

Company number: 07804583
Charity Number: 1145377

Women's Counselling and Therapy Service Limited
(A Company Limited by Guarantee)
Trustees' Report and Financial Statements
For the Year Ended 31 March 2018

Women's Counselling and Therapy Service Limited

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Women's Counselling and Therapy Service Limited

Charity Information

Trustees

Barbara Lawton
Angela Sillett
Dr Celly Rowe FRCPsych FRCP (Chair to 25 November 2017)
Ann Walker
Carol Burns
Maureen Young
Alyson Scott (Chair from 25 November 2017)
Christine Simms
Liane Langdon
Shahina Swain (appointed 15 May 2017)

Company Secretary

Tessa Denham

Principal staff

T Denham Chief Executive
A Alderson Clinical Lead

Charity number

1145377

Company number

07804583

Principal and registered office

Oxford Chambers
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LS1 3AX

Bankers

National Westminster Bank plc
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Independent Examiner

Laura Mashedier FCA DChA
Garbutt & Elliott LLP
Chartered Accountants
33 Park Place
Leeds
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Women's Counselling and Therapy Service Limited

Trustees' Report for the Year Ended 31 March 2018

The trustees are pleased to present their annual report together with the financial statements of the charity for the year ended 31 March 2018, which are also prepared to meet the requirements for a Directors' report and financial statements for Companies Act purposes.

Structure, Governance and Management

WCTS has operated continuously since 1982. Initially as an Industrial and Provident Society with charitable objectives and subsequently as a charitable company limited by guarantee, incorporated on 10 October 2011 and registered as a charity in January 2012. WCTS is governed by articles of association.

The Board of Trustees recruits by open advertising, personal recommendation and direct approach depending on the expertise or skills needed at the time of vacancies. The Board consists of usually not less than five and no more than 12 trustees. One third of the trustees retire each Annual General Meetings. Retiring trustees may stand for re-election. Officers in post during the year were the Chair, deputy Chair, Treasurer, Secretary and Membership Secretary.

Potential trustees attend an initial introductory meeting with the Membership Secretary and three Board meetings as a guest. New trustees receive a comprehensive induction pack, which includes Charity Commission guidance 'The Essential Trustee', and are invited to attend an induction session with the Chair and Chief Executive. This session covers areas such as legal responsibility; the Articles; services and finances. Board responsibilities are reviewed annually.

The Board meets seven times a year. The Board receives regular reports from the Chief Executive including reports on financial performance and on other key performance indicators such as clinical / therapy outcomes. Where appropriate Sub Committees are set up to review and or oversee in more detail aspects of the organisation. These Sub Committees meet quarterly or more frequently as appropriate; they report and make recommendations for decision to the Board. During the year the following committees were sitting:

- Business Sub Committee - quarterly
- Clinical Services Sub Committee – bi monthly to September 2017 then quarterly

A mentoring scheme is in place where an experienced Board member works with a new Board member for up to a year. A system of formal annual Board appraisals is undertaken biannually.

A scheme of delegation (reviewed annually) is in place and day-to-day responsibility for the provision of services rests with the Chief Executive along with the Clinical Lead. The Chief Executive is responsible for ensuring WCTS delivers the services specified and that key performance indicators are met. The Clinical Lead has responsibility for the day-to-day operation of clinical services reporting to the clinical subcommittee. The executive leadership team comprising the Chief Executive, three Services Managers and Operations Manager meets weekly.

We continue to review our staff remuneration and reward in order to ensure we continue to attract and retain the best possible staff for our work.

WCTS is guided by local, regional and national policy and strategy. For example, at a national level the Government's *Five year forward view for mental health*; at local level the city wide Leeds Mental Health Framework. The organisation also keeps closely in touch with developing practice in the counselling and psychotherapy field. For example, the implementation of the British Association for Counselling and Psychotherapy's new Ethical Framework for the Counselling Professions bacp.org.uk. Key publications focusing on women's needs or working with women's issues also inform the work, for example, Agenda's 2017 publication *Double Disadvantage – the experiences of Black, Asian and Minority Ethnic women in the criminal justice system* and *Joining the Dots – the combined burden of violence, abuse and poverty* weareagenda.org.

Women's Counselling and Therapy Service Limited

Trustees' Report for the Year Ended 31 March 2018

Risk Management

The trustees have reviewed the major risks to the charity. The risk register is updated annually. Appropriate risk mitigation strategies are in place and areas such as health & safety, safeguarding and finance are standing items on Board agendas. WCTS has, included in its current policies, a serious incident policy, a beneficiary confidentiality policy and child and adult safeguarding policies.

The trustees consider the Chief Executive, the Services Managers and the Operations Manager as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day-to-day basis.

The pay of the charity's key management staff is reviewed annually and may be increased in accordance with national indicators such as inflation or average earnings where financially possible and prudent. The remuneration is also benchmarked with charities of a similar size and activity to ensure that the remuneration set is fair and not out of line with that generally paid for similar roles.

Objectives and Activities

Our objectives are to:

1. Provide advice and guidance, counselling and psychotherapeutic services including self-help support for women and girls of all ages (and their families where necessary), living in Yorkshire and Humberside, who are suffering from psychological/mental health problems.
2. Advance the education of the public and of psychotherapists and mental health workers in particular, in the causes, effects, treatment and reduction of psychological/mental health problems in women and girls.

Our aims are to improve disadvantaged and vulnerable women's life experiences and chances through: reduced levels of psychological distress/mental health problems; improved levels of self-esteem and confidence, increased resilience; and increased skills in dealing with problems, tackling difficult situations, relationships and mothering. We operate mainly in the Leeds area.

We review our objectives and activities annually with ex-service users, staff and at Board level. These reviews look at the benefits to women we are here to help plus where we might achieve more. We refer to the guidance from the Charity Commission on public benefit in these reviews and when planning future work. Specifically, the trustees consider how our work contributes to the strategic goals and objectives they have set. 2017-18 was the third year of our 2015 -18 Business Plan. Trustees undertook a strategic review during the year and drafted an updated strategic direction. The draft is currently out for consultation with key stakeholders.

The main activities for the year continued to be supporting adult Leeds women suffering from the impacts of trauma – abuse, violence and or neglect - to have improved mental health, resilience and well-being and reduced isolation; and to better manage and make changes to their lives to their individual benefit and to the benefit of their families and communities.

