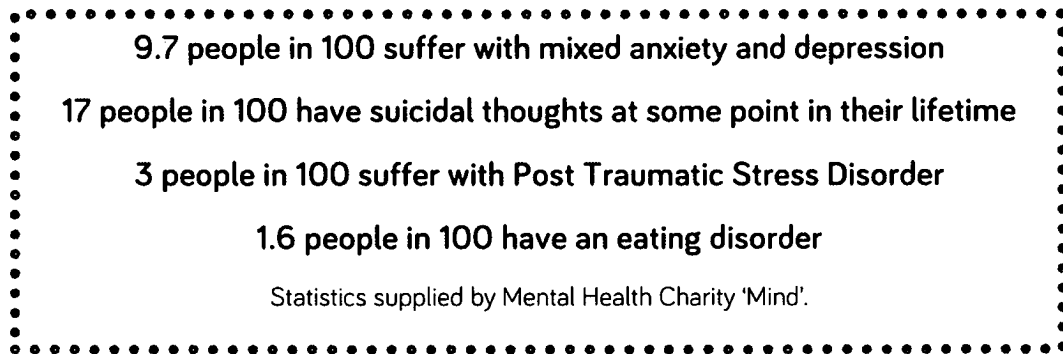
2015 was a year of planning Wellspring's growth regarding its public image and building premises. In 2016, we have continued to consolidate these plans, being the proud owners of a new brand, website and publicity material. I believe this new brand better represents the professionalism and quality of work delivered by Wellspring. As we also see a growth in the demand for our services we have planned to move premises. In October of this year, The Liz & Terry Bramall Foundation purchased St Andrews Vicarage for us in Starbeck. The year ahead will be concentrated on raising the £200,000 needed to help us renovate this property and planning for organisational growth and strengthening so we can thrive through this move.

Our motivation at Wellspring comes from our Christian faith and a passion to see transformation and freedom for people struggling with the effects of difficult circumstances they have been through or are currently in. We hope you enjoy reading about our work.

Emily Fullarton
Executive Director
June 2015- Present

The Facts

Here in the UK, 1 in 4 people will experience a mental health issue at least once in their lifetime.

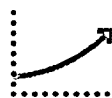


According to local research, Minding The Gaps¹, many people in Harrogate assume that because it is a 'nice town' people don't struggle with these issues. However, there is lack of provision and services for mental health support.



**...of children who have been bullied
later developed depression as adults.**

The NHS became officially responsible for ensuring the standard of care for mental health issues was equal to that of physical illnesses in 2012, however they have been criticised through national campaigns for not meeting the need.



**Among teenagers, rates of depression
and anxiety have increased by 70%
in the past 25 years.**

¹ Minding The Gaps; A snapshot of the unmet social support needs in Harrogate in 2014, and how those needs might be met. Ed. Michelle Hayes, St Mark's Church Harrogate, 2014



What are we doing about it?

Wellspring Therapy & Training is a registered charitable company, established in 2003, that provides professional and affordable counselling and education for adults and young people. We are based in Starbeck, Harrogate, North Yorkshire. Our desire is to restore hope, develop resilience and facilitate positive change in people's lives. We are passionate about enabling people to find healing and seeing them move towards emotional, mental and spiritual wellbeing. We are a charity motivated by Christian faith, but our services are offered to all regardless of gender, sexual orientation, ethnic or cultural background and to people of any faith or none and whatever their financial situation.

What makes Wellspring's work unique in the local area is that we offer affordable long-term, open-ended counselling where needed. Unfortunately, this type of therapy is not currently widely available from the NHS. Most private counselling typically costs between £40-60 for each session, but many of our clients are unable to afford this. We see over 60 adult clients and 10-20 young people a week from our centre for one-to-one therapy as well as providing weekly sessions in schools.

We believe that good mental, emotional and spiritual health is vital for all of us; and our family, friends and colleagues often need our support in difficult times. Wellspring therefore also offers a variety of high quality training events throughout the year designed to enhance our personal wellbeing and ability to support others.

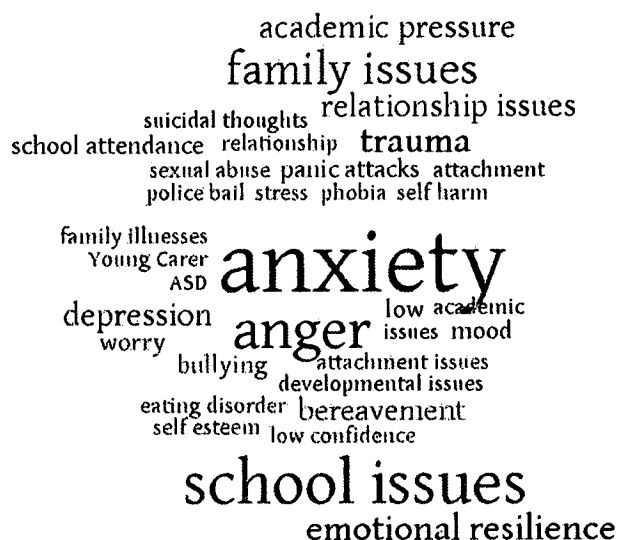
Youth Service

During 2016, 48 young people were seen for counselling at Wellspring.

