



Annual report 2024



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Registered Charity Number: 1100420
Company limited by guarantee Number: 04728609

Please come in

“I am sleeping better...
and able to deal with the
challenges that come my
way more appropriately.”

Wellspring counselling client

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All quotes are clients' words
used anonymously and no
images of clients are shown
to maintain confidentiality.



↑
78%

increase in client numbers since 2020

↑
13%

more sessions offered in 2024

7,060

children and young people locally are estimated to have a mental health issue¹

Foreword



Nick Garrett
Chief Executive



John Wood
Chair of Trustees

Our core purpose at Wellspring Therapy & Training is clear: to deliver affordable, high-quality, face-to-face therapy, providing a vital source of hope in overwhelming circumstances.

We've seen a concerning rise in local mental ill health, particularly impacting those already disadvantaged by issues like high housing costs. However, our hope is continually renewed by the incredible resilience of the people who come to us for support, and by the commitment of our volunteer counsellors.

Many of our clients face immense financial pressures, making the cost of therapy a significant barrier. This is where the generosity of our donors and supporters becomes critical, allowing us to ensure that vital help is accessible to all, regardless of their financial situation.

While 2024 presented challenges, including workforce reductions driven by a decrease in charitable grant funding, we made a conscious decision to focus on our Children and Young People's service, knowing that a significant 75% of mental illnesses manifest before adulthood.²

Despite losing valued adult counsellors, we were able to train and develop a record number of volunteer counsellors which meant we were able to reach a greater number of clients than in the previous year.

We had to prioritise our service amidst decreasing funding

A deep dive into our children's caseload revealed the lasting detrimental effects of COVID lockdowns on their development, communication skills, and engagement with learning. We responded by prioritising therapy and training for these young people, equipping them with the tools that will benefit them and their families for years, sowing the seeds for sustained engagement in education and future employment.

Furthermore, inspired by our faith, we actively engaged with our wider community, delivering mental health training and insight talks to a diverse range of businesses, clubs, and societies. Whilst 2024 was a tough year for our organisation, it was far harder for those on our waiting lists and for people we could not reach.

We thank you for your support.

Nick Garrett
Chief Executive

John Wood
Chair of Trustees

1. Mental Health of Children and Young People in England, 2023 – NHS England Digital and ONS census data for Harrogate.
2. Davies, S. (2013) Annual Report of the Chief Medical Officer 2012: our children deserve better. London: Department of Health.

Our values inform all the work we do

Community

We are a welcoming community to all who are involved in our organisation.



Christian

The charity is motivated by our Christian faith and values.



Generosity

We foster a culture of generosity to both our team and our clients.



Professionalism

We are committed to practising professionalism.



Ethical

We endeavour to be ethical in all decision-making and practice.



Gary's story

I was feeling very lost in life. I knew that I had to make changes and I just didn't know where to start or where to get the help that I needed.

I walked into Wellspring to get some information. That very first contact with the receptionist really had an effect on me. I was so grateful the way it all progressed from there – it was absolutely amazing. They rang to offer me some affordable sessions and it was so strange somebody reaching out to me to try and help me!

My counsellor was a fantastic guy, absolutely brilliant from day one. I felt relief in being able to talk and be encouraged, not judged. It changed my outlook and impression of life.

“My counsellor was a fantastic guy, absolutely brilliant from day one.”

I'm 50 something and all my life I have either masked my emotions and problems, or buried them. I felt I didn't deserve to be happy, or deserve nice things, although it wasn't my fault, that was the way that I saw life. Now I know I do deserve to be happy and I can make others happy as well. I don't have to be somebody that closes their eyes to a situation. I can do something about it.

I am absolutely so grateful to Wellspring for what they did for me, I can't speak highly enough of them.

We see more men over 65 coming to us every year



100% of our clients agreed their counsellor really listened and understood them

“Counselling helped me to understand and care for myself better. I now don’t feel selfish to take the time I need to feel ok.”

Counselling

People who experience our counselling benefit from high-quality, professional, supervised psychotherapy provided face-to-face.

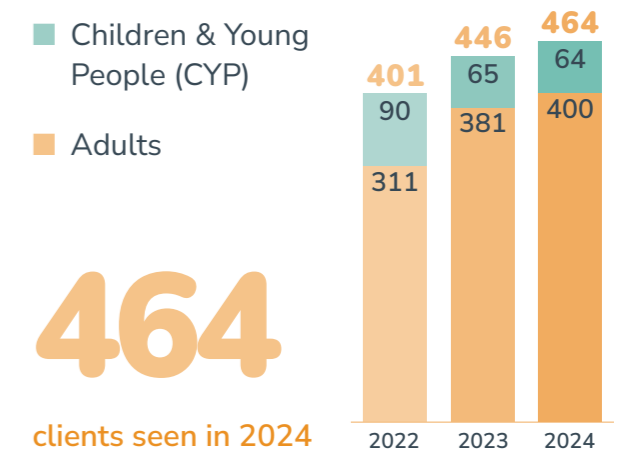
Our counselling team is made up of both experienced and trainee counsellors, as well as voluntary and employed counsellors. With a diverse team of counsellors, all bringing different skills, knowledge and experience we are able to really match our clients’ needs to an appropriate counsellor. In 2024, 36 people volunteered with us as counsellors.

In 2024, we offered 6321 sessions. We supported 400 adults and 64 children with counselling from our centre in the year.



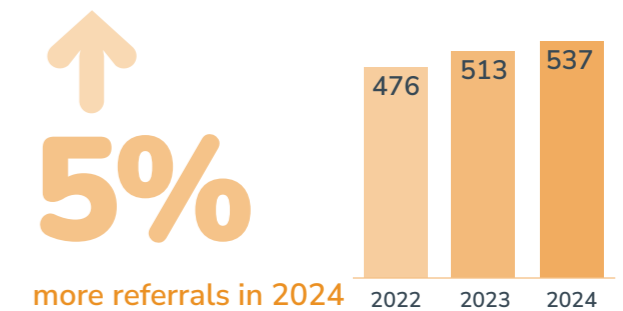
Some of our staff team

We experience more demand for our service every year



clients seen in 2024

More counselling referrals received year-on-year (adult and CYP)



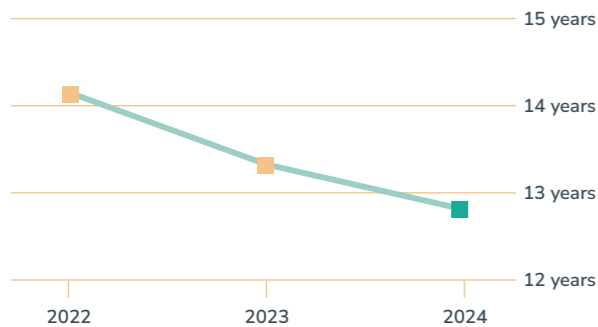
more referrals in 2024

14 sessions on average per CYP and adult client



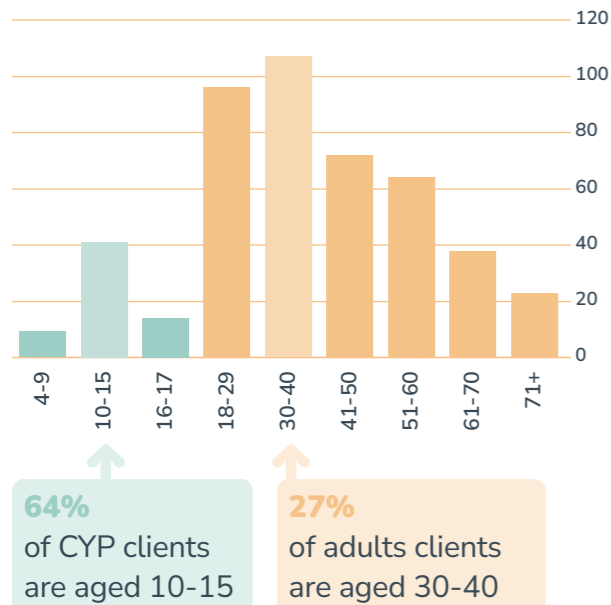
We are seeing younger children every year that need our help

