

The British Association for Sexual and Relationship Therapy

(The British Association for Sexual and Relationship Therapy [BASRT] became the College of Sexual and Relationship Therapists [COSRT] with effect from 1 January 2011)

A company limited by guarantee
Registered in England and Wales 4998207
Registered Charity Number 1101961

**Annual Report and Accounts
for the period to 31 December 2010**

BASRT
Orchard Court
Orchard Lane
Bristol
BS1 5WS

The British Association for Sexual and Relationship Therapy
Annual Report and Accounts for the period to 31 December 2010

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The British Association for Sexual and Relationship Therapy
Report of the Board of Trustees for the period to 31 December 2010

I TRUSTEES AND THEIR ADVISERS

BOARD OF TRUSTEES

Peter Bell	(Chair – elected May 2009)*
Catherine Dickens	(Vice-Chair re-elected May 2010)*
Shaun Brady	(elected May 2009 – elected Treasurer July 2009)*
Trudy Hannington	(re-elected May 2010)
Patricia Birch	(re-elected May 2009)
Bo Mills	(re-elected May 2010)
Jan Hillman	(elected May 2009)
Ammanda Major	(elected May 2009)
Caroline Warner	(elected May 2009)
Benjamin James	(co-opted August 2009, elected May 2010)
Mary Ryan	(co-opted August 2009, elected May 2010)

* Officers of the Board

Chief Executive Officer & Company Secretary

Corinna Furse

Administrator

Anne Buggy

Bankers

CAF Charity Money Management
Kings Hill
West Malling
Kent ME19 4TA

Solicitors

Veale Wasbrough
Orchard Court
Orchard Lane
Bristol BS1 5WS

Financial Managers

Charity Business
Suite 37-40
Cherry Orchard North
Kembrey Park
Swindon SN2 8UH

Registered Office

Orchard Court
Orchard Lane
Bristol BS1 5WS

Postal Address

PO Box 13686
London SW20 9ZH
Tel/fax: 020 8543 2707
Email: info@cosrt.org.uk
Website: www.cosrt.org.uk

Independent Examiner

Simon Hussey
Charity Business
Suite 37-40
Kembrey Park
Swindon SN2 8UH

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Report of the Board of Trustees for the period to 31 December 2010

2 STRUCTURE, GOVERNANCE AND MANAGEMENT

The name of the Charity was the British Association for Sexual and Relationship Therapy (BASRT) up to 1 January 2011 when it became the College of Sexual and Relationship Therapists (COSRT). It is a company limited by guarantee registered in England and Wales (number 4998207) and a registered charity (number 1101961). Its governing document is its Memorandum and Articles of Association originally dated December 2003 and updated in June 2008 to comply with the Charities Act 2006 and Companies Act 2006.

BASRT exists to maintain professional standards in the field of psychosexual and relationship therapy for the protection of the public. It is primarily a membership organisation with about 800 members from a wide range of disciplines, including psychosexual and relationship therapy, medicine, psychotherapy, nursing, social work and psychiatry.

The trustees of BASRT are elected by the membership at the annual general meeting for an initial term of three years which may be extended by two further terms of three years each. Trustees may come from the membership or from outside the organisation. Trustees are provided with informal induction from the Chair and CEO. Training days for the Board are arranged from time to time.

The trustees are all unpaid volunteers and may claim reasonable out of pocket expenses. Any trustee providing professional services beyond their normal work as a trustee may receive reasonable and proper remuneration for those services. No trustees received any such payment during the year.

Trustees are required to declare any potential conflict of interest, financial or otherwise and may be required to withdraw from relevant proceedings.

The trustees are responsible for the governance of BASRT. They set the strategic direction for the Charity and its major areas of work and help resolve competing demands which may be placed on the organisation. The Board holds four face to face meetings each year. Additional meetings are held as required.

The Board appoints the Chair, Vice-chair and Treasurer. The Board delegates the day to day management of the Charity to the CEO and the Management Board and has agreed limits of authority, particularly with regard to financial authority.

The Board did not change over the year.

3 OBJECTIVES, ACTIVITIES AND ACHIEVEMENTS

The Charity's objects as stated in the Memorandum of Association are to advance education in sexual, couple and relationship therapy for the benefit of the public, in particular but not exclusively by:

- The provision of, and assisting in the provision of training for those engaged in sexual, couple and relationship therapy;
- Formulating and monitoring standards of professional conduct and competence for those engaged in sexual, couple and relationship therapy;
- Promoting research in the fields of marriage and other intimate relationships; sexual, couple and relationship therapy and human sexuality.