- 27 of those were seen at Wellspring; 20 were seen in their own school and 1 was seen at Wellspring as well as school.
- 25 were male and 23 were female.
- Their ages ranged from 10-19 years.

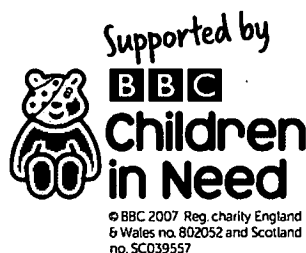
A total of 284 YP counselling sessions were held in 2016.

Referral Sources: For clients seen at Wellspring, the majority of referrals came from parents. Our service was recommended to them by their GP or Family Support Worker, or found through their own internet research. 3 teenagers self-referred. Referrals for these young people seen in school come through School Pastoral Workers.



Presenting Issues are shown through the word art above

Empower & Empower Network



Empower is an 8-week course written and facilitated by professional Youth Counsellors. The course explores, explains and improves low-confidence and self-esteem within a supportive group. Empower Network is a follow-on support group for young people who have completed the Empower course. The aim of this group is to promote and maintain healthy levels of self-esteem and emotional well-being through activities, topical discussions and visits from other professionals in the community.

In 2016, we ran three Empower courses as well as our monthly Empower Network group. A total of 42 young people benefited from these groups.

A mother's story

My daughter Louise*, begun attending the Empower course in June 2016. I first heard about the Empower Course from the young carers resource, where Louise was known, as her dad suffers with a brain injury which makes daily living challenging. For some time, Louise had struggled with anxiety, panic attacks and low self-esteem. We always tried to help to resolve these issues but felt as if they wouldn't go away.

I understood that the Empower course covered a variety of topics such as self-esteem emotions and anxiety. It was not long into the course that I noticed a big difference in Louise. She attended the sessions willingly and always looked forward to them. After sessions, she wouldn't necessarily tell me what had been said but the girl I dropped off compared to the girl I picked up were very different-it was as if a weight had been lifted.

Louise's issues are ongoing but improving with the help and support from Empower. She realises she is not alone and there are many others facing the same difficulties which is a comfort and reduces her isolation. As a parent, I equally found support in receiving this specialised help and guidance. I am extremely thankful to the whole team because it has made Louise, my little flower, blossom and smile and that is invaluable.

*Louise is not this client's real name but a pseudonym used to protect her identity; however, the words from her mother are her own.

Some words from our young people...

'I have had somewhere to go and say how I feel. I have had someone to laugh with and talk to, this really helped'

The best thing was... 'being able to talk to someone who wasn't my family.'

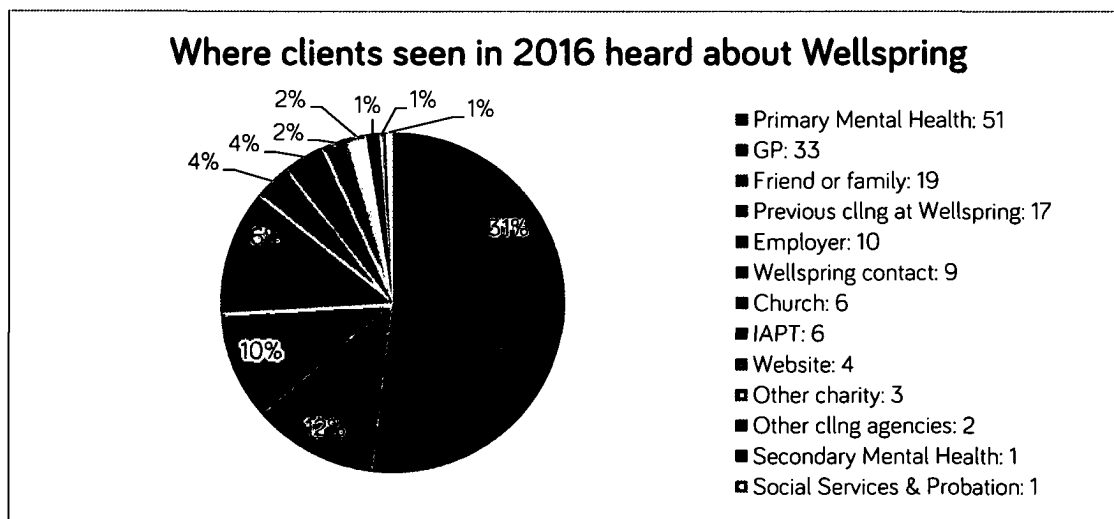
These sessions have... 'Given me strategies to help deal with my emotions and given me hope that everything will be alright'

