

**Mersey Counselling and Therapy Centre.  
(Company Limited by Guarantee)**

Working Names:



**Report and Accounts  
31 March 2017**

**Registered Charity Number: 1141804**  
*(Charity Registered in England & Wales)*

**Registered Company Number: 07569839**  
*(Company Registered in England & Wales)*

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## Company Information

### Directors (Trustees)

		<u>Appointed</u>
Patricia Hughes	Chair of Trustees, appointed 10 <sup>th</sup> August 2014	Trustee appointment, 18 <sup>th</sup> March 2011
Angela O'Connor	Director Trustee	18 <sup>th</sup> March 2011 4 <sup>th</sup> July 2012
Brenda Dunn	Trustee	4 <sup>th</sup> July 2012
Bernadette Ross	Trustee	13 <sup>th</sup> September 2012
Kevin Powell	Trustee	1 <sup>st</sup> July 2014

### Company Secretary

Patricia Hughes

### Director

Angela Ryan

### Auditor / Independent Examiner

A Martin,  
5 Taunton Close,  
Hazel Grove,  
Stockport,  
Cheshire, SK7 6NU

### Registered office

3 Dudley Road,  
Wallasey,  
CH45 9JP.

### Registered Charity number

1141804

### Registered Company number

07569839

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## STRUCTURE GOVERNANCE AND MANAGEMENT

The charity is managed by a Board of Trustees who set and oversee the strategy for the management and development of the organisation.

The Board meets a minimum of 4 times per year and individual trustees, in particular the Chair, meet and communicate with key staff on a regular basis to ensure that the strategy is being implemented.

### OBJECTIVES AND ACTIVITIES

MCTC was set up on 18 March 2011; the work of the charity has two key objectives:

- For the public benefit the relief of sickness in persons suffering from mentally related illness or stress. Without prejudice to the generality of the foregoing, the provision of therapy and counselling services in such ways as may be thought fit;
- The advancement of education by the provision of education and learning for the public benefit. Without prejudice to the generality of the foregoing this may include support of those wishing to become counsellors or therapists, as well as the provision of parenting and other general personal development training, and such other charitable education as the trustees shall determine from time to time.

Our therapists and trainers are all appropriately qualified and/or experienced in a variety of modalities and methodologies so as to offer the widest possible range of help and therapies to those in distress.

The Directors (Trustees) submit their report and the financial statements MCTC for the year ended 31 March 2017.

The Charitable Company, which is limited by guarantee, was incorporated on 18 March 2011 under registration number 07569839 and is governed by its Memorandum and Articles of Association. The Company was registered with the Charity Commission on 10 May 2011 and given the number 1141804.

The Trustees delegate the day to day running of the company to the Director, supported by the trustees and meet and communicate on a regular basis to monitor the financial and administrative progress of the charity, and ensure adherence of the charity's activities to the objects stated above.

None of the Trustees / Directors have any beneficial interest in the company.

There are no connected entities, this report and financial statements embraces all the activities of the Charity.

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## PUBLIC BENEFIT

The Trustees confirm they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

MCTC aims to foster a deeper vision of life in which personal hurts present possibilities for growth on the journey towards a full and abundant life. As well as a growing training programme, MCTC also provides a fully professional counselling and psychotherapy service to those in need, with particular emphasis on those who find themselves marginalised or disadvantaged in society.

