

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

**(COMMUNITY INTEREST COMPANY)**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2021**

**COMPANY REGISTERED NUMBER: 07974945**



**BEYOND FEELINGS - COMMUNITY COUNSELLING SERVICE C.I.C  
(COMMUNITY INTEREST COMPANY)  
FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2021**

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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 2021**

**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 6J

**BEYOND FEELINGS – A COMMUNITY COUNSELLING SERVICE C.I.C.  
(COMMUNITY INTEREST COMPANY)  
REPORT OF THE DIRECTORS/TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2021**

The directors/trustees present their report and financial statements for the year ended 31 March 2021

**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.

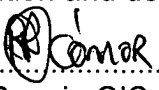
**STATEMENT OF DIRECTORS AND RESPONSIBILITIES**

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  
on 25th December ..... 2021

**BEYOND FEELINGS – A COMMUNITY COUNSELLING SERVICE C.I.C.  
(COMMUNITY INTEREST COMPANY)  
REPORT OF THE DIRECTORS/TRUSTEES  
YEAR ENDED 31 MARCH 2021**

**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 (£1873.7). The retained reserves at 31 March 2021 amounted to £2573.47.

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 2021**

**This is an unaudited Report agreed by the Company Trustees**

WE TRUSTEES Report on the Account of the company for the year ended 31 March 2021, which are set out on pages 7 to 9.

**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.

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 an Unaudited Accounts.

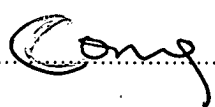
<b>BEYOND FEELINGS - A COMMUNITY COUNSELLING SERVICE C.I.C</b>					
<b>(COMMUNITY INTEREST COMPANY)</b>					
<b>STATEMENT OF FINANCIAL ACTIVITY</b>					
<b>FOR THE YEAR ENDED MARCH 31, 2021</b>					
		<b>Unrestricted</b>	<b>Restricted</b>		
		<b>Fund</b>	<b>Fund</b>	<b>2021 Total Fund</b>	<b>2020 Total Fund</b>
		<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>INCOMING RESOURCES</b>					
Donations, Grants and Legacies		33149.07	4458	37,607.07	56,900.06
Bank Interest		0.44	0	0.44	3
Total Incoming Resources		33149.51	4458	37,607.51	56,903.06
<b>Cost of generating funds</b>					
Charitable activities		37506.35	4458	41964.35	54,153.96
<b>OUTGOING RESOURCES</b>					
<b>Total Outgoing Resources</b>					
Net Incoming Resources		-4357.84	0	-4357.84	2749.1
Fund Balance Brought Forward		6230.1	0	6230.1	3481
Transfer of Funds			0		0
Fund Balance Carried Forward		1873.7	0	1873.26	6230.1

**BEYOND FEELINGS - COMMUNITY COUNSELLING SERVICE C.I.C.  
(COMMUNITY INTEREST COMPANY)  
BALANCE SHEET  
AS AT 31 MARCH 2021**

	2021	2020
	£	£
<b>CURRENT ASSETS</b>		
Debtors	0	0
Cash at Bank	2573.47	6930.31
	<u>2,573.47</u>	<u>6,930.31</u>
<b>CURRENT LIABILITIES</b>		
Creditors & Accruals	0	700.21
	<u>2,573.47</u>	<u>6,930.31</u>
<b>FINANCED BY</b>		
Unrestricted Fund	0	2749.10
Restricted Fund		3481.00
	<u>0</u>	<u></u>
	<u>2573.47</u>	<u>6,230.10</u>

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

Sign  Director  
Ronnie O'Connor

Sign  Director  
Corinth Mingo

on 28<sup>th</sup> December 7 2021



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

**BALANCE SHEET (Continued)**

**As at 31 MARCH 2021**

The directors who are also trustees consider that for the period ended 31 March 2021; the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

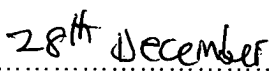
- The members have not required the company to obtain the audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts,
- 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

.....and signed on its behalf by

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

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

on..........2021.

