

BEYOND FEELINGS - A COMMUNITY COUNSELLING SERVICE CIC

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2016

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COMPANIES HOUSE

Company Number: 07974945

THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2016

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THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2016

COMPANY INFORMATION

COMPANY REGISTRATION NUMBER

07974945

DIRECTORS

**Ronnie O'Connor
John Fyson (resigned)**

REGISTERED OFFICE

**5 Chattenden House
Woodberry Down Estate
London
N4 2SG**

ACCOUNTANTS

**Community Accountancy Project
Based at
Halkevi Kurdish & Turkish Community Centre
31 – 33 Dalston Lane
London
E8 3DF**

BANKERS

**Santander
Bridle Road
Liverpool
Merseyside
L30 4GB**

BEYOND FEELINGS - A COMMUNITY COUNSELLING SERVICE CIC

REPORT OF THE DIRECTORS (continued)

The directors present their report and financial statements for the year ended 31 March 2016.

Company: Community Interest Company: 07974945

General Description of the company's activities

Beyond Feelings is a Mental Health and Wellbeing Service aiming to improve access to low-cost community counselling and psychotherapy for local residents of Hackney.

We aim to carry out activities that benefit the community and in particular (without limitation) to improve their mental health and wellbeing; to improve the quality of people's lives by making available a high quality low cost counselling and health/wellbeing service for people who are in need and could not otherwise afford such a facility. We deliver community wellbeing projects for the marginalised, low income families, adults and older people, such as chair based exercise, holistic therapy and peer support and befriending to improve life years and reduce isolation.

Older People

We are working with a group of older residents who live in sheltered housing for people. At least 40% of the residents may have a family member who visit regularly but as many as 60% do not have any visitors or friends to help them.

Most of the residents have some form of health problem, many have diabetes, high blood pressure, are recovering from a stroke or dementia. There is a tendency for them to become isolated, stay in bed or in their own flat and not see anyone all day. 90% of the residents are on long-term medication. We work closely with older people identified as having limited access to personal care and interests and essential needs to maintain their dignity. We assist them with foot care, personal shopping, visiting the hair salon, the local food market, going to the theatre, church and the cinema. For instance, we assist them, at their request, to go on various errands, to the chemist to collect their prescription or to the local butcher for a particular kind of food or to pick them up from the hospital when other transportation is delayed.

Our Older People Coffee Morning offers peer support and engaging activities. It is a social model for bringing people together to share information, raise levels of awareness, address emotional needs etc., offering compassionate mentoring, support and a range of holistic educational and social activities. A holistic approach means residents are no longer defined by their disease but are valued and empowered to reconnect with society through a sense of belonging. This enables them to enjoy, achieve, make a positive contribution and become active-decision makers in their own health. This promotes effective engagement and helps residents to realise their full potential evidenced through self-efficacy and independent living.

Working in partnership with Hackney Community Voluntary Sector, Family Mosaic, NHS City and Hackney Clinical Commissioning Group and Hackney Council add value to our objectives by the funding we received for the following projects:

1

2

BEYOND FEELINGS - A COMMUNITY COUNSELLING SERVICE CIC

REPORT OF THE DIRECTORS (continued)

Peer Support to engage older people with type 2 diabetes in a holistic way. To increase awareness about their health status, feel confident and empowered to better manage their condition and know how to access services that promote health.

Sharing and Eating Healthy Food -- so that older people will: Increase awareness about diet, nutrition, weight management etc.

Access and utilize community health information about their health condition, mental health and other local community services

Chair Based and Walking Exercise -- so that people: Become physically active; better self-care and manage stress. Increase mobility, feel more confident to engage in health services. Reduce risk of falls due to poor muscle tone and lack of physical exercise and also risk of dementia due to isolation and reduced cognitive functioning.

Individual Clients

We ethically promote and market our services to the public for counselling and psychotherapy, majority of our clients are self-referred. We are financially challenged to deliver sustainable projects as greater the needs, the less affordable for service users to contribute. However, we have not turned anyone away from our doors and continue to provide quality and therapeutic space for anyone to access mental health and wellbeing activities. Over the course of the year, we were deliberate in actions to improve the counselling services by taking on additional staff and widening our support to those more difficult to reach. We have offered over 600 hours of voluntary counselling sessions over the last year due to the increased need for mental health support services.

Our Counselling Service has developed a clearly recognised track record in helping clients with a range of problems including domestic violence, depression, anxiety, abuse, anger and aggression, and addiction; and have particular expertise of working with people from diverse backgrounds.

Our work helps clients rebuild their lives, helping increase self-esteem and confidence, and start to engage in relationships and social interactions by giving them a voice, often for the first time. The therapy improves their ability to enter the workplace, training or education and ensure they articulate their housing and welfare needs more confidently.