The average age of CYP we see is falling



For 2024 this was... **12.8 years old**

Age brackets of clients in 2024



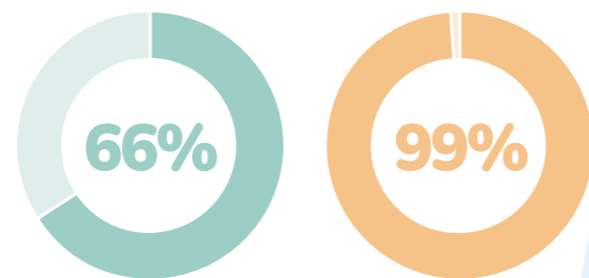
Route One to Wellness is a partnership between four key VCS providers of mental health support in the Harrogate area: Claro Enterprises, Mind Harrogate, Orb Community Arts and Wellspring Therapy & Training.

Our aim is to improve the health, well-being and life opportunities of individuals experiencing or at risk of the effects of poor mental health.

We work together to ensure mental health support is more easily accessible for those in need.

Waiting times

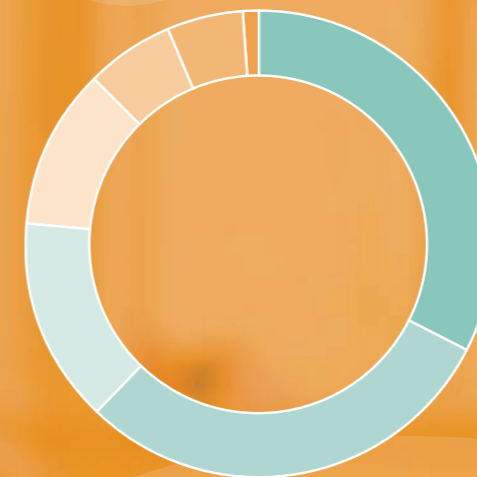
■ % of clients seen within 12 weeks



■ % of adult clients agreed the waiting time was acceptable. This compares to 25% within NHS ¹.

1. Rethink Mental Illness; New survey reveals stark impact of NHS mental health treatment waiting times – June 2024

Almost one third of our clients heard about us through the NHS



Where did clients hear about us

- NHS 32%
- Friend or family 29%
- Previous client 14%
- Other organisations 11%
- Internet 6%
- Employer/ school/college 5%
- Church 1%

Looking ahead

Through our new partnerships we expect to support people who will benefit from our service, thus preventing them needing expensive NHS treatment.

“I can now cope...
it felt impossible before.
I feel like me again.”

Wellspring counselling client

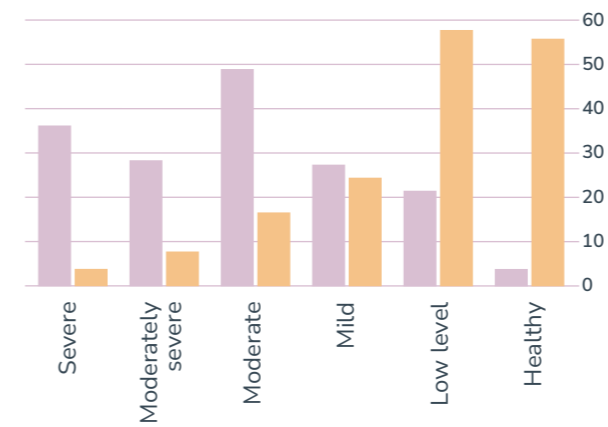
The impact on clients

At Wellspring we use a nationally recognised wellbeing measure called CORE-10. We ask clients to complete a 10-point questionnaire at the start and end of their therapy. The questions assess their risk, wellbeing, symptoms and physiological state.

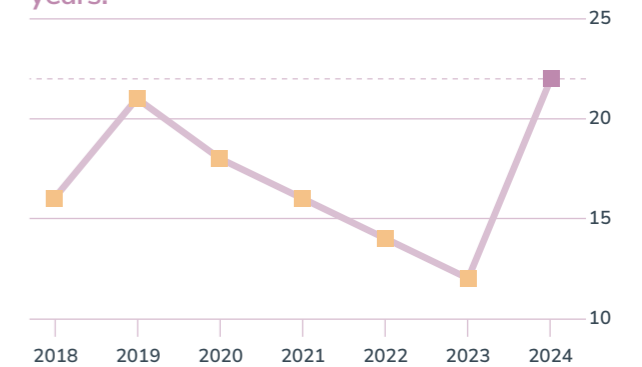
We are seeing a significant increase in clients who start therapy as ‘severe’

CORE banding for 170 adults

■ Before counselling ■ After counselling



22% of clients identified as ‘severe’ last year, far higher than in previous years.



89%

of clients who completed a CORE-10 had an improved wellbeing score from the start to the end of their counselling.



94%

of clients felt more able to cope at the end of their counselling in 2024



We help more people each year to effect and experience positive change in their lives

2024	2023	2022	Personal change
87%	85%	83%	My relationships with others have improved
97%	96%	88%	I understand myself better
90%	89%	81%	My sense of self-worth has improved
94%	92%	83%	I have come to terms with difficult experiences/emotions
92%	91%	82%	I feel more positive
56%	49%	36%	I have been helped spiritually

Social outcomes

Counselling not only has an impact on someone's emotional health but also their socio-economic situation.



Client contributions

Our affordable counselling service is a unique offer in the community making high quality professional therapy accessible to all, regardless of background and income. Clients choose an amount to contribute to their sessions from as little as £5 per session.

Due to its high housing costs relative to income, Harrogate has the worst housing inequality in North Yorkshire. This means we have significantly high numbers of people in insecure accommodation, making their mental health worse. Affordable counselling is therefore critical for people who are struggling financially.

Looking ahead

Wellspring conducted a review of its charges with people who have lived experience of poverty and poor mental health. Charges will not be going up, mainly due to the climate of mistrust on changes to welfare and entitlements.

We believe everyone should have access to high quality professional therapy, regardless of circumstances

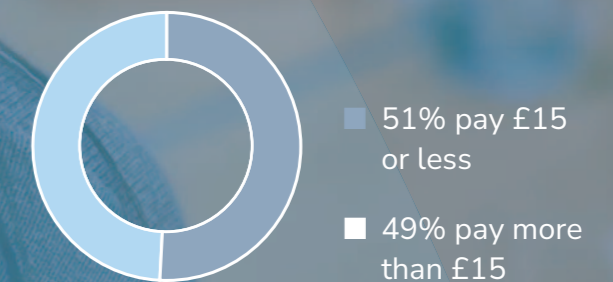
£14.77

was the average contribution per affordable adult session in 2024

£60.00

is a typical fee per session for private adult counselling in Harrogate

Adult client contributions per session



Ellen's story

It is incredibly hard to see your child suffering and not know how you can help. I could see Ruby was in pain and the fear of what might happen was, at times, overwhelming. We looked for help where we could, fell down the gaps of different services and ended up at Wellspring. Tired. Wounded.