BASRT carries out a range of activities in accordance with its charitable objects, including membership services, accrediting therapists, managing a formal complaints procedure, informing the general public, arranging professional

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Report of the Board of Trustees for the period to 31 December 2010

conferences and CPD training days, publishing an international journal, approving training courses, and being the voice of sexual and relationship therapy for the profession.

At their meeting on 4 February 2010 the trustees agreed eight Strategic Priorities for BASRT. They were:

- Form a UKCP college

UKCP have undergone a major restructuring which has involved the loss of the previous “sections” and the introduction of “colleges”. BASRT found itself the only member of UKCP’s Sexual and Relationship College. Work has been done to establish the college but it has proved difficult due to the lack of clear guidance from UKCP on structure, legal relationship, policies and procedures.

- Pursue Statutory Regulation as part of the whole or as an individual professional body

BASRT has kept closely involved with developments on this topic throughout the year. A great deal of work has been done and progress made but key issues remain undecided at the end of the year such as the difference or not between counselling and psychotherapy. The change of government has led to doubts about whether statutory regulation for the whole profession will go ahead at all.

- Review BASRT’s vision mission, values and beliefs

A Working Party was set up to do this work and revised mission and vision statements have been drafted and were put to the trustees at their meeting in January 2011.

- Review of working practices to ensure we are working within our governing documents

Trustees have expressed concerns that the Memorandum and Articles of association require updating. New Articles have been drafted and will be discussed by the trustees in 2011.

- Revise the Complaints Procedure

BASRT’s Complaints Procedure has been in place since 2001 with only minor amendments. The trend in other professions is to move towards “Fitness to Practise”. We wish to ensure that our procedure is as good as it can be to deal with this difficult work. A new procedure was drafted during the year and is now being discussed in the organization. This work will continue in 2011.

- Revise membership categories

The possible advent of statutory regulation and some concerns about the appropriateness of our membership categories have prompted a review. This work was delayed whilst the vision and mission were being decided upon but we hope work can go ahead early in 2011.

- Pursue an evaluation tool for sexual and relationship therapy

We have established a consortium to work on this project consisting of Relate, COREIMS, and the Artemis Trust. The four partners have agreed a project plan, put up the necessary funding and got to work. Focus groups were held over the summer to gather data and a draft evaluation tool is being drawn up by COREIMS.

- Establish a new part-time post

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A job description has been agreed for a new part time post of Professional Standards Manager. The post has been advertised and interviews held. There was an excellent response and the successful candidate, Jo Coker, started work on 11 January 2011.

The trustees have also agreed to propose a change of name for the organization to College of Sexual and Relationship Therapists to more accurately reflect the role of the organization as a professional body for its 800 members. This proposal was put to the membership at the AGM in May and agreed. The new name became effective from 1 January 2011.

In addition BASRT carried out the following activities in furtherance of its charitable objects:

The provision of and assisting in the provision of training for those engaged in sexual, couple and relationship therapy

BASRT's Conference Committee organised two conferences in 2010. The conference topics were "The Therapeutic Alliance" and "Current Issues in Sex Therapy". Almost 300 delegates attended the two conferences.

BASRT ran nine CPD training days in 2010. Topics included Supervision, Erotic Transference, Vulval Pain, Forensic Psychosexual therapy, Attachments and Neuroscience, and Writing for Publication. All days were well attended with a total of 200 delegates. This represented a 100% increase on the previous year.

BASRT endorsed one external CPD event in the year.

In 2010 BASRT approved the MSC / Postgraduate Diploma in Sexual and Relationship Psychotherapy (hosted by Sheffield Health and Social Care NHS Foundation Trust and validated by Sheffield Hallam University) and the London Diploma in Psychosexual and Relationship Counselling.

Formulating and monitoring standards of professional conduct and competence for those engaged in sexual, couple and relationship therapy

The complaints procedure was invoked twice during the year. Both were at the investigation stage at the end of the year.

BASRT takes complaints very seriously. Upholding its codes of ethics and the maintenance of professional standards thereby ensuring protection of the public are central tenets of BASRT.

This area of BASRT's work is under review because when the Health Professions Council (HPC) hold a statutory register of all counsellors and psychotherapists working in the United Kingdom protection of the public will become part of their role under their Fitness to Practice procedure. BASRT is working with the British Association for Counselling and Psychotherapy (BACP), UKCP and HPC to ensure that BASRT members' interests are protected during this process.

The Professional Standards Board (PSB) works to uphold professional standards both of individual therapists and of psychosexual training courses. Two external training courses received approval in 2010. 26 members achieved accreditation during the year and 4 members achieved supervisor accreditation.

