

BEYOND FEELINGS – A COMMUNITY COUNSELLING SERVICE C.I.C.

(COMMUNITY INTEREST COMPANY)

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2019

COMPANY REGISTERED NUMBER: 07974945



**LONDON ACCOUNTANCY PRACTICE
SOJOURNER TRUTH CENTRE
161 SUMNER ROAD
LONDON SE15 6JL**

**BEYOND FEELINGS - COMMUNITY COUNSELLING SERVICE C.I.C
(COMMUNITY INTEREST COMPANY)
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

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**BEYOND FEELINGS – A COMMUNITY COUNSELLING SERVICE C.I.C.
(COMMUNITY INTEREST COMPANY)
ADMINISTRATIVE/LEGAL INFORMATION
FOR THE YEAR ENDED 31 MARCH 2019**

ADMINISTRATIVE/LEGAL INFORMATION

REGISTRATION DETAILS

BEYOND FEELINGS – A COMMUNITY COUNSELLING SERVICE C.I.C. is an incorporated organisation registered in England and Wales with Company Registered Number 07974945

GOVERNING DOCUMENT

BEYOND FEELINGS - COMMUNITY COUNSELLING SERVICE C.I.C. is Governed by the Companies Act 2006 and its Memorandum and Articles of Association

DIRECTORS/TRUSTEES

Ronnie O'Connor.....Director
Corinth Mingo.....Director
David Houghton.....Director

REGISTERED OFFICE

BEYOND FEELINGS - COMMUNITY COUNSELLING SERVICE C.I.C.
5 Chattenden House
Woodberry Down Estate
London N4 2SG

BANKERS

Santander
Bridle Road
Liverpool
Merseyside
L30 4GB

INDEPENDENT EXAMINERS

London Accountancy Practice
Sojourner Truth Centre
161 Sumner Road
London SE15 6JL

**BEYOND FEELINGS – A COMMUNITY COUNSELLING SERVICE C.I.C.
(COMMUNITY INTEREST COMPANY)
REPORT OF THE DIRECTORS/TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2019**

The directors/trustees present their report and financial statements for the year ended 31 March 2019

AIMS AND OBJECTIVES

The objects of BEYOND FEELINGS - COMMUNITY COUNSELLING SERVICE C.I.C. are:

- Mental Health and wellbeing service to improve access to low cost community counselling and psychotherapy for local residents of Hackney.
- 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.

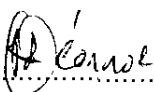
STATEMENT OF DIRECTORS AND RESPONSIBILITIES

The Directors, who are also the trustees of the Company, are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Company at the end of the year and of its financial activities during the year then ended. *In preparing those financial statements, the trustees are required to:*

Subject to the Articles, the Directors are responsible for the management of the Company's business, for which purpose they may exercise all the powers of the Company.

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable standards and statement of recommended practice have been followed, 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 presume that the project will continue in operation.

The directors/trustees are responsible for keeping proper accounting records which disclose at any time the financial position of the company. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Sign..........Director

Ronnie O'Connor

**BEYOND FEELINGS – A COMMUNITY COUNSELLING SERVICE C.I.C.
(COMMUNITY INTEREST COMPANY)
REPORT OF THE DIRECTORS/TRUSTEES
YEAR ENDED 31 MARCH 2019**

FINANCIAL REVIEW

The results of the year's operation are set out in the attached financial statements. The net movement in funds for the year amounted to £2,158. The retained reserves at 31 March 2019 amounted to £3,481.

The trustees have been aware of the need to comply with good practice guidelines on free reserves and this is included in the notes to the accounts.

RISK MANAGEMENT

The trustees have been aware of the major risk which BEYOND FEELINGS - COMMUNITY COUNSELLING SERVICE C.I.C. faces and believe that maintaining our free reserves at a reasonable level, combined with our annual review of the controls over key financial systems will provide sufficient resources in the event of adverse conditions. The trustees have also examined other operational and business risks which we face and confirm that they have established systems to mitigate the significant risks

TANGIBLE FIXED ASSETS

The Company has no fixed assets

FUNDS AVAILABLE

The present level of funding is adequate to support the continuation of the Company operations for the medium term, and the trustees consider the financial position of the Company to be satisfactory.