The main activity in effectively supporting these needs continued to be the provision of individual and group counselling and psychotherapy of up to two years in duration for women who are disadvantaged and vulnerable. During the year we maintained our 'case work' capacity. This is to ensure we are able to support women holistically across the range of their health and social needs, which maximises engagement in and benefits from therapy. The service is unique in Leeds in the range of women we help and in the depth of our work aimed at enduring changes - we provide an open access service (for women in our beneficiary target group) and further provision specialised for particular population groups or needs identified in the city. Many beneficiaries have complex multiple needs and have not had previous access to psychotherapeutic services appropriate to their needs and experiences.

Women's Counselling and Therapy Service Limited

Trustees' Report for the Year Ended 31 March 2018

Objectives and Activities (continued)

Beneficiaries in the main experience multiple disadvantages. They are on low incomes or live in poverty often experiencing multi-generational deprivation. Many are isolated, some with language barriers. The majority have low educational attainment; some have poor literacy and experience long-term unemployment. Most women who access the service have poor experience of parenting as children. The majority experienced abuse, violence and or neglect in childhood, and or domestic abuse, violence such as sexual assault, rape or trafficking as adults. Women have long-standing moderate to severe mental health needs, for example, chronic anxiety or depression, PTSD, debilitating panic attacks or nightmares, and present with significant levels of distress, risk and disturbance. Many struggle to access or engage with other services successfully.

Addressing and recovering from these experiences takes time. Access to trauma specialised long term gender specific psychotherapeutic services (that is services that take account of both the gender power structures in society and the potential impact of severe and or long term adversity on development, capacity to form relationships and resilience and the frequent labelling of people with such experiences as uncooperative, aggressive or hard to engage) is vital for this group of women. For example, a service that has tolerance to disrupted engagement is essential where issues of trust are critical; where the use of texts and phone calls can help secure therapeutic work where relationships are fragile; and with integrated flexibility to allow the therapy offered to follow the beneficiaries pace, is more accessible for this group.

Where specialised services appropriate for particular groups of women's needs are not available we aim to develop and pilot such services for example outreach services to reach particularly marginalised and isolated women and extending our age range to include girls. We continue to consider our role in supporting women after therapy. Building on our Peer Support pilots we continued to test a new approach of support and training for women who wish to provide peer support in their communities – an arms-length model of peer support which respects the self-management aspect of this activity. We also offered clinical consultation and supervision to other organisations; plus Leadership Coaching to a small number of women working in similar organisations.

During the year we started a two year project funded by Lloyds Bank Foundation for England and Wales continuing from the start up work funded by Leeds North CCG. This work builds networks to catalyse city wide system change in services responses to those who have histories of child sexual abuse.

All our activities are in support of our charitable objects for the public benefit.

Our funding limits those we can help, for example, our general counselling and therapy service can only work with around 85 women at any time. Demand for our services continues to grow, the waiting list for the open access service was closed for over three quarters of the year: we can only help fewer than one woman in every 16 who seeks support.

In conclusion, when reviewing the aims and objectives of the charity, and in planning future activities, the trustees have complied with the duty in section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Commission.

Achievements and Performance

- Summary
- Women who use the Service – profile and demographics
- Women's Outcomes – CORE Outcome Measures, qualitative evaluation, beneficiary feedback
- What the Service offers

Women's Counselling and Therapy Service Limited

Trustees' Report for the Year Ended 31 March 2018

Achievements and Performance (continued)

Summary

2017/18 was a successful year for the charity.

We continued to focus on increasing the number of women accessing the Service working with 388 women over the year. Plus, a further 39 women through the brief intervention self-harm service. This represents almost treble the number from five years ago. 88% of women presented within the clinical population i.e. with moderate to severe mental health problems. On average women have 22 counselling sessions over eight to nine months – with an average 84% attendance. Outcomes women achieved continued to be excellent with 75% of women attending for at least 20 sessions showing clinical and or reliable improvement i.e. recovery. Three quarters or more women report they understand and look after themselves better and their relationships have improved including becoming more effective parents.

In the period we provided the open access service alongside specialist access services for vulnerable mothers including pregnant women and new mothers including women who have had successive removals of children into care, women who severely and regularly self-harm, and women who have experience of historical child sexual exploitation - with Basis Yorkshire.

During the year we continued the increased specialised psychotherapy provision focused on reaching some of the most isolated women in partnership with Hamara, Dosti and Asha. Building on work funded by Jimbo's Fund we increased the areas of 'deprived' Leeds that the service is available in – now offering therapy from nine community and health venues in addition to our city centre premises.

We built on the NHS Leeds North funded pilot project addressing services response to those with histories of child sexual abuse through a two year Lloyds Bank Foundation funded 'Transform' project one of 17 around England Wales looking to transform the domestic abuse and sexual violence sectors.

The number of placement opportunities we offered to trainee or newly qualified psychotherapists remained at six. Our work with Leeds & York Partnership Foundation Trust to improve access to BME trainee Therapists continued with us offering two joint placements during the year.

The Women's Lives Leeds consortium £2m Big Lottery funded project continued delivery during the year. This service identifies and supports women and girls with complex needs and provide opportunities for their voices to influence and inform the city's priorities, strategies and policies. We host a Complex Needs Worker for the project and support the whole project around issues of mental health.

The women who use the services: profile and demographics

A snap shot of 135 beneficiaries engaged in the services carried out in January 2017 showed that

- 80% of beneficiaries have experienced abuse violence or neglect.
- Over three quarters of women have experience of sexual abuse, neglect and or violence in childhood.
- Over two thirds have experience of violence as adults (rape / sexual assault – 45% and domestic violence – 60%).

Six in ten women have experience of both abuse violence and or neglect in childhood **and** as adults

- 45% have experienced childhood bereavement through loss of a parent (including through family breakdown); 24% were child carers; 7% grew up in care.
- 48% are long term unemployed (over 6 months); 45% are severely isolated or vulnerable; 28% are linked with secondary mental health services; 23% have a history of substance misuse.

Women's Counselling and Therapy Service Limited

Trustees' Report for the Year Ended 31 March 2018

Achievements and Performance (continued)

The average clinical score of beneficiaries pre-therapy is stable at 21 equating to moderate severe mental health problems. This clinical population group is normally seen in secondary mental health services. However, the women who use this Service find it hard to access or engage with (or are excluded from by limited accessibility) more mainstream services due to their needs.