Transactions and Financial Position

The Income & Expenditure shows an excess of incoming resources over outgoing resources of £11,956 for the year. This includes £135 on restricted funds.

BEYOND FEELINGS - A COMMUNITY COUNSELLING SERVICE CIC

REPORT OF THE DIRECTORS

Risk Management

The directors actively review the risk, which the Company faces on a regular basis and will endeavour to maintain the reserve levels around its current figure. The review of the controls of the financial systems will provide sufficient resources in the event of adverse conditions.

The directors have also examined other operational and business risks faced by the Company and confirm that the directors have established systems to mitigate the significant risks.

Statement of Directors' Responsibilities

Company law require the directors to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the company and of its results for that period. In preparing those financial statements the directors are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether the policies adopted are in accordance with applicable accounting standards, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue in operation.

The directors are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time, the financial position of the company and to enable them to ensure that the financial statements comply with relevant law. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud or other irregularities.

Review and Results

The Directors report an operational deficit of £ (11,956) on operations for the year under review.

BEYOND FEELINGD - A COOMUNITY COUNSELLING SERVICE CIC

REPORT OF THE DIRECTORS (continued)

Balance Sheet

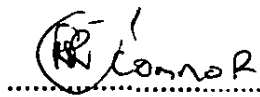
Details of the major items on the balance sheet can be found in the notes to the accounts.

The fluctuations in debtors and creditors year on year are purely the result of the timing of receipts and payment around the year-end.

ACCOUNTANTS

Community Accountancy Project has signified their willingness to continue in office and a resolution proposing Community Accountancy Project re-appointment will be put to the forthcoming Annual General Meeting.

Approved by the Directors on 19th December 2016 and signed on its behalf by

A handwritten signature in black ink, appearing to read 'Ronnie O'Connor', is written over a horizontal dotted line.

Ronnie O'Connor
Director

**ACCOUNTANT'S REPORT
TO THE DIRECTORS OF BEYOND FEELINGD - A COOMUNITY COUNSELLING
SERVICE CIC**

In accordance with our terms of engagement and in order to assist you as directors to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company for the year ended 31 March 2016 which comprise the Income and Expenditure Account, the Balance Sheet and the related notes from the accounting records and information and explanations you as directors have given to me.

This report is made to the company's Board of Directors as body, in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the company's Board of Directors that we have done so, and state those matters that we have agreed to state to them in this 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 company and the company's Board of Directors, as a body, for our work or this report.

We have carried out this engagement in accordance with technical guidance issued by the Association of Certified and Chartered Accountants for England and Wales and have complied with the ethical guidance laid down by the Association of Certified and Chartered Accountants for England and Wales relating to members undertaking the compilation of financial statements.

You as company's directors have acknowledged on the Balance Sheet as at 31 March 2016 your duty as directors to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You as directors consider that the company is exempt from the statutory requirement for audit for the period.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you as directors have given to us and we do not therefore, express any opinion on the financial statements.

Date: 20th December 2016



Community Accountancy Project
Based at
Halkevi Kurdish & Turkish Community Centre
31 – 33 Dalton Lane
London
E8 3DF

BEYOND FEELINGS - A COMMUNITY COUNSELLING SERVICE CIC

STATEMENT OF FINANCIAL ACTIVITIES (Including Income & Expenditure Account) FOR THE YEAR ENDED 31 MARCH 2016

	Notes	Unrestricted Funds £	Restricted Funds £	2016 Total Funds £	2015 Total Funds £
Incoming Resources					
<i>Incoming resources from</i>					
<i>Charitable activities</i>					
Awards for All		0	0	0	9,999
LB Hackney		0	4,550	4,550	0
Hackney CVS		0	0	0	3,000
Manor House Development Trust		0	150	150	2,624
<i>Incoming resources from</i>					
<i>generated funds</i>					
Donations		598	0	598	7,464
Service in Kind		27,000	0	27,000	0
Counselling / Massage		3,384	0	3,384	1,137
Bank Interest		15	0	15	10
Total Incoming Resources		30,997	4,700	35,697	24,234
Resources Expended					
<i>Charitable activities</i>					
Project Management/ Admin		0	0	0	4,240
Counsellors / Health Trainers		0	2,656	2,656	240
Supervision		840	0	840	0
Staffing Expenses		3,122	0	3,122	680
Volunteers (service in Kind)		27,000	0	27,000	0
Operational / Premises Costs		10,650	0	10,650	2,432
Publicity Costs		0	0	0	140
Project Expenses / Consumables		1,061	2,179	3,240	10,603
<i>Governance costs</i>					
Bank Charges		130	0	130	68
Companies House		15	0	15	28
Total Resources Expended		42,818	4,835	47,653	18,431
Net incoming (outgoing) resources					
For the year		(11,821)	(135)	(11,956)	5,804
Balance brought forward at 1 April 2015		5,821	135	5,956	152
Balance carried forward at 31 March 2016		(6,000)	0	(6,000)	5,956
		=====	=====	=====	=====