BASRT is a member organisation of both BACP and UKCP. We have worked closely with UKCP over the year as it elected a new chair and carried out a major restructuring of the organisation.

Membership "Sections" have been replaced by "Colleges" and BASRT is working towards managing the College for Sexual and Relationship Therapy.

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Report of the Board of Trustees for the period to 31 December 2010

Promoting research in the fields of marriage and other intimate relationships; sexual, couple and relationship therapy and human sexuality.

An exciting project is at last underway to research and develop an evaluation tool for sexual and relationship therapy. A consortium of Relate, COREIMS and the Artemis Trust and BASRT has been formed, funding has been found and work is well underway to develop a robust tool to assess the effectiveness of sexual therapy.

The BASRT journal "Sexual and Relationship Therapy" celebrated its 25th anniversary in 2010 with a redesigned cover and guest editorials from past Editors. Four editions were published providing our members and other subscribers with up to date and original research papers and a special jubilee section with influential articles published over the past 25 years with an updated commentary from the author(s).

A second writers' workshop was run to encourage members to write up their research for the journal. This was kindly funded by Taylor and Francis and was very well attended.

4 PUBLIC BENEFIT

BASRT trustees ensure that all activities carried out by the charity are in support of its charitable objects and thus are to support the advancement of education in sexual, couple and relationship therapy for the benefit of the public. Many activities carried out by the charity in 2010 are mentioned in this report but of particular note is the work being done to support the introduction of statutory regulation, the review of the complaint procedure, the project to develop an evaluation tool and the appointment of a Professional Standards Manager.

5 FINANCIAL REVIEW

BASRT is predominantly funded through membership subscriptions. Additional funding has been secured through Gift Aid. The budget set for 2010 was broadly adhered to. Income was enhanced by payments from our publishers Taylor and Francis and by the popularity of our conferences and CPD events.

The trustees have a reserves policy in place to ensure that the charity maintains sufficient reserves to be able to deal with unforeseen crises and to be able to wind up in good order if necessary. They believe that the charity should normally have enough reserves to maintain itself for six months, which are estimated to be £60,000. This policy is reviewed by the trustees on an annual basis. The reserves are currently above this level which the trustees believe to be prudent in the uncertain financial climate but they plan to use a proportion of these reserves to expand the charity's activities through the new Strategic Priorities over the next three years.

The charity currently makes no specific investments.

General funds of £125,208 represent available free funds.

The British Association for Sexual and Relationship Therapy
Report of the Board of Trustees for the period to 31 December 2010

6 CONCLUSIONS AND PLANS FOR THE FUTURE

BASRT has an established Chair and Board of Trustees. The staff team was expanded in January 2011 by the appointment of a Professional Standards Manager but is otherwise stable. We have an experienced team running the journal and our committees. The financial situation remains stable.

External events will continue to be important to BASRT's future, particularly Statutory Regulation and changes at UKCP.

The Strategic Priorities have provided a clear focus for the organisation and will be reviewed by the trustees on an annual basis.

7 STATEMENT OF TRUSTEES' RESPONSIBILITIES

Company law requires the trustees to prepare financial statements for each financial year, and which give a true and fair view of the charitable company's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy at any time, the financial position of the charitable company, and which enable them to ensure that the financial statements comply with the Companies Act 1985. 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.

The trustees are responsible for ensuring that the report of the Board of Trustees and other information included in the annual report is prepared in accordance with company law in the United Kingdom.

Independent Examination

A resolution to re-appoint Simon Hussey as Independent Examiner for the ensuing year will be proposed at the annual general meeting in accordance with Section 489 of the Companies Act 2006.

Approved and signed on behalf of the Board of Trustees:

Peter Bell
Chair

Date:

2011

The British Association for Sexual and Relationship Therapy

Independent Examiner's Report to the Trustees of BASRT

I report on the accounts of the Trust for the year ended 31 December 2010, which are set out on pages 9 to 16.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the 1993 Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43(3) of the 1993 Act);
- follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 43(7)(b) of the 1993 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's report

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 41 of the 1993 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act.

have not been met; or

- (2) to which, in my opinion; attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Simon Hussey
Suite 37-40
Cherry Orchard North
Kembrey Park
Swindon
SN2 8UH

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Statement of Financial Activities for the period to 31 December 2010 (incorporating an Income and Expenditure account)