Two thirds of women are on medication for their psychological concerns including anti-depressants, anti-psychotics and anxiolytics. Women continue to present with an average of six problems/concerns at assessment; the most common being anxiety (93% of women), depression (91%), self-esteem (79%), interpersonal problems (75%), and trauma/abuse (66%). Two in five beneficiaries struggle with bereavement or loss; a third with physical problems and or work/life/welfare problems. Almost 100% of the six most common problems reported have lasted for over 12 months; over two thirds have been recurring or continuous.

All these problems continue to be reported at substantially higher levels than in the 2011 Primary Care national database. Levels of trauma/abuse at assessment remain over three times higher than the national average.

44% of beneficiaries are at risk of suicide and 57% are at risk of self harm.

Monitoring of beneficiaries accessing the service show:

- 100% of WCTS beneficiaries are on low incomes (i.e. below the DWP Median Net Family and Household income figure adjusted for household composition) or live in poverty. Three in five beneficiaries are long term unemployed: half of whom are on incapacity or sickness benefits.
- 25% of beneficiaries are from postcode areas LS7, LS9, LS10, LS14 and LS15 ranked in the lowest 3% of wards in England in the multiple deprivation index; a further 21% come from LS8, LS11 and LS12 ranked within the lowest 10% of wards and also have the highest rates of suicide within the city. Overall just under a half of beneficiaries live in Leeds most deprived areas.
- 26% of beneficiaries are from BME communities (Leeds BME population 18.9%). 8% of beneficiaries are refugee or asylum seekers.
- 20% of beneficiaries who define their status consider themselves to have a disability.
- 12% of those who disclose their sexuality define as lesbian, gay, bisexual or transgender. 18% of beneficiaries 'prefer not to say' similar to the proportion in previous period.
- The age range of women accessing the service is stable with 12% aged between 18-25 and 35% over 45 years old. The number of older women accessing the service continues to slightly increase.
- Around two thirds of beneficiaries are mothers; over half of whom have responsibility for children under 16. One in ten beneficiaries have the experience of having a child(ren) removed into care.

Women's Counselling and Therapy Service Limited

Trustees' Report for the Year Ended 31 March 2018

Achievements and Performance (continued)

Women's Outcomes

We use two main tools to monitor beneficiary outcomes: a clinical measure - Clinical Outcomes in Routine Evaluation - Outcome Measures (CORE) a system used throughout the NHS; and a beneficiary feedback form completed at the end of counselling / therapy. Our CORE data is independently evaluated by CORE IMS at least bi-annually and the client feedback is analysed annually.

During the year we took part in a research project run by CORE IMS together with Birmingham City University. The work is looking at the use of CORE as a clinical tool alongside a monitoring tool. Findings will be published in Autumn 2018. As part of the project we are in the process of moving from CORE PC system to the CORE Net system. More information can be found at silcuk.org.

The average **CORE score** of women on entering the service was 2.15 or 21 (using CORE Net scoring system) (compared to 2.17 the previous year) which shows average psychological distress as Moderate-Severe (scale: Healthy, Low, Mild; Moderate, Moderate-Severe; Severe). This level of mental health problems is normally seen in secondary mental health services.

The average **CORE score** of women ending counselling during the year is stable at an average of 1.33 i.e. Mild (1.25 previous year).

This corresponds to an average improvement of two severity levels.

Independent evaluation shows 75% of women attending for at least 20 sessions show clinical and or reliable improvement i.e. recovery. (This compares to 55% for similar services nationally).

Our 2012 British Association for Counselling and Psychotherapy award winning research showed that recovery is also sustained, with 60% of beneficiaries taking part in the research still experiencing reliable and significant change four years after their therapy.

Outcomes for women using the WomenSpace self-harm service continued to improve. On average over half of beneficiaries see a reduction in severity of self-harming behaviours and over a half in the frequency of behaviours. During the last 18 months of the project there was a significant (50%) reduction in the overall use of other services by clients. This breaks down to: 33% reduction in GP visits; 67% reduction in A&E visits; 49% reduction in secondary services visits /contacts and a 23% reduction in demand on out of hours crisis support.

Analysis of 64 **Beneficiary feedback** forms in March 2018 shows that 100% agreed or strongly agreed with the statements 'I felt able to work with my counsellor' and 98% with 'I felt understood by my counsellor'. 87% beneficiaries agreed or strongly agreed with the statement 'I feel I understand myself better'. Seven in ten reported they were looking after themselves better, 77% that they had made changes in how they dealt with their problems, and 72% that they tackle difficult situations better. Two thirds said their relationships have improved and 71% report that they have become more effective parents.

Helpfulness of counselling in these improvements was rated as 'A lot' by two thirds of clients and 'A little' by the remainder.

94% of beneficiaries found the therapy venue convenient, 98% said the rooms were accessible and comfortable; 90% felt that they were offered an appointment within a reasonable length of time, 90% that they were offered appointments at convenient times; and 91% found the written information helpful.

Women's Counselling and Therapy Service Limited

Trustees' Report for the Year Ended 31 March 2018

Achievements and Performance (continued)

Some of the feedback from beneficiaries in 2017-18:

I have accessed counselling before, but my experience here has been the best and most effective.

I would like to say that [Therapist] has been so supportive towards me and understanding and helping me to cope with things in my past and what I am going to be facing in the future.

I feel counselling and my therapist has been a life line literally.

Got a really amazing job- colleagues really supportive.

This service has been a great help to me and I don't think I could have made the changes I have without the help of this service and the fantastic help and support of [Therapist], thank you.

[Therapist] has been amazing and I know that I would not be here today without her and the ongoing support she has given me. This is a brilliant service.

Thank you for all the support.

Thank you so much the service is invaluable..

Input from our annual ex-service user events, held at the start of each year, led to us producing 'after counselling' resources with ideas on how to maintain the improvements gained. Unfortunately, we have not been able to find funding for couples counselling as yet.

In selecting new premises we've taken into account feedback over the years. We will be providing more space for 'women to gather their thoughts after an intense therapy session' and the 'size of the waiting room' has been increased.

Looking forward we are considering holding a 'coffee morning' for new starters who are awaiting therapy to demonstrate they are not alone, developing a recommended reading list when therapy has ended' and staggering 'endings' to allow the women to become familiar of life without their therapist.

Feedback at the February 2018 ex beneficiary event continued to emphasise the value of the service to women and the importance of women only space. "More comfortable with a woman as I can trust women more" "Women understand women" "Men can be intimidating". Women also talked of how their families were supportive of a woman only space and wouldn't be comfortable with the women seeing a male therapist.