BEYOND FEELINGS - A COMMUNITY COUNSELLING SERVICE CIC

BALANCE SHEET AS AT 31 MARCH 2016

	Notes	2016 £	2015 £
Fixed assets	5		
Current assets			
Debtors & Prepayments	4	0	0
Cash at bank and in hand		1,244	5,956
		<u>1,244</u>	<u>5,956</u>
Liabilities: amounts falling due within one year	3	(7,244)	(0)
		<u></u>	<u></u>
Net current Assets		(6,000)	5,956
		<u></u>	<u></u>
Net Assets		(6,000)	5,956
		<u></u>	<u></u>
Funds			
Unrestricted income funds:			
General		(6,000)	5,821
Restricted funds:		0	135
		<u>(6,000)</u>	<u>5,956</u>

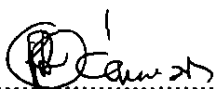
For the year ended 31 March 2016 the company was entitled to exemption under section 477 of the Companies Act 2006.

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

The directors' acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

The Board of Directors approved these accounts on 19th December 2016



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Ronnie O'Connor
Director

BEYOND FEELINGS - A COMMUNITY COUNSELLING SERVICE CIC

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2016

1 Accounting policies

(a) Basis of preparation

(i) These accounts are the accounts of Beyond Feelings - A Community Counselling Service CIC.

(ii) These accounts have been prepared on an accruals basis and include income and expenditure as they are earned or incurred, rather than as cash are received or paid.

(b) Fund accounting

(i) The company's general fund consists of funds, which the company may use for its purposes at its discretion.

(ii) The company's restricted funds are those where the donor has imposed restrictions on the use of the funds, which are legally binding.

(c) Voluntary income

(i) All voluntary income is included upon receipt.

(ii) Grants receivable is credited to income immediately upon receipt.

(d) Investment income

Credit is taken for interest when the interest falls due for payment.

(e) Fixed assets and depreciation

Fixed assets are included in the accounts at their historical cost and are written off through the statement of financial activities.

(f) Administration expenditure

Administration expenditure comprises costs incurred in running the company. Where applicable, some of these costs have been treated as direct charitable expenditure.

2 Interest receivable and similar income

Bank interest

15

BEYOND FEELINGS - A COMMUNITY COUNSELLING SERVICE CIC

NOTES TO THE ACCOUNTS (continued) FOR THE YEAR ENDED 31 MARCH 2016

- 3 Liabilities: amounts falling due within one year**
Trade Creditors **£7,224**

- 4 Debtors**
Trade Debtors **£0**

5 Restricted Funds

	Awards All	for Hackney CVS	Manor House Development Trust
Balance B/fwd	135	0	0
Grant Awarded	0	0	150
Expenditure	(135)	(3,000)	(150)
Balance C/fwd	0	0	0

- 6 Share Capital**
Beyond Feelings – A Community Counselling Service is a Community Interest Company and does not have a share capital.

- 6 Remuneration of Directors**
No directors received any remuneration in the year.

- 7 Small Company Exemptions**
The Directors have taken advantage of the Companies Act 2006 in not having these accounts audited under Section 477 (2) (total exemption).

Confirmed that no notice has been deposited under Section 476 of the Companies Act 2006 requesting that an audit be conducted for the year ended 31 March 2016.

Acknowledged their responsibilities for ensuring that the company keeps accounting records, which comply with section 386 of the Companies Act 2006.

Acknowledged their responsibilities for preparing accounts which give a true and fair view of the company and of its surplus for the year then ended in accordance with the requirements of Section 393 of the Companies Act 2006 and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to this company.

These accounts are prepared in accordance with the special provisions of part 15 of the Company Act 2006 relating to small companies Section 246(8) of the Act.

~~ATA~~ 022070/15



JUN 27 2017
COMPANIES HOUSE

#333

CIC 34

Community Interest Company Report

For official use
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Please
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capitals.

Company Name in
full

Beyond Feelings a Community Counselling Service
CIC

Company Number

07974945

Year Ending

31 March 2016

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a simplified community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's guidance notes and the alternate example provided for a more complex company with more detailed notes.