The aims and objectives of the charity are, thus, uppermost in the services we provide, namely:

- Counselling and Psychotherapy
  - Individual counselling
  - Couples counselling
  - Group Therapy
  - Psycho-Spiritual Accompaniment
  
- Training
  - CPD Events
  - Personal Development
  - Tailor made courses and events

MCTC, through its various programmes, provides individuals with direct benefit through the services we provide, and also enhances public awareness of mental health issues. In this year we have:

- Conducted over 1,000 therapy sessions.
  - Offered a variety of therapies and workshops including Counselling and Psychotherapy, Meditation, Art Therapy, Reflexology, Reiki and Massage.
  - Attended a number of local networking events.
  - Maintained and developed our links and collaboration with Dublin and Castlebar Therapy Centres.
  - Established and/or maintained contact with a number of organisations including Wirral Connect, Social Services, GP surgeries, Wirral and Cheshire NHS Partnership, The Stein Centre at St Catherine's Hospital, Wirral Drugs and Alcohol, Probation Services, Women's Refuge, Liaison Psychiatry and Local Carers organisations.
  - In April 2016, MCTC were short listed for the Wirral Third Sector Business awards in the categories of Health and Wellbeing and Innovation.
  - Run a Breath of life Workshop and monthly Integration groups for participants.
-

- Developed a growing bank of suitable therapists in order to be able to make appropriate individual referrals matching clients to the therapist best able to help them. We currently have 11 therapists to call on.
- Acquired a range of funding to maintain all therapeutic activities

### Quality Accreditation

All MCTC therapists are appropriately qualified and either accredited by or eligible for and working towards British Association for Counselling and Psychotherapy (BACP) or the United Kingdom Council for Psychotherapy (UKCP) accreditation. Crucially, all are committed to their own, unique, continuous, interior journey as well as maintaining and enhancing their professional, development on a regular and ongoing basis.

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## ACHIEVEMENTS AND PERFORMANCE

MCTC has worked successfully with all stakeholders to deliver on our aims and objectives, delivering services.

These have included:

- The continuation and growth of all our counselling and training services.
- Working with local services and organisations including GP practices, hospitals, social services, voluntary organisations, libraries, local councillors and politicians, universities, schools and others to promote and make known our services as well as to create mutually beneficial partnerships.
- In April 2016, MCTC were short listed for the Wirral Third Sector Business awards in the categories of Health and Wellbeing and Innovation.
- Considerable attention focussed on fundraising activities in a climate of ever reducing availability of funds for charities. These activities have included
  - 12 supporters walking The Wirral Coastal Walk,
  - Stall at the Egremont Festival,
  - Christmas Fair Stall and, later a Flea Market stall at Hulme Hall,
  - Art Exhibition and Auction at Wallasey Library
  - Submitting numerous funding applications to grant funding organisations
  - Approaches to local businesses re: sponsorship
- Developing a programme of wrap-around mental health care for staff and pupils in local schools. This initiative is ongoing and is supported by our patron and the leader of the Council.
- A Garden Project – to develop the garden at the rear of the premises to provide a relaxing, sensory space for both adults and children. The plans have been drawn up by a local horticulture student and include a seaside theme, barefoot path, fruit and vegetable areas, a sensory garden, seating area etc achieved almost entirely using reclaimed and recycled materials.

It is perhaps worth noting that MCTC has a 0% suicide rate from its inception in 2011. We believe that this is due to our unique suicide prevention policy under which all clients expressing any suicidal thoughts, feelings or intent are invited to enter into an agreement in which they can subsequently speak to their own therapist at any time, day or night, throughout the year. This offers clients a level of support that helps them to rediscover their own sense of hope and meaning, to thus recover and to move away from any suicidal ideation. This takes great commitment on the part of our therapists and we offer dedicated ongoing training and support to them specifically for this part of their work.

Our services are organised into two key areas:

- Counselling
- Training

## COUNSELLING

Many people in today's world, and particularly in these times of financial difficulty, find themselves under enormous stresses – personally, within families and relationships, at work and in life generally. This stress or distress may manifest itself in many different forms – depression, anxiety, psychosomatic illness, psychosis, anger, despair and suicide, behavioural problems, compulsions, addictions etc.

These symptoms themselves cause yet further pain and distress both to those suffering directly and often to those who know and love them.

At MCTC we offer a fully professional service where people can explore these issues and further explore the underlying causes, for example, past history, lack of purpose and/or meaning in their lives etc.