Women's Counselling and Therapy Service Limited

Trustees' Report for the Year Ended 31 March 2018

Achievements and Performance (continued)

What the Service offers

WCTS offers a safe, confidential and culturally sensitive space in which the women are able to speak openly and deeply about their experiences and their feeling and thoughts. In ways they frequently feel unable to in other parts of their lives. This enables women to express and resolve to some extent painful experiences and begin to review and change their attitude towards themselves and others. Both of which can reduce psychological distress and mental health problems and increase resilience in coping with everyday ups and downs as well as more challenging events in their lives.

The services are 'trauma specialised i.e. they take account of the potential impact of severe and or long term adversity on development, resilience, and capacity to form relationships and the frequent labelling of people with such histories of trauma as un cooperative or hard to engage, non-compliant or treatment resistant, needy or aggressive.

Responsiveness to individual need and flexibility in understanding individual circumstances is core to our approach. Within a clear psychotherapeutic framework guided by the BACP's Ethical Framework for Good Practice our focus is on the relationship between beneficiary and therapist, or on relationships with other group members. It is in the context of safe, understanding, thoughtfully challenging relationships that change takes place.

WCTS employs a diverse range of counsellors / psychotherapists from different therapeutic modalities including psychodynamic, humanistic, analytic, gestalt and person centred, and the creative arts therapies. All share an understanding of how important a sense of safety and trust is before the relationship can foster exploration, learning and change.

The importance of confidentiality is a theme that women continue to highlight in feedback, of being able to trust someone enough to speak openly, and the profound impact of feeling supported and understood. Women talk about feeling welcomed, understood and accepted; they talk about their relief at having someone with whom they can truly express their often troubled or troubling thoughts and feelings on a regular basis.

Our offer of longer-term therapeutic relationship enables therapy to progress at a pace that traumatised women can manage. It is noticeable how women gradually feel stable and trusting enough to begin to talk in intimate detail about formative events in their lives. They identify and explore the ongoing impact of these experiences; over time this enables them to make both small and huge changes in their understandings of themselves and their behaviours and begin to make more and choices that contribute to improving their lives and those of their children, families and communities.

The service is unique in Leeds in offering accessible (free or low cost, in venues women can reach and feel safe in, individualised to their unique needs, with some interpreter and child care support where necessary) and long term (up to two years) counselling or psychotherapy from fully qualified, accredited and experienced female staff. Both individual and group psychotherapy is offered; some women undertake a period of focused individual work and then move into group work to deepen their explorations of relationship with others. Some beneficiaries take part in 12-week psychoeducational courses either as stabilising support pre counselling or as stand-alone support and development. These courses are designed to support women to reflect upon their current difficulties, to develop or enhance skills and healthy strategies for managing their emotional wellbeing and anxiety, and develop resilience to face life's ups and downs.

Case work or key working is offered where there is a needs to address wider support and health issues in order to maximise the benefit that may be gained from the (rare) resource of psychotherapy we offer.

I am most grateful for the years of counselling and group therapy I have been given. My life and mind and how I respond to situations have improved beyond measure- my life is now on track. I am a woman with a strategy to maintain my goals.

Women's Counselling and Therapy Service Limited

Trustees' Report for the Year Ended 31 March 2018

Achievements and Performance (continued)

We offer an open access service for women in the beneficiary group from our city centre premises and now venues across Leeds. It is funded by Leeds City Council Adult Social Care, the Henry Smith Charity, the Big Lottery Fund and recently by Charles Hayward Foundation and The Brelm's Trust CIO. Over the year the open access service worked with 259 women including 86 in outreach (compared to 244 the previous period). Through the outreach service there continues to be a focus on reaching isolated south Asian women this year.

All women accessing this service are unable to access other services to meet their needs. They are not able to pay for counselling, they need a female therapist and are only able to feel safe enough to speak of their experiences – often years or decades of neglect, sexual or domestic abuse and or violence - in a women's service. WCTS is a service that recognises their strengths, is compassionate about their challenges and supports them in their desire and efforts to make changes; it is one that celebrates them and their achievements – large and small.

"No shock or horror" (is displayed by the therapist)

"They put all the pieces together like a jigsaw puzzle"

"Small steps brings greater difference"

"Gave me a purpose"

During the year a further 168 women (289 2016–17 and 114 2015-16) accessed the specialised services:

We maintained our services for mothers. Tudor Trust funds our work with vulnerable mothers, we also offer psychotherapeutic support to pregnant women / new mothers in our target groups including women who have experienced successive removals of children into care and work with. This area of work has been funded through the Leeds CCGs.

The work has a wide focus on all areas of mothers' lives, aiming to minimise the impact of distress and difficulty, and to support women to manage and improve their own emotional and psychological wellbeing and that of their children. Dealing with the consequences of fractured families, domestic abuse, children with challenging behaviours, traumatic labours and births, bereavement and overcoming the impacts of aspects of their own childhoods including for many multigenerational poverty are common issues for the mothers.

The perinatal work continues to see very positive results. Alongside one to one counselling we offered Parent Infant Psychotherapy focusing on the bond between parents and babies – working with both mothers and couples with their baby. Women with histories of trauma can shift from cold strained relationships with new babies to more relaxed, warm mothers with good attunement and attachment with their child; young parents brought up in care themselves and struggling with new parenthood can take on the responsibility for addressing the ongoing impacts of their own negative childhood experiences as they engage with this new stage of their lives. For people with such histories becoming a parent can often mean that previous traumas are re awakened – support at this time is vital.

I would like to thank you for helping me find the strength to explore my past and make the changes I needed to. I feel that the support I received allowed me to discuss things openly without being judged and taught me the value of using my voice and being assertive. I have learnt so much over the past six months about myself and my self esteem has raised enormously- I now believe in myself! I am so grateful for this service and thankful for the great work delivered by [Therapist]. What an amazing service.

Women's Counselling and Therapy Service Limited

Trustees' Report for the Year Ended 31 March 2018

Achievements and Performance (continued)

The work with mothers is delivered in partnership with Behind Closed Doors, the Bramley Cluster Partnership, City & Holbeck Children's Centre, Together Women and where appropriate close liaison with midwives including the perinatal mental health team, health visitors and LCC Children's Services.

