

**Annual Report and Financial Statements
for the year ended 31 March 2019**

Relate Mid Thames and Buckinghamshire

(a company limited by guarantee)

Registered Charity No: 1083588

Registered Company No: 04088546

relate
the relationship people

Mid Thames & Buckinghamshire

Contents	Page
Chair's Report	3
Company Information	4
Annual Report:	
Chair's introduction	5-6
Trustees Report	7-14
Independent Examiner's Report	15
Statement of Financial Activities	16
Balance Sheet	17
Notes to the Financial Statements	18-25

Who benefits from Relate MTB's relationship counselling?

The difference we make

Chair's Report

This has been another successful year for Relate Mid Thames and Buckinghamshire, with continued high level of activity. The core counselling services have seen a wide range of people across our geographic area and the work with the IAPT service continues to offer support to people at times of high vulnerability. Regrettably funding for the Macmillan service in Berkshire has ended but we continue to explore ways to provide this valuable service. Building on the success of that programme, we have been able to secure funding and support to offer this service for Buckinghamshire residents, in the new financial year.

In order to reach people across our diverse area, we continued to work from our main sites in Aylesbury and Maidenhead, and bases in High Wycombe, Chesham, Princes Risborough and Windsor. Our Chesham base is at risk, however, and we are exploring suitable alternatives. Like many Relate Centres across the country, we struggle to meet client requirements with available counselling hours. In order to train additional staff, one of our programmes this year was to jointly commission, with two other independent centres, a bespoke training course at the Institute of Family Therapy. This has proved to be very successful and has enabled us to welcome 3 new trainee counsellors to our workforce, with a further 4 students enrolled for Autumn 2019.

Thanks to the support from funders we continue to be able to offer bursaries to cover some of the costs for those people unable to meet the full fee. We are very grateful for this continued investment in strengthening relationships locally.

The national Relate organisation continues to settle into shape with a new Chief Executive appointed in July 2018 and a restructure programme. There continue to be discussion on the governance issues associated with the "hybrid" organisation. A number of the Independent Centres have joined together to form the Association of Relate Centre Trustees (ARCT) to ensure that our issues are addressed.

The main asset of the Centre is our staff. I would like to thank our highly skilled counselling team for their continuing commitment to their clients and to Relate. They are ably and skilfully supported by supervisors Fiona Lindsay and Petra Booth, with Claire Earl offering supervision for the IAPT work. Belinda Ford has joined the supervisors' team and is undertaking training. The counselling team is aided by a dedicated team of support staff who ensure that all runs smoothly and that people are welcomed and supported when they seek help from the organisation. This year Sue Berry achieved a significant milestone, having completed 30 years with Relate MTB. The professionalism of all of our staff is much appreciated by the people who come to Relate MTB.

Our Centre Director Fiona Greenfield continues to work tirelessly to maintain high quality services. Her leadership and coordination is much valued by staff and Trustees.

I would like to thank my fellow Trustees for all their support and thoughtful contributions over this past year. Our three new Trustees, Bep, Gill and Michael have approached their new role with enthusiasm and skill and we are grateful for their input.

It has been a privilege to be continue to be involved with such a dedicated team of people and I want to extend my thanks and appreciation to all involved over the past year, including our funders and supporters.

Janice Campbell, Relate MTB Chair

Reference and Administrative Details

Relate Mid Thames and Buckinghamshire

Registered Number of Company 04088546

Registered Charity Number 1083588

President Tim Brooke-Taylor OBE

Trustees/ Directors

Chair Janice Campbell

Treasurer Michael Young (appointed 19 November 2018)

Trustees Christopher Vane

Honor Vane

Morna Hinch

John Baruch

Bepindeep Dhaliwal (appointed 19 November 2018)

Gillian Monk (appointed 19 November 2018)

Centre Director & Company Secretary Fiona Paine (Greenfield)

Independent Examiner J Andrews FCA, Ashbys Chartered Accountants, Morton House,
9 Beacon Court, Pitstone Green Business Park, Pitstone, LU7 9GY

Bank Barclays, Slough Town Centre

Solicitor Horwood & James, 7 Temple Square, Aylesbury HP20 2QB

Registered Office 2a, Pebble Lane, Aylesbury, Buckinghamshire HP20 2JH

Our statement of purpose

Relate's purpose is to help people to make those personal changes which enable them to engage in committed and loving relationships for the benefit of themselves, their family and society.

Relate's Vision is of a future in which healthy relationships are actively promoted as the basis of a thriving society.

Our mission is to develop and support healthy relationships by:

- Helping couples, families and individuals to make relationships work better
- Delivering inclusive, high-quality services that are relevant at every stage of life
- Helping both the public and policymakers to improve their understanding of relationships and what makes them flourish.

Our values

Relationships

We value the quality of relationships and we are non-judgmental - supporting people to build healthy relationships, whatever the circumstances.

People

People are at the heart of everything we do. We create and deliver services around clients and potential clients' needs. We value our people (volunteers, staff and supporters).

Inclusion

We work to reach out, and to extend our services and transcend barriers that people may face. We do this to ensure that people who might need or want our services can access them. We actively promote equal opportunities and diversity in all that we do.

Partnership

Together we are stronger, more effective and can make a bigger difference. We seek to influence and collaborate with others to achieve our vision.

Learning

We seek to reflect, review, research and evaluate practice to continuously learn and improve understanding about relationship support.