Finding the right person for her was so important but so hard; I knew it would be a literal make or break situation. Wellspring listened and it was incredible how they found someone who she connected with straight away; she was just wonderful.

“Parenting through this is lonely, hard and confusing.”

You think it is never going to end, overthinking every move with a pile of blame that feels so heavy. Entering the peace of Wellspring each week was the glimmer that I needed.

The counsellor cared about our family as a whole, which surprised me. She gave me practical tips that helped us navigate things better. We all made progress and we could pay what we could afford. Honestly, I don't know where we would have been otherwise.

Thank you, Wellspring.

Ruby's story

As a 15-year-old girl, Wellspring welcomed me to their counselling sessions to help me with my feelings of sadness, and acts of self-harm.

I'd been struggling with these feelings for many years, with it getting more extreme the closer I got to my GCSEs.

Over the weeks, I was able to explore the reasons behind my feelings, and made significant decreases in self-harming. It also helped me prioritise things which were important to me to start feeling happier.

Through creative devices such as playdough, sand, and drawing, Wellspring gave me the confidence to share things with my parents and myself; it helped me become more motivated in school and see a future with my studies.

“...it helped me become more motivated in school and see a future...”

I'd really recommend

Wellspring for anyone looking for someone to talk to. Everyone there is so nice and friendly, and it really does make a difference.

64%

of the children and young people we see are between 10-15 years old

50% of mental health problems start by age 14¹.

1. WHO, 2022

Group and schools work

30

young people benefited from our Empower Course in 2024

We are so grateful to the **National Lottery Community Fund** for funding our small-group therapy sessions for children and young people in 2024. This funding will also enable us to continue to run Empower until 2026.

Empower

In addition to regular counselling, we offer young people the chance to take part in 'Empower'. This is an 8-week course written and facilitated by professional youth counsellors and which offers those aged 11-18 the opportunity to develop their confidence and self-esteem within a supportive peer group.

As a result, children and young people have healthier levels of self-esteem and emotional wellbeing through the activities experienced within Empower.

"I love coming because I feel seen and I don't feel weird."

Empower feedback



Neuro divergent support

Early support for neuro divergent children is vital. Strong research evidences that meeting the needs of children as early as possible is more effective than securing a diagnosis. We will continue to support families as quickly as we can; right for children and saving the health and social care system significant money ¹.

Looking ahead

We are looking to expand Empower to other age groups including parents and primary school aged children.

1. Improving mental health and wellbeing with and through education settings – Child of the North

"These sessions helped me talk more freely, have less panic attacks and go back to school."

Wellspring youth client



We reach children who otherwise would not have received therapy

Schools

Wellspring school counselling service between Jan-Dec 2024 across two schools:

1157

appointments offered

249

students and staff supported through individual sessions

Often, children who are in school but struggling, are overlooked by mental health services and only come to their attention when they have become so overwhelmed that they have started to engage in risk-taking behaviour.

Our professionally qualified therapists work in the school through our school counselling service to meet with children who have been identified by pastoral staff as needing support.

This early intervention allows young people to find ways of dealing with their distress and supports them to stay in education.

"...helped me move away from the shame I was experiencing."

Youth feedback

School Counsellor
Lucy Karfopoulos



It is a real privilege to work therapeutically with young people. To offer a safe, non-judgemental and confidential space where they are able to express their thoughts and feelings is so valuable and can have such a huge impact. It is an honour to be part of the life journey of every client I work with and to support their personal growth and developing sense of autonomy.

Looking ahead

We hope to be working in partnership with rural primary schools where we have found astonishingly high levels of mental health need.

Issues

The prevalence of bullying in North Yorkshire schools is increasing with almost 1 in 4 students being affected ¹. Our counsellors also see students presenting with: suicidal thoughts, anger, trauma, bereavement, grief, friendship and family relational issues, identity, intrusive thoughts, anxiety, panic attacks, low mood, low self-esteem and self-harm.

Some of our feedback...

"Counselling enabled me to control my anger and not allow my anger to control me."

"I am more conscious of how I talk to myself and think about my own boundaries."

1. Growing up in North Yorkshire, 2024



Training

Wellspring offer a wide range of high-quality training events throughout the year. Our training courses are aimed at equipping individuals, professionals, businesses, and organisations with the skills needed to enhance personal wellbeing, and the ability to support others.

↑ 59%

increase in training hours delivered in 2024 versus 2023

Mental Health First Aid (MHFA)

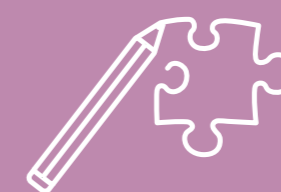
We provide the internationally recognised Mental Health First Aid Training to individuals, businesses, and organisations.



MHFA England

Bespoke Training

We deliver training tailored to specific needs. This year we designed and delivered self-care and pastoral care workshops to church leaders and designed an Active Listening workshop to be delivered in 2025 to school teachers.



Continuing Professional Development

Courses are held for counsellors and other health professionals to develop their skills. Experts are brought in to deliver topical training, which this year included Autism, Trauma, Alcohol and Sexual Abuse. Our CPD suite also includes our specialised and ever popular Sandtray Therapy Training workshops.





Our newly refurbished training room following the extensive flood damage in May 2024

19 **7%**

courses run in 2024

more course attendees for 2024

Sadly, our training room experienced extensive damage in May 2024 from flash flooding, which created challenges and cancellations to our planned training programme. Thanks to the generosity of local churches we were able to continue some of our offer in alternative locations.

Despite this, we still ran 19 courses for 185 people attending either a single training event or a series of workshops, compared to 18 courses and 173 attendees in 2023.

Sandtray

Our Sandtray training continues to be held in high esteem within the counselling community. We are the leading training provider in the North of England for this special therapeutic service. In 2024, we trained 36 professionals. We attract counsellors and professionals not just from Yorkshire, but from all over the country, including London.

Sandtray is a creative therapy in which clients represent their personal world in symbolic form by working with objects in a sand-filled tray. Working in this way can powerfully enhance a client's awareness and promote expression, exploration, and resolution of a variety of issues. In 2025, we expect to continue providing high-quality, sought after learning in this area.



Our sandtray training remains in high demand

Counselling Training to work with Children and Young People

1 in 5 children and young people in England were found to have a probable mental disorder, with prevalence rates of 20.3% for those aged 9-16 years and 23.3% for those aged 17-19 years.¹

This is supported by the number of referrals for children and young people that we continue to get.

Regionally, we lack counsellors that have experience in counselling children and young people. We've been forced to close our waiting list for this age group a number of times.

To better respond to this need, we developed a new course based on the British Association for Counselling and Psychotherapy curriculum and competencies to upskill existing counsellors to work with children and young people aged 11-18.

11 people attended the Introduction and 9 continued on to the Diploma, which started in September 2024 and will finish in February 2025.