Under the name WomenSpace we offered an innovative community based service funded by the Leeds CCGs for women who severely and regularly self-harm; most of whom have significant contact with NHS services including GPs, A&E and secondary care mental health services. Unfortunately funding for this service came to an end during the year.

Common early experiences of women accessing WomenSpace include childhood neglect, removals from the family home and caring for adults with substance misuse and mental health problems. The one overriding theme of the beneficiary group is severe problems in relationships and in managing emotions.

During the year we offered an additional element to this service by providing a fast access brief intervention – Access WomenSpace - for women who self-harm, as well as friends, family or anyone worried about someone who self-harms. Appointments can be by phone or face to face, pre booked or drop in.

- 100% of women are "happy" or "very happy" with the service.
- 78% of women were "likely" or "very likely" to recommend the service to others.
- 100% felt they were offered useful information about support with self-harm and difficult feelings.
- 72% felt AWS helped them to start to understand why they self-harm and how they might cope differently with difficult emotions.

We also offer fast access to counselling for partner agencies as part of specific services they offer. During the year we worked with Basis Yorkshire on their service for women who experienced historical child sexual exploitation. Independent Evaluation Report can be found at <http://basisyorkshire.org.uk/wp-content/uploads/2015/12/FINAL-Evaluation-Report-Historic-CSE-Pilot.pdf>

Following on from the October 2015 city wide conference hosted by us on behalf of Leeds North CCG on 'Childhood Sexual Abuse – the challenge to mental health services' we are hosting and coordinating the Visible project. A city wide initiative to improve services with and for adult survivors of child sexual abuse. Funding from Lloyds Bank Foundation for England and Wales is supporting a significantly expanded project to May 2019. This work is in partnership with Leeds Involving People.

We contribute to a strengthened and co-ordinated approach to mental health service provision and delivery to the women of Leeds through our involvement in a number of city wide forums such as Volition (the Leeds voluntary sector mental health forum), the NHS Perinatal Mental Health Pathway Group and the Leeds Domestic Violence Forum. We also acted as Third Sector Advocate to the West Yorkshire PCC Domestic Abuse and Sexual Violence Advisory Board. During the year we provided input to finalising the new Leeds mental health needs assessment consultation. Our CEO gave a guest lecture to Leeds University BA Mental Health Nurses on mental health and trauma.

Women's Counselling and Therapy Service Limited

Trustees' Report for the Year Ended 31 March 2018

Achievements and Performance (continued)

During the year we also provided clinical supervision and consultation to other voluntary sector organisations working with vulnerable women. A number of women who have used the service take part each year in a discussion seminar with students of Leeds University MA in Psychotherapy as part of their learning.

In summary, WCTS's business plan for 2015-18 outlined key goals aimed at prioritising our service to those whose need is highest and whose access to services is lowest. We made significant progress against our goals in the last three years particularly in relation to increasing the number of women we reach, improving the outcomes with each individual women, increasing our work in community venues to reach severely isolated women through building our partnerships, and developing the specialisms we offer. Plus, increasing and diversifying our income base, achieving BAP Accredited Service status and improving staff terms and conditions.

As we move into a new period we take heart from these significant achievements and refocus on areas we still need to make advancements for example around digital technology, our approach to strategic User Involvement and Leadership, and our wider public impact. All the while aiming to consolidate our successes while continuing to respond flexibly and creatively to new opportunities and emerging need.

Financial Review

It continues to be a very challenging operating environment for WTCS. The charity has maintained and further diversified its funding base; operating with a diverse range of funding streams. The secured funds towards the delivery of its Business Plan has given us the flexibility to respond quickly in relation to emerging needs and to opportunities. This is vital in a complex and volatile operating environment. The Statement of Financial Activities shows net income for the year of £30,059 and the reserves stand in total at £137,500 at 31 March 2018 (2017: £107,441).

Principal funding sources

Income for the period from 1 April 2017 to 31 March 2018 was £594,255 (2017: £563,045). The largest single funding stream is a contract with Leeds City Council (LCC) Adult Social Care of £143,340 of income (2017: £143,340). Other contributions are from NHS CCGs which total; £115,340 (2017: £166,735) and from charitable trusts and foundations; £285,201 (2017: £212,374). Donations amounted to £7,772 (2017: £9,520) and fees £12,384 (2017: £26,026).

Reserves policy

The trustees continued to monitor progress against the reserves policy (i.e. that free reserves held by the charity should equate to at least three months of expenditure). Budgeted expenditure for 2018/19 is £567,334 (2017/18: £578,615) and therefore the reserves target is £142,000 (2017: £145,000). The reserves are needed to meet the working needs of the charity in the event of a significant drop in funding, to maintain provision for redundancy and legal costs or other untoward events. At present the free reserves amount to £94,202 (2017: £88,714) which falls short of the target. The Board is continuing to look at ways to build the reserves and has also considered contingency plans in the event of a significant reduction in finances in the short term. For example we reviewed our approach to longer term liabilities.

Women's Counselling and Therapy Service Limited

Trustees' Report for the Year Ended 31 March 2018

Plans for Future Periods

In 2018-19 we will finalise our refreshed strategy after gathering stakeholder input. Developing SMART strategic objectives will follow. Following securing funds from new funder partnerships with BBC Children in Need and the Pilgrim Trust we will launch a new 16 and 17 years olds service early in 2018-19. Moving premises from our home of 35+ years at Oxford Chambers will take place in July 2018. The autumn will see us in a new city centre space with updated focuses looking forward.

These will include continuing to develop services for those whose need is highest and whose access to services is lowest. We will continue to work in the Women's Lives Leeds consortium prioritising impact on citywide priorities, strategies and policies as well as responding to opportunities. Internally we will continue our work on our updated approach to diversity and inclusion and reviewing our monitoring and evaluation framework.

Statement of the Responsibilities of the Trustees

Company law requires the trustees to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the Charitable Company as at the end of the financial period and of the surplus or deficit of the Charitable Company for that period.

In preparing those financial statements the Board is required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Company and which enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charitable Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small Company Rules

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved and signed on behalf of the board by:

Alyson Scott (Chair)
Chair of Trustees

16 July 2018

Women's Counselling and Therapy Service Limited

Independent Examiner's Report to the Trustees of Women's Counselling and Therapy Service

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2018.

Respective responsibilities of trustees and examiner

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

This report, including my statement, has been prepared for and only for the charity's trustees as a body. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body for my examination work, for this report, or for the statements I have made.

