

The Counselling Pastoral Trust (a charitable company limited by guarantee)



The Counselling Pastoral Trust

(A Charitable Company Limited by Guarantee)

Company No: 2848495

Registered Charity No: 1027526

Annual Report and Accounts 2017 - 2018

Established in 1993, the Counselling Pastoral Trust is a grass-roots community-based counselling and training charity, with a growing national and international reputation for its work in helping individuals to breakthrough negative behaviours and recover from chronic stress/anxiety and depression.



In November 2017, CPT moved from their longstanding home in Fulham Palace to a new location on the first floor of Langley House, Covent Garden.

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COMPANIES HOUSE

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Executive Summary

This year marks the 25th anniversary of the Counselling Pastoral Trust (CPT).

On 27th August 1993, the Counselling Pastoral Trust was formed to keep families together and give support for reconciliation in intimate relationships.

“Stress in marital relationships; conflict in families; changes in life circumstances and early life experiences are all leading causes of depression.”

In the early days, CPT had just one shared room above a church hall in which we would see clients; the waiting area was the stairwell! The idea of forming weekly groups of 6 – 8 people arose so that the therapists could help more clients simultaneously, because significant numbers were being referred for assistance. Workshops on subjects like the psychological meaning of attachment and the importance of creating boundaries, and developing listening skills were provided. These were some of the foundational concepts and the skills gained that would then help others.

Over the course of the past 25 years, CPT has expanded significantly and helps approximately 250 people each week. Our qualified professionals volunteer over 1,000 hours in counselling and training provision each month. We sometimes receive as many as 22 new inbound calls for help a week. Since 1993, we have provided care and counselling to approximately 15,000 individuals and families and have trained approximately 2,000

helping professionals and community volunteers through workshops and advanced trainings.

Through CPT's training and certification programmes at the Schema Therapy Institute, we have trained approaching 160 clinicians this year to provide similar help in other areas of the UK.

From November 10th 2017, we began working from a new base in Covent Garden rather than the historically beautiful environment of the Bishop's Palace in Fulham. Possibly due to our new central location, we have seen a greater demand for our services and so our results in this year's report include data from over 1200 individuals, who have benefitted from a range of CPT's services including psychoeducation groups delivered to 15 separate weekly groups.

CPT believes that no individual should have to face a mental health problem alone. We work with the knowledge that isolation of any kind is inherently

“Perceptions of mental illness determine when and how individuals from all walks of life access and utilize services.”

traumatizing to human beings. Restoring secure attachment is curative and is an antidote to mental and emotional illness. Through its experience and strong conviction that change is possible, CPT lends hope to individuals and families, providing guidance and support for the length of time needed to transform even complex problems.

“CPT punches well above its weight.”

**It has been able to make
effective psychotherapy
accessible to many people, truly
showing care in the
community.”**

CPT has developed evidence-based therapy programmes, reducing symptoms of depression and anxiety that are also targeted to decrease harmful, self-destructive patterns of coping that, although allowing for survival of childhood trauma, now lead to ongoing difficulties in relationships.

Several events are planned for the upcoming year to mark 25 years of CPT's work as a charity. Our staff and volunteers feel privileged to support our clients' courage and determination as they make powerful changes in their lives, and that of their families

The Counselling Pastoral Trust (a charitable company limited by guarantee)

General information

Company Number:	2848495
Charity Number:	1027526
Registered Office:	Langley House, First Floor 116, Long Acre, Covent Garden London WC2E 9PA
Trustees:	M. Duckworth A. Sullivan R. Chandler (nee Babbedge) L. Shortt C. Vasey J. Francis E. Ferris J. Sturt
Bankers:	National Westminster Bank plc Finsbury Square Branch
Reporting Accountant:	Reporting Accountant Simon Lewcock FCCA Windsor Lodge Millfield Road Hounslow Middlesex TW4 5PN

Objectives and Achievements

Individuals who experience trauma as children do not just get over it. The consequences for physical and emotional health can last a lifetime.

CPT acts as an advocate for families, building awareness of how emotional connection and sharing insulates individual family members against depression, anxiety, addiction, poor relationships and many other problems in adulthood. Trauma produces profound helplessness in children. If the trauma is not addressed and children not permitted to express their overwhelming feelings, they will begin to shut down to survive. Later on, even if help becomes available, the growing adolescent/adult may not be able to take in care when it is offered, continuing instead to suffer in isolation. Even though, as grown-ups, some victims of early trauma go on to have families of their own, their emotions and relationships are dogged by reactive patterns of instability and dysregulation.

When one family member receives help there is a real opportunity to transform the lives and the futures of all family members. Close, meaningful relationships offer refuge and nurture for children, and stability and love for adults. Whenever relational bonds break down, the effects are distressing. The counselling and psychotherapy delivered by CPT is designed to help individuals steer away from the patterns of relating and behaviours, which prevent them meeting each other's core emotional needs.

The charity sees 250+ individuals and families per week, aiding recovery from chronic mood and personality disorders, alcohol and substance abuse. Our programmes are structured with a ripple effect so that those who have had change are able to transfer this benefit to others in their families and community.

CPT operates from two sites in Covent Garden (main office) and the City of London. CPT receives grants and financial support from larger

charities and companies, as well as individual donations from beneficiaries of its programmes who want to ensure others can benefit from similar help.