	Notes	Restricted Funds	Unrestricted Funds	Total 2010	Total 2009
			£	£	£
Incoming resources	1.4				
Investment Income					
Bank interest		-	169	169	460
Incoming Resources from Charitable Activities					
Membership contributions		-	125,560	125,560	124,933
Conference income		-	46,803	46,803	64,970
Journal income		-	25,317	25,317	10,000
CPD income		-	25,163	25,163	9,020
Other incoming resources		-	3,540	3,540	1,622
Total incoming resources		-	226,552	226,552	211,005
Resources expended	1.5				
Charitable expenditure					
Costs of charitable activities:	4				
Information and education		-	46,079	46,079	42,341
Conference costs		-	44,945	44,945	56,889
Membership support & services		-	22,334	22,334	22,348
Support costs		-	85,726	85,726	75,420
Governance costs	4	-	6,197	6,197	6,684
Total resources expended		-	205,281	205,281	203,682
Net incoming/(outgoing) resources	2	-	21,271	21,271	7,323
Net movement in funds					
Fund balances brought forward at 1 January 2010		633	103,937	104,570	97,247
Fund balances carried forward at 31 December 2010	11	633	125,208	125,841	104,570

The notes to the accounts on pages 12-16 form part of the accounts.

The accounts for 2010 and 2009 contain restricted and unrestricted Funds. All of the above results are derived from continuing activities. There are no recognised gains or losses other than those stated above.

The British Association for Sexual and Relationship Therapy

Balance Sheet at 31 December 2010

	Notes	2010		2009	
		£	£	£	£
Fixed assets					
Tangible assets	5		2,175		2,583
Current assets					
Debtors	6	23,427		16,622	
Cash at bank and in hand		129,895		107,458	
		<u>153,322</u>		<u>124,080</u>	
Creditors: amounts falling due within one year	7	29,656		22,093	
		<u>29,656</u>		<u>22,093</u>	
Net current assets			123,666		101,987
			<u>123,666</u>		<u>101,987</u>
Net assets			125,841		104,570
			<u>125,841</u>		<u>104,570</u>
Funds:					
Restricted funds	11		633		633
<i>Unrestricted funds</i>					
General funds	11		125,208		103,937
			<u>125,208</u>		<u>103,937</u>
			<u>125,841</u>		<u>104,570</u>

(The Balance Sheet continues on page 11)

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Balance Sheet at 31 December 2010

(Continued from page 10)

The notes to the accounts on pages 12-16 form part of the accounts.

For the year ended 31 December 2010 the company was entitled to exemption under section 477 of the Companies Act 2006;

Members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006;

The directors acknowledge their responsibility for:

- i. ensuring the company keeps accounting records which comply with section 386; and
- ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its surplus and deficit for the financial year, in accordance with the requirements of section 396, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company.

The accounts have been prepared in accordance with the special provisions of the Companies Act 2006 relating to small companies.

The financial statements were approved by the board at their meeting on 6 May 2011 and signed by:

Peter Bell
Chair

The British Association for Sexual and Relationship Therapy

Notes to the financial statements for the period

to 31 December 2010

I. ACCOUNTING POLICIES

The principal accounting policies adopted are as follows:-

1.1 Basis of accounting

The financial statements have been prepared in accordance with applicable accounting standards under the historical cost convention, and the Statement of Recommended Practice on Accounting and Reporting by Charities issued in April 2005 ('SORP 2005').

1.2 Fund accounting

The financial statements of a charitable company must differentiate between restricted and unrestricted funds. Details of restricted funds are set out in note 11 to the financial statements. Restricted funds are subject to conditions imposed by the donor. General funds comprise accumulated surpluses.

1.3 Cost of generating funds

This comprises costs for generating income for the charitable company and includes bank charges and fundraising costs.

1.4 Incoming resources

The charitable company receives membership contributions which are recognised when received. All other income is included when receivable by the charitable company. Fee income is recognised in the period in which the activity is carried out.

1.5 Resources expended

The cost of generating funds and charitable expenditure comprise staff and other costs directly attributable to an activity. Management and administration costs are those incurred in connection with the management of the Charity's assets, organisational administration and compliance with constitutional and statutory requirements.

1.6 Tangible fixed assets

Tangible fixed assets are included at cost, less depreciation.