How we help: Our core services

- **Relationship counselling:** helping couples and individuals to respond to issues arising from their relationships. Our counsellors help people discuss their feelings, attitudes and expectations, and help with communication and problem solving. We aim to empower clients by increasing their understanding so that they can go on to make choices about how they can manage their relationships.
- **Psychosexual (Sex) therapy:** an assessment and treatment programme which enables our clients to address the physical, emotional and psychological issues associated with sex. This usually means designing a sequence of tasks and exercises for a couple or an individual to complete at home. The sex therapist discusses progress at each session and works at the client's own pace
- **Family Counselling:** to help family members of all ages, situations and dynamics in resolving difficulties and concerns in their relationships with one another. We support clients by increasing their understanding of each other's needs and improving communication, both within the couple relationship and across generations.
- **Children and Young People's counselling:** helps children and young people explore and develop coping strategies for issues such as family breakdown, bullying and peer relationships, bereavement, the formation of new families or the absence of a family member in their life.
- **Education and Learning:** to provide people with the knowledge and skills needed for personal and professional development. This is part of our preventative work, to ensure we are helping people to boost or maintain their relationships as opposed to just helping when things get tough.

Quality Assurance and accreditation

Relate Mid Thames and Buckinghamshire counselling and psychotherapy services are BACP accredited (108426) and comply with its Ethical Framework for the Counselling Professions. We are in our fourth x five-year term of accredited services status (until October 2023 unless criteria cease to be met).

In addition -

Psychosexual therapy is covered by COSRT (College of Sexual and Relationship Therapists) Code of Ethics and Principles of Good Practice.

Family counselling is covered by the AFT (The Association for Family Therapy and Systemic Practice in the UK) Code of Ethics and Practice.

All Relate Mid Thames and Buckinghamshire personnel must comply with the Relate Code of Ethics and Practice and Relate's practice policies and guidance, which both complement the external codes and set specific organisational standards for ethical working.

Report of the Trustees of Relate Mid Thames & Buckinghamshire for the year ended 31 March 2019

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st March 2019. The trustees have adopted the Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) in preparing the annual report and financial statements of the charity.

Registered Charity Number	1083588
Registered Company Number	04088546
Registered Office	2a, Pebble Lane Aylesbury HP20 2JH

Directors and Trustees

The trustees serving during the year and since the year-end were as follows:

Chair	Janice Campbell
Treasurer	Raymond Clarke (resigned 19 November 2018) Michael Young (appointed 19 November 2018)
Trustees	Christopher Vane Susan Mervyn-Jones (resigned 19 November 2018) Honor Vane Morna Hinch Janet Shaw (resigned 19 November 2018) Rebecca Curley (resigned 4 June 2018) John Baruch Bepindeep Dhaliwal (appointed 19 November 2018) Gillian Monk (appointed 19 November 2018)
Company Secretary	Fiona Paine (Greenfield)

Structure, Governance and Management

The charity is constituted as a company limited by guarantee, not having a share capital. It is governed by the Memorandum and Articles of Association adopted on 12/09/2003, as amended by Special Resolution of the members on 23 October 2009.

The charity is a constitute society of Relate Limited and as such is bound by the Memorandum & Articles of Association of Relate Limited and the Relate Federation Agreement. Relate Limited supports all centres in England, Wales and Northern Ireland.

The Board of Trustees is the governing body of Relate Mid Thames and Buckinghamshire. It is responsible for

- Developing and maintaining the structure for Relate Mid Thames and Buckinghamshire to deliver against its charitable objects
- Governing Relate Mid Thames and Buckinghamshire in line with its vision, aims and charitable objectives and to provide overall policy direction
- The overall governance and strategic direction of the charity, developing its aims, objectives and goals in accordance with the Articles of Association, legal requirements and regulatory guidelines

The Board is collectively responsible for promoting the success of the Charity by directing and supervising the Charity's affairs. Its role is to provide leadership within a framework of prudent and effective controls, which enable risk to be assessed and managed.

The Board of Trustees delegates the day-to-day responsibility of the management and control of the Charity and its funds to the Centre Director.

All expenditure is approved by the Board of Trustees and requires that full accounting records be maintained with monthly financial and operating reports to ensure that all criteria for spending the funds of the charity are fully met.

The Executive Committee reviews the latest management accounts at each meeting. The Executive Committee meets a minimum of four times a year on a quarterly basis.

Appointment of Trustees

As set out in the Articles of Association the Trustees may appoint any qualifying person to become a trustee, any person appointed shall hold office until the following Annual General Meeting and shall then be eligible for re-election.

All Relate MTB Trustees give their time voluntarily and receive no benefits from the charity.

Induction and training for Trustees

New Trustees are sought with regard to any specialist skills required. New Trustees are briefed on their legal obligations under company and charity law, the Memorandum and Articles of Association, the Committee and the decision-making process, recent performance and strategic plans. They are encouraged to attend appropriate training and to spend time at the centre.

Feedback about the charity's performance and suggestions for improvement and change are welcomed.

Risk Management

The Trustees are responsible for the management of the risks faced by the Charity.

Sub- committees are formed to deal with risk and assessment.

We assess and regularly review the major risks to which we are exposed by means of an operational risk register, which is regularly reviewed by the management team and Trustees. We are satisfied that systems are in place to mitigate our exposure.

The Trustees are monitoring the risks, which include:

1. Loss of significant income from funding bodies (i.e. Local authorities, NHS, Trusts) and lack of ability to grow and generate diverse unrestricted income
2. Significant changes within Relate National that impact on federated centres with a reduction in providing support and strategy
3. Being unable to provide sufficient counsellors to match growth in service output
4. Unplanned and rapid changes among our small management and administrative staff team
5. Further reduction in what our clients are able to afford to pay for counselling, against increasing costs
6. Ensuring that momentum and guidance provided by the Board of Trustees is maintained
7. Not having the right people with the right skills, attitudes and behaviours to deliver the strategy across the whole organisation
8. Accommodation changes due to leases ending
9. Growing competition from other counselling providers
10. Investing time and money in pilot projects and contracts that do not get ongoing financial support, and are short-lived.

The Business Plan and Strategic Plan address these issues and try to keep a step ahead in finding solutions to minimise the risk to the organisation. A key element in our management of financial risk is the setting and regular review of the reserves policy (see Financial Review).