It is widely known that although wealth does not insulate an individual from suffering, the challenges facing individuals with limited financial means who run into psychological or emotional difficulties can feel insurmountable because of the lack of resources and consistency of



publically-funded services.

We are hugely grateful to grant-givers and friends who speak publically and lend their support for CPT's work. Through its fundraising and volunteerism, CPT endeavours to keep its therapy affordable, delivering varying levels of bursary to > 70% of its clients.

The most common childhood mental disorders are anxiety disorders, depression, and attention deficit hyperactivity disorder (ADHD). Despite the proof that effective counselling and psychotherapy can relieve the suffering of those young people suffering from mental health problems, there remains across the UK, a shortage of trained professionals, who can provide the high quality long-lasting services that are needed. NHS waiting lists range from months in and around London to approaching a year in some other areas of the UK.

CPT believes that breaking down stigma requires individual and collective activity. It is estimated that, despite debilitating social, emotional and physical effects, over half of those experiencing moderate to severe emotional/mental illness do not seek professional help or other forms of medical treatment through their GP. To address this gap in necessary help, CPT provides clinical training for professionals. CPT offers training via its **Schema**



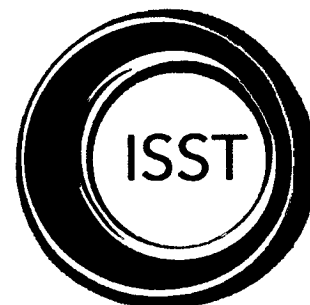
Therapy Institute and Gilead School of Counselling.

In 2009, CPT established the **Schema Therapy Institute**, to train counsellors and psychotherapists/psychologists in individual, in group and in child and adolescent schema therapy. The training and certification programme is approved by the International Society for Schema Therapy (ISST).

Through the Institute, CPT provides Schema Therapy practitioner training to psychologists, psychotherapists and psychiatrists working in the NHS and private settings determined to deliver effective help to so-called 'treatment failures,' i.e. individuals who have remained un-helped and sometimes made more hopeless by traditional methods of psychotherapy such as CBT or psychodynamic psychotherapy.

As the Schema Therapy Institute, CPT was involved in the UK government's 2017/8 Green Paper consultation with the Department of Health and Education, setting out plans for improved mental health provision and prevention work for young people in the UK. Significant numbers of those who have come for psychological help and have experienced change, feel secure and motivated to go on to train to help others. For this to be sustainable, we depend on grants and the generosity of partners and our volunteers.

Gilead School of Counselling trains professionals who are coming to counselling as a second career and those who use counselling skills in the course of their work. We train students from introductory (Level 2), intermediate (Levels 3 / 4) and advanced levels of counselling/psychotherapy practice (Levels 5 & 6). All individual one-to-one counselling, group work, couples therapy and family counselling at CPT is provided by therapists with a minimum of 4 years professional training in counselling. Volunteer therapists offering their services at CPT have obtained professional certification and are in supervised practice or supervised training for accreditation by the National Counselling Society (NCS) or BACP (British Association for Counselling and Psychotherapy), and the UKCP (United Kingdom Council for Psychotherapy). In partnership with other agencies, including churches, CPT encourages community involvement in supporting vulnerable individuals and families.



**International Society of
Schema Therapy**

CPT (the Schema Therapy Institute) is the only training centre in the UK to be approved by the International Society for Schema Therapy (ISST) to provide Individual and Group Standard and Advanced, Child and Adolescent and Auxiliary Schema Therapy Certification training.

Treatment



CPT's Founder and Principal, Agnes Sullivan is a Consultant Counselling Psychologist (HPC Registered) and an Advanced Certified Schema Therapist, Supervisor and Trainer who works to maintain standards of professional psychotherapy practice in community settings by promoting the knowledge, training, supervision and adherence to a professional code of ethics.

Our mission is to establish accessible psychological help, delivered from within the community so that effective counselling can be an everyday provision. CPT pioneers activities to reach the most marginalised in London, who have mental health problems. We now receive over 20 new calls a week and are working hard to respond to this demand through training more clinicians, ensuring high quality treatment is made available to the broadest number of individuals and families. CPT's qualified professionals volunteer to support our therapeutic activities of individual, group, family and couples therapy.

Assessment and Individual Therapy

Regardless of the nature of the presenting problem, all therapy begins with assessment. During the assessment, several measures are conducted to determine the severity of symptoms and pervasiveness of problems in a person's life. This year, CPT conducted over 1,200 assessment sessions.

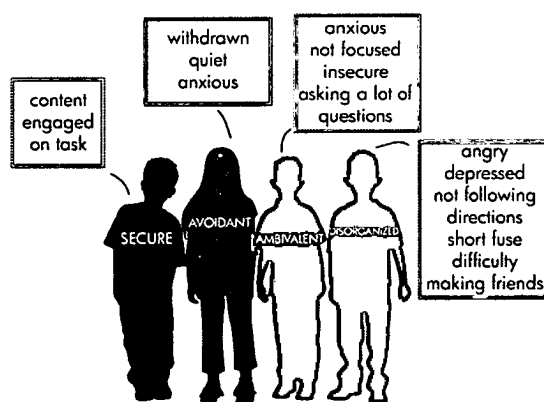
Individual schema therapy is designed to meet specific emotional needs in an individual's life which, if they remain unmet, will continue to cause repetitive problems in his/her intimate relationships, job, social network and ability to be stable when with others or alone.

