

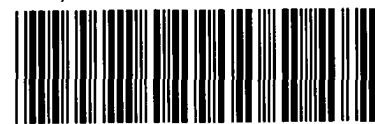
REGISTERED COMPANY NUMBER: 03830244 (England and Wales)
REGISTERED CHARITY NUMBER: 1112967

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2018
for**

THE CAMDEN PSYCHOTHERAPY UNIT

Tudor John LLP
Nightingale House
46-48 East Street
Epsom
Surrey
KT17 1HQ

SATURDAY



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15/12/2018
COMPANIES HOUSE

THE CAMDEN PSYCHOTHERAPY UNIT (REGISTERED NUMBER: 03830244)

Report of the Trustees for the year ended 31 March 2018

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2018. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects for which the company is established are:

To provide a charitable service for the benefit of people residing principally in London by promoting mental health, the protection of mental health and the relief of mental health sickness and distress.

ACHIEVEMENT AND PERFORMANCE

Specific aims and activities include:

In furtherance of our objectives, we follow the code of conduct of the British Psychotherapy Foundation, British Psychoanalytic Council, United Kingdom Council of Psychotherapy and British Association of Counselling & Psychotherapy.

To provide psychotherapy for those with personal, psychological and emotional difficulties.

The company is limited by guarantee and does not have a share capital. The liability of the members in the event of the company being liquidated is limited to ten pounds per member.

Ensuring our work delivers our aims:

We review our aims, objectives and activities each year, this review considered what was achieved and the outcomes of our work in the previous 12 months. The review also looks at the success and the benefits that we have brought to those whom we have helped. When necessary we have referred to the guidance offered by the Charity Commission on public benefit in reviewing and delivering our objectives.

How our activities deliver public benefit, who used our services and benefited:

Our main activities are as described above, all our charitable activities focus on treating the mental health of those patients referred to us.

The Trustees confirm that they have complied with their duty in section 4 of the Charities Act 2006 to have due regard to the public benefit guidance published by the Charity Commission in determining the activities undertaken by the charity.

Total funds/reserves (including restricted and designated funds) have increased from £192,940 in 2017 to £301,922 in 2018.

Principal Funding Sources:

Our principal funding source for 2017-2018 was voluntary donations and grants.

FINANCIAL REVIEW

Investment policy

Apart from maintaining a reasonable amount in reserves to enable it to meet its obligations in the short term we have also invested a large balance in a high interest deposit account so as to ensure interest is maximised.

THE CAMDEN PSYCHOTHERAPY UNIT (REGISTERED NUMBER: 03830244)

Report of the Trustees for the year ended 31 March 2018

FINANCIAL REVIEW

Reserves policy

Designated Fund

The Board of Trustees consider it essential that a Designated Fund be retained in order to safeguard the wellbeing of patients.

The specific purpose of the Designated Fund is to permit the charity's operations to continue for a period of time sufficient to discharge clinical responsibilities from the time when it becomes apparent that CPU's operations will have to be wound up. From a clinical perspective, the Trustees, in consultation with the Clinical Director, consider it vital to be able to prepare CPU's often very vulnerable patients to end their treatment. Such an ending will in many cases be a premature interruption to their therapy. In addition, and crucially, part of this cost will involve identifying suitable alternative support and treatment and putting our patients in touch with such services. This aspect of the Designated Fund is of particular importance at the present time because the availability of suitable services in the NHS and the voluntary sector has been drastically diminished in recent years. Meanwhile the demand for psychological help for the most vulnerable patients has been growing at a dramatic rate, as CPU can attest from its own experience.

At present the Trustees take the view that the Designated Fund should be in the sum of £175,000. This figure is reviewed annually by the Board of Trustees.

Unrestricted Reserves

As the Designated Fund cannot be accessed for general running costs for the reasons set out above, CPU also aims to hold general unrestricted reserves to pay for running costs on an ongoing basis. The Trustees consider that CPU should not hold unrestricted reserves in excess of six months' worth of operational costs. This has been calculated to be £70,933. This reserve policy will be reviewed annually by The Board of Trustees.