VOLUNTEERS

BEYOND FEELINGS – A COMMUNITY COUNSELLING SERVICE C.I.C. (COMMUNITY INTEREST COMPANY) recognises the significant contributions made by its volunteers and the added social value impact of their work to the community. .

**BEYOND FEELINGS – A COMMUNITY COUNSELLING SERVICE C.I.C.
(COMMUNITY INTEREST COMPANY)
INDEPENDENT EXAMINER'S REPORT TO BOARD OF DIRECTORS
FOR THE YEAR ENDED 31 MARCH 2019**

I report on the accounts of the company for the year ended 31 March 2019, which are set out on pages 7 to 8.

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 charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act; and
- to 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 charity 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.


Ade Adembo, MBA, ACIS, ACMA
Local Accountancy Project
161 Sumner Road
London SE15 6JL

Date 10-12-2019

**BEYOND FEELINGS - A COMMUNITY COUNSELLING SERVICE C. I. C.
(COMMUNITY INTEREST COMPANY)
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2019**

	Unrestricted	Restricted	2019	2018
	Fund	Fund	Total	Total
	£	£	£	£
INCOMING RESOURCES				
Donations, Grants and Legacies	70,065	6,048	76,113	37,900
Bank Interest	4	0	4	1
Total Incoming Resources	70,069	6,048	76,117	37,901
Cost of generating funds:				
Charitable activities	67,911	6,048	73,959	44,580
Total Outgoing Resources	67,911	6,048	73,959	44,580
Net Incoming Resources	2,158	0	2,158	-6,679
Fund Balance Brought Forward	154	1,169	1,323	8,002
Transfer of funds	1,169	-1,169	0	0
Fund Balance Carried Forward	3,481	0	3,481	1,323

**BEYOND FEELINGS - COMMUNITY COUNSELLING SERVICE C.I.C.
(COMMUNITY INTEREST COMPANY)
BALANCE SHEET
AS AT 31 MARCH 2019**

	Notes	2019 £	2018 £
CURRENT ASSETS			
Debtors		0	2232
Cash at Bank		3,881	1,234
		<u>3,881</u>	<u>3,466</u>
CURRENT LIABILITIES			
Creditors & Accruals	3	400	2,143
		<u>3,481</u>	<u>1,323</u>
FINANCED BY			
Unrestricted Fund		3,481	154
Restricted Fund		0	1,169
		<u>3,481</u>	<u>1,323</u>

The directors who are also trustees consider that for the period ended 31 March 2019; the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain the 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,
- These accounts have been prepared in accordance with the provisions applicable to companies subject to small company's regime.

The financial statements on pages 7-8 were approved by the board of directors on

9th December 2019.....and signed on its behalf by

Sign.....
Ronnie O'Connor David Houghton Directors

**BEYOND FEELINGS - COMMUNITY COUNSELLING SERVICE C.I.C.
(COMMUNITY INTEREST COMPANY)
BALANCE SHEET
AS AT 31 MARCH 2019**

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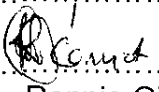
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The financial statements on pages 7-8 were approved by the board of directors on

9th DECEMBER 2019and signed on its behalf by

Sign.  Directors
Ronnie O'Connor David Houghton

**BEYOND FEELINGS – A COMMUNITY COUNSELLING SERVICE C.I.C.
(COMMUNITY INTEREST COMPANY)
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2019**

1. ACCOUNTING POLICIES

1.1 Basis of preparation of Financial Statements

The financial statements are prepared under the historic cost convention and include the results of the charity's operations which are described in the Trustees' Report and all of which are continuing. The accounts have been prepared in accordance with the Statements of Recommended Practice - Accounting and Reporting by Charities.

The charity has taken advantage of the exemption of Financial Reporting Standard No 1 from the requirements to produce a cash flow statement on the grounds that it qualifies as a small charity

1.2 Incoming Resources

1.2.1 Revenue grants are credited on the earlier date of when they are received or when they are receivable, unless they relate to a specific future period, in which case they are included on the Balance Sheet as deferred income to be recognised in the future accounting period.

