

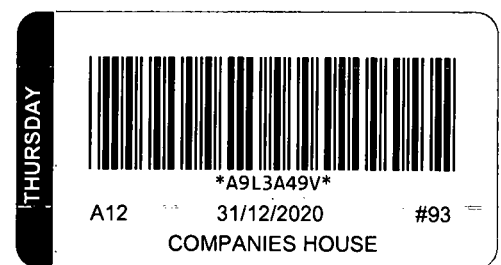
BEYOND FEELINGS – A COMMUNITY COUNSELLING SERVICE C.I.C.

(COMMUNITY INTEREST COMPANY)

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2020

COMPANY REGISTERED NUMBER: 07974945



**BEYOND FEELINGS - COMMUNITY COUNSELLING SERVICE C.I.C
(COMMUNITY INTEREST COMPANY)
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2020**

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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 2020**

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

REGISTERED OFFICE

BEYOND FEELINGS - COMMUNITY COUNSELLING SERVICE C.I.C.
329-331 Queensbridge Road
Hackney
London E8 3LA

BANKERS

Santander
Bridle Road
Liverpool
Merseyside
L30 4GB

PREVIOUS INDEPENDENT EXAMINERS

Local Accountancy Project
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 2020**

The directors/trustees present their report and financial statements for the year ended 31 March 2020

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.

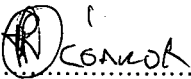
STATEMENT OF DIRECTORS AND RESPONSIBILITIES

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 2020**

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 (£4,679). The retained reserves at 31 March 2020 amounted to £6930.31.

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 keeps a register of 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) TRUSTEES' REPORT TO BOARD OF DIRECTORS FOR THE YEAR ENDED 31 MARCH 2020

This is an Audited Report agreed by the Company Trustees

WE TRUSTEES Report on the Account of the company for the year ended 31 March 2020, which are set out on pages 4 to 6.

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

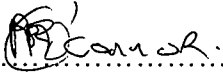
The Trustees are satisfied that the charity is not subject to audit under company law but is eligible for independent examination. Due to Covid restrictions, We the Trustees have agreed to on an Unaudited Accounts.

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BEYOND FEELINGS - COMMUNITY COUNSELLING SERVICE C.I.C.
(COMMUNITY INTEREST COMPANY)
BALANCE SHEET
AS AT 31 MARCH 2020

	Notes	2020	2019
CURRENT ASSETS		£	£
Debtors		0	0
Cash at Bank		6,930.31	3,881
		<u>6,930.31</u>	<u>3,881</u>
CURRENT LIABILITIES			
Creditors & Accruals	3	0	400
		<u>6,930.31</u>	<u>3,481</u>
FINANCED BY			
Unrestricted Fund		2,791.10	
Restricted Fund		4,181.21	
		<u>6,930.10</u>	<u>0</u>
		<u>6,930.10</u>	<u>3,481</u>

Approved by the Board of Directors
and signed on its behalf by :

Sign..........Director
Ronnie O'Connor

Sign..........Director
Corinth Mingo

on..........2020

**BEYOND FEELINGS – A COMMUNITY COUNSELLING SERVICE C.I.C.
(COMMUNITY INTEREST COMPANY)**

BALANCE SHEET (Continued)

As at 31 MARCH 2020

The directors who are also trustees consider that for the period ended 31 March 2020; 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 page 6 were approved by the board of directors on

.....28th DECEMBER 2020.....and signed on its behalf by

Sign..........Director
Ronnie O'Connor

Sign..........Director
Corinth Mingo

**BEYOND FEELINGS – A COMMUNITY COUNSELLING SERVICE C.I.C.
(COMMUNITY INTEREST COMPANY)
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2020**

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 Tangible fixed assets

Depreciation is calculated to write off the cost of fixed assets over their estimated useful lives using the following rates:

Office equipment - Photocopier: 25% on cost

1.7 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.

