



# Counselling Together

## Annual Report:

1<sup>st</sup> January 2025 – 31<sup>st</sup> December 2025

Charity number: 1108406

Registered address: c/o Admin Office, Christchurch Baptist Church,  
1A Beaconsfield Road, Christchurch BH23 1QT

# Reference & Administration Details

Charity Name: Counselling Together  
Registered Charity no.: 1108406  
Charity's address: c/o Admin Office, Christchurch Baptist Church,  
1A Beaconsfield Road, Christchurch, BH23 1QT

## Trustees

Names of the charity trustees who manage the charity:

Trustee name	Office	Dates acted if not for whole year
Mr Peter Parslow	Chair	Whole year
Mrs Frances Daniel	Trustee	Whole year
Mrs Margaret Boyce	Trustee	Whole year

## Management Team

Sue Ingram - Counselling Manager

Alan Boyce – Administration Manager

Phil Cole – Bookkeeper

# Structure, governance & management

## Type of governing document:

Trust Deed, declared 23/12/2004

Supplemental Deed to adjust objects – 5/2/2005

Supplemental Deed for a change of name - 25/6/2011

Supplemental Deed to adjust objects – 16/5/2023

Trust Deed, declared 23/03/2025

## How the charity is constituted: Charitable Trust

**Trustee selection methods:** Appointed by the Trustees in place, following a selection process including an application form, taking references and DBS check. Recommendations for new Trustees are requested from Church leaders that support the Charity.

## Counselling Together - Organisational structure:

The charity operates independently and does not work directly with other groups or networks. As a Christian charity it is affiliated with the Association of Christians in Counselling and Linked Professions.

Counselling Together works closely with churches in the New Forest, Christchurch and surrounding areas; some provide the free use of counselling rooms and some contribute to the bursary fund for clients with financial needs.

A review of the Policies and Procedures is regularly undertaken to keep them in line with changing standards e.g. GDPR, Safeguarding etc.

The trustees annually review CT's risk assessment in consultation with the management team. The last such review was in October 2025.

# Objectives and activities

## Summary of Counselling Together's objectives:

To provide relief to persons in need of emotional, psychological and spiritual support by the provision of professional counselling from a range of recognized approaches and the provision of training for those involved in professional counselling, both being in accordance with The Association of Christians in Counselling and Linked Professions' statement of faith.

## Summary of Counselling Together's activities:

We have been working in the New Forest since 2005 and now also in Christchurch and the surrounding areas. We offer a safe, secure and highly confidential counselling service from supportive and empathic counsellors, at a range of venues. Counselling Together is supported by a number of local churches both in providing counselling locations and financial assistance. All our counsellors work on a voluntary or reduced cost basis.

This means that we can negotiate fees with clients that are below the market rate, in line with their personal financial situation, to ensure that all have access to a professional and local counselling service. One of our key aims is to try and ensure that nobody is denied counselling on the grounds of affordability.

We have offered a range of interactive training seminars on topics which are open to everyone to attend e.g. assertiveness, depression, loss, and bereavement. We have also run courses for churches on Christian counselling and when a pastoral need may benefit from counselling input.

In planning our activities for the year, we kept in mind the Charity Commissions guidance on public benefit at our Trustees meetings.

Counselling Together is supported by an excellent team of volunteers and contractors paid at below market rates who give their time to provide counselling to clients, develop and deliver training courses and help run the service. Counselling Together is not a grant making body.

# Review of the financial year

## A note from our Chair of Trustees, Peter Parslow:

Counselling hours have remained at only about 75% of our target and capacity. We continue to find it hard to engage with the local health services so most of our referrals continue to come from local churches. We have five trained counsellors and for most of the year have had two trainees but have often found it hard to match them with clients that suit their hours and travelling restrictions. This seems to be an important part of a students' learning: how to balance their intended counselling career with other aspects of their life and with the needs of potential clients. Sue Ingram qualified to be a supervisor, which has added another strand to the service we can offer locally.

Our support team continues to work well together and has remained stable throughout the year. As trustees we are aware of our dependence on Counselling Manager, Sue Ingram, which is why we applied for funding to recruit an Assistant Counselling Manager – a counsellor who could take over when Sue is not available. We changed our long-standing policy of not taking lottery funding, having assessed that in practice we did not have clients whose problems had been exacerbated by gambling. We were pleased to receive this funding from the National Lottery Community Fund and at year end we are in the process of recruitment.

Alan Boyce's contribution as Administration Manager is also valuable. He has made most of the grant applications again this year. Phil Cole continues to provide good financial information, and Nigel Simmons has again examined the accounts.

We are extremely grateful to those churches and individuals who have supported us financially. We are also grateful to churches who have opened up their facilities once again for counselling sessions and meetings. This enables our ongoing objective of keeping counselling fees low so that nobody is denied local, professional counselling on financial grounds.

## We have received excellent feedback this year:

- " It provided a space for someone to listen to me and reflect back issues that needed to be addressed "
- "Having a person who listened, had empathy and allowed me to show my emotions without feeling embarrassed"
- "They were very understanding of my physical limitations and being able to use zoom "

## Key performance data for the year ending 31 December 2025:

- Clients counselled: 46 (30 in 2024)
- Clients completed counselling in the last 12 months: 32 (16)
- Annual (12 months) counselling sessions: 696 (465)
- Clients receiving the benefit of grants from our bursary fund during the year: 18 (15)

# Financial Review

## Reserves Policy:

Counselling Together has a Reserves Policy, adopted in November 2016, which requires three months of operating costs to be held as a Reserve. This was reviewed and reconfirmed by the Trustees at a meeting in October 2022 and subsequently again in January 2026.

## Financial structure overview:

Counselling Together charges fees for counselling services which are typically below commercial rates. We are supported by regular donations from local churches and individuals that help to subsidise fees for clients.

We received grants and donations as follows:

£13,000 from the National Lottery Community Fund to fund the cost of appointing an Assistant Counselling Manager for two years.

£3,000 from Dorset Community Foundation's Neighbourhood Fund towards our core funding costs.

£2,000 from the Christchurch Charitable Trust to fund our BH23 Bursary Fund.

£1,520 from the Strategic Solutions Community Foundation to our Bursary Fund.

£1,000 from J.P. Morgan for our Bursary Fund.

£1,000 from a Hampshire County Councillor's annual grant allowance towards the cost of supervision for our counsellors.

£500 from the Ellingham and Ringwood Agricultural Society Show for the Bursary Fund.

£500 from Smith Bradbeer Charitable Trust for core funding costs.

£150 from the Lions Club of New Milton & District to our Bursary Fund.

£100 from Hayward Fox towards the cost of CT's 20<sup>th</sup> anniversary event.

The donations made into the Bursary Funds are essential to ensure that the charity can continue to provide financial support for those of its clients who otherwise would be unable to obtain counselling due to their financial circumstances.

Counselling Together also held some fundraising events during 2025 which contributed £187 to general funds and £175 to Bursary Funds.

Of the total outgoings 34% (22% in 2024) is spent on counselling and supervision costs with 55% (65% in 2023) paid to contractors to carry out the Counselling Manager, Bookkeeper and Administration Manager roles at below normal market rates.

Counselling Together does not hold funds for investment.

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature(s): 

Full name(s): Peter Parslow

Position: Trustee (Chair of Trustees)

Date: 20 April 2026