Group Work

Attachment / Schema Groups

Attachment / Schema groups involve an integration of understanding of attachment needs, which underlie all human motivational systems, with Schema Therapy.

Attachment/Schema groups transform hard-to-treat patterns of avoidance and anxious pre-occupation that undermine healing, into

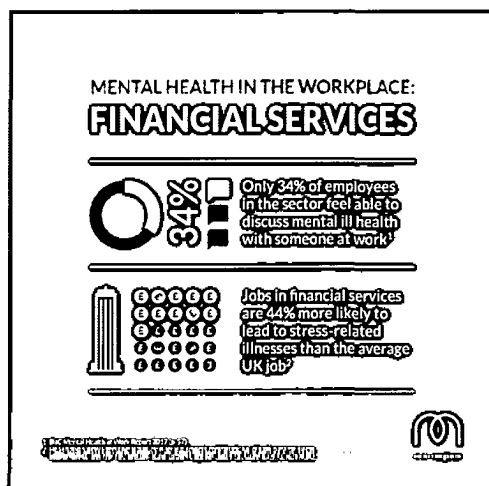


restorative and nurturing experiences. The positive outcomes measures are assertiveness, esteem, openness, and flexibility, plus reduced depression, impulsivity and addiction. The groups have a focus of moving individuals from insecure to secure attachment, enhancing emotional regulation, reducing the distressing patterns of mood disturbances that disrupt the relationships of a good number of otherwise well-meaning individuals.

Each of CPT's interventions with individuals, groups and families increase emotional capacity, build and access new resources and decrease the feeling of isolation. CPT's interventions have been shown to increase secure attachment which is linked to increased care-giving, affiliation, emotional intimacy, as well as improving motivation and goal-setting.

City of London: St James, Garlickhythe

'City Groups' are structured to provide treatment and prevention help for adults living and working in the City of London. We have been able to



develop this project with the generous support of The Vintners' Charitable Foundation. It has been a measure of the effectiveness these groups that far from feeling inhibited about attending therapy of this kind, in the middle of the Square Mile, individuals are full of hope and promote the experience to friends and families.

Addiction Prevention /Recovery Groups



CPT prioritises the treatment and prevention of all forms of addiction and self-harming, working with individuals to modify damaging coping

responses that block healing. We support men and women from age 16 upwards. This year our addiction treatment groups reduced chronic compulsive self-soothing (alcohol, drug abuse, pornography etc.) for 102 individuals so that they can participate at greater depth in therapy.

Psychoeducation groups 'Learning to Live, Learning to Love'

to
to



CPT's *Learning to Live, Learning to Love* curriculum creates understanding to

unpack the conflicts that arise in individual and family life. The 32 women and 41 men who participated in groups experienced improvements in anger management, intimacy, assertiveness, and lowered anxiety/depression.

"The course has been unbelievably helpful and transformational!" **Thomas, aged 24**

Couple and Family Therapy

When we make sense of love, we can shape loving connections. Love calms and comforts the neurons in the brain. Our closest relationships are the regulators of physiological and emotional functioning. Couples therapy is about bonds, not bargains, or how contented we can be, it's about being emotionally accessible to one another. Change takes place through heightened emotions and a strong alliance. CPT's holds 'Hold Me Tight' workshops on Saturdays and Sundays.



"We are entering our 15th year together and we feel stronger than ever. Our family life can be messy and sometimes complicated, but the work we've done with Agnes and her team has had a profound effect on all of our lives."

Training and Supervision

Report from Rachel Chandler



The Gilead School of Counselling (GSC) was founded in 1995 to train counsellors and those in caring professions. GSC provides a ladder to progress from an introductory level to professional training, and for learning further skills including clinical assessment through specialist seminars and Continual Professional Development workshops. Skills acquisition and learning requires an environment which models the safety of the therapeutic relationship. Students explore their own philosophical, spiritual and moral values and the impact of these on their use of counselling skills. We offer 4 levels of training.

Level 2: Introduction to Counselling (75 hours).

Level 3 Certificate in Counselling (150 hours)

Level 4: Diploma in Therapeutic Counselling (300 hours).

Level 5 High Diploma in Therapeutic Counselling (450 hours) plus opportunity to convert to Level 6 with an externally examined research dissertation.

Trainees learn about the importance of supervision and clinical management of client work; we provide placement opportunities for applying theory in individual and group settings. Training takes place in small groups, where considerable interaction with trainers facilitates the learning process.

Continuing Professional Development Schema Therapy Certification – approved by the ISST

Schema Therapy Institute

Schema Therapy is an integrative approach, founded on the principles of cognitive-behavioral therapy and then expanded to include techniques and concepts from other psychotherapies. Schema therapists help patients to change their entrenched, self-defeating life patterns - or schemas - using cognitive, behavioural and emotion-focused techniques. The treatment focuses on the relationship with the therapist, daily life outside of therapy, and traumatic childhood experiences that are common in complex disorders. Schema therapy's greater effectiveness arises in part from its use of "limited reparenting," which is not part of other approaches. Schema therapy is more than twice as effective as traditional psychodynamic or CBT approaches. Borderline Personality Disorder (BPD) has, until recent years, been considered untreatable, with little scientific justification for longer-term therapy.

"With Schema Therapy, patients with BPD are now breaking free from lives of chaos and misery. Not only are they learning skills to stop self-harming behaviors but a high percentage of BPD patients are finally making deeper personality changes that have not been possible until now."

Dr. Jeffrey Young, 2006.