(N.B. A Filing Fee of £15 is payable on this document. Please enclose a cheque or postal order payable to Companies House)

ART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a description of how they have benefited the community.

Beyond Feelings is a Mental Health and Wellbeing Service aim to improve access to low-cost community counselling and psychotherapy for local residents of Hackney.

We aim to carry out activities that benefit the community and in particular (without limitation) Specifically to improve their mental health and wellbeing; to improve the quality of people's lives by making available a high quality low cost counselling and health/wellbeing service for people who are in need and could not otherwise afford such a facility. We deliver community wellbeing project for the marginalised, low income families, adults and older people, such as chair based exercise, holistic therapy and peer support and befriending to improve life years and reduce isolation

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Most of the residents have some form of health problem, many have Diabetes, High Blood Pressure, Stroke and Dementia There is a tendency for them to become isolated and stay in bed or in their own flat and not see anyone all day. 90% of the residents are on long term medication. We work closely with older people identified as having limited access to personal care and interests and essential needs to maintain their dignity We assist them with foot care, personal shopping, visiting the hair salon, the local food market, going the theatre, church and the cinema We assist them at their request to go on various errands, to the chemist to collect their prescription or to the local butcher for a particular kind of food or to pick them up from the hospital when other transportation is delayed.

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Chair Based and Walking Exercise --so that people:

Become physically active; better self-care and manage stress

Increase mobility, feel more confident to engage in health services. Reduce risk of falls due to poor muscle tone and lack of physical exercise and also risk of dementia due to isolation and reduced cognitive functioning

Individual Clients

We remain ethically in promoting and marketing our services to the public for counselling and psychotherapy, majority of our clients are self-referred. We are financially challenged to deliver sustainable projects as greater the needs, the less affordable for service users to contribute However, we have not turned anyone away from our doors and continue to provide quality and therapeutic space for anyone to access mental health and wellbeing activities. Over the course of the year we were deliberate in actions to improve the counselling services by taking on additional staff and widening our support to those more difficult to reach. We have offered over 600 hours of voluntary counselling sessions over the last year due to the increased need for mental health support services.

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Our work helps clients rebuild their lives, helping increase self-esteem and confidence, and start to engage in relationships and social interactions by giving them a voice, often for the first time The therapy improves their ability to enter the workplace, training or education and ensure they articulate their housing and welfare needs more confidently

(Please continue on separate continuation sheet if necessary.)

PART 2 – CONSULTATION WITH STAKEHOLDERS – Please indicate who the company's stakeholders are; how the stakeholders have been consulted and what action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

We deliver community wellbeing project for the marginalised, low income families, adults and older people. We have already consulted with the community on their essential needs and desired outcomes for all our services. The benefits acts as a strategic measure to improve pathways; that record engaged activities; user-involvement; self-reliant, reduced isolation of older people, build trust and promote equality and fair access to services. This has an equal important role in building community cohesion.

A community with high social capital where residents have friends locally, trust each other and support one another is more likely to be resilient to adversity. By empowering people to develop life-management tools that interface with the social capital, increase potential for sustainability and exemplars integration of services as a means of improving health and well-being while reducing unnecessary duplication.

Due to our reliable services, they have reported trust and confidence in our services that proves invaluable to them. Some of the feedback we have received supports some of the data referred to here. They have reported change in self-belief, confidence and increased motivation to exercise physically and mentally; Change in their diet and improved nutrition. Change in behaviour and improved feelings about their long term health conditions. Some are now buying more healthy products/ingredients as result of the cooking sessions and, introducing healthier options to their shopping lists.

(If applicable, please just state "A social audit report covering these points is attached").

PART 3 – DIRECTORS' REMUNERATION – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, "There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed" (See example with full notes). If no remuneration was received you must state that "no remuneration was received" below

No Remuneration Received

PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies If this does not apply you must state that "no transfer of assets other than for full consideration has been made" below.


No transfer of assets other than for full consideration has been made

(Please continue on separate continuation sheet if necessary.)

PART 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

Signed



Date

07/02/2017

Office held (delete as appropriate) Director/Secretary

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record

Tel	
DX Number	DX Exchange

When you have completed and signed the form, please attach it to the accounts and send both forms by post to the Registrar of Companies at:

For companies registered in England and Wales: Companies House, Crown Way, Cardiff, CF14 3UZ
DX 33050 Cardiff

For companies registered in Scotland: Companies House, 4th Floor, Edinburgh Quay 2, 139
Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

For companies registered in Northern Ireland: Companies House, 2nd Floor, The Linenhall, 32-38
Linenhall Street, Belfast, BT2 8BG

The accounts and CIC34 cannot be filed online

(N.B. Please enclose a cheque for £15 payable to Companies House)