

Company number: 02443288

Charity Number: 1010129

Sheffield Women's
Counselling and Therapy
Service Limited

trading as

Saffron Sheffield

Report and financial statements
For the year ended 31st March 2021

Sheffield Women's Counselling and Therapy Service Limited

Reference and administrative information

for the year ended 31st March 2021

Charity name Sheffield Women's Counselling and Therapy Service Limited also known as Saffron Sheffield

Company number 2443288

Charity number 1010129

Registered office & operational address 44 Daniel Hill, Sheffield S6 3JF

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Susan Bridgeford (Chair)
Teresa Allewell (Treasurer from AGM on 16 November 2020)
Judith Dodds (Treasurer until AGM on 16 November 2020)
Ahmina Akhtar
Stephanie Allan
Pam Marshall
Olivia Sinclair
Carol Jepson (Resigned 7 February 2021)

Key management personnel Katherine Myles (Chief Executive, until May 2021)
Sarah Smart (Chief Executive, from May 2021)

Bankers Co-operative Bank plc
PO Box 250, Delf House, Southway, Skelmersdale WN8 6WT

Independent Examiner Christy Lau FCCA CTA DChA, Slade & Cooper Limited
Beehive Mill, Jersey Street, Ancoats, Manchester, M4 6JG

Sheffield Women's Counselling and Therapy Service Limited

Trustees' annual report

for the year ended 31st March 2021

The trustees present their report and the unaudited financial statements for the year ended 31 March 2021. Included within the trustees' report is the directors' report as required by company law.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association of Sheffield Women's Counselling and Therapy Service Limited ("**the company**" or "**the charity**" or "**Saffron Sheffield**") and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

The trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the charity's aims, objectives and activities remain focused on its stated purposes.

Objectives

The objectives of Saffron Sheffield, as set out in its governing document, are:

- to promote and protect the mental health and wellbeing of women and girls, in particular through the provision of counselling and psychotherapy, and
- to advance the education of the public with regard to the mental health and wellbeing of women and girls.

The following key strategic aims help Saffron Sheffield meet the above objectives:

Service delivery

To provide free, accessible and high quality psychotherapy and group programmes for women in Sheffield who have experienced trauma or abuse.

Training & support

To provide training and support for other agencies and practitioners to enable them to work more effectively with women who have experienced trauma or abuse.

Awareness raising and campaigning

To raise awareness of the needs of women who have experienced trauma or abuse and campaign for better services.

Securing our future

To build a sustainable future for Saffron Sheffield so that it can continue to support women who have experienced trauma or abuse.

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Activities undertaken for public benefit

The trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and planning its future activities. In particular, the trustees consider how planned activities will contribute to the set aims and objectives.

The most direct beneficiaries of our activities are women in Sheffield aged 16 and above who have experienced trauma or abuse in childhood or adulthood, including:

- Sexual abuse, sexual violence, rape or sexual exploitation
- Domestic abuse and domestic violence, including coercive control
- Honour-based violence and female genital mutilation
- Torture and trafficking
- Being a victim or witness of a crime or an accident
- "County lines" or the exploitation of children and vulnerable people to aid illegal drugs distribution
- Emotional abuse
- Childhood neglect

Our clients usually suffer from complex post-traumatic stress symptoms due to chronic or repeated instances of abuse or trauma. We provide free psychotherapy as well as therapeutic and well-being group activities for these women.

Women accessing our services tell us that the support they receive has enabled them to maintain healthier relationships. In many cases, therapy also helped women maintain employment when they were struggling with their mental health. Our work has wider, additional benefits for the families and communities of the women we directly support. Our clients often tell us that therapy has made them better parents and that they find it easier to attend community activities because of our services.

Our activities include providing training, signposting and informal support to other professionals and agencies who work with women and girls who have experienced trauma or abuse. By sharing our expertise, we are able to benefit women who are clients or service users of these other agencies.

Achievements and performance

All of Saffron Sheffield's charitable activities focus on improving the mental health and wellbeing of women and girls who have experienced abuse or trauma, and are undertaken to further Saffron Sheffield's charitable purposes for the public benefit.

Activities

Covid-19 Impact

Since March 2020, and throughout the reporting period, the Covid-19 pandemic has had an unprecedented impact on our clients and how we deliver our services.

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for the year ended 31st March 2021

Our clients have told us that the pandemic impacted them by exacerbating their trauma symptoms. Some experienced the lockdowns and associated loss of agency as similar to being in a coercive controlling relationship. For this reason, it had a destabilising impact on their mental health, worsening their depression, anxiety, panic attacks, flashbacks, self-harm and suicidality.

Some clients have been impacted negatively by economic pressures, job loss or job insecurity, family members being affected by Covid-19, children not being in school and bereavement. Bereavement, in particular, has been incredibly traumatic due to restrictions on family members attending hospitals, care homes and funerals. These events have had a compounding impact on clients' experiences of trauma and abuse.

In March 2020 we shifted to offering our services via telephone and video-call facilities. Delivery of therapy by exclusively digital means was a significant unplanned change and required the rapid development of new policies, procedures, training and support. We provided our therapists with additional support and training for working from home, providing therapy online and preparing clients to access therapy in their own homes. Our core team are now all certified online and telephone therapists.