Independent Examiner's Statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Laura Mashedor FCA DChA

Garbutt & Elliott LLP
Chartered Accountants
33 Park Place
Leeds
LS1 2RY

3 August 2018

Women's Counselling and Therapy Service Limited

Statement of Financial Activities for the Year Ended 31 March 2018 (Including the Income and Expenditure Account)

	Note	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
		2018	2018	2018	2017	2017	2017
		£	£	£	£	£	£
Income from:							
Donations and legacies	2	7,772	285,201	292,973	9,520	212,374	221,894
Charitable activities	3	155,724	145,509	301,233	169,366	171,628	340,994
Investments		49	-	49	157	-	157
Total income		163,545	430,710	594,255	179,043	384,002	563,045
Expenditure on:							
Charitable activities	4	158,057	406,139	564,196	182,134	385,599	567,733
Total expenditure		158,057	406,139	564,196	182,134	385,599	567,733
Net income/(expenditure) and net movement in funds		5,488	24,571	30,059	(3,091)	(1,597)	(4,688)
Funds brought forward	13, 14	88,714	18,727	107,441	91,805	20,324	112,129
Funds carried forward	13, 14	94,202	43,298	137,500	88,714	18,727	107,441

The statement of financial activities includes all gains and losses recognised in the year. All activities derive from continuing activities.

The notes on pages 18 to 27 form part of these financial statements.

Women's Counselling and Therapy Service Limited

Balance Sheet as at 31 March 2018

	Note	2018 £	£	2017 £	£
Fixed assets					
Tangible assets	8		-		-
Current assets					
Debtors and prepayments	9	2,677		1,358	
Cash at bank and in hand		278,455		303,241	
		281,132		304,599	
Creditors: amounts falling due					
within one year	10	(143,632)		(197,158)	
			137,500		107,441
Total net assets			137,500		107,441
Funds					
Unrestricted funds	13		94,202		88,714
Restricted funds	13		43,298		18,727
			137,500		107,441

For the financial year ended 31 March 2018 the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The trustees acknowledge their responsibilities for ensuring that the charitable company keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year end of its income and expenditure for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The Financial Statements were approved by the Trustees on 16 July 2018 and signed on their behalf by:

Alyson Scott
Chair of Trustees

The notes on pages 18 to 27 form part of these financial statements.

Company number: 07804583

Women's Counselling and Therapy Service Limited

Statement of Cash Flows for the Year ended 31st March 2018

		2018	2017
		£	£
Cash flows from operating activities:			
Net cash provided by operating activities	Below	(24,835)	(13,677)
Cash flows From investing activities:			
Interest received		49	157
Net cash provided by investing activities		49	157
Change in cash and cash equivalents in the year			
Cash and cash equivalents at the beginning of the year		(24,786)	(13,520)
Cash and cash equivalents at the end of the year		303,241	316,761

Reconciliation of Net Movement in Funds to Net Cash Flow from Operating Activities

	2018	2017
	£	£
Net movement in funds	30,059	(4,688)
Interest received	(49)	(157)
(Increase) / decrease in debtors	(1,319)	15,516
(Decrease) in creditors	(53,526)	(24,348)
	(24,835)	(13,677)

Women's Counselling and Therapy Service Limited

Notes to the Financial Statements for the Year Ended 31 March 2018

1. Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Company Information

Women's Counselling and Therapy Service Limited is a Company Limited by Guarantee and is also a registered charity. The registered office is Oxford Chambers, Oxford Place, Leeds, LS1 3AX.

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) – (Charities SORP (FRS103)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Companies Act 2006.

Women's Counselling and Therapy Service Limited meets the definition of a public benefit entity under FRS102.

Assets and liabilities are initially recognised at cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees have prepared financial projections, taking into consideration the current economic climate and its potential impact on the sources of income and planned expenditure. They have a reasonable expectation that adequate financial resources are available to enable the charity to continue in operational existence for the next 12 to 18 months, and have adequate contingency plans in the event that income streams are reduced. Consequently the accounts have therefore been prepared on the basis that the charity is a going concern.

Income

Income represents all resources which become available to the charity but excludes gains on investments. Grants and donation are recognisable when the charity becomes entitled to receive the funds, when it is probable that the funds will be received and that they can be measured with sufficient accuracy.

Investment income is recognised on an accruals basis and comprises of interest receivable during the accounting period.

Expenditure

Expenditure is recognised in the period in which it is incurred and includes attributable VAT which cannot be recovered.

Charitable expenditure comprises those costs incurred by the charity in the deliverance of its activities and services for its beneficiaries. It includes both costs that can be directly allocated to such activities and those costs of an indirect nature necessary to support them.

Support costs include those costs incurred in supporting the work of the charity.

Operating leases

Rentals applicable in respect of operating leases where substantially all the benefits and risks of ownership remain with the lessor are charged to the Statement of Financial Activities as incurred.

Women's Counselling and Therapy Service Limited

Notes to the Financial Statements for the Year Ended 31 March 2018

1. Accounting Policies (Continued)

Tangible fixed assets and depreciation.

Tangible fixed assets are stated at cost less accumulated depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value over their expected useful lives on the following bases:

Fixtures and fittings	15% straight line
Computer equipment	33.3% straight line basis
Premises improvements	Over the remaining lease term

Individual fixed assets costing £1,000 or more are capitalised.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid.

Financial assets, other than those held at fair value through profit and loss, are assessed for indicators of impairment at each reporting end date.

Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected. Any impairment loss is recognised in the income and expenditure account.

Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfers of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement value after allowing for any discounts which may be due.

Financial Liabilities are only derecognised when, and only when, the charity's obligations are discharged, cancelled or they expire.

Amounts recognised as provisions are best estimates of the consideration required to settle the present obligation at the reporting end date, taking into account the risks and uncertainties surrounding the obligation.

Staff Costs

The costs of short term employee benefits are recognised as a liability and an expense where settlement of obligations does not fall within the same period.

Pension Costs

The charity has made arrangements for a defined contribution scheme for the members of staff. The assets of the scheme are held separately from those of the charity. Pension costs charged in the Statement of Financial Activities represent contributions payable by the charity in the year.

Fund accounting

Funds held by the charity are either:

Restricted funds: Restricted funds represent grants, donations and legacies received which are allocated by the donor for particular project or activity.

Unrestricted funds: Unrestricted funds represent funds which are expendable at the discretion of the Trustees in the furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment and include designated funds.