The free reserves at 31 March 2018 were £125,415. The charity has been very fortunate in its fundraising efforts this year due to the generosity of its supporters and as a result the level of free reserves are much higher than per policy. Excess funding will be used in the next financial year as trustees are considering strategic expansion of the services offered by the charity which will require a substantial capital outlay on necessary and significant refurbishment of the premises.

FUTURE PLANS

The charity plans to continue the activities stated above in the forthcoming years subject to satisfactory funding arrangements.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The organisation is a company limited by guarantee, incorporated on 23rd August 1999 but started trading from 1 November 2005 and registered as a charity on 10th February 2006.

The organisation was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association.

Recruitment and appointment of new trustees

Trustees are appointed by a resolution of a meeting of the trustees as and when appropriate. Trustees form the Management Committee who administer the charity. All new trustees and staff are inducted as and when appropriate.

Most trustees are already familiar with the work of the charity having been involved with the charity prior to taking up their trusteeship. The boards meets quarterly. A Chief Executive is appointed by the trustees to manage the day-to-day operation of the charity. Trustees who served during the year and up to date of this report are set out on the frontispiece.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03830244 (England and Wales)

THE CAMDEN PSYCHOTHERAPY UNIT (REGISTERED NUMBER: 03830244)

**Report of the Trustees
for the year ended 31 March 2018**

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1112967

Registered office

1st Floor
87-89 Prince of Wales Road
London
NW5 3NT

Trustees

Lady J Jackling
Dr C Dickinson
J Bloch
A Gurfinkel
Dr M Koperski
Ms S Jameson

Treasurer
Vice Chair
Chair

- appointed 4.4.17
- appointed 6.3.18
- appointed 6.3.18

Company Secretary

Ms O Dresner

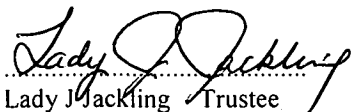
Independent examiner

Hazel Day BSc (Hons) FCA DChA
ICAEW
Tudor John LLP
Nightingale House
46-48 East Street
Epsom
Surrey
KT17 1HQ

Bankers

The Co-operative Bank
P.O.Box 250
Delf House
Southway
Skelmersdale
WN8 6WT

Approved by order of the board of trustees on 12/12/2018 and signed on its behalf by:


.....
Lady J Jackling Trustee

THE CAMDEN PSYCHOTHERAPY UNIT

Statement of Financial Activities (Incorporating an Income and Expenditure Account) for the year ended 31 March 2018

	Notes	Unrestricted funds £	Restricted fund £	2018 Total funds £	2017 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	106,918	143,372	250,290	168,838
Investment income	4	557	-	557	388
Total		107,475	143,372	250,847	169,226
EXPENDITURE ON					
Raising funds		-	14,012	14,012	3,848
Charitable activities		-	127,853	127,853	167,104
Psychotherapy care		-	-	-	-
Total		-	141,865	141,865	170,952
NET INCOME/(EXPENDITURE)		107,475	1,507	108,982	(1,726)
RECONCILIATION OF FUNDS					
Total funds brought forward		192,940	-	192,940	194,666
TOTAL FUNDS CARRIED FORWARD		300,415	1,507	301,922	192,940

The notes form part of these financial statements

THE CAMDEN PSYCHOTHERAPY UNIT (REGISTERED NUMBER: 03830244)