Initially, at the start of lockdown, some clients suspended their 1:1 therapy as they wished to wait until they could resume face-to-face therapy but, several months into the pandemic, many changed their minds and took up the offer of remote support. We did not encounter any digitally excluded service users as the telephone offer in particular (whereby clients receive an incoming call for therapy) was highly accessible. Similarly, we opted for a user-friendly web-based video-call software that did not require the client to have a particular account or app to join the call. However, we did find that school closures, and entire families being at home, impacted our clients' ability to find a private location and commit to a particular slot for therapy each week. For these clients, caring responsibilities meant face-to-face therapy would also have been impossible. For a minority of clients we felt remote 1:1 therapy would not meet their needs. In those cases we offered remote wellbeing support and/or regular supportive phone calls from one of our therapists, who also liaised and advocated to support clients to access other services.

For clients who were still actively at risk of abuse, self-harm or suicide, our therapists adapted their implementation of safeguarding and risk management protocols while working remotely. This helped ensure that any signs, symptoms or disclosures of abuse and self-harm were carefully managed and referred to relevant agencies. This was supported via thoughtful management, supervision and reflective practice.

For some clients the suspension of normal activity during lockdowns and/or while on furlough has enabled them to focus on their trauma without needing to meet the outside world's demands. For others, the restrictions and/or time on furlough were experienced as a loss of control similar to their experiences of abuse. It has been essential to recognise that a shared experience can impact individuals in very different ways.

During the pandemic additional sources of funding became available regionally and nationally to mitigate the negative mental health and domestic abuse effects of the lockdowns and the pandemic. We were successful in our bids to several of these funding sources, which has enabled us to grow our staff base

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Trustees' annual report

for the year ended 31st March 2021

and infrastructure. This put us in the position of being able to increase service delivery and the number of women we were able to help in the reporting period.

1:1 Therapy

Assessments

In the reporting period Saffron Sheffield offered 361 hours of assessment sessions (2020: 260) and these were attended by 142 women (2020: 109). 9% of our assessments (2020: 6%) were missed without prior arrangement. We carried out comprehensive clinical assessments in order to obtain a detailed picture of client symptoms, to assess risk and to inform a personalised offer of therapy. The increase in assessment sessions reflects the growth in clinical staff, following recruitment undertaken in Autumn 2020 and the subsequent opening up of the waiting list.

Therapy Sessions

116 women benefited from 1:1 therapy sessions (2020: 118), from the 1,697 1:1 therapy sessions that were offered (2020: 1,453). Only 6% of these sessions were not attended without prior arrangement. 44 clients completed therapy in this time.

Wellbeing Sessions

We provided 148 hours of 1:1 wellbeing support, attended by 41 women.

Therapeutic groups

Due to lockdown restrictions we could not undertake any face-to-face group therapy sessions during the reporting period. However, we quickly established a 100% digital service delivery and offered an online wellbeing group activity. We provided 31 sessions of group wellbeing support attended by six women.

Recruitment and team development

We have recruited two new staff therapists and one associate therapist. All underwent rigorous selection and demonstrated they had a good depth of experience in delivering psychotherapy before starting with us.

Alongside this we have also recruited, trained and supported two new volunteer therapists to gain experience in delivering specialist trauma psychotherapy. One of the volunteer placements was a final year Clinical Psychology student at the University of Sheffield, who began in October 2020. Alongside clinical work and supervision, she has initiated a Service User Involvement Project (further details on page 8) and facilitated a monthly reflective practice group for all clinical staff. The opportunity for the reflective practice group was received positively by all attendees, who appreciated the additional peer to peer support. This activity will continue monthly into 2021-22.

As part of our response to the Covid-19 pandemic all of our staff were provided with additional support and training (as applicable to their roles) for working from home, providing therapy online and preparing clients to access therapy in their own homes. Our core therapy team are now all certified online and telephone therapists.

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The clinical team had further group training to increase awareness and understanding of Saffron Sheffield's evaluation and monitoring process.

Partnership working

We belong to Sheffield Psychologies Board (SPB), where all psychology services commissioned by the NHS meet every month to share practice, collaborate on service improvements and develop client/patient pathways. Our Chief Executive Officer (CEO) has developed strong relationships with the Directors of Psychology at Sheffield Teaching Hospitals Trust and Sheffield Health and Social Care Trust through attendance at this meeting. Consequently, mental health practitioners across the city are better aware of our specialist service and how to signpost clients to us. We are also better able to support clients to access other mental health services. We are well embedded in existing pathways and regularly liaise with other health and social care practitioners to ensure continuity of care.

Initially, SPB met weekly in response to Covid-19 to better support each other and have a better city-wide picture of the situation. This has now changed to fortnightly, with no plans to return to monthly for the foreseeable future.

Saffron Sheffield also regularly meets and shares with the South Yorkshire's End Violence Against Women and Girls (WAVES) network and is an accredited member of the Survivor's Trust. We are also a member of the Sheffield City Council's domestic and sexual abuse provider network. Our clinical lead attends regular meetings for clinical leads of local counselling services.