It is worth noting that it is lack of a sense of meaning that causes the most distress to human beings and it is for this reason that MCTC seeks to adopt a holistic psycho-spiritual approach to therapy.

Informal feed back from clients has included comments such as:

- 'I would not be where I am today without your help.'
- 'I have had a lot of therapy in the past but this is the quickest and cheapest form of therapy I have ever come across.'
- 'I don't have anywhere else where I can talk in this way.'
- 'I have joined a choir which is something I would never have done before'
- 'I have learnt to manage my anxiety so that I no longer suffer panic attacks'

Further testimonies are now published on the website.

Therapists are supported within MCTC through CPD courses and workshops offered to them either free of charge or at reduced rates.

## TRAINING AND WORKSHOPS

The need for training really dovetails with the need to provide high quality professional therapy to those in need.

At MCTC we are concerned to continually maintain and further our own training and to provide ongoing training for those wishing to become counsellors or therapists.



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Training as a therapist is different from many other forms of training in that the focus must necessarily be on the candidate's personal growth and development as well as providing them with a full theoretical base.

Therapists are supported within MCTC through CPD courses and workshops offered to them either free of charge or at reduced rates.

This year, these have included courses in Pre- and Peri-Natal Psychology, a two day Suicide Prevention Course, an ongoing monthly Reflective Practice Group and a Staff Wellbeing Day offering a variety of complementary therapies, relaxation, socialising and quiet time.

During the past year, MCTC have also offered a weekly Art Therapy Group, an eight week Mindfulness Course and a 3 day Breath of Life Workshop to members of the public wishing to enhance their own personal growth and development.

#### **PARTNERSHIPS THAT HAVE ENHANCED OUR WORK:**

- Wirral Borough Council Social Services, Claire House, GPs, Drugs and alcohol services, Liaison Psychiatry, Probation Services and Carers organisations, Home Treatment Teams, and Crisis Teams refer clients to MCTC on a regular basis. In addition, many clients self-refer.
- In October 2016, MCTC was chosen as one of Liverpool John Moore's University's corporate charity partners. This is a partnership that will continue for three years and involves MCTC working with LJMU in a variety of ways for the benefit of both organisations. LJMU have offered the possibility of student internships to MCTC to catalogue our newly acquired library of over 3000 books and resources and to illustrate a children's book to be sold to raise funds for the charity. In addition, MCTC are working with LJMU's Student Advice and Wellbeing Services including the University Counselling Service to offer support and counselling to staff and students. LJMU also promote MCTC activities and fundraising initiatives within the university and encourage Payroll Giving by their staff to their corporate charities.
- From January 2017, MCTC has been delighted to welcome a holistic complementary therapist who offers a range of treatments at discounted prices for MCTC staff, clients and supporters. This further supports MCTC's commitment to treating the whole person – body, mind, emotions and spirit

## FUTURE PLANS

Our future plans include:

- To continue to develop fundraising activities
- To develop the garden area as noted above
- To engage more therapists to meet demand for services
- To develop out Schools Programme, 'Supporting Each of Our Children'
- To continue to provide training and CPD events
- To continue to build a bank of appropriately experienced therapists to join MCTC and thus provide more opportunities for individual, couples and group therapy
- To explore the possibility of more links with other providers and related organisations

Some of the challenges we continue to face are:

- Cash flow – as a relatively new organisation and as a charity providing an inclusive and affordable service, on-going funding requires constant focus.
- Communicating the range and depth of our services to other organisations and to the public.

## FINANCIAL REVIEW

We would like to thank all those who supported us over the last period, either by direct donations or by supporting our fund-raising events:

MCTC, as with all charities, faces strong financial challenges in the future; not least the expected pressure on Council and NHS funding arising from a weakening economic situation throughout the country.

The Charitable Company, which is limited by guarantee, was incorporated on 18 March 2011 under registration number 07569839 and is governed by its Memorandum and Articles of Association. The Company was registered with the Charity Commission on 10 May 2011 and given the number 1141804.