5 of the attendees will complete their placement hours here at Wellspring. This will ensure these already qualified counsellors have the chance to explore and practise the theory they learn and ideas they develop in a safe environment, developing their skills to a high standard to help children and young people in our area.

"...crucially illustrated the differences and the approach where counselling young people can be very different."

Trainee feedback

1. Mental Health of Children and Young People in England, 2023 – NHS England Digital

6 **53%**

MHFA courses were run.

more attendees on our MHFA courses



9 **185**

CPD courses including 5 Sandtray courses

professionals have attended one of our courses in 2024 versus 173 in 2023

11 **9**

attendees for the Introduction to Counselling CYP course

attendees for the Diploma in Counselling CYP course

Looking ahead

Our ambition for 2025 is to continue to manage the high-quality training provided to counsellors, businesses, and the local community. We aim to establish our new Diploma in Counselling CYP as 'the course to take' by delivering it to a second intake.

“I have loved being part of an organisation built on relationships.”

Volunteer art therapist Jude








Volunteering and fundraising

We are privileged to work with many dedicated, skilled volunteers who support our work on a weekly, monthly or one-off basis.

We are extremely thankful for the way our volunteers generously give their time; without them we would be unable to offer our affordable services to the community.

Our regular volunteers include:

-  a team of 36 trainee and qualified counsellors who see 3-6 clients every week;
-  a team of Welcomers who welcome people into the building and support staff with administrative tasks;
-  a gardening group who have been developing our outside area into a peaceful, tranquil space;
-  a team of 9 trustees. Their collective experience includes: psychotherapy, corporate law, teaching, clergy in the Church of England, financial planning and accountancy, and health and safety/governance expertise;
-  individuals who make up our subcommittees led by trustees including Finance Committee.

Fundraising

Thanks to the fundraising efforts of many individuals, trusts and foundations, and organisations, the work of Wellspring was able to develop and grow in 2024. Whilst we are dependent on fundraising and donations, we also work hard to generate income from our services to enable us to be more sustainable.



Alison, one of our trainee counsellors



Fundraising events

In 2024, 51% of adult clients paid £15 or less per session for counselling. The average donation was £14.77. The cost to run a session was £58; we have to fundraise to make up the difference.

As a charity, every pound raised supports our service. We are so grateful to the many individuals, businesses and organisations who fundraise for us every year. Whether they raised £1 or £10,000, every donation makes a difference.

Here are some of the fundraising activities we did in 2024...



Harrogate Film Society and the Odeon Harrogate organised a special **Movie Screening** of "A Bunch of Amateurs" to support Wellspring and Harrogate Mind, raising £550 each.

Teams from H&A and Wellspring walked many miles to raise over £4,500 in the **Nidderdale Charity Walk & Run** in May.



Also in May, we congratulated our volunteer Welcomer Alison who raised over £1,600 by completing her first half marathon in the **Edinburgh Marathon**.

David James cycled 516 miles in 5 days on the **North Coast 500** to raise over £1,500.



Cyclist David Pickles took on the **North Cape 4000**, the world's toughest annual challenge. In spite of an injury meaning a premature finish, he raised over £1,500 for us.

A team from Wellspring took on the **Yorkshire Three Peaks** in some very unstable July weather to raise over £1,000!

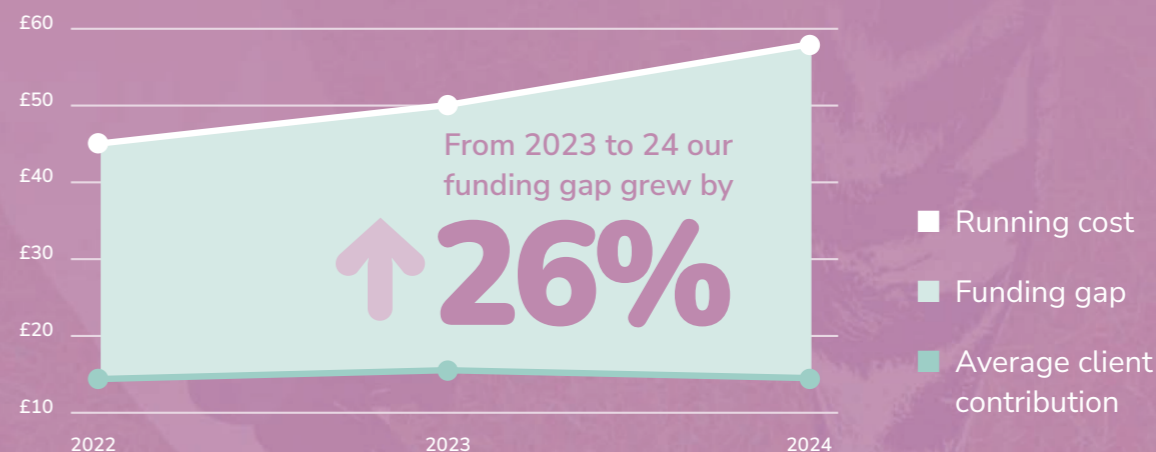


Many individuals doubled their donations to us through our **BigGive** match funding campaigns in May and December.



Dress Green Day
To tie in with World Mental Health Day on 10 October, we organised our 3rd **Dress Green Day**, encouraging people to wear something green to raise awareness of mental health and fundraise for us. Special thanks to HPH Chartered Accountants and H&A for being seen wearing green.

The funding gap per counselling session gets bigger year on year



$$£58 - £14.47 = ?$$

Running cost per counselling session

Average contribution per session

We rely on donations to fund our shortfall

Alongside our regular donors and fundraisers, we are thankful for the trusts and foundations that help fund our work including...

- Benefact Trust – Community Impact Grants
- Clothworkers' Foundation
- Get Going Grant (North Yorkshire Council)
- Harrogate Church House Trust
- LOCAL FUND for the Harrogate District – Two Ridings Community Foundation
- Maurice & Hilda Laing Charitable Trust
- National Lottery Awards for All
- Skipton Charitable Foundation
- Souter Charitable Trust
- Starbeck Community Fund
- The Julia Rausing Trust
- The Liz & Terry Bramall Foundation
- Yorkshire Building Society Charitable Foundation



Working in partnership

As the need for mental health support continues to grow, with the NHS overwhelmed and private counselling still unaffordable for many, Wellspring's team have felt moved to create a new project, in partnership with churches and charities.

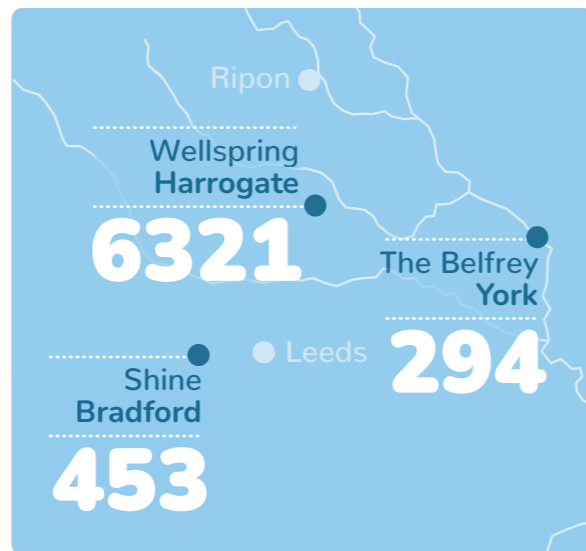
Many churches and charities have a passion to see people suffering from emotional distress receive hope and support through counselling, but feel they lack the confidence or resources to know how to offer this service.