Objectives, Activities, and Public Benefit

The company is a charitable organisation providing relationship counselling to adults, families, children, and young people for the public benefit.

The objects of the charity as set out in the governing document are:

- To educate the public concerning the benefits of secure couple relationships, marriage and family life in order to improve the emotional, sexual and spiritual well-being of individuals, which is derived from committed relationships.
- To provide counselling, advice, education, guidance and relief to adults and / or children in relation to any aspect of contemporary life or work which may prejudice their physical or

mental wellbeing, and influence, either directly or indirectly, their present or future family or couple relationship.

- To seek to enhance the good health, both mental and physical of adults and children by increasing awareness of the benefits of committed relationships. Furthermore, working to prevent poverty, hardship and distress caused by breakdown of such relationships.

The trustees have complied with section 17(5) of the Charities Act 2011 to give due regard to the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities.

Achievements and performance 2018-19

Relate Mid Thames and Buckinghamshire delivered 3,867 counselling hours

Supporting 1,715 people

Session breakdown

- 683 assessment appointments
- 2306 ongoing relationship counselling sessions with couples and individuals
- 197 Sex Therapy (psychosexual therapy) sessions
- 197 Family counselling sessions
- 35 individual structured interviews (domestic violence / abuse intervention assessment)

which includes

- *12 sessions for CABA clients (Chartered Accountants Wellbeing fund)*
- *48 counselling sessions for Early Help Bucks County Council Family referrals*
- *6 counselling sessions for Macmillan Bucks (just started)*
- *65 counselling sessions for Berkshire Cancer Rehabilitation Programme funded by Macmillan (funding ended August 2018)*
- *106 counselling sessions for the RAF (funded by RAFBF)*
- *7 counselling sessions for Royal Navy & Royal Marines Charity*

IAPT Couple Therapy for Depression

- 288 sessions of IAPT Couple Therapy for Depression for Healthy Minds (Bucks)
- 115 sessions of IAPT Couple Therapy for Depression for Talking Therapies (East Berkshire)

We piloted 'Bringing up Teenagers' a one-day training led by Relate counsellor/trainer

Bursary contribution 489 sessions received bursary funding. This represents 15 % of non-funded service delivery. Clients receiving a bursary must have a home postcode within the Mid Thames and Bucks area.

A team of 25 Relate counsellors work across Buckinghamshire and East Berkshire locations. Our primary centres are in Aylesbury and Maidenhead with counselling rooms in Chesham, High Wycombe, Windsor and Princes Risborough.

Services delivered across the local authority areas:

- Aylesbury Vale
- Chiltern
- South Bucks
- Wycombe
- Royal Borough of Windsor and Maidenhead
- Slough

A number of our clients are able to meet the cost of counselling but many are not. We only continue to be able to offer services at reduced rates to people in distress thanks to local authorities, trusts, foundations and donors who financially support our Bursary Funding Scheme. These vital supporters are listed in full at the end of this report.

Relate Mid Thames and Buckinghamshire maintains contracted and commissioned work alongside the self-referring client work. This work is detailed in the following summary of our work this year.

IAPT (Improving Access to Psychological Therapies) – Couple Therapy for Depression

IAPT is run by the NHS in England, and provides NICE approved evidence-based therapies for people with anxiety or depression. Couple Therapy for Depression (CTD) is a type of talking therapy developed to help people suffering from depression and anxiety. It is delivered at Step 3 level for patients with mild to moderate depression – a high intensity intervention, in accordance with NICE and IAPT guidelines.

Relate MTB are contracted through Healthy Minds, the IAPT service in Buckinghamshire run by Oxford Health NHS Foundation Trust on behalf of the Buckinghamshire CCG to deliver CTD in Buckinghamshire.

We receive referrals from Healthy Minds after their initial assessment considers CTD to be the most appropriate therapy for the patient and their partner. The therapy is for up to 20 sessions and is for people who have a regular partner and where the relationship may contribute to the development or maintenance of their depression and distress.

Couple Therapy for Depression aims to improve the overall quality of a couple's relationship, as poor relationship quality is known to be a precipitating factor in depression. Couple therapy can help people with their relationship and emotional difficulties that sometimes flow from problems between partners.

Training for IAPT CTD

IAPT recognises two models of couple therapy for depression and supports training courses in each. One closely follows the behavioural couple therapy model (Prof. Don Baucom, University of North Carolina). The other is an integrative-behavioural evidence-based treatment (Tavistock Relationships). Relate MTB have practitioners qualified in both therapies.

In 2018-19, Relate nationally received funding from Health Education England for IAPT Couple Therapy for Depression and Relate MTB were able to increase the IAPT team to 12 therapists.

Talking Therapies – Berkshire IAPT Service

The pilot contract with Talking Therapies in East Berkshire ran through 2018-19.

Macmillan Berkshire Cancer Rehabilitation (East Berkshire)

Very disappointingly this programme finished in August 2018 when Macmillan funding ended, and ongoing funding could not be secured within the Berkshire CCG's. This counselling service had run for four years and Relate had a dedicated team of counsellors. We took referrals from the Berkshire Macmillan Cancer Rehabilitation Team, and offered an assessment and up to six counselling sessions for the patient and partner or other family member/s who could benefit from some counselling support at a difficult time in their lives.

However, it left a legacy which encouraged us to start a pilot service in 2019 funded for one year by Macmillan in Buckinghamshire in response to Macmillan Living Well With & Beyond Cancer Project ...supporting cancer patients in Buckinghamshire who identified an unmet need in psychological support services for cancer patients, their relatives and carers.

We continue to look for ways of delivering this much needed support across our whole area.