**Balance Sheet
At 31 March 2018**

	Notes	Unrestricted funds £	Restricted fund £	2018 Total funds £	2017 Total funds £
CURRENT ASSETS					
Debtors	9	-	1,667	1,667	4,350
Cash at bank and in hand		300,415	4,108	304,523	192,753
		<u>300,415</u>	<u>5,775</u>	<u>306,190</u>	<u>197,103</u>
CREDITORS					
Amounts falling due within one year	10	-	(4,268)	(4,268)	(4,163)
NET CURRENT ASSETS		<u>300,415</u>	<u>1,507</u>	<u>301,922</u>	<u>192,940</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>300,415</u>	<u>1,507</u>	<u>301,922</u>	<u>192,940</u>
NET ASSETS		<u>300,415</u>	<u>1,507</u>	<u>301,922</u>	<u>192,940</u>
FUNDS	12				
Unrestricted funds				300,415	192,940
Restricted funds				1,507	-
TOTAL FUNDS				<u>301,922</u>	<u>192,940</u>

The notes form part of these financial statements

THE CAMDEN PSYCHOTHERAPY UNIT (REGISTERED NUMBER: 03830244)

**Balance Sheet - continued
At 31 March 2018**

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2018.

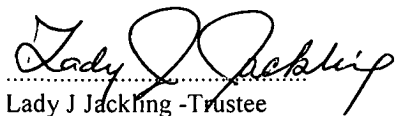
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2018 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each 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 financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

The financial statements were approved by the Board of Trustees on 13/12/2018 and were signed on its behalf by:


Lady J Jackling - Trustee

The notes form part of these financial statements

THE CAMDEN PSYCHOTHERAPY UNIT

Notes to the Financial Statements for the year ended 31 March 2018

1. STATUTORY INFORMATION

The Camden Psychotherapy Unit is a private company limited by guarantee incorporated in England and Wales. The registered office address can be found in the Trustees' Report.

2. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The financial statements have been prepared on a going concern basis.

INCOME

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

TAXATION

The charity is exempt from corporation tax on its charitable activities.

FUND ACCOUNTING

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

HIRE PURCHASE AND LEASING COMMITMENTS

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

THE CAMDEN PSYCHOTHERAPY UNIT

Notes to the Financial Statements - continued for the year ended 31 March 2018

2. ACCOUNTING POLICIES - continued

TRADE AND OTHER DEBTORS

Trade and other debtors that are receivable within one year and do not constitute a financing transaction are recorded at the undiscounted amount expected to be received, net of any impairment.

Those that are receivable after more than one year or constitute a financing transaction are recorded initially at fair value less transaction costs and subsequently at amortised costs, net of impairment.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the balance sheet, bank overdrafts are shown within borrowings or current liabilities.

Trade and other creditors

Trade and other creditors are initially recognised at the transaction price and are thereafter stated at amortised cost using the effective interest method unless the effect of discounting would be immaterial, in which case they are stated at cost.

3. DONATIONS AND LEGACIES

	2018 £	2017 £
Donations	115,030	31,504
Grants	135,260	137,334
	<u>250,290</u>	<u>168,838</u>

Grants received, included in the above, are as follows:

	2018 £	2017 £
Hampstead, Wells and Camden Trust	7,500	7,500
Beneficientia Stiftung Grant	60,936	39,102
Harold Hyam Wingate	-	3,000
Big Lottery	39,991	39,526
Scotscare	26,833	35,117
Prism the Gift Fund	-	10,000
Peoples Operator UK LLP	-	405
Other grants	-	2,684
	<u>135,260</u>	<u>137,334</u>

4. INVESTMENT INCOME

	2018 £	2017 £
Interest received	<u>557</u>	<u>388</u>

THE CAMDEN PSYCHOTHERAPY UNIT

Notes to the Financial Statements - continued for the year ended 31 March 2018

5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2018 £	2017 £
Other operating leases	<u>20,032</u>	<u>22,979</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2018 nor for the year ended 31 March 2017.

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 March 2018 nor for the year ended 31 March 2017.