Wellspring Counselling Centres bring together Wellspring's 20+ years of experience in delivering affordable professional counselling services with a church or charity who is in touch with their community and ready to help.

Through partnership working we will support a church to set up, deliver and grow an affordable counselling service based on our own model.

16%

of our clients in 2024 travelled from York, Leeds and Bradford to Wellspring House



Wellspring Counselling Centres ● and number of sessions offered in 2024

Shine, West Bowling

Our first centre opened at Shine, St Stephen's Church in West Bowling, Bradford in summer 2023, seeing adult clients from the local area. 54.4% of residents in Bowling are Asian. ¹

The Belfrey, York

The Belfrey, York launched their Wellspring Counselling Centre in May 2024. Co-ordinated by their Counselling Service Manager, the small team of enthusiastic counsellors meet the needs of people in their local community.

1. 2021 Census – City of Bradford Metropolitan District Council



The Cinnamon Incubator

We received national recognition from the Cinnamon Network for the positive impact we make on society.

As one of only five projects, in 2024 we completed two years of valuable training and professional mentoring as part of their Incubator programme.

Community partnerships

Alongside our Route One work (see page 10), we are passionate about working collaboratively with other like-minded charities to benefit our community.

We've been working alongside our friends at Mind in Harrogate and SELFA in Craven to share expertise and provide services in areas of need locally.

Harrogate Town Football Club are keen to build on the success of the Pitch positive mental health session for men that we delivered. Our community is integral to who we are and we were pleased to be invited to a local church's Family Wellbeing day.

Looking ahead

We want to work in partnership with UK Armed Forces and anchor institutions in rural locations.

Picture above: Pitch Positive Mental Health Session delivered by Chief Executive, Nick Garrett, in conjunction with Harrogate Town Football Club

Governance

Public Benefit

We have referred to the Charity Commission's general guidance on public benefit and we are confident that Wellspring meets the public benefit requirement. Our clients are asked for a donation according to means, and this may mean that for some the sessions will be free. Equal access to our service is important and we see anyone regardless of gender, ethnicity, faith, sexual orientation, age (unless not Gillick competent) or any other factor. The impact and public benefit of our work goes beyond the client by reducing the distress suffered by families and friends and having a positive impact on schools and local communities. The consequences of alleviating psychological distress are far-reaching. We estimate that our service reduces the demand on the Prison and Youth Justice Services, the NHS, and Social Care.

Structure, Governance & Management

The organisation is a Charitable Company limited by guarantee, company number 04728609, incorporated on 9 April 2003 and registered as a charity on 30 October 2003, charity number 1100420. The Governing document of the Charitable Company is the Memorandum and Articles of Association, which we revised and updated in 2018.

Trustees and principal offices

Mr John Wood – Chair

Mr Roger Elliott –
Deputy Chair resigned 8 July 2024

Mrs Angela Hall –
Deputy Chair from November 24

Mr Stuart McKee – Treasurer

Mrs Pippa Bogle

Mr Andrew Bull

Revd Phil Carman

Miss Margaret Castro

Mrs Christine Holland –
Resigned 31 January 2024

Mrs Sarah Ratcliffe –
from 11 November 2024

Recruitment and Training of Trustees

Prospective trustees meet with The Executive Director, Chair, and other trustees (if appropriate). References are taken and they are invited to a trustee meeting as a guest. Once appointed, they are given an induction pack and a tour of the facilities to ensure they have a clear overview of the activities of the Charitable Company. They are encouraged to attend appropriate external seminars where these are relevant to their decision-making roles.

The registered office is 78 High Street, Starbeck, Harrogate, HG2 7LW.

2024 Governance: Items of Significance

Wellspring Therapy & Training have a Governance Subcommittee, which meets quarterly, adhering to its agreed Terms of Reference. In the reported year, no non Business as Usual matters were raised to the subcommittee for consideration or action.

Plans for the future

We are just over half way through our three-year business plan and have made strong progress on five of our nine strategic objectives, with steadier progress on four. Progress was hampered by reduced income from trusts and foundations, meaning we needed to reduce our staffing budget and cut posts.

Strong progress

1. Training

Objective: To have a training schedule providing preventative work in our community focussing on priority groups with partnerships alongside organisations that make a difference.

Progress: Good relationship developed with Harrogate Town AFC Community Foundation to providing talks on mental health for men. More talks on issues raised by men are being researched with more sessions planned in 2025.

2. Children and Young People Counselling Capacity

Objective: To increase our offer to Children and Young People.

Progress: Our newly developed course, which was fully booked and received excellent ratings from participants, enabled us to create additional counselling capacity in our children's service, enabling us to offer more appointments to children.

3. Maintaining our Christian identity

Objective: To have a clear concept of what being a Christian organisation means to us.

Progress: Staff and trustee engagement on faith remains strong; a good example is the rejection of a fundraising proposal developed externally that involved gambling. Trustees considered this not to be

in the interests of our clients or a good reflection of our faith. Staff and supporters continue to support in structured prayer. Local churches were visited six times through the year with talks on mental health need in the area.

4. Reduce Health Inequalities

Objective: Grow our partnership with Route One to Wellness.

Progress: We have continued to provide support to people on low incomes through the primary care pathway. The success of the partnership is being replicated across North Yorkshire. We have developed relationships with our partners to such an extent that we are developing approaches to reduce rural health inequalities for children and young people through partnership working.

5. Increase provision

Objective: 227 sessions offered per week.

Progress: 150 sessions were provided per week in 2024 compared to 144 the previous year representing a 4.17% increase. This happened despite a contraction in the number of staff.

Steady progress

6. Development Work

Objective: Increase core staff to free up time for development projects and income generation.

Progress: Despite losing core staff in fundraising, HR and administration roles following our restructuring, we managed to create time to develop projects that



focussed on exploiting technology to improve internal efficiency, eg making our process of onboarding new volunteer counsellors more efficient, thus enabling us to see more people on our waiting list more quickly.

7. Increase income

Objective: Significantly increase income.
Progress: Whilst good progress was made on identifying individual investors, finding confluence with values and adherence to our distinct identity proved to be challenging in a crowded charity playing field.

8. Holding Space

Objective: To better support those people waiting to use our service.
Progress: After not being able to source a suitable partner for group work, we identified a range of safe digital tools to use that are approved by mental health charities nationally.

9. Spread our Model

Objective: Develop a replicable model for Wellspring Counselling Centres.
Progress: The two counselling centres already set-up in Bradford and York were consolidated with other areas explored.

Financial Review

The Statement of Financial Activities shows a net deficit of £51,342 for the year ended 31 December 2024. This presents a decrease of £2,852 on the result for the prior year. This deficit was largely as a consequence of a lower than projected

level of income to support the investment in counselling resource put in place in prior years. In line with many others, we have found securing funding for growth to meet ever increasing demand a significant challenge.

Overall, our income for the year was £22,031 (5.44%) higher than in 2023, while our expenditure increased by £24,883 (5.49%), very largely in terms of staff and volunteer costs as we executed our planned increase in service provision as referenced above.

Of the £51,342 deficit, £51,295 arose from unrestricted activities with the remaining £47 resulting from restricted activities.