Training and Continuing Professional Development for Relate MTB counsellors in 2018-19

Relate MTB, in partnership with Relate London North West & Herts and Relate London North East and North Essex commissioned IFT (Institute of Family Therapy) to provide a bespoke foundation training for Relate couple counsellors (at Level 6). We hosted three student counsellor placements in 2018-19 and have offered a further four for 2019-20.

Relate MTB provides funded CPD for all our counsellors. During this year there was-

- Coordinated Management of Meaning (CMM) as a practice framework – Dr Barbara McKay
- Counselling Aspergers Couples – Barrie Thompson
- The Impact of IVF on relationships– the National Fertility Society
- Emotionally Focused Therapy - Gulya Diyarova
- Talk from Samaritans
- Online Relate Learning modules – Child Protection and Safeguarding, Mental Health Awareness, Domestic Abuse and Violence, Suicidal Risk and support. Client informed feedback, Substance and Misuse, Gender and Sexual Diversity, Bereavement and Loss, Disordered Personalities, Counselling with a Sexual Focus, Emotionally Focused Therapy.

Acknowledgements

The Trustees thank the counsellors, clinical supervisors, appointment staff, evening receptionists, and volunteers who work together for the benefit of our local communities.

Thank you to the Relate counsellors during 2018-19: Fiona, Claire and Petra (supervisors), Belinda (supervisor in training) and counsellors Alex, Amy, Clare, Jan, Janet, Judith, Hannah, Kate, Lesley, Lynda, Lynne, Michelle M, Michelle B, Pamela, Rosanna, Sally D, Sally W, Tara, Stuart, Valerie and West.

Thank you for the support during 2018-19 from: Faye, Emma, Rachel, Sandra, Sally, Niamh, Karen, Miriam, Anna, Kristy (Maidenhead), Sue, Susan, Susie, Halima (Aylesbury), Lisa, Alice (Chesham), Bisma, Jin Yun, (Wycombe) Chris (volunteer)

We bid farewell during 2018-19 to counsellor Loredana and members of the administration team, Miriam & Karen.

Sincere thanks to the local authorities, trusts, organisations and individuals who have financially supported us in 2018-19

- AVDC New Homes Grant
- Aylesbury Vale District Council and The Vale Lottery
- Chiltern District Council
- Healthy Minds (IAPT) / Oxford Health
- Heart of Bucks
- Kop Hill Climb
- Louis Baylis (Maidenhead Advertiser) Charitable Trust
- Macmillan
- RAFBF (Royal Air Force Benevolent Fund)
- The Royal Navy & Royal Marines Charity
- Roland Callingham (Bekonscot)
- South Bucks District Council
- The Prince Philip Trust
- The Royal Borough of Windsor and Maidenhead
- Thomas Hickman's Charity

Financial Review

Total income for the year was £330,350. This is made up as shown from client contributions, donations, and grants from Local Authorities and Trusts and contracts.

Client payments of £65 per session were recommended for initial assessments along with a sliding scale dependent on joint household income for ongoing appointments.

Total income includes the gain on the sale of the Chesham Property. A detailed income account is included.

Total expenditure for the year was £342,429.

Net current assets of the charity at 31st March 2019 were £509.

The Trustees confirm that the accounts comply with current statutory requirements, the requirements of the charity's governing document and the requirements of the SORP.

Reserves & Investment Policy

The definition of free reserves used follows the guidance given by the Charity Commission. These are funds available to be used in furtherance of the charitable objectives, which have not yet been spent, committed or designated. They therefore exclude restricted funds (where donors impose criteria for their use), fixed assets (which are in current use to support the on-going work of the charity) and funds designated for specific purposes.

The Board considered the Charity's position and having due regard to the day-to-day liquidity requirements have invested available funds in COIF Unit Trusts which has formal approval of the Charities Commission. Included in our unrestricted reserves is £277,390 which represents sale proceeds of the Chesham property in 2015 plus increase in investment to date. This enables the Charity to generate additional revenue and to reduce the risk of eroding the capital value of this windfall through the impact of inflation. Although these investments are fixed assets and as such excluded from free reserves the funds can be accessed at relatively short notice should significant unanticipated costs arise. With this in mind, the free reserves at 31 March 2019 represented approximately 1.5 weeks of expenditure.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

On behalf of the Board

Janice Campbell

.....

Janice Campbell, Trustee

Date *22nd October 2019.*

Relate Mid Thames and Buckinghamshire 2018-19

Registered Number: 04088546

Independent Examiner's Report to the Trustees of Relate Mid Thames and Buckinghamshire

I report on the accounts of the company for the year ended 31 March 2019 which are set out on pages 19 to 28.

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.

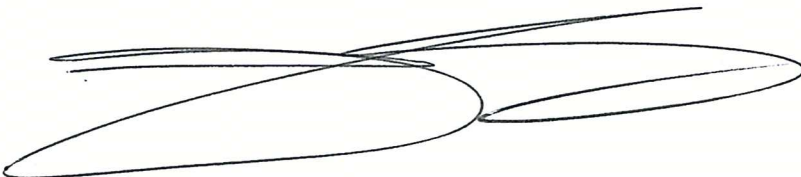
Independent examiner's statement

Since the company's 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 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 that in any material respect:

1. accounting records were not kept in respect of the company in accordance with section 386 of 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.