7. STAFF COSTS

	2018 £	2017 £
Wages and salaries	<u>97,907</u>	<u>121,669</u>

The average number of staff employed during the year was 4. No employees received emoluments in excess of £60,000

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	25,994	142,844	168,838
Investment income	<u>388</u>	<u>-</u>	<u>388</u>
Total	<u>26,382</u>	<u>142,844</u>	<u>169,226</u>
EXPENDITURE ON			
Raising funds	-	3,848	3,848
Charitable activities	-	167,104	167,104
Psychotherapy care	<u>-</u>	<u>167,104</u>	<u>167,104</u>
Total	<u>-</u>	<u>170,952</u>	<u>170,952</u>
NET INCOME/(EXPENDITURE)	<u>26,382</u>	<u>(28,108)</u>	<u>(1,726)</u>
Transfers between funds	<u>(28,108)</u>	<u>28,108</u>	<u>-</u>
Net movement in funds	<u>(1,726)</u>	<u>-</u>	<u>(1,726)</u>

THE CAMDEN PSYCHOTHERAPY UNIT

Notes to the Financial Statements - continued for the year ended 31 March 2018

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted fund £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	194,666	-	194,666
TOTAL FUNDS CARRIED FORWARD	<u>192,940</u>	<u>-</u>	<u>192,940</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2018 £	2017 £
Other debtors	-	2,683
Prepayments	1,667	1,667
	<u>1,667</u>	<u>4,350</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2018 £	2017 £
Social security and other taxes	265	-
Accrued expenses	4,003	4,163
	<u>4,268</u>	<u>4,163</u>

11. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2018 £	2017 £
Within one year	20,000	20,000
Between one and five years	6,667	6,667
	<u>26,667</u>	<u>26,667</u>

THE CAMDEN PSYCHOTHERAPY UNIT

Notes to the Financial Statements - continued for the year ended 31 March 2018

12. MOVEMENT IN FUNDS

	At 1.4.17 £	Net movement in funds £	At 31.3.18 £
Unrestricted funds			
General fund	192,940	107,475	300,415
Restricted funds			
Community Fund	-	1,507	1,507
TOTAL FUNDS	<u>192,940</u>	<u>108,982</u>	<u>301,922</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	107,475	-	107,475
Restricted funds			
Community Fund	143,372	(141,865)	1,507
TOTAL FUNDS	<u>250,847</u>	<u>(141,865)</u>	<u>108,982</u>

Comparatives for movement in funds

	At 1.4.16 £	Net movement in funds £	Transfers between funds £	At 31.3.17 £
Unrestricted Funds				
General fund	58,322	26,382	(28,108)	56,596
Designated Fund	136,344	-	-	136,344
	<u>194,666</u>	<u>26,382</u>	<u>(28,108)</u>	<u>192,940</u>
Restricted Funds				
Community Fund	-	(28,108)	28,108	-
TOTAL FUNDS	<u>194,666</u>	<u>(1,726)</u>	<u>-</u>	<u>192,940</u>

THE CAMDEN PSYCHOTHERAPY UNIT

Notes to the Financial Statements - continued for the year ended 31 March 2018

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	26,382	-	26,382
Restricted funds			
Community Fund	142,844	(170,952)	(28,108)
TOTAL FUNDS	<u>169,226</u>	<u>(170,952)</u>	<u>(1,726)</u>

Designated Fund

The Designated Fund represents reserves maintained to fulfil long term commitments to patients, for whom the Charity has a responsibility for their psychotherapeutic treatment to be completed, should CPU have to cease activities.

Restricted Fund

The Restricted Fund represents a grant of £195,000 received in 2013 to be used over 5 years, to be used to deliver three agreed outcomes:

- Adults with mental health difficulties will report improved mental health and well-being following their psychotherapeutic treatment.
- Beneficiaries who have had to cease work, studies or training will have increased confidence and reduced anxiety.
- Beneficiaries will have improved family and social relationships and reduced social isolation following their psychotherapeutic treatment.

13. PENSION COMMITMENTS

The charity operates a defined contribution pension scheme. During the year the charity made pension contributions of £183. There were no outstanding or prepaid contributions at the balance sheet date.

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2018.