Beneficiary Outcomes

Therapy Sessions

Our work in this period has had a profound impact on our clients. We were uncertain whether remote work would achieve the same standards for building therapeutic relationships, ensuring client satisfaction and reducing trauma symptoms, anxiety, and depression. However, our clinical results are as strong as ever and client testimonies demonstrate that our service has been critical to clients at this challenging time.

During April 2020 - March 2021 we collected information on 22 different trauma symptoms from all 44 clients who had completed therapy, using an evidence-based statistically validated tool - The Trauma Symptom Inventory-II (TSI-2).

Of the 44 women that completed therapy in the reporting period:

- 100% had a statistically significant reduction in their trauma symptoms
- 98% felt more self-confident
- 93% felt better able to say "no" and be assertive when they needed to be
- 91% felt better able to have healthy boundaries in their relationships
- 90% achieved a personal goal
- 90% felt they were better able to recognise abuse in a relationship
- 86% felt less isolated

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We received feedback forms from 43 of the 44 clients (98%) who completed therapy. These showed a positive trend among clients in self-reported improvements in physical health and mental health-related emergency visits:

- 51% said their physical health has improved
- 38% were visiting their GP less often
- 19% were visiting A&E less often

The feedback forms also showed how clients felt about Saffron Sheffield:

- 100% were happy with the service they received
- 99% would recommend Saffron Sheffield to a friend
- 99% were satisfied with their initial contact and response

Wellbeing Sessions

Of the 41 clients who completed their 1:1 wellbeing sessions, 100% saw a reduction in depression symptoms as measured by the Patient Health Questionnaire (PHQ) and 93% experienced a decrease in their general anxiety as measured by the Generalised Anxiety Disorder (GAD) 7 scale.

Client Voices from 2020 - 2021 on the difference that therapy has made for them

"This service has been invaluable to me. It has allowed me to process my past trauma, understand how to deal with traumatic memories and reach goals that I never thought would be possible for me to accomplish. I will be returning to the service after a break to continue the work I have been doing with [my therapist], who has been a god-send to my recovery. I feel for the first time that I have a future that could be happy and I would not have gotten to this point without the help of the Saffron team."

"I am not the same person as last year for sure, and I am 100% sure the sessions are very helpful. Everytime I repeat to myself, "it is Ok", "you are safe", "it is your decision" and I really think opening the old wounds helped me a lot. Talking about how things are related to my past and that now I can change things made me feel safer and helped me to cope with things better than before."

"I feel the best I have done for a long time. I have noticed my behaviour and communication is better, meaning I can stand up for myself better and explain myself to others in a clearer way. I have found that I do not feel rejected all the time anymore. I find I don't dwell on the past anymore and go over and over the bad things that have happened. I am very happy and lucky that I could access the therapy and the well being support."

"I have found it easier to talk to someone than I thought it would be, although I have been through counselling before, I did not find my previous experiences successful. I have found everyone at Saffron Sheffield to be approachable, professional and informative, making sure I was aware of the process throughout."

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"I feel the help I received has enabled me to put my experience into context and help me get my life back on track. I felt [my therapist] listened to me and helped me realise what was happening and what had happened. When I first started counselling, my head was so foggy I was unable to think clearly or make any decisions; I had no sense of who I was and what I wanted or how to get out of the mess I felt I was in. I was finding the responsibility of work and looking after my daughters overwhelming. [My therapist] helped me to recognise those feelings, manage them and find some clarity. It has been a slow process, but I am now able to recognise when I feel 'lost' or agitated and can use strategies to help. There is still some way to go with getting back to being me, but [my therapist] has helped me take a very big step."

"[My therapist] is an amazing therapist and I can not thank her enough for how much she has helped me. I feel like a new person with a new lease of life. I finally feel like me again, to feel like I'm not crazy anymore is such an emotional and happy feeling because when you doubt your sanity, you doubt everything in your life, and you don't know what is true, right and wrong. She is so professional and understanding and I would recommend [my therapist] and this service to everyone. Thank you to everyone involved."

Service User Involvement Project

In further recognition of the importance of client voices, the main aim of the Service User Involvement Project, initiated by our new volunteer student therapist from the University of Sheffield, was to ensure that all development work is informed by client experience. We wanted to gather the views of our clients as service users - their expectations of and opinions about the work we do, and their suggestions for improving our service. In February 2021 we invited past clients who had completed therapy to participate in the project and have a voice in the wider organisation. Seven women responded and we will be working with these women and continuing to invite others into this project throughout 2021-2022.

Financial review

At the end of the reporting period the charity held funds of £342,639 (2020: £249,622). Of this £62,275 (2020: £0) is restricted funds and £280,364 (2020: £249,662) is unrestricted funds. Of the unrestricted funds, £33,341 (£25,000 from Lloyds Bank Foundation and £8,341 from trading income and donations) has been designated to fund operating costs for the new financial year 2021-2022.

Of the total funds £146,050 (2020: £149,795) is held in tangible fixed assets (our therapy centre at 289 Abbeydale Road) and £196,589 (2020: £99,827) is held in net current assets.