1.2.2 Grants received for specific purposes are accounted for as restricted funds in the Statement of Financial Activities.

1.3 Restricted Funds

Restricted funds are to be used for specific purposes as lay down by the donor. Expenditure that meets these criteria is identified to the fund, together with a fair allocation of management and support costs.

1.4 Unrestricted Funds

Unrestricted funds are donations and other incomes received or generated for the objects of the organisation without further specified purpose and are available for general funds.

1.5 Designated Funds

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

1.6 Resources Expended

All expenditure is accounted for gross and when incurred. Direct charitable expenditure includes the direct costs of the activities and depreciation on related assets.

Management and administration comprise those costs relating to the Charity's central management and administration as opposed to its charitable activities.

	2019	2018
(2) DEBTORS	£	£
Trade Debtors	0	<u>2,232</u>
(3) CREDITORS		
Accountancy Fees	400	350
Other Creditors	<u>0</u>	<u>1793</u>
	<u>400</u>	<u>2143</u>

(4)

**BEYOND FEELINGS - COMMUNITY COUNSELLING SERVICE C.I. C.
COMMUNITY INTEREST COMPANY
DETAILED INCOME
FOR THE YEAR ENDED 31 MARCH 2019**

INCOMING RESOURCES	Unrestricted Fund	Restricted Fund	2019 Total Fund	2018 Total Fund
	£	£	£	£
Voluntary Income				
Hackney Council /CVS	67,901	0	67,901	340
Counselling / Massage Therapy	1,584	0	1,584	1,561
Donations	0	0	0	3,520
Service In Kind	0	6048	6,048	30,400
Headley trust	0	0	0	1,500
Yell ltd	0	0	0	359
Jargnon	0	0	0	219
British Car Auction	500	0	500	0
Other Income	80	0	80	0
Interest	4	0	4	1
Total Incoming Resources	70,069	6,048	76,117	37,900

(5)

**BEYOND FEELINGS - COMMUNITY COUNSELLING SERVICE C.I.C.
COMMUNITY INTEREST COMPANY
DETAILED EXPENDITURE
FOR THE YEAR ENDED 31 MARCH 2019**

	Unrestricted	Restricted	2019	2018
	Fund	Fund	Total	Total
	£	£	£	£
OUTGOING RESOURCES				
Staff Salaries	0	0	0	740
Staff expenses	0	0	0	746
Training	3,600	0	3,600	787
Transport/Travel	4,523	0	4,523	2,117
Volunteers (Service in kind)	0	6,048	6,048	30,400
Postage	61	0	61	175
Coffee Mornings Expenses	384	0	384	922
Petrol	1,249	0	1,249	0
Rent and Rates	27,425	0	27,425	3,361
Staples Office equipment	738	0	738	380
Light & Heating	0	0	0	560
Counselling Fee	22,962	0	22,962	0
Telephone/Internet	2,638	0	2,638	815
Car maintenance	975	0	975	989
Printing Stationery	709	0	709	144
Office desk/ maintenance	239		239	208
Bank Charges	90	0	90	105
Membership	0	0	0	156
Supervision	1,560	0	1,560	750
Website	97	0	97	169
Insurance	233	0	233	815
Accountancy Fee	400	0	400	350
Accountancy Fee written off	0	0	0	-150
Companies House	28	0	28	41
Total Resources Expended	67,911	6,048	73,959	44,580

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CIC 34

Community Interest Company Report

For official use
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*Please
complete in
typescript, or
in bold black
capitals.*

**Company Name in
full**

Beyond Feelings A Community Counselling Service

Company Number

0794945

Year Ending

31 March 2019

PART 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 a Community Counselling Service is a Mental Health and Wellbeing Service aim to improve access to low-cost community counselling and psychotherapy and Mediation 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, mediation and health/wellbeing services 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.

Our Mission and Purpose

- ▶ Improve the mental health outcomes for individuals and families.
- ▶ Reduce stress and enable people to reach their potential.
- ▶ Empower clients to achieve their goals with tools for overcoming life's many challenges
- ▶ To enabling disadvantage individuals and families to engage and enjoy a better quality of life.

