

CARMARTHENSHIRE COUNSELLING SERVICE

England & Wales · Charity number 1077029

Details

Other names LLANELLI COUNSELLING SERVICE

Status Registered

Legal form Other

Registered 1999-08-13

Register [View on the Charity Commission register](#)

Contact

Address PO Box 174
Llanelli
Carmarthenshire
SA15 9AY

Phone 01554899934

Email carmarthenshircounselling@gmail.com

Website <http://www.carmarthenshircounsellingservice.org.uk>

Activities

Objects: THE RELIEF OF PERSONS WHO ARE IN CONDITIONS OF PSYCHOLOGICAL DISTRESS, RESIDENT IN LLANELLI AND SURROUNDING AREAS, THROUGH THE PROVISION OF A COUNSELLING SERVICE.

Activities: The relief of persons who are in conditions of psychological distress, resident in Carmarthenshire, through the provision of a counselling service.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** CARMARTHENSHIRE
- Carmarthenshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£102,333	£99,108	-	-
2024-08-31	£98,171	£99,419	-	-
2023-08-31	£87,125	£92,382	-	-
2022-08-31	£85,723	£85,350	-	-
2021-08-31	£100,865	£83,736	-	-

Trustees

Name	Role	Appointed
JENNY THOMPSON		
LIZ BRADY		
RACHEL EDWARDS		
ROBERT DAVIES		
SUSAN EVANS		

CARMARTHENSHIRE COUNSELLING SERVICE

England & Wales - Charity number 1077029

Accounts

Carmarthenshire Counselling Service

Annual Report for the Charity Commission Return for 2024-25

We have maintained a satisfactory level of service via telephone, virtual and face to face counselling, and have delivered 1637 sessions to a total of 625 clients during the year. The contract target level is 1500.

- We have recruited paid and voluntary counsellors as positions became available and now operate with three paid and nine volunteer counsellors.
- Training for counsellors has continued to be provided during the year.
- Face to face counselling has been available to clients at two centres in Carmarthen and in our offices in Llanelli.
- Core score assessments have indicated successful treatments and client feedback has universally endorsed this.
- Waiting lists for face to face counselling are 2-3 months in Llanelli and 5-6 months in Carmarthen and further efforts are targeting on reducing the latter.
- Carmarthenshire Counselling Service continues to work within the British Association for Counselling and Psychotherapy Ethical Framework for Good Practice in Counselling and Psychotherapy.

Reserves held by Carmarthenshire Counselling Service are for.

- a) general purpose use in any area of the budget where funds are needed to support projects at short notice,
- b) providing administrative and co-ordination support, and volunteer expenses in any gaps in external funding and
- c) ensuring that further bids can be made as necessary for additional funding, or that the Counselling Service can be brought to an ethical close should continuing funding cease to be available.

The level of reserves is monitored by trustees on a regular basis at executive committee meetings.

CARMARTHENSHIRE COUNSELLING SERVICE BALANCE SHEET ON 31.8.25

Balance as at 31 August 2024

Barclays bank account	£ 22,496.11
Cash in hand	£ 25.61
M & G Charifund	£ 68,417.00
Total Assets	£ 90,938.72

Increase in Charifund reserves	£ 2,883.00
2025 annual surplus	£ 3,225.60

Balance totals	£ 97,047.32	£ 97,047.32
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Assets at 31 August 2025

Barclays bank account	£ 25,721.71
Cash in hand	£ 25.61
M & G Charifund	£ 71,300.00
	£ 97,047.32