Thus, the charity holds £100,973 in free reserves as of 31st March 2021 (2020: £99,827).

Income

The Sheffield Clinical Commissioning Group (SCCG) has continued to acknowledge the importance of our work in Sheffield, awarding us £83,021 in the reporting period. We are very appreciative of the fact that our role as a specialist service provider continues to be recognised by the SCCG and that our grant agreement has been renewed until March 2022.

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Alongside this we were fortunate to be awarded 17 grants and donations totalling £209,648 (2020: £39,000) from local and national charitable trusts. This included £90,046 in extraordinary Covid-19 funding.

Our enterprise activity via the rental of therapy space from our premises on Abbeydale Road was severely affected due to the Covid-19 pandemic. Income from this activity was reduced to £719 (2020: £24,538). Our community fundraising activity was also hindered by the pandemic, with events having to be cancelled or postponed. However, we were able to mitigate this loss of income by securing additional grant funding as noted above.

Expenditure

As a provider of specialist services, our therapist costs are our main expenditure. We strive to ensure a balanced team that includes experienced as well as trainee and newly-qualified therapists. Because of this, there is a requirement for paid as well as voluntary therapists. We are proud to be a hub of learning for those volunteer therapists who come to us to develop their skills in trauma work as part of an experienced and supportive team.

Reserves policy

The Trustees review the reserves each year in line with Charity Commission guidance.

Should it become necessary to wind up the charity, a sufficient level of reserves is maintained to enable Saffron Sheffield to meet its commitments to beneficiaries, suppliers, staff (including redundancy payments) and others.

The charity holds £100,973 in reserves as at 31 March 2021. This amount covers just over 4 months fixed and essential running costs (as per forecasted costs for the financial year 2021-2022) as well as a provision of £4,600 to ensure the charity would be able to meet statutory redundancy commitments.

Designated Funds

The Trustees have designated funds of £33,341 to fund otherwise unfunded operating costs in the charity's 2021-2022 operating budget.

Plans for the future

In February 2021 our CEO, Katherine Myles, gave three months' notice of her resignation from Saffron Sheffield. A rigorous recruitment process followed and, in May 2021, Sarah Smart was appointed Saffron's new CEO. Sarah brings with her over 15 years of experience in the charity sector. She has worked in leadership roles both in the UK and overseas with international development and relief charities.

The Covid-19 crisis continues to impact our ability to raise income via our trading and community fundraising activities. Our trading income stream is unlikely to be fully recovered for some time, even

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with adjustments to ensure Covid-19 safety. To mitigate this, we continue to work hard to ensure we raise sufficient funds needed to continue and increase our current level of service delivery. At the time of writing this report - due to our success in securing multi-year grants - we are fully funded for our forecasted level of service delivery until the end of the 2021-2022 financial year.

Our intention during 2021-22 is to offer a blended therapy service - seeing a return to face-to-face therapy when it is safe to do so for clients who prefer it. We will also continue to provide therapy virtually, either online or over the telephone. The additional funding secured in 2020-21 enabled us to grow our clinical staffing base and put us in a position to increase our therapy hours and overall number of clients. Our aim is to be able to continue this growth trajectory in 2021-22.

Our current main premises at Daniel Hill in Sheffield has become unfit for purpose over the recent lockdown period and we need to find a suitable alternative. After considering the current situation and looking into various possibilities, the Trustees agreed in September 2021 that due to the loss of our trading income from premises at Abbeydale Road and the effects of the ongoing Covid-19 pandemic, we would cease the hiring out of rooms at Abbeydale Road from 31st October 2021 and make that building our main premises for at least the next 12 months. This decision will allow the charity to take stock as the UK emerges gradually from the impacts of Covid-19 and to adjust forward strategy appropriately as the long-term effects of Covid-19 become clearer.

Structure, governance and management

Sheffield Women's Counselling and Therapy Service Limited is a charitable company limited by guarantee, incorporated on 15 November 1989 and registered as a charity on 26 March 1992. Sheffield Women's Counselling and Therapy Service Limited adopted the trading name Saffron Sheffield in 2019.

The company was established under a memorandum of association which set out its objects and powers and is governed by its articles of association.

Members of Saffron Sheffield guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 11 to the accounts.

A person wishing to become a trustee must be aged 18 or over and either recommended by the trustees or nominated for election by a member. All trustees must retire at each AGM but can offer themselves for re-election or further co-option. Trustees can at any time co-opt someone to be a trustee, but the total number of co-opted trustees cannot be more than half of the number of elected trustees.

Trustees delegate responsibility for the day-to-day management of the charity to the CEO.

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for the year ended 31st March 2021

Risk management

The trustees have reviewed the charity's risk register, which identifies the major risks to which the charity is exposed. Where appropriate, systems or procedures have been updated and/or established to mitigate the risks the charity faces.

A significant risk area is the potential for a loss of funding. With this in mind a funding strategy is being developed which works towards a mixed economy of funding and the generation of unrestricted income reserves.