Adult Counselling

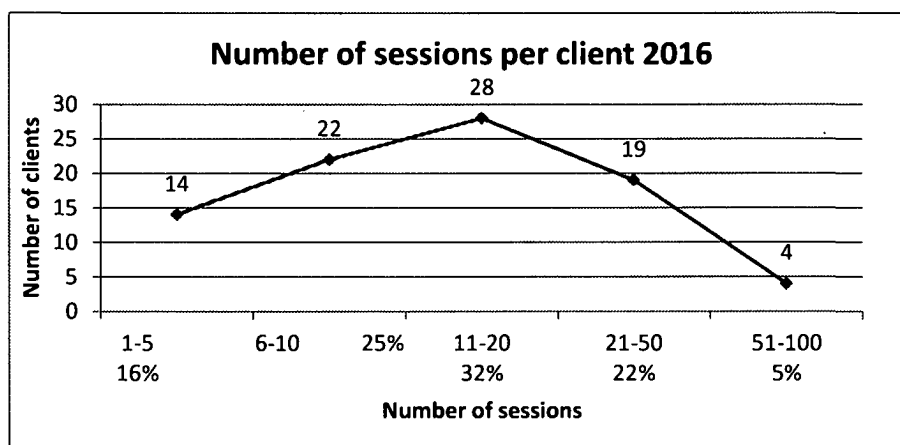
We rely on our dedicated team of volunteers to provide our services, which keeps our costs low as an organisation. We started the year with 15 and were pleased to have an additional 7 counsellors join the team!

In 2016 we delivered 2340 sessions, an increase of 13% on the previous year.

Out of the 147 clients we saw 56% came through NHS services compared to 44% in 2015, showing the increased demand upon the NHS.



The need for long term counselling is evident as 59% of our clients were seen for more than 10 sessions.



Wellspring had 15 volunteer counsellors at the beginning of the year and 22 at the end.



Outcomes:

We collect feedback from clients when they finish their sessions to enable us to continually review the work and demonstrate how it can make a difference.

The percentages below are calculated on the total feedback forms submitted as not all of our clients submit them.

As a result of my counselling experience....

- Understanding of myself has improved 95%
- My ability to relate to others has improved 84%
- My sense of self-worth has improved 90%
- I am more able to make decisions 83%
- My ability to handle problems and difficulties has improved 92%
- I have stopped self-destructive behavior 29%
- I am less aggressive 21%
- I have overcome panic or phobia 21%
- I have been able to stay in work 19%

A few examples of what clients see as outcomes from counselling in their own words...

- 'I have felt much less anxious and more validated. Learnt to enjoy what I have and take the time to do this.'
- 'Built self-confidence & developed awareness in relationships.'
- 'It's given me a more positive outlook and helped me understand and change things in my life.'

John's* Story

My wife was admitted to hospital after an episode, which was later diagnosed as Bi-polar. During this period, I was very traumatised. When she was discharged, I became her full-time carer and despite the help from the care team, I found this extremely difficult. I decided to consult my doctor and asked for talking therapy as I felt very isolated with the day to day routine of caring for someone with this type of illness.

On starting the course of counselling at Wellspring I soon realised the value of talking to a neutral party who made no judgement and suggested alternative viewpoints. The thing I really valued and have taken away from counselling was the gradual acceptance of a problem that will not go away, alongside the realisation that it need not rule my life, and that I can learn to live with it.

A major help to me was Wellspring's facility to offer sessions for an agreed donation rather than a set fee. This was a great help because I could not work at the time for some months. I would not hesitate to recommend Wellspring as I always felt very comfortable and welcome at the centre, and I can only say the response was excellent.

*John is not this client's real name but a pseudonym used to protect his identity; however the words in his story are his own.



Training

Good mental, emotional and spiritual health is vital, and family, friends or colleagues often need our support in difficult times. Wellspring offers a variety of high quality training events throughout the year designed to enhance our personal wellbeing and ability to support others. In September 2015, Wellspring employed its first member of staff dedicated solely to the work of the Training Service.

This is a summary of the training held in the past (financial) year:

Jan	Feb	Mar
Youth Mental Health First Aid	Introduction to Sand Tray Therapy	Deeper in the Sand
Mental Health First Aid for Ex-Offenders		Growing a Dementia Friendly Church
April	May	June
Youth Mental Health First Aid		Growing a Dementia Friendly Church
		Listening to Trauma
July	Aug	Sep
Mental Health First Aid for Ex-Offenders		Developing Dementia Friendly Worship
Oct	Nov	Dec
Working with Children with Additional Needs	Introduction to Sand Tray Therapy	
	Christian Mindfulness	

Course Feedback

Mental Health First Aid Courses



X63 attendees

"So glad I have practical things to do when faced with mental health issues. Will definitely use the techniques I have learnt."

Dementia Awareness Training



X74 attendees

"Very informative. Really useful, practical advice."

"Encouraging & inspiring"

Sand Tray Therapy Training



X25 attendees

"Practical, useful, engaging, great professional and personal development."

"Great speaker, very in-depth."

Other



X69 attendees

Public Benefit

We have referred to the Charity Commission's general guidance on public benefit and we are confident that Wellspring meets the public benefit requirement. Our clients are asked for a donation according to means and this may mean that for some the sessions will be free. Equal access to our service is important and we see anyone regardless of gender, ethnicity, faith, sexual orientation, age (unless not Gillick competent) or any other factor. The impact and public benefit of our work goes beyond the client by reducing the distress suffered by families and friends and having a positive impact on schools and local communities. We estimate that our service reduces the work of the Prison and Youth Justice Services, the NHS and Social Care as the consequences of alleviating psychological distress are far-reaching.

Structure, Governance and Management

The organisation is a Charitable Company limited by guarantee, company number 04728609, incorporated on 9 April 2003 and registered as a charity on 30 October 2003, charity number 1100420. The Governing document of the Charitable Company is the Memorandum and Articles of Association.