At the end of 2024, total funds held were £332,743 (2023: £384,085) of which £704 are restricted and £332,039 are unrestricted. Of the unrestricted reserves, £213,606 (2023: £225,970) are in designated funds and £118,433 (2023: £157,364) are in undesignated funds.

Given the continued deficit trend, we have had to take the very difficult decision to reduce our fixed cost base to ensure that we remain a sustainable provider of critical services. We are hopeful that these actions will arrest the erosion of our unrestricted reserves and permit us to remain within our stated reserves policy.

Sources of Funding and Support

The continued support of staff and volunteers, who gave so generously of their time, and the financial support received from Friends of Wellspring and many others, have ensured that we have been able to consistently deliver client and training services effectively during this past year. We are especially grateful to the many trusts, foundations, companies, individuals and churches who have donated generously to our work in this financial year.



Reserves Policy

In accordance with the Charity Commission guidance, the Trustees have considered the reserves needs of the Charity. The Trustees have established a policy of holding free cash reserves which equate to six months budgeted unrestricted expenditure less committed unrestricted funds for the same period. This amounts to £108,664. Cash reserves are held partly in a current account to allow for monthly fluctuations in cashflow and partly in interest-bearing accounts.

Wellspring Therapy & Training do not earn any fixed or certain income for their services. In line with our Christian values and ethos, a significant proportion of clients are asked to contribute towards counselling services based on their ability to pay. It is therefore feasible for the charity to incur payroll and building costs without earning any significant levels of income. The Trustees therefore regard six months budgeted, unrestricted expenditure, less committed unrestricted funds for the same period, as being an acceptable level of free reserves to be held by the Charity. At the end of 2024, free reserves calculated on this basis, equate to 6.5 months.

Statement of Directors' and Trustees' Responsibilities...

The purpose of this statement is to distinguish the Directors' and Trustees' responsibilities for the accounts from those of the Accountants as stated in their report.

Company and charity law require the Directors and Trustees respectively to prepare accounts for each financial year which give a true and fair view of the Charitable Company's state of affairs at the end of the year and of its financial activities for that period. In preparing those accounts, the Directors and Trustees are required to:

1. Select suitable accounting policies and then apply them consistently;
2. Make judgments and estimates that are reasonable and prudent;
3. State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts;
4. Prepare the accounts on the going concern basis unless it is inappropriate to assume that the Charitable Company will continue in operation.

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

Exemption

For the year ended 31 December 2024, the company was entitled to exemption from audit under section 477 of the Companies Act 2006.

By order of the Directors and Trustees
 Mr John Wood, Chair of Trustees
 Date 13 May 2024


 Mr John Wood
 Chair of Trustees



WELLSPRING THERAPY & TRAINING

(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCOME AND EXPENDITURE ACCOUNT)
YEAR ENDED 31 DECEMBER 2024**

	Note	Unrestricted funds £	Restricted funds £	2024 £	2023 £
INCOME					
Donations and legacies	3	182,058	7,614	189,672	193,309
Charitable activities	4	133,067	56,516	189,583	165,036
Other trading activities:					
Fundraising		31,779	-	31,779	35,629
Room Rental		6,609	-	6,609	5,140
Investments		9,234	-	9,234	5,732
TOTAL INCOME		362,747	64,130	426,877	404,846
EXPENDITURE					
Charitable activities	6.1	380,862	64,177	445,039	439,410
Raising Funds		33,180	-	33,180	13,926
TOTAL EXPENDITURE		414,042	64,177	478,219	453,336
Net (expenditure) / income before transfers		(51,295)	(47)	(51,342)	(48,490)
Transfers between funds	12,13	-	-	-	-
Net movement in funds		(51,295)	(47)	(51,342)	(48,490)
Reconciliation of funds					
Total funds brought forward	12,13	383,334	751	384,085	432,575
Total funds carried forward	12,13	£ 332,039	£ 704	£ 332,743	£ 384,085

All activities derive from continuing operations.
The notes on pages 37 to 44 form part of these accounts.

WELLSPRING THERAPY & TRAINING

(A company limited by guarantee)

**BALANCE SHEET
AS AT 31 DECEMBER 2024
Company registration number: 04728609**

	Note	2024		2023	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	8		193,606		205,970
CURRENT ASSETS					
Debtors	9	4,303		4,173	
Cash at Bank and in hand		181,190		205,114	
		<u>185,493</u>		<u>209,287</u>	
LIABILITIES: amounts falling due within one year					
	10	(46,356)		(31,172)	
NET CURRENT ASSETS			<u>139,137</u>		<u>178,115</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>332,743</u>		<u>384,085</u>
NET ASSETS			<u>£ 332,743</u>		<u>£ 384,085</u>
THE FUNDS OF THE CHARITY					
Restricted Funds	12		704		751
Unrestricted Funds					
- Designated Funds	13		213,606		225,970
- Undesignated Funds	13		118,433		157,364
TOTAL FUNDS			<u>£ 332,743</u>		<u>£ 384,085</u>

For the financial year ended 31 December 2024, the Charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The Members have not required the Charitable Company to obtain an audit of its accounts for the year in question in accordance with section 476. The Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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

The notes on pages 37 to 44 form part of these accounts.

These financial statements were approved by the trustees on 13 May 2025 and signed on its behalf by:

S McKee - Trustee *Stuart McKee*

WELLSPRING THERAPY & TRAINING
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
YEAR ENDED 31 DECEMBER 2024

	Unrestricted funds £	Restricted funds £	2024 £	2023 £
Cash flows from operating activities:				
Net cash provided by/(used in) operating activities	(47,619)	14,461	(33,158)	(41,835)
Cash flows from investing activities:				
Interest income	9,234	-	9,234	5,732
Purchase of tangible fixed assets	-	-	-	-
Change in cash and cash equivalents in the year:	(38,385)	14,461	(23,924)	(36,103)
Cash and cash equivalents at the beginning of the year	192,104	13,010	205,114	241,217
Cash and cash equivalents at the end of the year	<u>£ 153,719</u>	<u>£ 27,471</u>	<u>£ 181,190</u>	<u>£ 205,114</u>

Notes:

Reconciliation of net (expenditure)/income to net cash flow from operating activities

Net (expenditure)/income for the year	(51,295)	(47)	(51,342)	(48,490)
Adjustments for:				
Depreciation	12,364	-	12,364	12,330
Interest income	(9,234)	-	(9,234)	(5,732)
Decrease/(Increase) in debtors	(130)	-	(130)	1,017
(Decrease)/Increase in creditors	676	14,508	15,184	(960)
Net cash provided by/(used in) operating activities	<u>£ (47,619)</u>	<u>£ 14,461</u>	<u>£ (33,158)</u>	<u>£ (41,835)</u>

Analysis of cash and cash equivalents

Cash at bank and in hand	153,719	27,471	181,190	205,114
Total cash and cash equivalents	<u>£ 153,719</u>	<u>£ 27,471</u>	<u>£ 181,190</u>	<u>£ 205,114</u>

WELLSPRING THERAPY & TRAINING
(A company limited by guarantee)

NOTES TO THE ACCOUNTS
FOR YEAR ENDED 31 DECEMBER 2024

1 GENERAL INFORMATION

The Charitable Company is a private company limited by guarantee, which is incorporated and registered in England and Wales (no.04728609). It was registered as a charity on 30 October 2003. The Charity number is 1100420.