CHAIR

Secretary


Treasurer

*Examined by: Eileen Davies
Barclays Bank, Llanelli*

[Signature]
6/11/2026

Income and Expenditure Sept 24 to Aug 25

<u>2024</u>	<u>2025</u>	<u>Resources Arising</u>
50.00	50.00	Client + Individual Donations
98,199.86	98,199.86	Local Health Board
0.45	0.45	Bank Interest
-	-	Training
4,042.56	4,042.56	M and G Income
41.06	41.06	Easy fundraising
-	-	Ext fundraising
-	-	Room use
-	-	M&G Book gain
-	-	Petty Cash
-	-	Income
98,171.75	98,171.75	Total Income Received
-	-	change in petty cash
2,709.36	2,709.36	Insurance
1,899.22	1,899.22	Professional fees
7,398.00	7,398.00	Accommodation
1,067.58	1,067.58	Telephone rental + charges
106.70	106.70	Volunteers expenses
-	-	Subscriptions/membership
750.00	750.00	Training for volunteers + staff
5,878.25	5,878.25	Supervision
2,064.84	2,064.84	Sundries
670.10	670.10	Office equipment
2,788.60	2,788.60	Franking machine
191.70	191.70	DBS
1,299.08	1,299.08	Utilities
56,537.62	56,537.62	Mgr & Counsellor salaries
1,471.04	1,471.04	Mgr & Counsellor pension
13,569.40	13,234.80	Mgr & Counsellor PAYE
706.84	196.20	Mgr & Counsellor travel expenses
-	-	M and G Book Reduction
99,108.33	99,418.61	TOTAL EXPENDITURE
3,225.60	1,246.86	SURPLUS/DEFICIT


 6/1/2026
 EITHAN DAVIES

CARMARTHENSHIRE COUNSELLING SERVICE BALANCE SHEET ON 31.8.25

Balance as at 31 August 2024

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CHAIR

Secretary


Treasurer

Examined by: Eileen Davies
Barclays Bank, Llanelli

 6/11/2026

Income and Expenditure Sept 24 to Aug 25

<u>2024</u>	<u>2025</u>	<u>Resources Arising</u>
50.00	50.00	Client + Individual Donations
98,199.86	98,199.86	Local Health Board
0.45	0.45	Bank Interest
-	-	Training
4,042.56	4,042.56	M and G Income
41.06	41.06	Easy fundraising
-	-	Ext fundraising
-	-	Room use
-	-	M&G Book gain
-	-	Petty Cash
-	-	Income
98,171.75	98,171.75	Total Income Received
-	-	change in petty cash
2,709.36	2,709.36	Insurance
1,899.22	1,899.22	Professional fees
7,398.00	7,398.00	Accommodation
1,067.58	1,067.58	Telephone rental + charges
106.70	106.70	Volunteers expenses
-	-	Subscriptions/membership
750.00	750.00	Training for volunteers + staff
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191.70	191.70	DBS
1,299.08	1,299.08	Utilities
56,537.62	56,537.62	Mgr & Counsellor salaries
1,471.04	1,471.04	Mgr & Counsellor pension
13,569.40	13,234.80	Mgr & Counsellor PAYE
706.84	196.20	Mgr & Counsellor travel expenses
-	-	M and G Book Reduction
99,108.33	99,418.61	TOTAL EXPENDITURE
3,225.60	1,246.86	SURPLUS/DEFICIT


 6/1/2026
 EITHAN JONES

CARMARTHENSHIRE COUNSELLING SERVICE

England & Wales - Charity number 1077029

Accounts

Carmarthenshire Counselling Service

Annual Report 2024 for the Charity Commission Return

We have maintained a satisfactory level of service via telephone, virtual and face to face counselling, and have delivered 1586 sessions during the year. The contract target level is 1500.

- We have recruited paid and voluntary counsellors as positions became available and now operate with three paid and eight volunteer counsellors.
- Training for counsellors has continued to be provided during the year.
- Face to face counselling has been available to clients at two centres in Carmarthen and in our offices in Llanelli.
- Core score assessments have indicated successful treatments and client feedback has universally endorsed this.
- Waiting lists for face to face counselling are 2-3 months in Llanelli and 5-6 months in Carmarthen and further efforts are targeting on reducing the latter.
- Carmarthenshire Counselling Service continues to work within the British Association for Counselling and Psychotherapy Ethical Framework for Good Practice in Counselling and Psychotherapy.

Reserves held by Carmarthenshire Counselling Service are for.

- a) general purpose use in any area of the budget where funds are needed to support projects at short notice,
- b) providing administrative and co-ordination support, and volunteer expenses in any gaps in external funding and
- c) ensuring that further bids can be made as necessary for additional funding, or that the Counselling Service can be brought to an ethical close should continuing funding cease to be available.

The level of reserves is monitored by trustees on a regular basis at executive committee meetings.