Trustees and principal office

The following officers of the Charitable Company have held office during the year. The Trustees are also the Directors of the Charitable Company.

Mr. T. J. Hurren
Mrs. J. Titchmarsh
Rev. O. J. Lambert
Mr. J. Frearson

Mr. N. McClea
Mrs. M. Start
Mrs. A. J. Hallam
Dr. E. Rimmer

The registered office is 2 Prospect Road, Starbeck, Harrogate, HG2 7PB.

Recruitment and Training of Trustees

The Trustees are given an induction pack and a tour of the facilities to ensure they have a clear overview of the activities of the Charitable Company. They are encouraged to attend appropriate external seminars where these are relevant to their decision-making roles.

Financial Review

The Statement of Financial Activities shows a net surplus of £46,389 for the period ended 31 December 2016, of which £40,000 is gains on the revaluation of tangible fixed assets. The period ended 31 December 2016 is only an 8-month period meaning that the amounts presented in the Financial Statements are not comparable. Once the prior year had been time apportioned, it was noted that income had increased by £4,500 (7%) to the period ended 31 December 2016, whilst costs had increased by £1,351 (2%). The increase in income is mainly due to the restricted grant for the renovation project as other revenue streams remain consistent or fall. Costs are largely decreasing with the biggest increase in sales promotions causing the increase in expenditure.

Sources of Funding and Support

The continued support of staff, and volunteers who gave so generously of their time, and the financial support received from Friends of Wellspring and many others have ensured that we have been able to consistently deliver client and training services effectively during this past year. We are especially grateful to the many Trusts/Foundations/Companies/ Individuals and Churches who have donated generously to our work this financial year.

Reserves Policy

In accordance with Charity Commission guidance, the trustees have considered the reserves needs of the Charity, and have established a policy whereby unrestricted funds neither committed nor invested in tangible fixed assets (free reserves) held by the Charity should equate to six months of ongoing cash operating expenditure (£45,000). This is held partly in a current account to allow for monthly fluctuations in cashflow and partly in an interest-bearing account. Wellspring Therapy & Training do not earn any fixed or certain income for their services. In line with our Christian values and ethos clients are asked to donate money for counselling services based on their ability to pay. It is therefore feasible for the charity to incur payroll and building costs without earning any income. The Trustees therefore regard six months expenditure as being an acceptable level of unrestricted undesignated reserves held by the charity.

As at 31 December 2016 the free reserves stand in total at £31,853 (April 2016 - £33,307). The trustees remain confident that the Charity will continue to raise the funds it requires and expect to improve the reserves position in the new year. The trustees will review the reserves policy annually. The total funds held by the Charitable Company are £218,334 (April 2016 - £171,945), of which £18,928 (April 2016 - £14,747) are restricted. £167,553 (April 2016 - £123,891) are held in designated funds as fixed assets. Included in this fund is the revaluation reserve of £108,671 (April 2016 - £68,671) which will only be realised on the disposal of fixed assets.

Plans for the Future

In January 2016, the trustees had an extended meeting at an Away Day with the new director. At this meeting we confirmed and planned implementation of a 2-5-year business plan drawn up by the director. In 2016, our 12-18 month goals were to:

- To have a marketing plan and strategy in place that included a review and update of our brand, logo, website and all printed publicity.
- To have seen an increase in regular donations from individuals, businesses, churches and groups and to have raised £250-£300k to fund a new building.
- To have found and purchased a suitable building to meet the charities ongoing needs and have plans to renovate and move into said premises.

We are proud to have achieved the first of these points by having a new logo, brand, website and printed publicity materials. We have moved forward in terms of developing a marketing and publicity plan which has meant we have appeared on local ITV Calendar programme, in the local paper and magazines a number of times and improved our social media presence. We have seen a slight increase in regular givers, but would like to see this increase further.

We have made significant progress on the second two bullet points. Having had a building suitable for our work purchased for us in October 2016 by The Liz & Terry Bramall Foundation. We have a lease on this property and have permission to renovate it. We have worked with a local architect on finalising these plans and hope to move in early 2018. We have worked hard to raise the £200,000 it will cost to renovate this property and are over half way towards our goal.

Our goals for 2017/18 as outlined in our business plan are:

- Strengthen our team to be able to cope with the move and growth of the charity.
- To improve upon our current marketing and publicity strategy to ensure an increase in awareness of Wellspring and financial and volunteer support.
- Finance- to increase the amount of regular givers or 'Friends of Wellspring'. To have raised the outstanding capital costs for the building renovation. Become more financially sustainable through seeking contracts and growing our donor base.
- To finalise our renovation plans, have done the work and moved into our new property.

At the heart of all of these plans is a desire to help those who need our services and to ensure provision in the longer term.

Statement of Directors' and Trustees' Responsibilities

The purpose of this statement is to distinguish the Directors' and Trustees' responsibilities for the accounts from those of the Accountants as stated in their report. Company and charity law require the Directors and Trustees respectively to prepare accounts for each financial year which give a true and fair view of the Charitable Company's state of affairs at the end of the year and of its financial activities for that period. In preparing those accounts the Directors and Trustees are required to: - select suitable accounting policies and then apply them consistently;

- make judgments and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed,
- subject to any material departures disclosed and explained in the accounts;
- prepare the accounts on the going concern basis unless it is inappropriate to assume that the Charitable Company will continue in operation.