1.7 Depreciation

Depreciation, calculated using the reducing balance method, is provided to write off assets over their estimated useful lives as follows:

Computers and other equipment	- 25% reducing balance
Fixtures and fittings	- 15% reducing balance

The British Association for Sexual and Relationship Therapy

Notes to the financial statements for the period

to 31 December 2010

2. NET MOVEMENT IN FUNDS	2010	2009
	£	£
This is stated after charging:-		
Depreciation	408	489
Independent Examiners Fee	700	700
	<hr/>	<hr/>

3. STAFF COSTS	2010	2009
	£	£
Total remuneration was:-		
Wages and salaries	50,794	50,878
Social security costs	5,041	4,992
	<hr/>	<hr/>
	55,835	55,870
	<hr/>	<hr/>

The average number of persons employed by BASRT during the year was two (2009: 2). No trustee or connected person received any remuneration during the year. No employee received emoluments of more than £40,000 during the year (2009: NIL).

The average number of employees calculated on a full time equivalent basis analysed by function was:

	2010	2009
Management and administration of the charity	2	2
	<hr/>	<hr/>
	2	2
	<hr/>	<hr/>

The trustees are entitled to reclaim reasonable out of pocket expenses. During the period 9 (2009: 12) trustees reclaimed £2,515 (2009: £3,869) in respect of travel and other expenses.

The British Association for Sexual and Relationship Therapy

Notes to the financial statements for the period

to 31 December 2010

4. ANALYSIS OF RESOURCES EXPENDED

			2010	2009
	Staff Costs	Other	Total	
	£	£	£	£
Charitable expenditure:				
Information and Education	15,482	30,597	46,079	42,341
Conference Costs	4,315	40,630	44,945	56,889
Membership Costs	22,334	-	22,334	22,348
Support Costs	13,704	72,022	85,726	75,420
Governance Costs	-	<u>6,197</u>	<u>6,197</u>	<u>6,684</u>
	<u>55,835</u>	<u>149,446</u>	<u>205,281</u>	<u>203,682</u>

All costs included above except support costs are direct costs. Support costs include the following:

	2010	2009
	£	£
Depreciation	408	489
Office costs	22,698	23,098
Professional fees	46,627	35,788
Marketing and research	1,929	952
Miscellaneous	360	1,396
Total support costs	<u>72,022</u>	<u>61,723</u>

5. TANGIBLE FIXED ASSETS

	Computer equipment	Furniture & equipment	Total
	£	£	£
Cost			
At 1 January 2010	5,404	11,349	16,753
Additions	-	-	-
At 31 December 2010	<u>5,404</u>	<u>11,349</u>	<u>16,753</u>
Accumulated depreciation			
At 1 January 2010	5,197	8,973	14,170
Charge	52	356	408
At 31 December 2010	<u>5,249</u>	<u>9,329</u>	<u>14,578</u>
Net book value			
At 31 December 2010	<u>155</u>	<u>2,020</u>	<u>2,175</u>
At 31 December 2009	<u>207</u>	<u>2,376</u>	<u>2,583</u>

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Notes to the financial statements for the period

to 31 December 2010

6. DEBTORS	2010	2009
	£	£
Other debtors	5,290	4,865
Prepayments and accrued income	18,137	11,757
	<hr/>	<hr/>
	23,427	16,622
	<hr/>	<hr/>
7. CREDITORS	2010	2009
Amounts falling due within one year		
Trade creditors	21,324	5,191
Other creditors	8,332	16,902
	<hr/>	<hr/>
	29,656	22,093
	<hr/>	<hr/>

8. SHARE CAPITAL

The company is limited by guarantee and does not have a share capital. The liability of each member is limited to a sum not exceeding £1 on the winding up of the company.

The word Limited is omitted by licence from the Department of Trade & Industry as the company has charitable status.

9. TAXATION

BASRT is a registered charity and its activities fall within the exemptions under the Income and Corporation Taxes Act 1988.

The British Association for Sexual and Relationship Therapy

Notes to the financial statements for the period

to 31 December 2010

10. ANALYSIS OF NET ASSETS BY FUND

	2010 £	2009 £
Tangible fixed assets	2,175	2,583
Debtors	23,427	16,622
Cash at bank and in hand	129,895	107,458
Current liabilities	(29,656)	(22,093)
	<hr/>	<hr/>
	125,841	104,570
	<hr/>	<hr/>

The accounts for 2010 and 2009 contain restricted and unrestricted net assets.

11. STATEMENT OF FUNDS

	At 1 January 2010 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2010 £
Restricted Funds:	633		-	0	633
Unrestricted funds:					
General funds	103,937	226,552	(205,281)	0	125,208
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total funds	104,570	226,552	(205,281)	0	125,841
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

The accounts for 2010 and 2009 contain restricted and unrestricted net assets.

The Restricted Funds is made up of Funds raised for Pounds for Pages which is to be used to update the website in the next 12 to 18 months.