Jill Andrews FCA
Ashbys Chartered Accountants
Morton House
9 Beacon Court
Pitstone Green Business Park
Pitstone
LU7 9GY

Date 22 October 2019

Relate Mid Thames and Buckinghamshire 2018-19

Registered Number: 04088546

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 MARCH 2019

	Notes	Unrestricted Funds	Restricted Funds	Total Mar 2019	Unrestricted Funds	Restricted Funds	Total Mar 2018
		£	£	£	£	£	£
Income and endowments from:							
Donations and legacies	2	53,073	2,300	55,373	63,266	1,410	64,676
Charitable activities	3	216,047	44,018	260,065	192,310	38,683	230,993
Other trading activities		-	-	-	27,932	-	27,932
Investments		10,009	-	10,009	9,765	-	9,765
Other	4	4,903	-	4,903	5,260	-	5,260
Total Income		284,032	46,318	330,350	298,533	40,093	338,626
Expenditure on:							
Raising funds	5	87,296	-	87,296	106,954	-	106,954
Charitable activities	6	210,115	45,018	255,133	195,181	40,093	235,274
Total Expenditure		297,411	45,018	342,429	302,135	40,093	342,228
Net gains/(losses) on investments		17,057	-	17,057	5,167	-	5,167
Net income/(expenditure)		3,678	1,300	4,978	1,565	-	1,565
Transfers between funds		-	-	-	-	-	-
Net movement in funds		3,678	1,300	4,978	1,565	-	1,565
Reconciliation of Funds							
Total funds brought forward		273,712	132	273,844	272,147	132	272,279
Total Funds Carried Forward		277,390	1,432	278,822	273,712	132	273,844

The notes on pages 18 to 25 form part of these financial statements

Relate Mid Thames and Buckinghamshire 2018-19

Registered Number: 04088546

BALANCE SHEET AS AT 31 MARCH 2019

	Notes	31 March 2019		31 March 2018	
		£	£	£	£
Fixed Assets					
Tangible assets	11		7,352		12,173
Investments	12		270,961		253,904
Total Fixed Assets			278,313		266,077
Current Assets:					
Stock			-		-
Debtors	13		19,651		30,662
Investments	14		24,133		24,714
Cash at Bank & in Hand			9,049		4,019
			52,833		59,395
Liabilities:					
Creditors: Amounts Falling Due Within One Year	15		52,324		51,628
			52,324		51,628
Net Current Assets			509		7,767
Total Net Assets			278,822		273,844
The Funds of the Charity					
Unrestricted	18		277,390		273,712
Restricted	18		1,432		132
Total Charity Funds			278,822		273,844

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2019.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31st March 2019 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for:

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006, and
- (b) preparing the financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees on 22 October 2019 and signed on its behalf by:


 Janice Campbell, Trustee


 Michael Young, Trustee

The notes on pages 18 to 25 form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

Note 1. Accounting Policies

(a) Charity Information

Relate Mid Thames and Buckinghamshire is a private company limited by guarantee incorporated in England and Wales. The registered office is 2a Pebble Lane, Aylesbury, HP20 2JH.

(b) Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared on a going concern basis under the historical cost convention.

The charity has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

The financial statements are presented in sterling which is the functional currency of the charity.

(c) Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

(d) Income

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Grants and donations are only included in when the general income recognition criteria are met. In the case of performance related grants, income is only recognised to the extent that the charity has provided the specified goods or services.

Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.

Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Income from interest is included in the accounts when receipt is probable and the amount receivable can be measured

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019

Note 1. Accounting Policies (cont.)

(e) Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

(f) Support costs

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity. Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities on a basis consistent with use of the resources.

(g) Employee benefits

When employees have rendered service to the charity, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service.

(h) Tangible fixed assets

Tangible fixed assets are stated at cost less accumulated depreciation. Cost includes costs directly attributable to making the asset capable of operating as intended. Assets are capitalised if they are to be used for more than one year and cost at least £1,000. The depreciation rates and methods used are disclosed in the tangible fixed asset note.

(i) Investments

Investments are stated at market value as at the balance sheet date, gains and losses on revaluation are included in the Statement of Financial Activities.

(j) Debtors and creditors

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price.

(l) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Relate Mid Thames and Buckinghamshire 2018-19

Registered Number: 04088546

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019

2. Donations and Legacies	Unrestricted Funds £	Restricted Funds £	Total Mar 2019 £	Total Mar 2018 £
Grants				
Aylesbury Vale District Council	10,000		10,000	12,000
Buckinghamshire CCG	15,263		15,263	15,263
Chiltern District Council	1,260		1,260	1,800
South Bucks District Council	1,100		1,100	1,100
Thames Valley PCC	1,000		1,000	-
Michael Shanly Trust	-		-	-
Town & Parish Councils	-		-	250
Louis Baylis Trust	2,000		2,000	3,600
Ronald Callingham Foundation	1,000		1,000	-
IBB Charitable Trust	-		-	1,000
Thomas Hickman's Trust	-	500	500	-
Windsor & Maidenhead Christian Trust	-		-	-
	<u>31,623</u>	<u>500</u>	<u>32,123</u>	<u>35,013</u>
Donations	21,450	1,800	23,250	29,663
	<u>53,073</u>	<u>2,300</u>	<u>55,373</u>	<u>64,676</u>
3. Income from Charitable Activities	Unrestricted Funds £	Restricted Funds £	Total Mar 2019 £	Total Mar 2018 £
Counselling	216,047	-	216,047	192,310
Education & Training	-	370	370	-
IAPT Couple Therapy for Depression Bucks.	-	22,000	22,000	22,000
IAPT Couple Therapy for Depression Berks.	-	7,436	7,436	1,264
Royal Navy & Royal Marines Charity	-	260	260	-
CABA Chartered Accountants	-	57	57	-
RAF Benevolent Fund	-	5,810	5,810	4,619
Macmillan Wellbeing Berks.	-	4,030	4,030	9,180
Macmillan Bucks	-	1,000	1,000	-
Early Help Bucks CC	-	3,055	3,055	1,620
	<u>216,047</u>	<u>44,018</u>	<u>260,065</u>	<u>230,993</u>
4. Other Income	Unrestricted Funds £	Restricted Funds £	Total Mar 2019 £	Total Mar 2018 £
Sundry Income	4,903	-	4,903	5,260
	<u>4,903</u>	<u>-</u>	<u>4,903</u>	<u>5,260</u>

Relate Mid Thames and Buckinghamshire 2018-19

Registered Number: 04088546

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019

5. Raising Funds

	Mar 2019	Mar 2018
	£	£
Charity shop expenditure	88	22,936
Support costs	87,208	84,018
	87,296	106,954

6. Charitable Activities

	Activities Undertaken Directly	Support Costs	Mar 2019	Mar 2018
	£	£	£	£
Counselling	60,977	168,642	229,619	211,748
PST	3,388	9,369	12,757	14,116
Family Counselling	3,388	9,369	12,757	9,410
	67,753	187,380	255,133	235,274

Support Costs

The charity allocates its support costs as shown in the table below. They are allocated on a basis consistent with the use of resources.