The majority of the charitable activities are directed towards counselling activities. However, there are a number of cases where the clients are only able to make a contribution towards the cost of the counselling services, and in some cases no contribution at all is possible. In order to be able to continue to provide counselling service to those needing them the charity also engages in training and workshop activities that supplement the charitable income and enable the provision of the primary services.

The charity produced a surplus of £3,925 during the year and has general funds totalling £6,628 as at 31<sup>st</sup> March 2017.

Management is aware of that its financial position is constrained and is satisfied that during the next financial year its efforts to become established across each of its primary areas of activity (Counselling, training and workshops) will result in a broadly balanced position or marginally better.

As the charity grows and develops some resources will be put in reserve to strengthen the financial position.

## RISK MANAGEMENT

Each year, and as necessary, the trustees undertake a comprehensive Risk Assessment to enable them to keep under review the systems and practices that we have in place to manage major strategic, business and operational risks to which the Charity is exposed.

Additionally, the trustees keep in focus their statutory obligations, including considering the strategy for the organisation and its financial probity.

## STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to
- any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate
- to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements 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.

## DISCLOSURE OF INFORMATION TO THE INDEPENDENT EXAMINER

Each of the Trustee/Directors has confirmed that there is no information of which they are aware which is relevant to the independent examination, but of which the auditor is unaware.

They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditors are aware of such information.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is
- unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves
- aware of any relevant audit information and to establish that the auditor is aware of that information.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

**Approved by the Trustees and signed on their behalf:**



Patricia Hughes  
Chair  
31<sup>st</sup> July 2017

## INDEPENDENT EXAMINER'S REPORT

I report on the accounts of the Trust for the year ended 31<sup>st</sup> March 2017, which are set out on pages 14 and 15.

### *Respective responsibilities of trustees and examiner*

The charity's trustees are responsible for the preparation of the accounts. The charity's 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.

It is my responsibility to: examine the accounts under section 145 of the 2011 Act;

- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

### *Basis of independent examiner's report*

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

### *Independent examiner's statement In connection with my examination, no matter has come to my attention:*

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act
- have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



**Charles Anthony Martin FAIA.**  
Independent Examiner.  
31<sup>st</sup> July 2017.

5 Taunton Close,  
Hazel Grove,  
Stockport,  
Cheshire, SK7 6NU

## FINANCIAL STATEMENTS AND NOTES

## Statement of Financial Activities (Incorporating Income &amp; Expenditure Account) for the period ended 31 March 2017

	Notes	Unrestricted Funds 2017 £	Restricted Funds 2017 £	Total Funds 2017 £	Total Funds 2016 £
<b>Incoming resources</b>					
<i>Incoming resources from generated funds</i>					
Voluntary Income	2	27,826	-	27,826	27,412
Activities for Generating Funds		6,516	-	6,516	-
Investment Income		-	-	-	-
<i>Incoming resources from charitable activities</i>					
	3	17,901	-	17,901	12,207
<i>Other Incoming Resources</i>					
	4	-	-	-	-
<b>Total incoming resources</b>		<b>52,243</b>	<b>-</b>	<b>52,243</b>	<b>39,619</b>
<b>Resources expended</b>					
Costs of generating funds		-	-	-	-
Costs of charitable activities	6	48,318	-	48,318	37,016
Governance costs	5	-	-	-	-
<b>Total resources expended</b>		<b>48,318</b>	<b>-</b>	<b>48,318</b>	<b>37,016</b>
<b>Net Resources</b>		<b>3,925</b>	<b>-</b>	<b>3,925</b>	<b>2,603</b>
<b>Fund Balances brought forward</b>		<b>2,703</b>	<b>-</b>	<b>2,703</b>	<b>100</b>
<b>Fund Balances carried forward</b>	14	<b>6,628</b>	<b>-</b>	<b>6,628</b>	<b>2,703</b>