Borderline Personality Disorder Symptoms	
<ul style="list-style-type: none">• Fear of abandonment- even if the "abandonment" is minor or imagined. Frantic efforts to avoid being alone.• A pattern of intense, unstable relationships. Quickly attaches to new partner. Lack of boundaries. Idealizes/Devalues –can't tolerate ambiguity.• Impulsivity. Self-damaging acts. Inability to control impulsivity: shoplifting, drug abuse, spending sprees, binge eating, etc.• Emotional instability: frequent and dramatic changes in affect too short to be considered changes in mood –but "moody".	<ul style="list-style-type: none">• Suicidality: threats or gestures – overdose not intended to be lethal, self-mutilation; suicide notes frequently written and left in areas easily found.• Persistent feelings of emptiness, guilt.• Inability to regulate emotion: Difficulties with anger control – cutting, slashing, burning, acts of violence.• Episodes of dissociation, paranoid ideas or illusions are transient and induced by stressful external events.• Disturbances of self-image/self-concept, bad or in-existent.

family, can provide a strong re-parenting vehicle to effect change in individuals with personality disorders. Treatment dropout rates are far below other group treatment approaches. The group process seems to catalyse some aspects of the change process that may be slower in individual work. 35 trainees coming from primary, secondary and forensic mental health settings across the UK, completed group schema therapy certification training held at CPT this year.

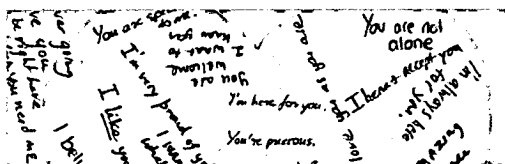
CPT's Schema Therapy Institute, this year ran a total of 45 days of individual, group, child/adolescent schema therapy training and certification training, for trainees from the UK and abroad.

"Working with Schemas and Modes accomplishes different functions. When a therapist works with Schemas, he or she is working at a deep level with core issues. There will be deep affect. Attachment needs will be addressed and healed only when a therapist works at this level. Real attachment is not easily accomplished through techniques that are part of mode work. If you don't understand the Schema that is driving the Mode, you won't understand what function the Mode is fulfilling for the client."

Dr. Agnes Sullivan, 2018

Group Schema Therapy Certification Training

The data seems to suggest that, in some situations, schema therapy can work more swiftly in a group, or when group therapy is added to individual



therapy. Groups, in their nature of being like a

Child and Adolescent Schema Therapy Certification Training

Schema Therapy, especially in the field of child and adolescent therapy is particularly suited to generate action-guiding, diagnostic and therapeutic concepts.



An important part of this training is to understand how to work with parents. We trained clinical and forensic psychologists as well as school counsellors and social workers in all four workshops (a total of 16 days of training). We are most grateful for the support of the Jerusalem Trust, the Masonic Charitable Foundation, the Matthew Elvidge Trust, and Axis Capital for their support as we expand and train more practitioners to support young people.

Self Reflection/Self Practice

Since the early work of Freud, self-practice has been implemented as a counterbalance to improve therapists' potential to help clients heal. Self-practice gives therapists opportunities to learn about their own triggers, how they effect others and how to develop their interpersonal relationships with clients. If a therapist can self-reflect and continue the journey of self-awareness, which they ask of their clients, then he/she can gain a greater understanding of their clients' experiences. Entitled 'Experiencing Schema Therapy from the Inside Out', we held a two day workshop in March 2018 attended by practitioners from around the UK, and Europe. Trainers Dr

Joan Farrell and Ida Shaw utilised a variety of techniques to help therapists sustain balanced and sustainable self-practice.

A New Home



Report from Lissa Shortt, CPT's Centre Director

In October 2016, we learned that, having enjoyed thirteen happy and productive years in our Fulham Palace home, we would need to find new accomodation ahead of building work that was scheduled to begin in November 2017.

The search for a new CPT home after such a long and happy association with Fulham Palace was indeed a complex process, but one in which we benefited hugely from the the outstanding efforts of management, staff and clients and our long standing relationships with numerous friends of CPT.

With the commitment of the whole management team, a project manager and daily meetings, we continued working with assembled teams of volunteers, martialled to help at various stages of the move, and held regular steering meetings with Trustees.

Max Davidson introduced us to Mark O'Neill of Bond Woodhouse, whose dedication and support proved invaluable. Mark provided us with an extraordinary level of professional assistance and understanding, helping to identify potential locations across London.

A constructive meeting with Richard Cotton and the strong impetus of Hamish Elvidge invigorated us, and by September 2017 we'd viewed very many properties, from Kensington to Battersea, Putney, Fulham and as far out as Gunnersbury; but none was right. We examined our Vision and Mission, and, open to considering all kinds of ways to promote and provide the work, we looked at several models for continuation, which would be

sustainable – including renting rooms by the hour for groups, individual work and training.

over the years, in some cases, twenty years and more.

Finally, in late September, we made the decision to move into a new location in Covent Garden. The layout and size of the rooms worked well for both our group and private sessions and the central location was generally easily accessible to most of our clients and students.

We moved into our new home in early November and proceeded to get organized again over the next three weeks. Setting up each room, sawing off legs to get armchairs through doorways, arranging our tele-communications and getting to know the area proved a challenge, since we negotiated each of these alongside our continuing workload, however, we did it! It is a credit to the whole CPT team that we managed to do all this with minimal interruption to services or to the welfare of clients and responsibility to our funders.