	Raising Funds	Counselling	PST	Family Counselling	Total Mar 2019	Total Mar 2018
	£		£		£	£
Governance		57,542	3,197	3,197	63,936	63,710
Administration	68,765	69,287	3,849	3,849	145,750	142,995
Education & Training	-	8,753	486	486	9,725	8,211
Establishment	16,515	26,688	1,483	1,483	46,169	31,289
Financial	1,928	6,372	354	354	9,008	9,531
	87,208	168,642	9,369	9,369	274,588	255,736

7. Staff Costs

	Mar 2019	Mar 2018
	£	£
Wages and salaries	228,293	237,379
Social security costs	5,314	6,205
Pension costs	7,566	7,108
	241,173	250,692

Number of Employees

	No.	No.
	39	37

No employees receive emoluments exceeding £60,000.

8. Pensions and other post-retirement benefits

The charity operates a defined contribution pension plan for its employees. The amount recognised as an expense in the period was £7,566 (2018: £7,108).

Relate Mid Thames and Buckinghamshire 2018-19

Registered Number: 04088546

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019

9. Trustees remuneration and expenses

The trustees neither received nor waived any remuneration during the year (2018: £nil) and did not have any expenses reimbursed (2018: £nil).

10. Net Incoming Resources for the Year

	Mar 2019	Mar 2018
	£	£
This is stated after charging:		
Depreciation	4,820	4,903
Loss on disposal of fixed assets	-	775
Independent Examiner's Remuneration		
- Examination services	900	900
- Other services	731	1,703
	731	1,703

11. Tangible Assets

	Leasehold Improvements	Fixtures, Fittings & Equipment	Charity Shop Fixtures & Equipment	Total
	£	£	£	£
Cost:				
At 1 April 2018	19,886	27,523	-	47,409
Additions during the year	-	-	-	-
Disposals during the year	-	-	-	-
At 31 March 2019	19,886	27,523	-	47,409
Accumulated depreciation:				
At 1 April 2018	11,931	23,305	-	35,236
Charge for the year	3,977	844	-	4,821
Disposals during the year	-	-	-	-
At 31 March 2019	15,908	24,149	-	40,057
Net book value:				
At 31 March 2019	3,978	3,374	-	7,352
At 31 March 2018	7,955	4,218	-	12,173

12. Fixed Asset Investments

	Mar 2019	Mar 2018
	£	£
Market value at 1 April 2018	253,904	248,737
Gain/(Loss) on revaluation	17,057	5,167
Market value at 31 March 2019	270,961	253,904

13. Debtors

	Mar 2019	Mar 2018
	£	£
Trade debtors	19,387	27,898
Prepayments and accrued income	264	2,764
	19,651	30,662

Relate Mid Thames and Buckinghamshire 2018-19

Registered Number: 04088546

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019

14. Current Asset Investments	Mar 2019	Mar 2018
	£	£
Cash on deposit	24,133	24,714
	24,133	24,714
15. Creditors: Amounts Falling Due Within One Year	Mar 2019	Mar 2018
	£	£
Other creditors	3,688	2,294
Taxes and Social Security	2,749	3,352
Accrued expenses and deferred income (below)	45,887	45,982
	52,324	51,628
Deferred Incoming Resources	Mar 2019	Mar 2018
	£	£
Deferred incoming resources brought forward	25,571	14,488
Amounts released from previous years	(25,571)	(14,488)
Incoming resources deferred in the current year	22,285	25,571
Deferred incoming resources carried forward	22,285	25,571
Accrued expenses	23,602	20,411
	45,887	45,982

Deferred income comprises funds received in advance for counselling sessions not held until after the year end.

16. Financial Commitments

Financial commitments under non-cancellable operating leases will result in the following minimum payments falling due as follows:

	Mar 2019	Mar 2018
	£	£
Within one year	3,555	3,507
Between one and five years	-	1,452
	3,555	4,959

17. Related Party Transactions

There were no related party transactions during the year (2018: £nil).

Relate Mid Thames and Buckinghamshire 2018-19

Registered Number: 04088546

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019

18. Movement in Funds	At 1 April 2018	Incoming Resources	Outgoing Resources	Transfers	At 31 March 2019
	£	£	£	£	£
Unrestricted Funds					
General Fund	273,712	301,089	297,411		277,390
Restricted Funds					
Education & Training	-	370	370		-
IAPT Couple Therapy for Depression Bucks.	-	22,000	22,000		-
IAPT Couple Therapy for Depression Berks.	-	7,436	6,136		1,300
Royal Navy & Royal Marines Charity	-	260	260		-
CABA Chartered Accountants	-	57	57		-
RAF Benevolent Fund	-	5,810	5,810		-
Macmillan Wellbeing Berks.	-	4,030	4,030		-
Macmillan Bucks	-	1,000	1,000		-
Early Help Bucks CC	-	3,055	3,055		-
Purchase of Furniture	132	-	-		132
Thomas Hickman's Trust		500	500		-
Overhead Funding		1,800	1,800		-
	273,844	347,407	342,429	-	278,822