Balance Sheet as at 31 March 2017

	Notes	2017 £	£	2016 £	£
<b>Fixed assets</b>					
Tangible assets			-		-
<b>Total fixed assets</b>			-		-
<b>Current assets</b>					
Stock		-		-	
Debtors	8	-		150	
Cash at bank and in hand	11	6,628		3,684	
<b>Total current assets</b>		6,628		3,834	
<b>Creditors:-</b>					
amounts due within one year	9	-		1,131	
<b>Net Current Assets</b>			6,628		2,703
<b>Total assets less current liabilities</b>			6,628		2,703
<b>Capital and Reserves</b>					
General Funds	14		6,628		2,703
Designated Funds			-		-
Restricted Funds			-		-
<b>Total charity funds</b>			6,628		2,703

For the year ended 31/03/2017 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

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

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

Approved by the trustees on 31<sup>st</sup> July 2017 and signed on its behalf by:

Patricia Hughes  
Chair



Company Registration Number: 03680467

Charity Registration Number: 1073468

The notes on pages 16 of 21 form part of these financial statements

## 1 Accounting policies

### *Basis of preparation of the accounts*

The financial statements have been prepared in accordance with all applicable accounting standards, as modified by the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, effective April 2005 (revised June 2008). The accounts have been drawn up in accordance with the provisions of the Charities (Accounts and Reports) Regulations 2008 and the Companies Acts, and include the results of the charity's operations which are described in the Trustees' Report, all of which are continuing.

Advantage has been taken of Section 396(5) of The Companies Act 2006 to allow the format of the financial statements to be adapted to reflect the special nature of the company's operation and in order to comply with the requirements of the SORP.

The company has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement.

The particular accounting policies adopted are set out below.

### *Accounting convention*

The financial statements are prepared, on a going concern basis, under the historical cost convention

### *Incoming Resources*

Incoming resources are accounted for on a receivable basis

All grants, including grants for the purchase of fixed assets, are recognised in full in the Statement of Financial Activities in the year in which they are receivable.

Legacies are recorded when they can be quantified and have been confirmed by a third party.

Rental income is included in the income and expenditure account net of collection charges on a receivable basis.

Bank Interest received is included on an actual receipts basis.

### *Deferred income*

In accordance with the Statement of Recommended Practice for Accounting and Reporting (revised June 2008) issued by the Charity Commissioners for England & Wales grants received in advance and specified by the donor as relating to specific accounting periods or alternatively which are subject to conditions which are still to be met, and which are outside the control of the charity or where it is uncertain whether the conditions can or will be met, are deferred on an accruals basis to the period to which they relate. Such deferrals are shown in the notes to the accounts and the sums involved are shown as creditors in the accounts.

### *Recognition of liabilities*

Liabilities are recognised on the accruals basis in accordance with normal accounting principles, modified where necessary in accordance with the guidance given in the Statement of Recommended Practice for Accounting and Reporting (revised June 2008) issued by the Charity Commissioners for England & Wales .



### ***Pensions***

The charity does not operate a pension scheme. It has no employees.

### ***Tangible Fixed Assets***

All tangible fixed assets are stated at historical cost less depreciation.

Depreciation has been provided at the following rates in order to write off the assets (less their estimated residual value) over their estimated useful economic lives.

IT	33% straight line
Fixtures & Equipment	33% straight line

This policy applies to fixed assets over £1,000. Assets below this value expenses in the year of acquisition.

### ***Funds***

The charity maintains a general unrestricted fund which represents funds which are expendable at the discretion of the trustees in furtherance of the objects of the charity. Such funds may be held in order to finance both working capital and capital investment.

Restricted funds, when they have been provided to the charity are for particular purposes, and it is the policy of the board of trustees to carefully the monitor the application of those funds in accordance with the restrictions placed upon them.

There is no formal policy of transfer between funds or on the allocation of funds to designated funds, other than that described above.