Goodbyes

Just before our move we held a leaving party at Fulham Palace. It was a memorable, warm occasion, held in CPT's much-loved 'Hidden Room', filled with the excitement of a new chapter, thankfulness for what we'd had, as well as some sadness. Fulham Palace is unique; surrounded by magnificent mature trees, wide lawns, and close to the river, with a history to rival any other Grade I listed building in the country, the palace had a positive impact on our volunteers and everyone who came to CPT for counselling or for training, over a long period of time.

We were moved that in recognition of our 'leaving', Lady Brentford, one of our Patrons since 1999, was able to come to the party, as did another 70 people, including Robert Rolls, who, with his wife Fiona, generously gave the wine for this occasion. Visiting Danish psychiatrist, Dr Susanne Vind, affirmed the standard of clinical work currently offered by CPT and the Schema Institute, and overseen by Dr Agnes Sullivan, and we heard from Joe Francis, one of our Trustees and saw so many friends, who came back from

Future Developments

The new Central London base for CPT has proved essential in CPT fulfilling its mission to provide greater access to effective treatment. Following our move to Covent Garden in Westminster, we've worked to understand local needs meeting with local police, business owners, refuge workers, and church leaders, and the Seven Dials Housing Association. We've sought to understand the differences in our new local area in terms of community cohesion, the prevalence of mental illness, well-being and the prevalence of crime (City of Westminster Profile, 2018; Joint Health and Wellbeing Strategy for Westminster, 2017-2022; St James's Ward Profile, 2018). The rates of severe mental illness in Westminster as recorded by GP practices are extremely high, with both Westminster Clinical Commissioning Groups being in the top 15 of the country. Westminster self reported that its prevalence of anxiety and depression was above the national average in 2014 and estimates suggest this may rise steeply over the next 10 years¹. Compared to neighbouring Boroughs, Westminster already has more people receiving mental health social care services. However, there is evidence that support for Westminster carers of people with severe illnesses is lower than other Boroughs.

Mental Health Week 2018

CPT invited members of the public and friends of CPT to attend an evening on May 15th whereby our office space on the first floor of 116 Long Acre provided a space for counsellors to walk guests through the process of counseling from the start - making an initial call for help, coming into the process, until leaving, with desired change. In each room a counselor described what would happen at each stage.

For those who attended, CPT's presentation went a long way towards de-mystifying the process, and demonstrating accessibility, both of which we believe should be more widely available. We are indebted to Dr Agnes Sullivan for her energy in seeking out therapies, which are demonstrably proven to work.

Family Closeness Project

Through its provision of accessible effective therapeutic counselling services, CPT is keen to increase care and closeness in families and the local community. We have been supported by the Jerusalem Trust, Axis Capital and others to work with local residents and community organisations to provide: a) family 'reparenting', b) support and treatment groups, and c) training.

Work with Anglican Clergy

Like lots of professions, including police and teachers, as clergy grow fewer on the ground, the pressure on each individual gets greater. Clergy burnout is undoubtedly a problem, but it remains rare. What is more common is fatigue, and a loss of hope. One vicar shared that in his mind, despite the importance of their role in promoting hope and caring in the community, being present in the key times in individual's lives (births, marriages, funerals, etc.), clergy are becoming more invisible which might be contributing to clergy and their families experiencing significant distress and isolation.

We are grateful to the Henry Smith Charity, for their support of this work.

¹ Joint Health and Well-being Strategy for Westminster 2017-2022

Legal Status and Organisation

The charity was incorporated on 23 August 1993 as a company limited by guarantee and not having a share capital, and is therefore governed by its Memorandum and Articles of Association. The liability of the members is limited to £1. The number of members with which the company is registered is two. Members have full power and discretion as to the admission or refusal of any person as a member.

Management is in the hands of a Board of Trustees, which meets three times a year. Minutes and proceedings of the Trustees are prepared for each meeting. The Board is made up of a composite of skills and consists of representatives from other Christian and professional counselling organisations, and others with an interest in the education and well-being of individuals and families.

The Chairman (elected by the Trustees) presides at Trustee meetings. Every matter is determined by a majority of the Trustees present at the meeting and voting on each question. In the case of equality of votes on any question, the person presiding as chairman of the meeting has a second (casting) vote.

The Board of Trustees is authorised to appoint new Trustees to fill vacancies arising through resignation or death of an existing Trustee. Appointment of Trustees is governed by the Memorandum and Articles of the charity.

Principal Aim and Objective

CPT's main object, as stated in the charity's Memorandum, is the maintenance, advancement and promotion of the Christian faith and the advancement of the education of the public. Trustees have a more comprehensive description of our work to be reflected in this wording. The Trustees have proposed the following: "The Objects for which the Company is established are the provision of a change process through professional one-to-one counselling and group

work for the advancement of Christian compassion and principles. We have no expectation that clients practise any form of faith or religious belief. We also emphasise that each volunteer makes commitments that are based on professional ethics, and a driving concern for client self-determination."

Accounts

Trustees' responsibilities in respect of the accounts

The Trustees are required by UK law to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the company as at the end of the financial year and of the surplus or deficit of the company for that period.