Risks are minimised by a clear system of authorisation and well-documented financial controls approved by the trustees and regularly reviewed. Procedures are in place to ensure compliance with the health and safety of staff, volunteers, clients and visitors to the charity's premises. This now includes a risk assessment for returning to face-to-face therapy sessions during the Covid-19 pandemic.

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Trustees' annual report

for the year ended 31st March 2021

Statement of responsibilities of the trustees

The trustees (who are also directors of Sheffield Women's Counselling and Therapy Service Limited for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

In preparing these financial statements the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities Statement of Recommended Practice
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

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

Additionally, the trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions. This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

The trustees' annual report has been approved by the trustees on 18 October 2021 and signed on their behalf by

Susan Bridgeford
Chair

Independent examiner's report

to the members of

Sheffield Women's Counselling and Therapy Service Limited

I report to the charity trustees on my examination of the accounts of the company for the year ended 31st March 2021 which are set out on pages 14 to 33.

Responsibilities and basis of report

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

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company'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 company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, 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 that in any material respect:

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

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

Christy Lau FCCA CTA DChA

Slade & Cooper Limited
Beehive Mill, Jersey Street
Ancoats Manchester, M4 6JG

Date 26 November 2021

Sheffield Women's Counselling and Therapy Service Limited

Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2021

	Note	Unrestricted funds £	Restricted funds £	Total funds 2021 £	Total funds 2020 £
Income from:					
Donations and legacies	3	9,680	-	9,680	8,349
Charitable activities	4	32,000	260,669	292,669	119,997
Other trading activities	5	719	-	719	24,838
Total income		42,399	260,669	303,068	153,184
Expenditure on:					
Raising funds	6	12,962	-	12,962	14,596
Charitable activities	7	(1,305)	198,394	197,089	191,167
Total expenditure		11,657	198,394	210,051	205,763
Net income/(expenditure) for the year	9	30,742	62,275	93,017	(52,579)
Net movement in funds for the year		30,742	62,275	93,017	(52,579)
Reconciliation of funds					
Total funds brought forward		249,622	-	249,622	302,201
Total funds carried forward		280,364	62,275	342,639	249,622

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

Sheffield Women's Counselling and Therapy Service Limited
Company number 02443288

Balance sheet as at 31 March 2021

	Note	2021	2020
		£	£
Fixed assets			
Tangible assets	14	146,050	149,795
Total fixed assets		146,050	149,795
Current assets			
Debtors	15	7,360	10,904
Cash at bank and in hand	16	256,373	139,406
Total current assets		263,733	150,310
Liabilities			
Creditors: amounts falling due in less than one year	17	(67,144)	(50,483)
Net current assets		196,589	99,827
Total assets less current liabilities		342,639	249,622
Net assets		342,639	249,622
The funds of the charity:			
Restricted income funds	19	62,275	-
Unrestricted income funds	20	280,364	249,622
Total charity funds		342,639	249,622

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' (trustees') responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006
- The directors (trustees) acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 17 to 33 form part of these accounts.

Approved by the trustees on 18 October 2021 and signed on their behalf by:

Susan Bridgeford (Chair)

Teresa Allewell (Treasurer)

Sheffield Women's Counselling and Therapy Service Limited

Statement of Cash Flows
for the year ending 31 March 2021

	Note	2021 £	2020 £
Cash provided by/(used in) operating activities	23	116,967	(23,398)
Increase/(decrease) in cash and cash equivalents in the year		116,967	(23,398)
Cash and cash equivalents at the beginning of the year		139,406	162,804
Cash and cash equivalents at the end of the year		256,373	139,406

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Notes to the accounts for the year ended 31 March 2021

1 Accounting policies

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

a Basis of preparation

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

Sheffield Women's Counselling and Therapy Service Limited meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2021 (continued)

d Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

e Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

f Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h Operating leases

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

i Tangible fixed assets

Individual fixed assets costing £1,000 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Land & buildings	50 years
Improvements to property	4 years
Fixtures & fittings	3 years
Equipment	4 years

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2021 (continued)

j Debtors

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

k Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l Creditors and provisions

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

m Financial instruments

The charity 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 with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

n Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity's contribution is restricted to the contributions disclosed in note 10. There were no outstanding contributions at the year end. The costs of the defined contribution scheme are included within support and governance costs and allocated to the funds of the charity using the methodology set out in note 8.

The money purchase plan is managed by The Pensions Trust and the plan invests the contributions made by the employee and employer in an investment fund to build up over the term of the plan a pension fund which is then converted into a pension upon the employee's normal retirement year age when eligible for a state pension. The total expense ratio of the plan is 0.45% for the main fund, and total expense ratio is less than 0.52%, and this is deducted from the investment fund annually. The trust has no liability beyond making its contributions and paying across the deductions for the employee's contributions.

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2021 (continued)

3 Income from donations and legacies

	Total 2021 £	Total 2020 £
Donations	7,622	8,349
HMRC Job Retention Scheme	2,058	-
	9,680	8,349
Total	9,680	8,349

All donations and legacies income is unrestricted.