Restricted Funds

Education & Training	Provision of 1 day training course for parents for bringing up teenagers
IAPT Couple Therapy for Depression Bucks.	This funding from NHS Oxford Health relates to the delivery of Couple Therapy for Depression for patients referred by Healthy Minds Bucks.
IAPT Couple Therapy for Depression Berks.	This funding from IAPT Talking Therapies relates to the delivery of Couple Therapy for Depression for patients referred by Talking Therapies Berks.
Royal Navy & Royal Marines Charity	This fund is to deliver counselling to Royal Navy & Royal Marines personnel.
CABA Chartered Accountants	This fund is to deliver counselling to Chartered Accountants personnel.
RAF Benevolent Fund	This fund is to deliver counselling to Royal Air Force personnel.
Macmillan Wellbeing Berks.	This fund is to deliver counselling to persons affected by a cancer diagnosis in Berkshire.
Macmillan Bucks	This fund is to deliver a pilot counselling service to persons affected by a cancer diagnosis in Buckinghamshire.
Early Help Bucks CC	This fund is to deliver family counselling assessments from Bucks CC Family Resilience.
Purchase of Furniture	This fund is to purchase furniture.
Thomas Hickman's Trust	This fund is for people living in Aylesbury only.
Overhead Funding	This fund is for donations restricted for funding specific overhead costs.

19. Analysis of Net Assets Between Funds

	General	Restricted	Total
	£	£	£
Tangible Fixed Assets	7,352	-	7,352
Fixed Asset Investments	270,961	-	270,961
Stock	-	-	-
Debtors	19,651	-	19,651
Cash at Bank & in Hand	7,617	1,432	9,049
Current Investments	24,133	-	24,133
Creditors	(52,324)	-	(52,324)
	277,390	1,432	278,821

Relate Mid Thames and Buckinghamshire 2018-19

Registered Number: 04088546

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2019

20. Company Limited by Guarantee

The liability of each member is limited to £1 by guarantee.

- **Relate MTB Macmillan Counselling Service**

Thank you to this patient who was willing to share her story. We have changed her name to protect her identity.

“I got cancer in the worst year of my life but I am stronger than ever thanks to Relate MTB’s counselling”

When cancer strikes it sends your whole world into a spin, affecting not just you but your loved ones as well.

At a time when you feel most vulnerable, when you are struggling to take in huge amounts of medical information, you feel as if you are on an out-of-control conveyor belt of hospital appointments, you are expected to make life-changing decisions based on complex details and your emotions are thrown into chaos as well. Nothing seems as it was before, nothing feels as if it will ever be the same again.

Yet you still need to put one foot in front of the other: get the kids to school, feed the pets, buy food, keep your home running, keep money coming in.

And what about your other half? Your closest relationships? Coping with the emotional responses of your loved ones, deciding who to tell and how much to share feels like tiptoeing through a minefield.

For Anna (*not her real name*) life was already complicated enough – so much so that being diagnosed with cancer while juggling caring for her parents with being a working, single mum seemed like just one more huge obstacle life was throwing at her.

But thanks to the partnership between Relate Mid Thames & Buckinghamshire and Macmillan, Anna was given access to funded relationship counselling and it has turned her emotional life around as well as her health.

She says: “It has been the worst year of my life but I have conquered so much, I feel that I have come out the other end mentally stronger than ever thanks to the counselling I received from Relate.”

Within days of being diagnosed with cancer Anna had surgery and, as she puts it ‘just got on with it’. But at a rehabilitation assessment session with Macmillan it quickly became clear that Anna needed skilled emotional support to work through issues, both in her relationships and in personal issues, that had been building up for years.

She says: “All the things in my head were unravelling and it was as if the cancer was just an added extra.”

Anna is now having 6-monthly check-ups to monitor the effectiveness of her cancer treatment, but she is in a new relationship, back at work and, for the first time in 20 years, has come off anti-depressants.

“I didn’t know how to show, share or give love anymore,” she explains. “But now I have learned not to blame myself for things, I have dealt with my guilt, I know it’s OK to feel cross, angry and emotional and I feel in control. I had put extra pressure on myself by doing so much for other people and now I know it’s OK to say ‘no’. All that, in such a short space of time!

“There are still challenges in my life and I’m dealing with them. I know Relate are here and you are my safety net, I will always come back if I need to. I got the help I didn’t even realise was available and I will always promote Relate counselling and tell everyone about you.

“I now have a better relationship with my parents, I know what a loving relationship with a partner is all about and I am really happy, I am so much better at being able to tell him how I feel. I am getting to know myself again, I feel confident about life and I want to enjoy it.

“I get up in the morning and I want to live, I run two miles a day and I am eating better. It’s been a massive transformation in such a short space of time.”

- **Relate MTB Family Counselling**

“The ability to talk calmly and listen respectfully, rather than shouting over each other, is a valuable life skill for teenagers which they can carry with them into adulthood and parenting their own children. That’s a massive impact – yet difficult to put a price on.” -A Relate MTB counsellor at Aylesbury Vale

Did you know that Relate is here for children and young people as well as adults? From youngsters coming to terms with their emotions and sexuality, children caught in the crossfire of their parents’ break-up and families where communications between adults and their teenagers have completely collapsed, Relate counsellors have the skills and training to build bridges. And that commitment does not stop when children become adults - families across every generation can access the highest quality of relationship advice thanks to this local charity.

A counsellor at Relate Aylesbury Vale describes the dramatic difference family counselling can make.

She says: “Family counselling is often about giving everybody the chance to be respected while they say what they feel and think – whether you are 10 or 45 you are listened to in the same way. It is a chance for the whole family to take on board everybody’s point of view without blaming. And that happens over the course, pennies drop as we go along.

“Young people have a pretty good idea of what they want, we get everyone to speak, everyone to listen, and it’s the basis for the discussion, we can talk about flexibility, negotiating, looking for small things that can make a big difference. At the end of the day parents may have very good reasons for their stance and we can help young people to understand more about the why.