Women's Counselling and Therapy Service Limited

Notes to the Financial Statements for the Year Ended 31 March 2018

1. Accounting Policies (Continued)

Financial Instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS102 to all of its financial instruments.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a maturity within the 12 months after the balance sheet date.

Taxation

Women's Counselling and Therapy Services is a registered charity and as such is a charity within the meaning of schedule 6 of the Finance Act 2010. Accordingly, the Charity is potentially entitled to tax exemption under part 11 of the Corporation Tax Act 2010 or section 256 of the Taxation of Chargeable Gains Act 1992 in respect of income and gains arising.

Critical Accounting Estimates and Judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised, if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

There are no estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities.

Women's Counselling and Therapy Service Limited

Notes to the Financial Statements for the Year Ended 31 March 2018

2. Income from Donations and Legacies

	Unrestricted Funds £	Restricted Funds £	Total 2018 £	Unrestricted Funds £	Restricted Funds £	Total 2017 £
Donations						
Donations from clients	6,693	-	6,693	6,983	-	6,983
Other donations	1,079	-	1,079	2,537	-	2,537
Grants						
The Brelm's Trust CIO	-	2,250	2,250	-	750	750
Charles Hayward	-	15,000	15,000	-	-	-
Tudor Trust	-	28,750	28,750	-	28,854	28,854
Leeds Fund Strategic Mental Health Grant	-	24,688	24,688	-	12,367	12,367
Comic Relief	-	-	-	-	18,655	18,655
Henry Smith Charity	-	40,000	40,000	-	26,000	26,000
Lloyds Bank Foundation for England and Wales	-	67,159	67,159	-	6,250	6,250
Jimbo's Fund	-	10,000	10,000	-	9,994	9,994
Big Lottery Fund	-	97,354	97,354	-	100,182	100,182
Mind / Peer Support for All	-	-	-	-	9,322	9,322
Total donations and legacies	7,772	285,201	292,973	9,520	212,374	221,894

The Charity benefits greatly from the involvement and enthusiastic support of a number of volunteers, details of which are given in our annual report. In accordance with FRS102 the economic contribution of volunteers is not recognised in the accounts.

3. Income from Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total 2018 £	Unrestricted Funds £	Restricted Funds £	Total 2017 £
Grants and contracts:						
Leeds City Council Adult Social Care	143,340	-	143,340	143,340	-	143,340
NHS Leeds CCGs	-	115,340	115,340	-	166,735	166,735
Women's Lives Leeds	-	30,169	30,169	-	4,893	4,893
Fees and other income:						
Basis	10,988	-	10,988	9,819	-	9,819
Family Valued – repeat removals	-	-	-	11,526	-	11,526
Other income	1,396	-	1,396	4,681	-	4,681
Total	155,724	145,509	301,233	169,366	171,628	340,994

Women's Counselling and Therapy Service Limited

Notes to the Financial Statements for the Year Ended 31 March 2018

4. Expenditure on Charitable Activities

	2018	2017
	£	£
Activities undertaken directly:		
Staff costs	383,988	361,692
Recruitment, DBS Checks	1,471	561
Therapy, supervision, freelance workers	34,739	37,144
Partner costs	9,027	18,535
Staff and volunteer training	4,105	9,212
Premises costs	20,122	17,737
Direct client costs	23,854	20,483
Postage and Stationery	3,009	4,740
Consultancy fees	10,816	15,059
Service User involvement	444	843
Volunteer expenses	1,375	439
	492,950	486,445
Support costs:		
Staff costs	29,427	42,333
Premises costs	7,825	7,095
Insurance	1,461	2,398
Administrative costs	12,726	10,845
Travel and subsistence	5,882	3,078
Books and subscriptions	513	595
Independent examination fee	936	918
Other professional fees	4,118	4,603
Annual report and meetings	4,344	935
Office equipment	4,014	8,488
	71,246	81,288
Total expenditure on charitable activity	564,196	567,733

5. Net Income

This is stated after charging:	2018	2017
	£	£
Independent examiner's fee	780	765
Operating lease rentals:		
- Office equipment	1,109	554

Women's Counselling and Therapy Service Limited

Notes to the Financial Statements for the Year Ended 31 March 2018

6. Employee Information

The average number of employees during the year was:	2018	2017
Charity Managers	1	1
Therapy Managers and staff	16	19
Charity and Therapy administration	4	3
	21	23

Staff costs during the year were as follows:	2018	2017
	£	£
Wages and salaries	375,487	369,189
Pension costs	11,201	7,651
Social security costs	26,727	27,185
	413,415	404,025

No employee earned £60,000 or more per annum during the year (2017: No employee).

The charity participates in a defined contribution pension arrangement for the benefit of its employees. No contributions were unpaid at 31 March 2018 (2017: £nil).

The key management personnel of Women's Counselling and Therapy Service Limited are the trustees, Tessa Denham; Chief Executive, Mandy Alderson; Clinical Lead/Services Manager, Angela Higgins; Operations Manager, Fiona Lothian; Services Manager, and Katie Whitehouse; Services Manager. The total employee benefits of the key management personnel of the charity were £152,316 (2017: £146,224).

7. Trustees Information

None of the trustees received remuneration for their services during the year. Two trustees received £62 for travel expenses during the year. (2017: One trustee £34).

8. Tangible Fixed Assets

	Computer equipment £	Fixtures and fittings £	Premises alterations £	Total £
Cost:				
At 1 April 2017	11,380	7,972	24,553	43,905
Additions	-	-	-	-
At 31 March 2018	11,380	7,972	24,553	43,905
Depreciation:				
At 1 April 2017	11,380	7,972	24,553	43,905
Charge for the year	-	-	-	-
At 31 March 2018	11,380	7,972	24,553	43,905
Net book value				
At 31 March 2018	-	-	-	-
At 31 March 2017	-	-	-	-

Women's Counselling and Therapy Service Limited

Notes to the Financial Statements for the Year Ended 31 March 2018

9. Debtors

	2018	2017
	£	£
Sundry debtors and accrued income	1,336	168
Prepayments	1,341	1,190
	<u>2,677</u>	<u>1,358</u>

10. Creditors – Amounts Falling Due Within One Year

	2018	2017
	£	£
Creditors and accruals	23,852	7,470
Deferred income (note 11)	119,780	189,688
	<u>143,632</u>	<u>197,158</u>