What we do

- ▶ Counselling
- ▶ Wellbeing Therapy
- ▶ Chair based exercises
- ▶ Parent workshops
- ▶ Education advocacy
- ▶ Mediation

Wellbeing Projects

As part of our wellbeing service provision, we partnership with a community based organization called Homeshare Day Scheme Services for carers and the cared for. We ran stress awareness and relaxation sessions. This is a relief for them to access respite care away from their roles. As part of our outreach plan, we also partner with a number of community based organization and public sector health awareness events delivering services to the general public.

Counselling Clients

We have offered over 250 hours of voluntary counselling sessions to continue provide low cost access to counselling therapy to increase the support for residents across Hackney with multiple complex needs including mental health issues, poverty, unemployment, debt, drug and alcohol related issues and long term health problem. We remain ethically in promoting and marketing our services to the public for counselling and psychotherapy. Majority of our clients are self-referred. Our sole purpose is to provide low cost counselling as greater the needs, the less affordable for clients 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.

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 background.

Our work help clients in distress to rebuild their lives, increase self-esteem and confidence. By giving them a voice, they can engage in healthy relationships, often for the first time. The therapy improves their ability to enter the workplace, training or education and ensure they articulate their housing, welfare and care needs more confidently.

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.

Older People Wellbeing

Our group of older people are from a diverse communities of different nationalities religion and culture. The languages they speak include English, French, Igbo and we have members of the deaf community.

Our older people group has doubled within the last year total number 46 older people experiencing high rate mobility issues and living with long term conditions. Our consultation this year focus on Dementia and reduced mobility as these are conditions associated with members living of their own. The assessment pathway and combined resources helped improve their access to services that enable them to feel supported in their environment. Our consultation involved taking about their common medical and psychological issues as people from multicultural background and ensuring the right activities are being provided to meet their needs.

The group feel supported and manage well with peer support to engage and encourage each other in coffee mornings and health educational activities. These activities increase their level of participation and they feel more confident to leave their lonely home to come out and share together as a group to better enhance the quality of their life.

Mediation Disagreement Resolution Service

Beyond Feelings is currently offering mediation, on behalf of Hackney Council tenants and leaseholders. Mediation can help to assist with resolving disputes between neighbours.

This will allow both parties to share their perspective on the situation and to offer their own solutions on how the matter could be resolved and lead to an improvement in the relationship between parties.

Mediation disagreement resolution service curtail actual volume of anti-social behaviour and disagreement between resident based on demand/requirement

We anticipate an increase in the number of cases referred based on previous data/intelligence from ASB officers making the referrals. We hope that this will impact resolution per annum versus actual mediation meetings having taken place and depending on the number of referrals per year.

Some case examples

1. We offer training within Councils Complaints Procedure Manual How to address complaints at an early stage, Awareness-raising across multicultural issues. For example, there may be a number of cultural aspects than can either exacerbate the dispute, or prevent any chance of resolution.
2. Informal level one-day mediation skills training for our staff • Counsellors qualifying as mediators • Input into revised impartial dispute resolution procedures• improve cost effectiveness of resources. Not only effective at resolving conflict, it also takes into account the various differences that make us human, meaning that we can find a mutually-beneficial outcome for everyone involved.

Equality Diversity Policy and Strategy

As community wellbeing organisation it is very important to have our equality and diversity policy strategy and to ensure that these are reviewed annually. This include our General Data Protection Regulation (GDPR) consultation to safeguard personal data of all our clients, that cover issues around respect of people's differences, inclusive and diverse participatory styles, concepts and choices. Our updated equality and diversity policy help ensure that our services are informed by diverse community involvement. Our committee meetings are host by both young and older board members aim close the generational gap to value the diverse level of skills and recording the impact our work is having in Hackney communities. Beyond Feelings policy documents for good practice are set out on the framework that our services and standards are accountable to assure quality at all times.

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 Remunerations was 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.

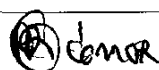
No transfer of assets other than for full consideration has been made.

(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 9/12/2019

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)