The Trustees confirm that suitable accounting policies have been used and applied consistently and that reasonable and prudent judgments and estimates have been made in the preparation of the financial statements for the year ended 31 August 2018. The Trustees also confirm that applicable accounting standards have been followed and that the financial statements have been prepared on the going concern basis. The Trustees acknowledge their responsibility for keeping proper accounting records, for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Company's policy on reserves

The Trust established a reserves guideline eight years ago whereby the unrestricted funds not committed or invested in tangible assets ("the free reserves") should be set at six months' unrestricted expenditure. This amount currently equates to approximately £60,000. The trustees will be addressing the matter of increasing these Funds within the next two years to the level required by the above policy.

Risk assessment by the Board

The Trustees continue to actively review the major risks that the charity faces on a regular basis. The Trust has established systems and procedures to mitigate these risks and periodically

conduct system audits and risk assessments to ensure that these procedures continue to correspond with the needs of the charity.

Examples of specific risks include:

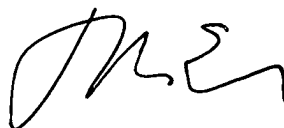
- Approach from more people in need of longer-term help with no/low income status (needing subsidised and sometimes free counselling).
- Having to vacate premises – for example, in the event of non-extension of lease or reasons outside of the Trust's control.
- Reduction in numbers of volunteers/ and or/ professionally trained staff due to relocation, changes in family circumstances or illness.

Although most of these risks materialised we worked to mitigate them during the course of this financial year.

Form of this Report

This report has been prepared in accordance with the special provisions of the Companies Act 2006 relating to small companies, and in compliance with the Statement of Recommended Practice: Accounting and Reporting by Charities.

Signed on behalf of the Board of Trustees



Michael Exton
Secretary

Date

30 May 2019

Accountants' reports to the Trustees

On the unaudited financial statements of Counselling Pastoral Trust for the year ended 31 August 2018

In accordance with the engagement letter dated 2 November 2012, and in order to assist you to fulfil your duties under the Companies Act 2006, I have compiled the financial statements of the company, which comprise the Statement of Financial Activities, the Balance Sheet and the related notes, from the accounting records and information and explanations that you have given me.

This report is made to the company's trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might compile the financial statements that I have been engaged to compile, report to the company's trustees that I have done so, and state those matters that I have agreed to state to them in this 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 company and the company's trustees, as a body, for my work or for this report.

I have carried out this engagement in accordance with technical guidance issued by the Association of Chartered Certified Accountants, and have complied with the ethical guidance laid down by the Association relating to members undertaking compilation of financial statements.

You have acknowledged on the balance sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

I have not been instructed to carry out an audit of the financial statements. For this reason, I have not verified the accuracy or completeness either of the accounting records or of the information and explanations which you have given to me, and I do not, therefore, express any opinion on the financial statements.



SIMON LEWCOCK
Chartered Certified Accountant
Windsor Lodge
Millfield Road
Hounslow
Middlesex
TW45PN

Notes to the Accounts

for the year ended 31 August 2018

1. Accounting Policies

1.1 Basis of preparation of accounts

The accounts have been prepared under the historical cost convention and include the results of the charity's operations which are described in the Trustees' Report and all of which are continuing.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (the SORP 2015).

The charity has taken advantage of the exemption in Financial Reporting Standard No.102 from the requirement to produce a cash flow statement on the grounds that it qualifies as a small company.

1.2 Tangible fixed assets for use by the charity and depreciation

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

Fixtures and fittings	25% on reducing balance
Computer equipment	25% on reducing balance

1.3 Income

Voluntary income and donations are accounted for as received by the charity. Income from fundraising ventures is shown gross, with the associated costs included in fundraising costs. No permanent endowments have been received in the period.

1.4 Value added tax

Value added tax is not recoverable by the charity and, as such, is included in the relevant costs in the Statement of Financial Activities.

1.5 Fundraising costs

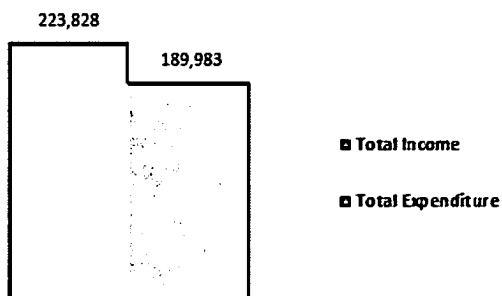
Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations.

1.6 Governance costs

Expenditure on governance costs includes a percentage of relevant categories of expenditure, such as salary costs, travel and office costs.

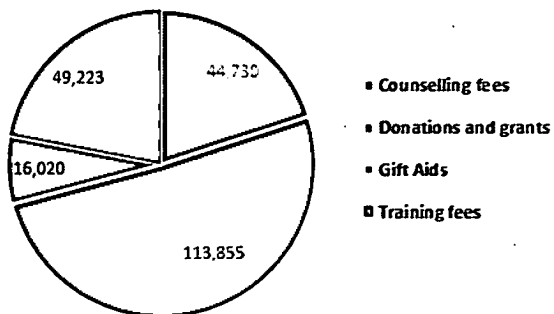
2018 Income and Expenditure Summary

Income v Expenditure

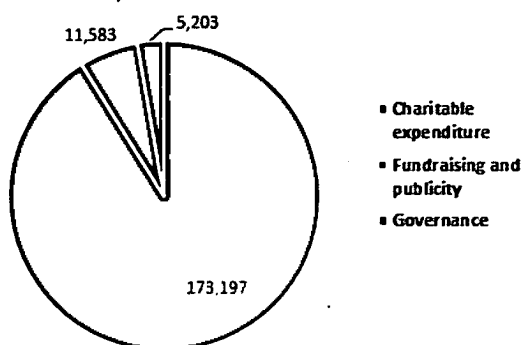


**2018 Income of
£223,828 compared to
expenditure of
£189,983.**

Income and Endowments



Expenditure



**Approximately 92% of
total 2018 spending
related to charitable
income were from
donations and grants
followed by training
fees, counselling fees
and gift aid**