The Director and 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 accounts comply with the Companies Act of 2006 and applicable charity law. They are responsible for safeguarding the assets of the Charitable Company and hence for taking reasonable steps for the prevention and detection of fraud or other irregularities.

Exemption

For the year ended 31st December 2016 the company was entitled to exemption from audit under section 477 of the Companies Act 2006.

By order of the Directors and Trustees



Mr. J. Frearson,
Honorary Secretary
Date: 26.07.17

WELLSPRING THERAPY & TRAINING

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES (INCOME AND EXPENDITURE ACCOUNT) PERIOD ENDED 31 DECEMBER 2016

	Note	Unrestricted funds £	Restricted funds £	Period ended 31 December 2016 £	Year ended 30 April 2016 £
INCOME					
Donations and legacies	3	25,478	16,066	41,544	53,620
Charitable activities	4	25,849	4,336	30,185	48,189
Other trading activities					
Fundraising		2,156	-	2,156	2,002
Investments		6	-	6	189
TOTAL INCOME		53,489	20,402	73,891	104,000
EXPENDITURE					
Charitable activities	6	51,281	16,221	67,502	99,227
TOTAL EXPENDITURE		51,281	16,221	67,502	99,227
Net income / (expenditure) before transfers		2,208	4,181	6,389	4,773
Transfers between funds	14	-	-	-	-
Gains on revaluation of fixed assets	8	40,000	-	40,000	-
Net movement in funds		42,208	4,181	46,389	4,773
Reconciliation of funds					
Total funds brought forward	14	157,198	14,747	171,945	167,172
Total funds carried forward	14	£ 199,406	£ 18,928	£ 218,334	£ 171,945

All activities derive from continuing operations.
The notes on pages 20 to 29 form part of the accounts.

Signature
29/8/17

WELLSPRING THERAPY AND TRAINING

WELLSPRING THERAPY & TRAINING

(A company limited by guarantee)

BALANCE SHEET

AS AT 31 DECEMBER 2016

Company registration number: 04728609

	Note	31 December 2016 £	30 April 2016 £
FIXED ASSETS			
Tangible Assets	8	180,000	140,000
CURRENT ASSETS			
Debtors	9	1,871	1,938
Cash at Bank and in Hand		55,545	47,400
		<u>57,416</u>	<u>49,338</u>
LIABILITIES: amounts falling due within one year	10	<u>(8,783)</u>	<u>(4,946)</u>
NET CURRENT ASSETS		<u>48,633</u>	<u>44,392</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>228,633</u>	<u>184,392</u>
LIABILITIES: amounts falling due after one year	11	<u>(10,299)</u>	<u>(12,447)</u>
NET ASSETS		<u>£ 218,334</u>	<u>£ 171,945</u>
THE FUNDS OF THE CHARITY			
Restricted Funds	14	18,928	14,747
Unrestricted Funds			
- Designated Funds	14	58,882	55,220
- Revaluation Reserve	14	108,671	68,671
- Undesignated Funds	14	31,853	33,307
TOTAL FUNDS		<u>£ 218,334</u>	<u>£ 171,945</u>

For the financial period ended 31 December 2016, the Charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The Members have not required the Charity to obtain an audit of its accounts for the year in question in accordance with section 476. The Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements have been prepared in accordance with the special provisions of Part VII of the Companies Act 2006 relating to small companies.

The notes on pages 20 to 29 form part of the accounts.

These financial statements were approved by the trustees on 26 July 2017 and signed on its behalf by:

J. Frearson - Trustee

Ex pullatan 28/8/17

WELLSPRING THERAPY & TRAINING

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR PERIOD ENDED 31 DECEMBER 2016

1 GENERAL INFORMATION

The Charitable Company is a private company limited by guarantee, which is incorporated and registered in England and Wales (no.04728609).

The address of its registered office is 2 Prospect Road, Starbeck, Harrogate, HG2 7PB.

2 ACCOUNTING POLICIES

2.1 Basis of preparation of accounts

The financial statements have been prepared in accordance with 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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

This is the first year in which the financial statement have been prepared under FRS 102. In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required. In accordance with the requirements of FRS 102 a reconciliation of opening balances is provided see Note 15.

The accounts have been prepared for an 8 month period as the trustees decided to change the accounting year end to accommodate staff resources. The amounts presented in the Financial Statements are therefore not comparable.

Wellspring Therapy & Training 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 note(s).

2.2 Going Concern policy

The Trustees have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. For long term finance they rely on a bank loan, disclosed in note 12. They continue to adopt the going concern basis of accounting in preparing the annual financial statements.

2.3 Fund accounting

The trustees have a defined policy for identification of different types of income:

- a) Designated funds are unrestricted funds but are specifically earmarked by the Trustees for a particular purpose.
- b) Restricted funds are only to be used for the specific purpose laid down by the donor. Expenditure which meets this criteria is charged to the fund.
- c) Unrestricted funds are the residue of incoming resources receivable or generated from the objects of the charity without further specified purposes and are available as general funds.