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	2017	2016
	£	£
<b>2 Analysis of Voluntary Income</b>		
Donations	27,826	27,412
<b>3 Analysis of Charitable Income</b>		
Counselling	14,521	9,348
Training	820	660
Workshops	2,560	2,199
	<u>17,901</u>	<u>12,207</u>

**4 Other Incoming Resources**

Grants	-	-
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**5 Governance Costs**

	2017	2016
	£	£
Independent Examiners Fees	-	-
Trustees Expenses	-	-
	<u>-</u>	<u>-</u>

Trustee Expenses relate to travel costs of Board Members.

6 Analysis of Charitable Activities

	Counselling	Training	Workshops	Support Costs	Total 2016 - 2017	Total 2015 - 2016
	£	£	£	£	£	£
<b>Direct Costs</b>						
Staff Costs	-	-	-	-	-	-
Other Direct Costs	-	-	-	-	-	-
	-	-	-	-	-	-
<b>Overheads</b>						
Premises Costs	24,005	2,918	4,309	-	31,232	26,238
Office Costs	13,131	1,597	2,358	-	17,086	10,778
Legal & Professional Fees	-	-	-	-	-	-
	37,136	4,515	6,667	-	48,318	37,016
Charitable Activities	37,136	4,515	6,667	-	48,318	37,016
Fundraising	-	-	-	-	-	-
Governance	-	-	-	-	-	-
Total Expenditure	<b>37,136</b>	<b>4,515</b>	<b>6,667</b>	-	<b>48,318</b>	<b>37,016</b>

2017  
£

2016  
£

7 Staff Costs

-

-

The Charity directly employs no staff, the counselling, training and workshop support is provided by qualified independent resources.

	2017 £	2016 £
<b>8 Debtors: amounts falling due within one year</b>		
Donations committed not yet received	-	150
	<u>          </u>	<u>          </u>

	2017 £	2016 £
<b>9 Creditors: amounts falling due within one year</b>		
Trade Creditors	-	-
Accruals and Deferred Income	-	-
Other Creditors	-	1,131
	<u>          </u>	<u>          </u>
	<u>          </u>	<u>          </u>

Other Creditors relates to counsellors fees paid in April 2016.

#### 10 Other Commitments

The charity has no commitments under non-cancellable operating leases

#### 11 Analysis of Fund Balances between Net Assets

	Restricted £	Unrestricted £	Total £
Tangible Fixed Assets	-	-	-
Debtors	-	-	-
Other Assets	-	6,628	6,628
Creditors: amounts falling due within one year	-	-	-
	<u>          </u>	<u>          </u>	<u>          </u>
Total Net Assets	<u>          </u>	<u>          </u>	<u>          </u>

The other assets is represented by bank balances

## 12 Pension Costs

There are no pension costs.

## 13. Contingent Liability

There are no contingent liabilities.

## 14. Movement in Funds During the Period

	Balance at 1st April 2016 £	Incoming Resources £	Resources Expended £	Reserve Transfers £	Balance at 31st March 2017 £
<b>Restricted Funds</b>					
Counselling	-	-	-	-	-
Training	-	-	-	-	-
Workshops	-	-	-	-	-
<b>Total Restricted Funds</b>	-	-	-	-	-
<b>Designated Funds</b>	-	-	-	-	-
<b>General Funds</b>					
Counselling	- 19,009	35,126	- 37,136	-	- 21,019
Training	2,661	5,971	- 4,515	-	4,117
Workshops	19,051	11,146	- 6,667	-	23,530
<b>Total General Funds</b>	<b>2,703</b>	<b>52,243</b>	<b>- 48,318</b>	<b>-</b>	<b>6,628</b>
<b>Total Funds</b>	<b>2,703</b>	<b>52,243</b>	<b>- 48,318</b>	<b>-</b>	<b>6,628</b>

## 15. Related Party Transactions

There were no related party transactions during the year