**BEYOND FEELINGS – A COMMUNITY COUNSELLING SERVICE C.I.C.  
(COMMUNITY INTEREST COMPANY)  
NOTES TO THE ACCOUNTS  
FOR THE YEAR ENDED 31 MARCH 2021**

**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)	<b>DEBTORS</b>	£	£
	Trade Debtors	<u>0</u>	<u>0</u>
(3)	<b>CREDITORS</b>	2021	2020
	Accountancy Fees	£	£
	Other Creditors	0	0
		<u>0</u>	<u>0</u>
		<u>0</u>	<u>0</u>

(4)

<b>DETAILED INCOME</b>				
<b>FOR THE YEAR ENDED MARCH 31, 2021</b>				
	<b>Unrestricted</b>	<b>Restricted</b>		
	<b>Fund</b>	<b>Fund</b>	<b>2021 Total Fund</b>	<b>2020 Total Fund</b>
<b>INCOMING RESOURCES</b>	£	£	£	£
Hackney Council/CVS	31637.59	4458	36095.59	44501
Counselling/Massage Therapy	800	0	800	2048
Donations	0	0	0	0
Service in Kind	0	0	0	8100
Other Income	711.48	0	711.48	2251.06
Interest	0.44	0	0.44	3
<b>Total Incoming Resources</b>	<b>33149.51</b>	<b>4458</b>	<b>37607.51</b>	<b>56903.06</b>

<b>BEYOND FEELINGS - A COMMUNITY COUNSELLING SERVICE C.I.C</b>				
<b>(COMMUNITY INTEREST COMPANY)</b>				
<b>DETAILED EXPENDITURE</b>				
<b>FOR THE YEAR ENDED MARCH 31, 2021</b>				
	<b>Unrestricted</b>	<b>Restricted</b>		
	<b>Fund</b>	<b>Fund</b>	<b>2021 Total Fund</b>	<b>2020 Total Fund</b>
<b>OUTGOING RESOURCES</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Supervision	40	0	40	993
Membership	3876.66	0	3876.66	0
Insurance	2461.25	0	2461.25	1044.11
Sessional Fees	9200	0	9200	22,378.50
Virgin Broadband	3900	0	3900	903.46
Company House	28	0	28	28
Bank Charges	90	0	90	90
Rent and Rates	13025	0	13025	8604
Training	1441	0	1441	1875
Office Stationery	2265	0	2265	1983.08
Office Maintenance	553.9	0	553.9	1080
Coffee Mornings Expenses	338.15	0	338.15	645
Transport/Petrol	1791.91	0	1791.91	2802.46
Volunteer Service in kind	0	0	0	8100
Volunteer expenses	419.53	0	419.53	1302.4
Printing Stationery	118.65	0	118.65	647.27
Car maintenance	2260.22	0	2260.22	631.99
Accountant	0	0	0	400
Postage	102.42	0	102.42	151
Hackney Church	52.66	0	52.66	300
	0	0	0	194.98
<b>Total Resources Expended</b>	<b>41964.35</b>	<b>0</b>	<b>41964.35</b>	<b>54154.25</b>

# 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 2021

*(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; keeping our members informed and updated with new guidelines from the council. Some members continue to isolate at home reducing the number of members who want to attend in person face to face.

*(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**

Diversify Plans to improve our older people service at Queensbridge Road Partnership working with Hackney Home share.

Adopt the new covid practices for Social distance measures due to Covid-19 contamination risk: Maintain safety procedures and checking on peoples' health to exclude anyone with symptoms. Saving money by moving motivational mind and body exercise class on zoom continues to build confidence.

Oversubscribed on particular days for online counseling and mediation. Staff and volunteers to reassure members and monitoring referrals and waiting time.

We are working in partnership with Age UK will Linking with other organisations and service providers. Including the Older People Reference Group to support members with Dementia and Depression. Senior members are hoping to schedule a meeting with Age UK to discuss future partnership. Sine we have fully restored the exercise classes we have seen an increase in participation. We have had 31 members who have completed our survey. Some members felt reluctant as they have engaged in less practical ways due to the lockdown. Members were asked about using zoom to connect on a weekly basis, most objected the concept of zoom and agreed to stick to the weekly telephone updates

New Members have join on reopening in May 2021. Although Members are apprehensive about the future, most also very keen to return. Some Members with complex long term conditions are very scared about the virus. The garden has been a big help to distance members.

We will introduce a one way entrance and exit /system for the first 3 months to help minimise covid risk. Deep cleaning took a considerable amount of time and PPE resources. We also consider opening 5 days a week instead of the usual 3. There are some issues with building programme of work for planed renovation. Council engineer are onsite weekly as work is developing.

We are looking to employ a deputy manager to help with fundraising activities.

Volunteers attend on Wednesdays to prepare meals for delivery and telephone members to check on their wellbeing and or refer to DWP fuel payment, benefits etc. Members' mental health is a big issue due to loneliness particularly those whose family live outside of London.

*(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

*(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 28/12/2021

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, 4<sup>th</sup> 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)**