4 Income from charitable activities

Current reporting period	Unrestricted £	Restricted £	Total 2021 £
NHS Sheffield CCG	-	83,021	83,021
Sheffield Town Trust	-	4,000	4,000
J.G. Graves Charitable Trust	3,000	-	3,000
The Sheffield Church Burgesses Trust	-	2,000	2,000
The Cutlers' Company Charitable Trust	-	1,000	1,000
Henry Smith Charity	-	58,300	58,300
Lloyds Bank Foundation for England & Wales	25,000	-	25,000
Department for Digital, Culture, Media & Sport (DCMS)	-	35,109	35,109
South Yorkshire PCC / MoJ	-	26,186	26,186
Coronavirus Mental Health Response Fund	-	20,000	20,000
Rosa's Covid-19 Response Fund	-	9,937	9,937
People's Postcode Trust	-	9,720	9,720
SYCF, Fund in Memory of Molly Hurst	-	5,000	5,000
Brelms Trust	-	3,396	3,396
February Foundation	-	3,000	3,000
Charles and Elsie Sykes Trust	2,000	-	2,000
Virgin Money Foundation	1,000	-	1,000
James Neill Trust Fund	1,000	-	1,000
	32,000	260,669	292,669
Total	32,000	260,669	292,669

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2021 (continued)

4 Income from charitable activities (cont.)

<i>Previous reporting period</i>	<i>Unrestricted £</i>	<i>Restricted £</i>	<i>Total 2020 £</i>
<i>NHS Sheffield CCG</i>	-	80,997	80,997
<i>Evan Cornish Foundation</i>	-	10,000	10,000
<i>The Talbot Trusts</i>	-	5,000	5,000
<i>Donald Forrester Trust</i>	-	5,000	5,000
<i>Sheffield Town Trust</i>	-	4,000	4,000
<i>J.G. Graves Charitable Trust</i>	-	3,000	3,000
<i>The Scurrah Wainwright Charity</i>	-	3,000	3,000
<i>The Sheffield Church Burgesses Trust</i>	-	2,000	2,000
<i>The Albert Hunt Trust</i>	-	2,000	2,000
<i>Ecclesiastical Movement for Good</i>	1,000	-	1,000
<i>James Neill Trust Fund</i>	-	1,000	1,000
<i>The Zachary Merton and George Woofindin Convalescent Trust</i>	-	1,000	1,000
<i>The Barnabas Charitable Trust</i>	-	1,000	1,000
<i>The Cutlers' Company Charitable Trust</i>	-	500	500
<i>Hyman Winstone Foundation</i>	500	-	500
Total	1,500	118,497	119,997

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2021 (continued)

5 Income from other trading activities

	2021 £	2020 £
Room hire	719	24,538
Training income	-	300
	<hr/>	<hr/>
	719	24,838
	<hr/> <hr/>	<hr/> <hr/>

All income from other trading activities is unrestricted.

6 Cost of raising funds

	2021 £	2020 £
Staff costs	9,285	9,285
Fundraising costs	3,677	5,311
	<hr/>	<hr/>
	12,962	14,596
	<hr/> <hr/>	<hr/> <hr/>

All expenditure on cost of raising funds is unrestricted.

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2021 (continued)

7 Analysis of expenditure on charitable activities

	Total 2021 £	Total 2020 £
Staff costs	134,130	131,022
Recruitment	1,066	1,385
Supervision	937	450
Associate therapists	28,604	20,276
Staff training	558	350
Staff travel & subsistence	-	352
Volunteer costs	-	19
User costs	-	190
Subscription & reference	277	253
Office supplies	1,036	3,119
Consultancy fees & expenses	5,243	5,715
Events & conferences	-	481
Awareness raising	-	1,097
Premises costs	10,258	16,244
Office costs	* 4,412	3,344
Equipment & repairs	4,675	378
Depreciation	3,745	3,745
Governance costs (see note 8)	2,148	2,747
	<hr/>	<hr/>
	197,089	191,167
	<hr/> <hr/>	<hr/> <hr/>
	2021 £	2020 £
Restricted expenditure	198,394	126,075
Unrestricted expenditure	(1,305)	65,092
	<hr/>	<hr/>
	197,089	191,167
	<hr/> <hr/>	<hr/> <hr/>

* Office costs include the costs of setting up new remote working systems during Covid-19

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2021 (continued)

8 Analysis of governance and support costs

	Basis of apportionment	Governance £	Total 2021 £
Independent examination fees	Governance	480	480
Accountancy services	Governance	960	960
Legal and professional	Governance	708	708
		2,148	2,148
		2,148	2,148

Previous reporting period

	Basis of apportionment	Governance £	Total 2020 £
<i>Trustees training</i>	<i>Governance</i>	<i>860</i>	<i>860</i>
<i>Independent examination fees</i>	<i>Governance</i>	<i>480</i>	<i>480</i>
<i>Accountancy services</i>	<i>Governance</i>	<i>960</i>	<i>960</i>
<i>Legal and professional</i>	<i>Governance</i>	<i>447</i>	<i>447</i>
		<i>2,747</i>	<i>2,747</i>
		<i>2,747</i>	<i>2,747</i>

9 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2021 £	2020 £
Depreciation	3,745	3,745
Operating lease rentals:		
Property	2,750	2,750
Other	-	1,273
Independent examiner - accountancy fees	800	800
Independent examiner's fee	400	400
	3,745	3,745

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2021 (continued)

10 Staff costs

Staff costs during the year were as follows:

	2021 £	2020 £
Wages and salaries	130,783	124,249
Social security costs	1,960	6,118
Pension costs	10,672	9,940
	<hr/>	<hr/>
	143,415	140,307
	<hr/> <hr/>	<hr/> <hr/>
Allocated as follows:		
Cost of raising funds	9,285	9,285
Charitable activities	134,130	131,022
	<hr/>	<hr/>
	143,415	140,307
	<hr/> <hr/>	<hr/> <hr/>

No employee has employee benefits in excess of £60,000 (2020: Nil).