(2) DEBTORS

Trade Debtors

£

0

£

0

(3)	CREDITORS	2020	2019
	Accountancy Fees	£	£
	Other Creditors	0	400
		<u>0</u>	<u>0</u>
		0	400

(4)

DETAILED INCOME					
FOR THE YEAR ENDED 31 MARCH 2020					
				2020	2019
INCOMING RESOURCES		Unrestricted	Restricted	Total	Total
		Fund	Fund	Fund	Fund
VOLUNTARY INCOME		£	£	£	£
Hackney Council/CVS		43,055	1,446	44,501	67,901
Counselling/Massage Therapy		2,048		2,048	15,84
Donations				0	0
Service in Kind			8,100	8,100	6,048
Other Income		2,251.06	0	2,251.06	580
Interest		3	0	3	4
Total Incoming Resources		47,357.06	9,546	56,903	76,117

BEYOND FEELINGS- A COMMUNITY COUNSELLING SERVICE C.I.C							
(COMMUNITY INTEREST COMPANY)							
DETAILED EXPENDITURE							
FOR THE YEAR ENDED 31 MARCH 2020							
						2020	2019
				Unrestricted	Restricted	Total	Total
				Fund	Fund	Fund	Fund
OUTGOING RESOURCES				£	£	£	£
Counselling Fees				22,378.50	0	22,378.50	22,962
Volunteers (Service in kind)				0	8,100	8,100	6,048
Volunteers Expenses				1,302.40	0	1,302.40	0
Training				1875	0	1,875	3600
Transport/ Travel				1,060	0	1,060	4,523
Light & Heating				0	0	0	0
Coffee Mornings Expenses				645	0	645	384
Office Maintenance				1,080	0	1,080	239
Rent and Rates				8,604	0	8,604.00	27,425
Staples Office equipment				1,983.08	0	1,983.08	738
British Gas				0	0	0	0
Telephone/Internet				903.46	0	903.46	2,638
Car maintenance				631.99	0	631.99	975
Postage				151	0	151	61
Printing Stationery				647.27	0	647.27	709
Petrol				1742.46	0	1,742.46	1,249
Bank Charges				90	0	90	90
Membership				0	0	0	0
Supervision				993	0	993	1,560
Argos Trespass				194.98	0	194.98	0
Website				0	0	0	97
Insurance				1,044.11	0	1,044.11	233
Accountancy Fee				400	0	400	400
Company House				28	0	28	28
Hackney Church				300	0	300	0
Total Resources Expended				46,053.96	8,100	54,153.96	73,959

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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 Counseling Service
CIC

Company Number

07974945

Year Ending

31 MARCH 2020

(The date format is required in full)

Please ensure the company name is consistent with the company name entered on the accounts.

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)

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.

How has Covid-19 effected the future of the service

Really challenged our capacity to upgrade our online presence for all services ; Safety restrictions reducing the number of members who want to attend in person face to face. Extra work during lockdowns for delivering healthy activities plan to maintain to strong mental health. Members very scared about the virus. We encourage the use of our garden has been a big help to distance members. Deep cleaning took a considerable amount of time after every member's visits. Members' mental health a big issue.

Running out of PPE and choices; specific key staff for members is restricted due to oversubscribed activities caused delays for some session .

(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.

Succession Plans following change to new office location

-Plans to continue service at Queensbridge Road Partnership working with Hackney Homeshare and to set up a new committee

-Recruit more volunteers for telephone sessions

-Recruit younger members to act as administrator. Oversubscribed on particular days for online counseling and mediation. Staff and volunteers to reassure members and monitoring referrals and waiting time.

Sharing of premises Age UK will Linking with larger organisations and service providers.

Older People Reference Group to support Dementia Depression work

Social distance sessions due to Covid-19 contamination risk: Maintain safety procedures and checking on peoples' health to exclude anyone with symptoms.

Running low on PPE Access more supplies from local public health department.

Saving money by moving motivational mind and body exercise class on zoom continues to build confidence.

(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 Transfers of Assets other than Donations of the value of £300 to Hackney Church Lighthouse Project Covid appeal fund.

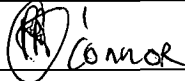
(Please continue on separate continuation sheet if necessary.)

PART 5 – SIGNATORY (Please note this must be a live signature)

(DD/MM/YY)

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

Signed



Date

28/12/2020

Please note that it is a legal requirement for the date format to be provided in full throughout the CIC34 report.

Applications will be rejected if this information is incorrect.

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

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