Acknowledgments



Cathy Vasey



Chris Ferris



Simon Burgess

CPT would also like to
thank:

the Joseph Rank trust



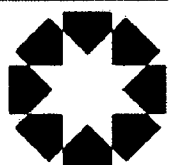
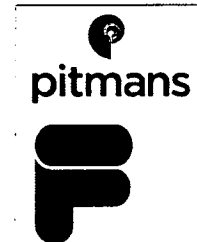
The Church of England

ASHTON ROSS LAW



The Worshipful Company of Vintners

Dr Edwards & Bishop King's
FULHAM CHARITY



Bond Woodhouse

Acknowledgments (cont)

The Vintners' Charitable Foundation
The Joseph Rank Trust
Axis Capital
The Henry Smith Charity
The Jerusalem Trust
The Mercers' Company
The Matthew Elvidge Trust
Hamish and Linda Elvidge
The Fitton Trust
The Masonic Charitable Foundation
Dr. John Higgs
Andrew and Rachel Chandler
Agnes Sullivan
Joe Francis
Lissa Shortt
Cathy Vasey
Joanne Marsden
David and Jansel Hews
Mark and Rebecca Duckworth
Paul Appleford
Mike Exton
Dr. Julian Churcher
Rosalind Hayward
Silvia Montanaro
Stacey Forrester-Charles
Cherie Kong-Colucci
Daniel Hodson
Rebecca Stone
Dr. Robert Owen
Dr. Joanne Dunnett
Rebecca Hone
Elizabeth Mills
Alec Boulton
Dr. Giovanni Giaroli

Robert Rolls
John Sturt
Emma Ferris
Stephen and Caroline Butt
David and Grizelda Vermont
Viscount and Viscountess Brentford
Dr. Hartley and Dr. Adrianne Booth
Sir Timothy and Lady Sainsbury
Victoria Mitchell
David and Louise Lancaster
Simon Taylor
Mike Tuohy
Katrina Kerr
Dr. David Thomas
Efe Thomas
Erin Solomons
Mark O'Neil
Peter Busby
Max Davidson
Daniel Rajah
Chris Ferris
Michael Robinson
Sian Harrington
Arlene Fraser
Rev. Joe Hawes
Laura Doe
Dr. Philip Rees
Dr. Susanne Vind
Vartouhi Ohanian
Dr. Joan Farrell
Ida Shaw
Caio Rocha
James Hughes
Dr. Stephen Pereira

**Appendix: 1 Sept 17 to 31 Aug
18 Accounts**

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)
Balance Sheet as at 31 August 2018

	Note	2018 £	2017 £
FIXED ASSETS			
Tangible Fixed Assets for charity's use	6	6,873	5,779
CURRENT ASSETS			
Debtors	7	20,557	1,117
Cash at Bank and in Hand		25,205	13,438
		<u>45,762</u>	<u>14,555</u>
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
Creditors and accruals	8	<u>4,042</u>	<u>5,586</u>
		41,720	8,969
TOTAL ASSETS		<u>48,593</u>	<u>14,748</u>
CAPITAL AND RESERVES			
Capital	9	-	-
Income and Expenditure Account			
Restricted Funds	10	10,217	907
Unrestricted Funds	10	38,376	13,841
		<u>48,593</u>	<u>14,748</u>



STATEMENT REQUIRED BY SECTION 475(2) OF THE COMPANIES ACT 2006

The Trustees consider that the company is entitled, under the provisions of Section 477(1) of the Companies Act 2006, to exemption from the requirement to have an audit. No members have issued a notice under Section 476(1) requiring an audit.

The Trustees acknowledge their responsibilities for ensuring that the 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 company as at the end of the financial year and of its surplus or deficit for the period then ended, in accordance with the requirements of Section 394, and which otherwise comply with the requirements of the Act relating to accounts, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions of the Companies Act 2006 relating to small companies, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Approved by the Trustees on 30 May 2019

and signed by:  , Trustee  , Trustee
LISSA SHORTT CATHERINE VASEY

COUNSELLING PASTORAL TRUST

(a company limited by guarantee)

Statement of Financial Activities**For the year ended 31 August 2018**

		Restricted Funds	Unrestricted Funds	Total Funds 2018	Total Funds 2017
	Note	£	£	£	£
Income and Endowments					
Counselling fees			44,730	44,730	52,372
Donations and grants		64,594	49,261	113,855	33,031
Gift Aid			16,020	16,020	0
Training fees			49,223	49,223	20,933
Total income		64,594	159,234	223,828	106,336
Expenditure					
Charitable expenditure	2	53,769	119,428	173,197	98,452
Fundraising and publicity	3	858	10,725	11,583	874
Governance	4	657	4,546	5,203	3,815
Total expenditure		55,284	134,699	189,983	103,141
Net income / (expenditure) for the year		9,310	24,535	33,845	3,195
Transfer of Funds		0	0	0	0
Balance brought forward at 1 September 2017		907	13,841	14,748	11,553
Balance carried forward at 31 August 2018		10,217	38,376	48,593	14,748