The average number of staff employed during the period was 7.0 (2020: 7.4).

The key management personnel of the charity comprise the trustees and Chief Executive Officer. The total employee benefits of the key management personnel of the charity were £37,026 (2020: £40,113).

11 Trustee remuneration and expenses, and related party transactions

Neither the trustees nor any persons connected with them received any remuneration or reimbursed expenses during the year (2020: Nil).

Aggregate donations from related parties were £420 (2020: £nil).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2020: Nil).

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2021 (continued)

12 Government grants

The government grants recognised in the accounts were as follows:

	2021 £	2020 £
NHS Sheffield CCG	83,021	80,997
Department for Digital, Culture, Media & Sport (DCMS)	35,109	-
South Yorkshire PCC / MoJ	26,186	-
	144,316	80,997
	144,316	80,997

The unfulfilled conditions and contingencies attaching to the grants were to complete restricted projects (see note 19).

13 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

14 Fixed assets: tangible assets

	Property & improvements £	Fixtures & fittings £	Equipment £	Total £
Cost				
At 1 April 2020	191,840	3,607	2,283	197,730
Disposals	-	-	-	-
	191,840	3,607	2,283	197,730
Depreciation				
At 1 April 2020	42,045	3,607	2,283	47,935
Charge for the year	3,745	-	-	3,745
Disposals	-	-	-	-
	45,790	3,607	2,283	51,680
Net book value				
At 31 March 2021	146,050	-	-	146,050
At 31 March 2020	149,795	-	-	149,795

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2021 (continued)

15 Debtors

	2021 £	2020 £
Grants receivable	5,000	-
Trade debtors	-	688
Prepayments and accrued income	2,360	10,216
	<hr/>	<hr/>
	7,360	10,904

16 Cash at bank and in hand

	2021 £	2020 £
Cash at bank and in hand	256,373	139,406
	<hr/>	<hr/>
	256,373	139,406

17 Creditors: amounts falling due within one year

	2021 £	2020 £
Other creditors and accruals	7,544	4,333
Deferred income	59,600	46,150
	<hr/>	<hr/>
	67,144	50,483

18 Deferred income

	2021 £	2020 £
Deferred grant brought forward	46,150	14,000
Grant received	59,600	46,150
Released to income from charitable activities	(46,150)	(14,000)
	<hr/>	<hr/>
Deferred grant carried forward	59,600	46,150

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2021 (continued)

19 Analysis of movements in restricted funds

Current reporting period	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2021 £
NHS Sheffield CCG	-	83,021	(34,592)	-	48,429
Sheffield Town Trust	-	4,000	(4,000)	-	-
The Sheffield Church Burgesses Trust		2,000	(2,000)	-	-
The Cutlers' Company Charitable Trust	-	1,000	(1,000)	-	-
Henry Smith Charity	-	58,300	(58,300)	-	-
Lloyds Bank Foundation for England & Wales (DCMS)	-	35,109	(35,109)	-	-
South Yorkshire PCC Coronavirus Mental Health Response Fund	-	20,000	(10,374)	-	9,626
Rosa's Covid-19 Response Fund		9,937	(9,937)	-	-
People's Postcode Trust	-	9,720	(5,500)	-	4,220
SYCF, Fund in Memory of Molly Hurst	-	5,000	(5,000)	-	-
Brelms Trust	-	3,396	(3,396)	-	-
February Foundation	-	3,000	(3,000)	-	-
Total	-	260,669	(198,394)	-	62,275

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2021 (continued)

19 Analysis of movements in restricted funds (cont.)

Previous reporting period	<i>Balance at 1 April 2019 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31 March 2020 £</i>
<i>Big Lottery Fund - Reaching Communities</i>	7,578	-	(7,578)	-	-
<i>NHS Sheffield CCG</i>	-	80,997	(80,997)	-	-
<i>Evan Cornish</i>	-	10,000	(10,000)	-	-
<i>The Talbot Trusts Donald Forrester Trust</i>	-	5,000	(5,000)	-	-
<i>Sheffield Town Trust J.G. Graves Charitable Trust</i>	-	4,000	(4,000)	-	-
<i>The Scurrah Wainwright Charity</i>	-	3,000	(3,000)	-	-
<i>The Sheffield Church Burgesses Trust</i>	-	3,000	(3,000)	-	-
<i>The Albert Hunt Trust</i>	-	2,000	(2,000)	-	-
<i>James Neill Trust Fund</i>	-	2,000	(2,000)	-	-
<i>The Zachary Merton and George Woofindin Convalescent Trust</i>	-	1,000	(1,000)	-	-
<i>The Barnabas Charitable Trust</i>	-	1,000	(1,000)	-	-
<i>The Cutlers' Company Charitable Trust</i>	-	500	(500)	-	-
Total	7,578	118,497	(126,075)	-	-