The address of its registered office is 78 High Street, HARROGATE, North Yorkshire, HG2 7LW.

2 ACCOUNTING POLICIES

2.1 Basis of preparation of accounts

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Wellspring Therapy & Training meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2.2 Going Concern policy

The Trustees have a reasonable expectation that the Charitable Company has adequate resources to continue in operational existence for the foreseeable future. They continue to adopt the going concern basis of accounting in preparing the annual financial statements.

2.3 Fund accounting

The trustees have a defined policy for identification of different types of income:

- a) Designated funds are unrestricted funds but are specifically earmarked by the Trustees for a particular purpose.
- b) Restricted funds are only to be used for the specific purpose laid down by the donor. Expenditure which meets this criteria is charged to the fund.
- c) Unrestricted funds are the residue of income receivable or generated from the objects of the charity without further specified purposes and are available as general funds.

2.4 Income

All income is recognised in the statement of financial activities when the conditions for receipt have been met and there is reasonable assurance of receipt. Except for the following:

Grants receivable

Grants for immediate expenditure are accounted for when they become receivable. Grants received for specific purposes are treated as restricted funds. Grants which are received for a future accounting period are deferred and recognised in those periods.

Capital Grants for specific fixed assets are included in restricted income when received. Once the asset is purchased these monies are transferred to unrestricted funds unless there is a restriction on the disposal of the asset. If so, the net book value of the asset is shown as a restricted fund.

WELLSPRING THERAPY & TRAINING

(A company limited by guarantee)

**NOTES TO THE ACCOUNTS
FOR YEAR ENDED 31 DECEMBER 2024**

2 ACCOUNTING POLICIES (continued)

2.5 Expenditure

Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.

- Costs of generating funds - costs associated with attracting voluntary income.
- Charitable activities - costs incurred by the Charitable Company in delivering its counselling services to clients. It includes costs that can be allocated directly and those of an indirect nature necessary to support them.
- Support costs - allocated to charitable activities on an equal basis.

2.6 Tangible fixed assets and depreciation

Fixed assets for the Charitable Company to use are capitalised at cost, for items above £1,000. Donated assets are valued at market value on donation. They are stated in the accounts at cost/original value less depreciation.

Depreciation is 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:

Freehold Property	2% straight line basis
Leasehold Improvements	25 years straight line basis
Equipment	25% straight line basis

2.7 Debtors

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

2.8 Cash at bank and in hand

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

2.9 Creditors

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

2.10 Financial Instruments

The Charitable Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.11 Pension costs

The Charitable Company operates a defined contribution pension scheme. Contributions are charged in the Statement of Financial Activities as they become payable in accordance with the rules of the scheme.

WELLSPRING THERAPY & TRAINING

(A company limited by guarantee)

**NOTES TO THE ACCOUNTS
FOR YEAR ENDED 31 DECEMBER 2024**

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
3 DONATIONS AND LEGACIES				
Donations and gifts	93,051	-	93,051	60,899
Gift Aid	4,148	-	4,148	4,484
Grant income	84,859	7,614	92,473	127,926
	<u>£ 182,058</u>	<u>£ 7,614</u>	<u>£ 189,672</u>	<u>£ 193,309</u>

Restricted donations and legacies in 2023 was £12,460

The Charitable Company also benefits greatly from the involvement and enthusiastic support of its many volunteers. Volunteers donate their time through the following activities: administration, reception cover, counselling, building and garden maintenance, event planning and fundraising. More details of the important role volunteers play, is given in our annual report. In accordance with Charities SORP, the economic contribution of general volunteers is not recognised in the accounts.

4 INCOME FROM CHARITABLE ACTIVITIES

Counselling	98,056	56,516	154,572	154,987
Church Centres	6,000	-	6,000	-
Training	29,011	-	29,011	10,049
	<u>£ 133,067</u>	<u>£ 56,516</u>	<u>£ 189,583</u>	<u>£ 165,036</u>

Restricted income from charitable activities in 2023 was £46,719

5 TOTAL STAFF COSTS

Wages and Salaries	266,258	43,022	309,280	306,445
Social Security Costs	14,433	2,276	16,709	13,231
Employer Pension Contributions	12,533	1,369	13,902	11,146
Other Staff Expenses	4,949	120	5,069	2,023
	<u>£ 298,173</u>	<u>£ 46,787</u>	<u>£ 344,960</u>	<u>£ 332,845</u>

No employee earned £60,000 per annum or more in the year.

Number of employees

The head count of employees on the payroll as at December 2024 was 22 (2023 - 23).

The key management personnel of the Charitable Charity comprise the trustees and the senior management team. The total employee benefits of the key management personnel, with only senior management team members being paid, was £110,073 (2023 - £123,895).

WELLSPRING THERAPY & TRAINING

(A company limited by guarantee)

**NOTES TO THE ACCOUNTS
FOR YEAR ENDED 31 DECEMBER 2024**

6 ANALYSIS OF TOTAL EXPENDITURE

	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024	Total Funds 2023
	£	£	£	£
6.1 Charitable activities				
Staff Costs	298,173	46,787	344,960	333,845
Supervision Costs	11,932	1,740	13,672	13,362
Sales Promotions	1,026	-	1,026	6,410
Training Department	12,773	1,728	14,501	5,774
Computer Maintenance and Software	5,061	115	5,176	13,696
Rents and Rates	1,499	-	1,499	1,488
Telephone and IT Costs	2,375	39	2,414	1,946
Postage and Stationery	1,694	17	1,711	1,358
Sundry Expenses	1,367	123	1,490	1,516
Repairs and Renewals	5,676	47	5,723	9,792
Insurances	2,511	-	2,511	2,090
Gas, Water and Electric	5,130	-	5,130	7,504
Bank Charges	2,397	-	2,397	2,012
Professional Fees	2,568	-	2,568	183
Depreciation	12,364	-	12,364	12,330
Travel Costs	163	-	163	409
Associate Counsellor Service Costs	25,117	1,000	26,117	24,741
Bad Debts	-	-	-	117
Materials	860	22	882	137
Support Costs (below)	735	-	735	700
Allocations of Overheads	(12,559)	12,559	-	-
	<u>£ 380,862</u>	<u>£ 64,177</u>	<u>£ 445,039</u>	<u>£ 439,410</u>

6.2 Support costs

Independent Examiners Fees	735	-	735	700
	<u>£ 735</u>	<u>£ -</u>	<u>£ 735</u>	<u>£ 700</u>

Restricted expenditure in 2023 was £59,779.

WELLSPRING THERAPY & TRAINING

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**NOTES TO THE ACCOUNTS
FOR YEAR ENDED 31 DECEMBER 2024**

7 RELATED PARTIES

No trustees received remuneration during the year (2023 - £nil). Expenses incurred on the charity's business were paid to no trustees (2023- none) amounting to £nil (2023 - £0).

During the year The Charity paid £2,477 (2023- £1,158) to Assured Risk Management Solutions Ltd for training services provided to the charity, on an arms length basis, a company in which the Trustee R Elliot is a Director.