11. Deferred Income

	2018	2017
	£	£
At 1 April 2017	189,688	211,339
Amount released to income	(189,688)	(155,472)
Amount deferred in the year	119,780	133,821
At 31 March 2018	<u>119,780</u>	<u>189,688</u>

12. Financial Instruments

	2018	2017
	£	£
Carrying value of financial assets:		
Financial assets carried at amortised cost	279,791	303,409
Carrying value of financial liabilities:		
Financial liabilities carried at amortised cost	138,548	197,158

Women's Counselling and Therapy Service Limited

Notes to the Financial Statements for the Year Ended 31 March 2018

13. Movement in Funds

As at 31 March 2018	Balance at 1 April 2017	Income	Expenditure	Balance at 31 March 2018
	£	£	£	£
Restricted funds:				
Lloyds Bank Foundation for England and Wales – Invest Programme	-	25,000	25,000	-
Lloyds Bank Foundation for England and Wales – Transform - Domestic and Sexual Abuse Programme	-	42,159	38,699	3,460
The Brelm's Trust CIO	-	2,250	2,250	-
Charles Hayward Foundation	-	15,000	15,000	-
NHS CCG - CSA Network Project	4,551	21,750	17,203	9,098
NHS CCG - Repeat Removals	1,541	-	1,541	-
NHS CCG - WomenSpace	6,023	34,117	40,140	-
NHS CCG – Leeds Health Fund Perinatal Service	163	59,473	58,339	1,297
Henry Smith Charity	-	40,000	20,000	20,000
Leeds Fund Strategic Mental Health Grant	4,888	24,688	22,372	7,204
Big Lottery Fund	868	97,354	97,921	301
Jimbo's Fund	-	10,000	10,000	-
Women's Lives Leeds	484	30,169	28,775	1,878
Tudor Trust	209	28,750	28,899	60
	18,727	430,710	406,139	43,298
Unrestricted funds:				
General Funds	88,714	163,545	158,057	94,202
Total funds	107,441	594,255	564,196	137,500

Purposes of restricted funds:

Lloyds Bank Foundation Invest – contributions towards salary and on costs of the Counselling and Therapy Services Manager, the Chief Executive, and a contribution towards core costs.

Lloyds Bank Foundation – Transform - Domestic and sexual abuse – funding towards developing Leeds Wide networks of services to make improvements and support for victims / survivors of child sexual abuse.

The Brelm's Trust CIO – funding towards supporting the general therapy service.

Charles Hayward Foundation – funding towards supporting the general therapy service.

Leeds NHS CCGs – to fund a project supporting improvements in Leeds mental health services with adult survivors of child sexual abuse; to fund a pilot project aimed at supporting the mental health of vulnerable parents at risk of having successive children removed into care; to fund the WomenSpace service of individualised support and therapy for women who repeatedly and severely self-harm; and to fund a specialised service for women in the perinatal period.

Henry Smith Charity – contribution towards the running costs of providing therapy for the beneficiaries.

Women's Counselling and Therapy Service Limited

Notes to the Financial Statements for the Year Ended 31 March 2018

Movement in Funds – Continued

Leeds Fund Strategic Mental Health Grant - to support women to improve their mental wellbeing by reducing feelings of isolation and increasing resilience.

Big Lottery Fund – to provide outreach support to isolated and vulnerable women of Leeds living in areas of deprivation including a focus on provision for south Asian women.

Jimbo's Fund – to support vulnerable and isolated women with mental health problems resulting from abuse, neglect or trauma.

Women's Lives Leeds as part of the Big Lottery Fund across Leeds - initiative to support the most vulnerable women and girls with a focus on complex needs and ensure that many more women and girls in Leeds are empowered to live healthier and safer lives.

Tudor Trust – staff and on costs of the MumsTalk project supporting vulnerable mothers.

As at 31 March 2017	Balance at 1 April 2016	Income	Expenditure	Balance at 31 March 2017
	£	£	£	£
Restricted funds:				
Lloyds Bank Foundation for England and Wales	-	6,250	6,250	-
The Brelm's Trust CIO	-	750	750	-
Comic Relief	638	18,655	19,293	-
NHS CCG - CSA Network Project	-	21,750	17,199	4,551
NHS CCG - Repeat Removals	5,375	23,738	27,572	1,541
NHS CCG - WomenSpace	8,898	81,882	84,757	6,023
NHS CCG – Leeds Health Fund Perinatal Service	3,998	39,365	43,200	163
Henry Smith Charity	1,100	26,000	27,100	-
Leeds Fund Strategic Mental Health Grant	-	12,367	7,479	4,888
Mind / Peer Support for All	37	9,322	9,359	-
Big Lottery Fund	58	100,182	99,372	868
Jimbo's Fund	90	9,994	10,084	-
Women's Lives Leeds	-	4,893	4,409	484
Tudor Trust	130	28,854	28,775	209
	20,324	384,002	385,599	18,727
Unrestricted funds:				
General Funds	91,805	179,043	182,134	88,714
Total funds	112,129	563,045	567,733	107,441

Women's Counselling and Therapy Service Limited

Notes to the Financial Statements for the Year Ended 31 March 2018

14. Analysis of Net Assets Between Funds

As at 31 March 2018	Tangible fixed assets £	Net current assets £	Total £
Restricted funds	-	43,298	43,298
Unrestricted funds	-	94,202	94,202
	-	137,500	137,500

As at 31 March 2017	Tangible fixed assets £	Net current assets £	Total £
Restricted funds	-	18,727	18,727
Unrestricted funds	-	88,714	88,714
	-	107,441	107,441

15. Commitments under Operating Leases

At 31 March 2018 the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases which fall due as follows:

	Office Equipment	
	2018	2017
	£	£
Expiry date:		
Within one year	1,109	1,109
Between one and five years	831	1,940
	1,940	3,049

16. Taxation

The company is a registered charity and is exempt from income and corporation tax to the extent that income and gains are applicable and applied for charitable purposes only.

17. Liability of Members

The company is limited by guarantee and does not have a share capital. Every member of Women's Counselling and Therapy Service Limited undertakes to contribute such sum as may be required (not exceeding one pound) to the assets of Women's Counselling and Therapy Service Limited if it should be wound up while he or she is a member, or within one year after he or she ceases to be a member, for payment of the debts and liabilities of Women's Counselling and Therapy Service Limited contracted before he or she ceases to be a member and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributories among themselves.