2.4 Income

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt. Except for the following:

Grants receivable

Grants for immediate expenditure are accounted for when they become receivable. Grants received for specific purposes are treated as restricted funds. Grants which are received for a future accounting period are deferred and recognised in those periods.

Capital Grants for specific fixed assets are included in restricted income when received. Once the asset is purchased these monies are transferred to unrestricted funds unless there is a restriction on the disposal of the asset. If so, the net book value of the asset is shown as a restricted fund.

WELLSPRING THERAPY & TRAINING

(A company limited by guarantee)

NOTES TO THE ACCOUNTS

FOR PERIOD ENDED 31 DECEMBER 2016

2 ACCOUNTING POLICIES (continued)

2.5 Expenditure

Expenditure is recognised on a cash basis. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.

- | | |
|---------------------------|---|
| Costs of generating funds | - costs associated with attracting voluntary income. |
| Charitable activities | - costs incurred by the Charitable Company in delivering its counselling services to clients. It includes costs that can be allocated directly and those of an indirect nature necessary to support them. |
| Support costs | - allocated to charitable activities on an equal basis. |

2.6 Tangible fixed assets and depreciation

Fixed assets for the Charitable Company to use are capitalised at cost, for items above £1,000. Donated assets are valued at market value on donation. They are stated in the accounts at cost/original value less depreciation.

Depreciation is calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold Property	2% straight line basis
Office Equipment	25% straight line basis

2.7 Debtors

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.

2.8 Cash

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

2.9 Creditors

Creditors 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 are normally recognised at their settlement amount after allowing for any trade discounts due.

2.10 Financial Instruments

The trust only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

WELLSPRING THERAPY & TRAINING

(A company limited by guarantee)

NOTES TO THE ACCOUNTS FOR PERIOD ENDED 31 DECEMBER 2016

	Unrestricted Funds Period ended 31 December 2016 £	Restricted Funds Period ended 31 December 2016 £	Total Funds Period ended 31 December 2016 £	Total Funds Year ended 30 April 2016 £
3 DONATIONS AND LEGACIES				
Donations and gifts	19,968	2,500	22,468	47,628
Grant income	5,510	13,566	19,076	5,992
	<u>£ 25,478</u>	<u>£ 16,066</u>	<u>£ 41,544</u>	<u>£ 53,620</u>

The Charitable Company also benefits greatly from the involvement and enthusiastic support of its many volunteers. Volunteers donate their time through the following activities: administration, reception cover, counselling, building and garden maintenance, event planning and fundraising. More details of the important role volunteers play, is given in our annual report. In accordance with Charities SORP, the economic contribution of general volunteers is not recognised in the accounts.

4 INCOME FROM CHARITABLE ACTIVITIES

Training	6,086	-	6,086	5,813
Counselling	19,763	4,336	24,099	42,376
	<u>£ 25,849</u>	<u>£ 4,336</u>	<u>£ 30,185</u>	<u>£ 48,189</u>

5 TOTAL STAFF COSTS

	Period ended 31 December 2016 £	Year ended 30 April 2016 £
Wages and Salaries	47,964	74,826
Social Security Costs	-	1,397
Other Staff Expenses	7,856	12,307
	<u>£ 55,820</u>	<u>£ 88,530</u>

No employee earned £60,000 per annum or more in the year.

Number of employees

The head count of employees on the payroll as at December 2016 was 8 (April 2016 - 7).

The key management personnel of the Charitable Charity comprise the trustees and the senior management team. The total employee benefits of the key management personnel, with only senior management team members being paid, was £38,220 (April 2016 - £41,562).

WELLSPRING THERAPY & TRAINING

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NOTES TO THE ACCOUNTS FOR PERIOD ENDED 31 DECEMBER 2016

6 ANALYSIS OF TOTAL RESOURCES EXPENDED

	Unrestricted Funds Period ended 31 December 2016	Restricted Funds Period ended 31 December 2016	Total Funds Period ended 31 December 2016	Total Funds Year ended 30 April 2016
	£	£	£	£
6.1 Charitable activities				
Staff Costs	40,738	15,082	55,820	88,530
Sales Promotions	3,742	-	3,742	251
Computer Maintenance and Software	200	-	200	2,064
Rents and Rates	719	-	719	518
Telephone and IT Costs	438	-	438	473
Postage and Stationery	1,048	-	1,048	533
Sundry Expenses	115	-	115	701
Repairs and Renewals	463	1,139	1,602	468
Insurances	247	-	247	250
Gas, Water and Electric	677	-	677	1,370
Bank Charges	378	-	378	2,229
Office Expenses	240	-	240	479
Support Costs	2,276	-	2,276	1,361
	<u>£ 51,281</u>	<u>£ 16,221</u>	<u>£ 67,502</u>	<u>£ 99,227</u>
6.2 Support costs				
Independent Examiner's Fee	1,200	-	1,200	-
Accountancy	1,076	-	1,076	1,361
	<u>£ 2,276</u>	<u>£ -</u>	<u>£ 2,276</u>	<u>£ 1,361</u>

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NOTES TO THE ACCOUNTS FOR PERIOD ENDED 31 DECEMBER 2016

7 RELATED PARTIES

No Trustees received remuneration or expenses during the period (April 2016 - £nil).