8 TANGIBLE FIXED ASSETS

	Leasehold Improvement £	Equipment £	Total £
Cost			
At 1 January 2024	265,710	8,227	273,937
Additions	-	-	-
Disposals	-	-	-
	<u>265,710</u>	<u>8,227</u>	<u>273,937</u>
At 31 December 2024	265,710	8,227	273,937
Depreciation			
At 1 January 2024	61,276	6,691	67,967
Charge for year	11,595	769	12,364
	<u>72,871</u>	<u>7,460</u>	<u>80,331</u>
At 31 December 2024	72,871	7,460	80,331
Net Book Amounts			
At 31 December 2024	<u>£ 192,839</u>	<u>£ 767</u>	<u>£ 193,606</u>
At 31 December 2023	<u>£ 204,434</u>	<u>£ 1,536</u>	<u>£ 205,970</u>

The property is leased to the Charity on a peppercorn rent of £1 a year until 2041.

9 DEBTORS

	2024 £	2023 £
Trade Debtors	1,951	782
Prepayments	1,413	2,198
Other Debtors	939	1,193
	<u>£ 4,303</u>	<u>£ 4,173</u>

WELLSPRING THERAPY & TRAINING

(A company limited by guarantee)

**NOTES TO THE ACCOUNTS
FOR YEAR ENDED 31 DECEMBER 2024**

	2024 £	2023 £
10 LIABILITIES: Amounts falling due within one year		
Trade Creditors	5,489	5,979
Payroll & Other Taxes	12,858	11,660
Accruals	1,242	1,274
Other Creditors	-	-
Deferred Income (below)	26,767	12,259
	<u>£ 46,356</u>	<u>£ 31,172</u>
Deferred income		
Balance brought forward	12,259	16,918
Amount deferred / (utilised) in the year	14,508	(4,659)
	<u>£ 26,767</u>	<u>£ 12,259</u>
Balance carried forward	<u>£ 26,767</u>	<u>£ 12,259</u>
Analysis: Restricted	26,767	12,259
Unrestricted	-	-
	<u>£ 26,767</u>	<u>£ 12,259</u>

At the balance sheet date the Charitable Company was holding funds received in advance of providing services, which is fully released in the following financial year.

11 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted		Restricted Funds £	Total Funds £
	Undesignated Funds £	Designated Funds £		
Current year				
Tangible Fixed Assets	-	193,606	-	193,606
Current Assets	138,022	20,000	27,471	185,493
Current Liabilities	(19,589)	-	(26,767)	(46,356)
At 31 December 2024	<u>£ 118,433</u>	<u>£ 213,606</u>	<u>£ 704</u>	<u>£ 332,743</u>
Comparative year				
Tangible Fixed Assets	-	205,970	-	205,970
Current Assets	176,277	20,000	13,010	209,287
Current Liabilities	(18,913)	-	(12,259)	(31,172)
At 31 December 2023	<u>£ 157,364</u>	<u>£ 225,970</u>	<u>£ 751</u>	<u>£ 384,085</u>

WELLSPRING THERAPY & TRAINING

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**NOTES TO THE ACCOUNTS
FOR YEAR ENDED 31 DECEMBER 2024**

12 RESTRICTED FUNDS	Balance at 1 January 2024	Income	Expenditure	Transfers	Balance at 31 December 2024
	£	£	£	£	£
Current year					
BBC Children in Need	-	2,499	(2,499)	-	-
Schools Contracts	-	46,756	(46,756)	-	-
Council	751	1,000	(1,047)	-	704
Northern Consortium	-	9,760	(9,760)	-	-
Awards For All	-	3,000	(3,000)	-	-
Charity Trust	-	1,000	(1,000)	-	-
The Clothworkers Fund	-	115	(115)	-	-
	<u>£ 751</u>	<u>£ 64,130</u>	<u>£ (64,177)</u>	<u>£ -</u>	<u>£ 704</u>
Comparative year					
BBC Children in Need	-	12,460	(12,460)	-	-
Schools Contracts	-	44,719	(44,719)	-	-
Council	1,351	-	(600)	-	751
Northern Consortium	-	2,000	(2,000)	-	-
	<u>£ 1,351</u>	<u>£ 59,179</u>	<u>£ (59,779)</u>	<u>£ -</u>	<u>£ 751</u>

Restricted Funds 2024

BBC Children in Need: Supporting therapeutic group work for young people.
 Schools Contracts: Counselling support for young people in two local secondary schools.
 North Yorkshire County Council: Locality Budget for equipment and planting for the Wellspring Garden
 Northern Consortium Grant award: for the provision of the course; Diploma in counselling children & Young people running in 2024.
 Awards For All: To fund the Empower Project, providing courses aimed at young people who improve their confidence, cope better with stress and improve their relationships with others.
 Yorkshire Building Society Charitable Foundation: For volunteer expenses.
 The Clothworkers Fund: Computer Hardware Grant

Restricted Funds 2023

BBC Children in Need: Supporting therapeutic group work for young people.
 Schools Contracts: Counselling support for young people in two local secondary schools.
 North Yorkshire County Council: Locality Budget for equipment and planting for the Wellspring Garden
 Northern Consortium Grant award: for the provision of the course; Diploma in counselling children & Young people running in 2024.

WELLSPRING THERAPY & TRAINING

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**NOTES TO THE ACCOUNTS
FOR YEAR ENDED 31 DECEMBER 2024**

13 UNRESTRICTED FUNDS

	Balance at 1 January 2024	Income	Expenditure	Transfers	Balance at 31 December 2024
Current year	£	£	£	£	£
Designated					
Fixed Assets	205,970	-	(12,364)	-	193,606
Repairs fund	20,000	-	-	-	20,000
	<u>225,970</u>	<u>-</u>	<u>(12,364)</u>	<u>-</u>	<u>213,606</u>
Undesignated					
Free reserves	157,364	362,747	(401,678)	-	118,433
Total Unrestricted Funds	<u>£ 383,334</u>	<u>£ 362,747</u>	<u>£ (414,042)</u>	<u>£ -</u>	<u>£ 332,039</u>
Comparative year	Balance at 1 January 2023	Income	Expenditure	Transfers	Balance at 31 December 2023
	£	£	£	£	£
Designated					
Fixed Assets	218,300	-	(12,330)	-	205,970
Repairs fund	20,000	-	-	-	20,000
	<u>238,300</u>	<u>-</u>	<u>(12,330)</u>	<u>-</u>	<u>225,970</u>
Undesignated					
Free reserves	192,924	345,667	(381,227)	-	157,364
Total Unrestricted Funds	<u>£ 431,224</u>	<u>£ 345,667</u>	<u>£ (393,557)</u>	<u>£ -</u>	<u>£ 383,334</u>

The transfers in the year represent unrestricted income being used to support designated projects.

Designated Funds

The Fixed Asset Fund represents the level of money invested in fixed assets less any loans for use of its charitable objects at the Trustees' discretion.

The Development Reserve was created to fund development and expansion of the Charity's activities & made possible by a generous donation during the year 2021 and has now been fully spent.

WELLSPRING THERAPY & TRAINING

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report to the charity trustees on my examination of the accounts of Wellspring Therapy & Training (the charity) for the year ended 31 December 2024, which are set out on pages 37 to 44.

This report is made solely to the charitable company's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and the charitable company's trustees as a body in accordance with section 154 of the Charities Act 2011. My independent examiner's work has been undertaken so that I might state to the charitable company's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and the charitable company's trustees as a body for my independent examiner's work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

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

Sarah Wearing

Sarah Wearing, FCA, DChA
19 August 2025

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