Sheffield Women's Counselling and Therapy Service Limited
Notes to the accounts for the year ended 31 March 2021 (continued)

19 Analysis of movements in restricted funds (cont.)

Name of fund	Description, nature and purposes of the fund
NHS Sheffield CCG	Providing counselling and psychotherapy to women who have experienced childhood sexual abuse.
Sheffield Town Trust	Towards the cost of providing vital one-to-one counselling sessions for women who have experienced trauma or abuse.
The Sheffield Church Burgesses Trust	Towards the cost of providing vital one-to-one counselling sessions for women who have experienced trauma or abuse.
The Cutlers' Company Charitable Trust	Towards the cost of providing vital one-to-one counselling sessions for women who have experienced trauma or abuse.
Henry Smith Charity	Towards the running costs of the organisation and in particular to maintain the core post of Head of Clinical Service and to fund a Senior Psychotherapist post.
South Yorkshire PCC	Extraordinary Covid-19 Funding (Ministry of Justice) Towards the cost of maintaining and adapting therapy provision to meet needs of clients in changing circumstances relating to Covid-19.
Coronavirus Mental Health Response Fund	Towards the cost of one-to-one wellbeing sessions and one-to-one Specialist Trauma Therapy to support survivors of trauma and abuse impacted by Covid-19.
Rosa's Covid-19 Response Fund	Towards the cost of therapy provision for women who have experienced trauma or abuse and a contribution towards the cost of the Office Coordinator post to enable the coordination of remote therapy provision.
People's Postcode Trust	Towards the cost of providing one-to-one and group skills for wellbeing sessions for women who have experienced trauma or abuse.
SYCF, Fund in Memory of Molly Hurst	Young People's Mental Health and Wellbeing Fund in memory of Molly Hurst Supporting young women to recover their mental health and rebuild their lives after trauma and abuse.
Brelms Trust	Towards the cost of maintaining the core post of Head of Clinical Service.
February Foundation	Towards the cost of providing one-to-one counselling sessions for women who have experienced trauma or abuse.

Sheffield Women's Counselling and Therapy Service Limited
Notes to the accounts for the year ended 31 March 2021 (continued)

20 Analysis of movement in unrestricted funds

Current reporting period	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2021 £
General fund	249,622	34,058	(11,657)	(25,000)	247,023
Contingency fund	-	-	-	25,000	25,000
Business continuity fund	-	8,341	-	-	8,341
	<u>249,622</u>	<u>42,399</u>	<u>(11,657)</u>	<u>-</u>	<u>280,364</u>

Previous reporting period	Balance at 1 April 2019 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2020 £
General fund	249,774	34,687	(35,467)	628	249,622
Redevelopment fund	3,723	-	(3,095)	(628)	-
Business continuity fund	41,126	-	(41,126)	-	-
	<u>294,623</u>	<u>34,687</u>	<u>(79,688)</u>	<u>-</u>	<u>249,622</u>

Name of unrestricted fund	Description, nature and purposes of the fund
General fund	The free reserves after allowing for all designated funds
Contingency fund	New development fund for renewals at 289 Abbeydale Rd
Business continuity fund	Designated to fund otherwise unfunded operating costs in the 2021/22 organisational budget
Redevelopment fund	Development fund for website and planned renewals at 289 Abbeydale Rd

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2021 (continued)

21 Analysis of net assets between funds

Current reporting period	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	146,050	-	-	146,050
Net current assets/(liabilities)	100,973	33,341	62,275	196,589
Total	247,023	33,341	62,275	342,639
Previous reporting period	<i>General fund</i> £	<i>Designated funds</i> £	<i>Restricted funds</i> £	<i>Total</i> £
<i>Tangible fixed assets</i>	<i>149,795</i>	<i>-</i>	<i>-</i>	<i>149,795</i>
<i>Net current assets/(liabilities)</i>	<i>99,827</i>	<i>-</i>	<i>-</i>	<i>99,827</i>
Total	249,622	-	-	249,622

22 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

	Property		Equipment	
	2021 £	2020 £	2021 £	2020 £
Less than one year	2,750	2,750	-	636
	2,750	2,750	-	636

Sheffield Women's Counselling and Therapy Service Limited

Notes to the accounts for the year ended 31 March 2021 (continued)

23 Reconciliation of net movement in funds to net cash flow from operating activities

	2021 £	2020 £
Net income/(expenditure) for the year	93,017	(52,579)
Adjustments for:		
Depreciation charge	3,745	3,745
Decrease/(increase) in debtors	3,544	(6,497)
Increase/(decrease) in creditors	16,661	31,933
	<hr/>	<hr/>
Net cash provided by/(used in) operating activities	116,967	(23,398)
	<hr/> <hr/>	<hr/> <hr/>