There were no related party transactions in the reporting period which require disclosure (April 2016 - nil).

8 TANGIBLE FIXED ASSETS

	Freehold Property £	Office Equipment £	Total £
Cost			
At 1 May 2016	140,000	8,450	148,450
Revaluation	40,000	-	40,000
At 31 December 2016	180,000	8,450	188,450
Depreciation			
At 1 May 2016	-	8,450	8,450
Charge for year	-	-	-
At 31 December 2016	-	8,450	8,450
Net Book Amounts			
At 31 December 2016	£ 180,000	£ -	£ 180,000
At 30 April 2016	£ 140,000	£ -	£ 140,000

The freehold property class of fixed assets was revalued in June 2017 by Hunters Property Group Limited who is external to the company. The basis of this valuation was open market value. The class of assets has a current value of £180,000 (April 2016 - £140,000) and a carrying amount at historical cost of £71,329 (April 2016 - £71,329). The depreciation on this historical cost is £17,690 (April 2016 - £17,690).

9 DEBTORS

	Period ended 31 December 2016 £	Year ended 30 April 2016 £
Trade Debtors	1,675	1,888
Prepayments	196	50
	£ 1,871	£ 1,938

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NOTES TO THE ACCOUNTS
FOR PERIOD ENDED 31 DECEMBER 2016

	Period ended 31 December 2016 £	Year ended 30 April 2016 £
10 LIABILITIES: Amounts falling due within one year		
Bank Loan	2,148	3,662
Trade Creditors	1,628	869
Social Security and Other Taxes	733	415
Accruals	1,200	-
Deferred Income	3,074	-
	<u>£ 8,783</u>	<u>£ 4,946</u>
Deferred income		
Balance brought forward	-	-
Amount deferred in the year	3,074	-
	<u>£ 3,074</u>	<u>£ -</u>

At the balance sheet date the Charitable Company was holding funds received in advance of providing services, which is fully released in the following financial year.

11 LIABILITIES: Amounts falling due after one year		
Bank Loan	10,299	12,447
	<u>£ 10,299</u>	<u>£ 12,447</u>
12 LOANS AND BORROWINGS		
Within one year	2,148	3,662
After one year	10,299	12,447
	<u>£ 12,447</u>	<u>£ 16,109</u>

13 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted			
	Undesignated Funds £	Designated Funds £	Restricted Funds £	Total Funds £
Tangible Fixed Assets	-	180,000	-	180,000
Current Assets	38,488	-	18,928	57,416
Current Liabilities	(6,635)	(2,148)	-	(8,783)
Long term Liabilities	-	(10,299)	-	(10,299)
	<u>£ 31,853</u>	<u>£ 167,553</u>	<u>£ 18,928</u>	<u>£ 218,334</u>
At 31 December 2016				

WELLSPRING THERAPY & TRAINING

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NOTES TO THE ACCOUNTS FOR PERIOD ENDED 31 DECEMBER 2016

14 FUNDS

	Balance at 1 April 2016 £	Incoming Resources £	Outgoing Resources £	Transfers £	Balance at 31 December 2016 £
Restricted Funds					
Innovation fund	4,000	-	(2,129)	-	1,871
Children in need	1,740	3,060	(4,800)	-	-
St Marks	4,656	-	(1,864)	-	2,792
St Aidans	933	1,276	(2,209)	-	-
Rotary (Empower)	668	-	(668)	-	-
Church House Trust	2,750	-	(1,832)	-	918
Sessional	-	2,500	(1,580)	-	920
Renovation Project	-	13,566	(1,139)	-	12,427
	<u>14,747</u>	<u>20,402</u>	<u>(16,221)</u>	<u>-</u>	<u>18,928</u>
Unrestricted Funds					
<i>Designated</i>					
Fixed Assets	55,220	-	-	3,662	58,882
Revaluation reserve	68,671	40,000	-	-	108,671
	<u>123,891</u>	<u>40,000</u>	<u>-</u>	<u>3,662</u>	<u>167,553</u>
<i>Undesignated</i>					
Free reserves	33,307	53,489	(51,281)	(3,662)	31,853
	<u>157,198</u>	<u>93,489</u>	<u>(51,281)</u>	<u>-</u>	<u>199,406</u>
Total Unrestricted Funds					
	<u>£ 171,945</u>	<u>£ 113,891</u>	<u>£ (67,502)</u>	<u>£ -</u>	<u>£ 218,334</u>

The transfers in the year represent unrestricted income being used to support designated projects.

Restricted Funds

Innovation Fund: This is a grant to provide education and psychological support to those struggling with isolation and loneliness.

St. Marks: This gift is to provide therapeutic support to pupils and staff in a local school.

St. Aidans: This income is for the counselling of young people in school.

BBC Children in need: This award is to provide therapeutic group work for young people.

Rotary: This award is to provide therapeutic group work for young people.

Church House Trust: This grant was given towards the Adult Counselling Service Manager's Salary Costs.

Sessional: This income is for the payment of self-employed counsellors to each provide up to 10 sessional counselling hours.

Renovation: This income is reserved for the renovation of a property that has been bought for the Charitable Company which we aim to move into in early 2018.