“For instance, when parents break up the arrangements made to share time with children who are six, seven or eight, and work perfectly well need adjusting when they get older. They need time to socialise, their peer group gets more influential and it can be stressful to have fixed times when and for how long they are staying with which parent. Once both parents hear their children explaining that and saying how they would like arrangements to work it puts a different emphasis on it.

“It’s not always easy to have a sensible discussion with a young person but if they can come away feeling ‘If I speak in a fair and reasonable way, not shouting or screaming, I am more likely to get what I want,’ that’s a fantastic outcome.”

The opening hours at Relate MTB are geared to being accessible to families. The centre is open six days a week including evenings and Saturdays.

The counsellor says: “The ability to talk calmly and listen respectfully, rather than shouting over each other, is a valuable life skill for teenagers which they can carry with them into adulthood and parenting their own children.

“That’s a massive impact – yet difficult to put a price on.”

- **No judgement, no blame - The Difference We Make 2018-19**

However broken you believe your relationship to be, Relate MTB counselling is the key to effective communication supporting your well-being, providing skills that last a lifetime

More than 1,700 people turned to Relate Mid Thames & Buckinghamshire (Relate MTB) in 2018-19 and we had 971 new case registrations across our six locations.

The leading issue that clients who completed our feedback survey ‘The Difference We Make’ said brought them to Relate MTB was ‘communication’ and within that managing conflict, rows and arguments, and ‘taking each other for granted’ were high up the list. The second highest trigger was clients’ own behaviour with ‘my partner’s behaviour’ a little lower down the list.

Couples who turn to Relate MTB are often surprised that deciding who is at fault, who is ‘right’ or ‘wrong’ is not an element of our relationship counselling process. The key is not making a judgement, but effective and meaningful communication which can often only take place thanks to the skillful facilitation of an experienced counsellor.

As one client put it recently: **“Our counsellor was very approachable, non-judgmental and empathetic. He helped us to communicate and learn ... after 32 years of marriage we have learnt a great deal about what drives us and where permission to be happy lies.”**

More than 95% of clients say communication has improved

In our annual ‘The Difference We Make Report’ 95.6% of clients who said communication was an issue said that after counselling it was ‘much/a little better’ and of those who said they took each other for granted, 93% reported an improvement. Relate MTB counselling takes place in comfortable, relaxing rooms, putting clients at ease and providing the time and a safe space in which to be listened to and to listen. During a course of counselling sessions, couples will be seen separately as well as together, develop new skills and confidence in communicating, led by their counsellor. The report’s feedback forms are completed individually at the start and completion of their course.

One client wrote: **“I was very impressed with how the counsellor was able to mediate, counsel and help us to uncover the tools to communicate with each other.”**

Another commented: **“Having the opportunity to open up with a third person to listen to our problems and helping to look at a way to deal with them has been a great help.”**

Experiencing conflict and arguments as a couple or a family

When relationships have broken down – whether between couples, parents and children, family members or blended families – both partners, or every family member, can expect to have a voice and be heard within family counselling.

Our counsellors are experienced relationship experts who are specially trained to help everyone have a say in how they are feeling and then to work out their differences. In 'The Difference We Make Report', of those who identified their partner's behaviour as an issue, 89% saw an improvement while 74% said they saw an improvement in their own behaviour; 93% of clients experiencing rows and arguments reported an improvement and 92.7% said they were managing conflict much/a little better; 67% of clients who said relationships with family and friends were an issue, said they improved.

Comments about the benefits of our counselling included: **"Talking not shouting, listening and being heard – being a couple again."**

Relationship help for parents

Disagreements about parenting and problems with children were also raised by Relate MTB clients as issues causing problems in their relationship with each other, 71% and 73% respectively saw improvements after counselling. In a new initiative early in 2019 Relate MTB held a pilot coaching session aimed at parents of teenagers, focusing on how to deal with challenging behaviour and parenting strategies. Following positive feedback, we aim to explore funding opportunities to enable us to deliver more of these weekend parenting coaching sessions in the coming year.

Help with re-kindling a fulfilling sex life

Sexual problems can have a big effect on even the strongest of relationships but it can be daunting to face up to difficulties and seek help. It is natural to want better sex with your partner and there can be specific reasons for difficulties. Relate MTB's specially trained counsellors are experienced in helping people deal with a range of sexual problems including loss of desire, erectile dysfunction and pain during intercourse. Sometimes we just lose our sex drive, or maybe there is a specific sexual problem that is causing concern such as addictions to sex and the internet, or historical sexual abuse or infertility issues. Client feedback on sex therapy included: **"Whilst daunting at first, the whole experience has been incredibly beneficial."**

Discover a new-found confidence

At the end of their course of counselling sessions, 84.8% of clients said they felt able to cope with any difficulties they might face in the future and 75.6% said they felt confident about their relationship. But Relate MTB counselling is not only focused on rebuilding relationships – counselling can also support couples in parting with confidence and without conflict, co-parenting and building new relationships. One client said: **"Relate has helped me gain confidence and look forward to the future. It's a shame my relationship has finished but it's the best thing for the future."**

Praise for Relate MTB counselling and the Bursary Funding Scheme

Of the 2018-19 clients who completed our feedback survey, 92% said they would turn to Relate MTB if problems arose in the future and that they would recommend Relate counselling to other people.

Relate MTB is committed to providing high quality relationship counselling in our local communities, regardless of people's ability to pay, through our Bursary funding Scheme. Raising the funds to support our work is increasingly challenging yet at the same time we see a growing demand for our services and a continuing need to recruit counsellors and trainee counsellors, rising accommodation costs and more clients who ask to draw on the Bursary Funding Scheme. **"The experience of coming to Relate has helped enormously ... it has saved my marriage"**