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)

NOTES TO THE ACCOUNTS
for the year ended 31 August 2018 (continued)

2. Charitable Expenditure

	Restricted	Unrestricted	2018 Total	2017 Total
	£	£	£	£
Administration	5,734	0	5,734	13,767
Bank charges & interest	0	1,540	1,540	1,070
Catering	587	2,998	3,585	4,942
I.T. & website costs	1,048	4,947	5,995	4,818
Counsellors' fees	15,377	3,294	18,671	12,244
Depreciation of equipment	0	2,291	2,291	1,927
Donations and gifts	0	290	290	408
Electricity	0	308	308	4,343
Equipment leases	0	2,870	2,870	2,886
Gas	0	606	606	0
Gilead Exam Registration	1,547	0	1,547	575
Insurance	0	771	771	494
Lecturer	16,540	21,542	38,082	1,615
Literature & materials	1,251	1,156	2,407	1,163
Maintenance & repairs	0	2,498	2,498	1,432
Office Furniture & Equipment	0	652	652	56
Printing and stationery	0	5,140	5,140	7,018
Refuse collection	0	0	0	755
Rent and rates	8,842	50,150	58,992	23,627
Subscriptions and other expenditure	851	1,918	2,769	3,210
Sundry expenses	0	328	328	58
Telephone	0	4,190	4,190	6,747
Training course	1,566	0	1,566	1,329
Travel & accommodation	426	11,939	12,365	3,968
	53,769	119,428	173,197	98,452

3. Fundraising & Publicity

Administration	123	0	123	296
I.T. & website costs	23	164	187	142
Equipment leases	0	156	156	157
Fundraising	0	5,500	5,500	0
Marketing expenses	712	4,680	5,392	0
Office Furniture & Equipment	0	35	35	3
Printing and stationery	0	147	147	207
Telephone & office supplies	0	43	43	69
	858	10,725	11,583	874

4. Governance

Accountant's fees & expenses	0	800	800	770
Administration	308	0	308	740
Catering	31	158	189	275
Equipment leases	0	94	94	94
I.T.	57	214	271	147
Insurance	0	771	771	494
Office Furniture & Equipment	0	21	21	2
Printing and stationery	0	147	147	207
Refuse collection	0	0	0	19
Rent & rates	227	1,286	1,513	606
Telephone & office supplies	0	86	86	139
Travel & accommodation	34	969	1,003	322
	657	4,546	5,203	3,815

COUNSELLING PASTORAL TRUST

(a charitable company limited by guarantee)

NOTES TO THE ACCOUNTS

for the year ended 31 August 2018 (Continued)

5. Staff Costs

The company has the services of 15 part and full time volunteer counsellors and 1 full time volunteer administrator. The value of their services is estimated at approximately £450,000.

6. Tangible Fixed Assets

	Fixtures & Fittings £	Computer Equipment £	Total £
Cost			
at 1 September 2017	6,466	21,453	27,919
Additions	-	3,385	3,385
Disposals	-	-	-
at 31 August 2018	<u>6,466</u>	<u>24,838</u>	<u>31,304</u>
Depreciation			
at 1 September 2017	5,962	16,178	22,140
Charge for the year	126	2,165	2,291
Disposals	-	-	-
at 31 August 2018	<u>6,088</u>	<u>18,343</u>	<u>24,431</u>
Net Book Value			
at 31 August 2018	<u>378</u>	<u>6,495</u>	<u>6,873</u>
at 31 August 2017	<u>504</u>	<u>5,275</u>	<u>5,779</u>

7. Debtors

	2018 £	2017 £
Gift Aid	16,020	0
Prepaid expenses	4,537	1,117
	<u>20,557</u>	<u>1,117</u>

8. Creditors: amounts falling due within one year

	2018 £	2017 £
Credit card account	2,398	1,236
Accrued expenses	1,644	4,350
	<u>4,042</u>	<u>5,586</u>

9. Capital

The company is a company limited by guarantee with the liability of each member limited by £1.

COUNSELLING PASTORAL TRUST
(a charitable company limited by guarantee)
NOTES TO THE ACCOUNTS
for the year ended 31 August 2018 (Continued)

10.	Funds		Balances 1 Sep 2017 £	Income and Endowments £	Expenditure £	Balances 31 Aug 2018 £
	Restricted Funds	Provided by				
	To provide psychological and emotional support to families on low or no income who are suffering from trauma and neglect.	AXIS	0	14,594	10,079	4,515
	Funded a project demonstrating a Christian approach to the psychological and educational needs of individuals and families	The Joseph Rank Trust	0	15,000	15,000	0
	To support the training of therapists to work with children and adolescents.	Masonic Charitable Fund	0	5,000	4,155	845
	For specialist psychological help and psychotherapy with Anglican Clergy and their family	The Henry Smith	0	10,000	6,016	3,984
	To train youth workers and approved volunteers to work with young people and provide interventions in the community that prevent long term problems in families with children and adolescents.	The Jerusalem Trust	0	10,000	10,000	0
	Reduction in harmful coping behaviours such as alcohol and drug abuse, and the increase in well-being of City workers and young adults who live or work near the City of London.	The Vintners	907	10,000	10,034	873
			907	64,594	55,284	10,217
	Unrestricted Funds					
	General Fund		13,841	159,234	134,699	38,376
			13,841	159,234	134,699	38,376