Designated Funds

The Fixed Asset Fund represents the level of money invested in fixed assets less any loans for use of its charitable objects at the Trustees' discretion.

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NOTES TO THE ACCOUNTS PERIOD ENDED 31 DECEMBER 2016

15 RESTATEMENT

The Charitable Company has adopted FRS102 for the period ended 31 December 2016 and has restated the comparative prior year amounts. The Freehold Property has been revalued at fair value.

Additionally, a prior period adjustment has been included in the restatement.

Statement of Financial Position at 1 May 2015

	As originally reported £	Remeasurement £	As restated £
Fixed Assets			
Tangible Assets	71,329	68,671	140,000
Current Assets			
Debtors	-	-	-
Cash at Bank and in Hand	89,105	-	89,105
	<u>89,105</u>	<u>-</u>	<u>89,105</u>
Liabilities due within one year	<u>(5,772)</u>	<u>-</u>	<u>(5,772)</u>
Net Current Assets	<u>83,333</u>	<u>-</u>	<u>83,333</u>
Total Assets less Current Assets	<u>154,662</u>	<u>68,671</u>	<u>223,333</u>
Liabilities due after one year	<u>(56,161)</u>	<u>-</u>	<u>(56,161)</u>
Net Assets	<u>98,501</u>	<u>68,671</u>	<u>167,172</u>
The Funds of the Charity			
Restricted Funds	9,946	-	9,946
Unrestricted Funds			
Designated Funds	9,396	68,671	78,067
Undesignated Funds	79,159	-	79,159
Total Funds	<u>98,501</u>	<u>68,671</u>	<u>167,172</u>

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NOTES TO THE ACCOUNTS PERIOD ENDED 31 DECEMBER 2016

15 RESTATEMENT (continued)

Statement of Financial Position at 30 April 2016

	As originally reported £	Remeasurement £	As restated £
Fixed Assets			
Tangible Assets	71,329	68,671	140,000
Current Assets			
Debtors	-	1,938	1,938
Cash at Bank and in Hand	47,401	(1)	47,400
	<u>47,401</u>	<u>1,937</u>	<u>49,338</u>
Liabilities	<u>(23,439)</u>	<u>18,493</u>	<u>(4,946)</u>
Net Current Assets	<u>23,962</u>	<u>20,430</u>	<u>44,392</u>
Total Assets less Current Assets	<u>95,291</u>	<u>89,101</u>	<u>184,392</u>
Liabilities due after one year	<u>(8,701)</u>	<u>(3,746)</u>	<u>(12,447)</u>
Net Assets	<u>86,590</u>	<u>85,355</u>	<u>171,945</u>
The Funds of the Charity			
Restricted Funds	14,747	-	14,747
Unrestricted Funds			
Designated Funds	9,396	114,495	123,891
Undesignated Funds	79,081	(45,774)	33,307
Total Funds	<u>103,224</u>	<u>68,721</u>	<u>171,945</u>

WELLSPRING THERAPY & TRAINING
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NOTES TO THE ACCOUNTS
PERIOD ENDED 31 DECEMBER 2016

15 RESTATEMENT (continued)

Statement of Financial Activities for the year ended 30 April 2016

	As originally reported £	Remeasurement £	As restated £
Income			
Donations	42,323	-	42,323
Investments	189	-	189
Charitable activities	61,486	-	61,486
	<hr/> 103,998	<hr/> -	<hr/> 103,998
Expenditure			
Charitable activities	(99,275)	50	(99,225)
	<hr/> 4,723	<hr/> 50	<hr/> 4,773
Net income			
Gross transfers	-	-	-
	<hr/> 4,723	<hr/> 50	<hr/> 4,773
Net movement in funds	<hr/> <hr/> 4,723	<hr/> <hr/> 50	<hr/> <hr/> 4,773

Independent Examiner's Report to the Trustees of Wellspring Therapy & Training

I report on the accounts of the Charitable Company for the year ended 31 December 2016 which are set out on pages 18 to 29.

This report is made solely to the charitable company's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and the charitable company's trustees as a body in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the charitable company's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and the charitable company's trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

Respective responsibilities of trustees and examiner

The Trustees (who are also the Directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

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

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charitable Company and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:-
- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities
- have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Sarah Wearing, FCA, DChA
HPH, Chartered Accountants
13 Hornbeam Square South
Harrogate
North Yorkshire
HG2 8NB

Date: 26.07.17



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STARBECK
HARROGATE
NORTH YORKSHIRE
HG2 7PB

Your Ref
Our Ref AA/04728609/JR
Date 11/09/2017

Dear Sir/Madam

WELLSPRING THERAPY AND TRAINING

Thank you for your enclosed document. Unfortunately, we have been unable to accept it for the following reason(s):

You have not shown the correct company name. We have shown what we believe to be the correct name.

Please amend your document and resubmit it as soon as possible.

Some documents can be filed online, which is faster and more reliable. Our service checks for technical errors, allowing you to correct them before submission, reducing the risk of your documents being rejected. To find out if your company can file documents online, visit our website www.gov.uk/companieshouse, where you can also ask to receive reminder letters electronically.

Yours faithfully

Companies House

Encs.