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Income and Expenditure Sept 23 to Aug 24

	<u>2023</u>	<u>2024</u>
<u>Resources Arising</u>		
Client + Individual Donations	306.42	140.00
Local Health Board	94,529.00	96,903.00
Bank Interest	1.10	1.71
Training	-	-
M and G Income	-	1,088.38
Easy fundraising	21.79	38.66
Ext fundraising	-	-
Room use	-	-
M&G Book gain		
Petty Cash		
Income	- 7,733.00	
TOTAL INCOME	87,125.31	98,171.75

Resources Used

change in petty cash		-
Insurance	2,354	2,510
Professional fees	1,575	1,575
Accommodation	6,242	6,647
Telephone rental + charges	952	1,050
Volunteers expenses	150	642
Subscriptions/membership		-
Training for volunteers + staff	1,190	879
Supervision	5,706	6,129
Sundries	2,573	3,299
Office equipment	1,033	986
Franking machine	1,127	2,107
DBS	-	-
Utilities	1,258	1,620
Staff salaries	53,864	57,277
Staff pensions	1,238	1,268
PAYE	12,909	13,235
Staff travel expenses	212	196
M and G Book Reduction		-
TOTAL EXPENDITURE	92,382	99,419
DEFICIT	- 5,257	- 1,247

CARMARTHENSHIRE COUNSELLING SERVICE BALANCE SHEET ON 31.8.24

<u>Balance as at 31 August 2023</u>		<u>Assets at 31 August 2024</u>	
Barclays bank account	£ 23,742.97	Barclays bank account	£ 22,496.11
Cash in hand	£ 25.61	Cash in hand	£ 25.61
M & G Charifund	£ 59,397.00	M & G Charifund	£ 68,417.00
Increase in Charifund reserves	£ 9,020.00		
Income received for 2024 year			
2024 Annual Deficit	-£ 1,246.86		

Total £ 90,938.72 £ 90,938.72

CHAIR *Sue Egan*

Secretary

Treasurer *John Davies*

Date 18/01/25
Date
Date 18/01/25

John Davies - Secretary
16/1/2025.

CARMARTHENSHIRE COUNSELLING SERVICE

England & Wales - Charity number 1077029

Accounts

Carmarthenshire Counselling Service

Annual Report 2023 for the Charity Commission Return

We have maintained a good level of service via telephone, virtual and returning to face to face counselling, and have delivered 1627 sessions during the year, slightly above target number of 1500.

- We have recruited paid and voluntary counsellors as positions became available and now operate with three paid and nine volunteer counsellors.
- Training for counsellors has continued to be provided during the year.
- Face to face counselling has been available to clients at two centres.
- Core score assessments have indicated successful treatments and client feedback has endorsed this.
- Waiting lists have been reduced to more acceptable levels with the reintroduction of face to face sessions.
- Carmarthenshire Counselling Service continues to work within the British Association for Counselling and Psychotherapy Ethical Framework for Good Practice in Counselling and Psychotherapy.

Reserves held by Carmarthenshire Counselling Service are for.

- a) general purpose use in any area of the budget where funds are needed to support projects at short notice,
- b) providing administrative and co-ordination support, and volunteer expenses in any gaps in external funding and
- c) ensuring that further bids can be made as necessary for additional funding, or that the Counselling Service can be brought to an ethical close should continuing funding cease to be available.

The level of reserves is monitored by trustees on a regular basis at executive committee meetings.

CARMARTHENSHIRE COUNSELLING SERVICE

Income and Expenditure Sept 22 to Aug 23

	<u>2022</u>	<u>2023</u>
<u>Resources Arising</u>		
Client + Individual Donations	100.00	306.42
Local Health Board	85,596.00	94,529.00
Bank Interest	2.05	1.10
Training	-	-
COVID Funds	-	-
Easy fundraising	25.06	21.79
Ext fundraising	-	-
Room use	-	-
M&G Book gain		
Petty Cash		
pre payment for 2024 year		- 7,733.00
Total Income Received	<u>85,723.11</u>	<u>87,125.31</u>
<u>Resources Used</u>		
change in petty cash	-	-
Insurance	2,694.63	2,353.76
Professional fees	1,574.88	1,574.88
Accommodation	5,093.00	6,241.50
Telephone rental + charges	861.98	952.30
Volunteers expenses	36.80	150.00
Subscriptions/membership	-	-
Training for volunteers + staff	420.00	1,190.00
Supervision	5,024.75	5,705.55
Sundries	2,115.39	2,572.83
Office equipment	-	1,032.53
Franking machine	827.02	1,126.73
DBS	-	-
Utilities	495.33	1,258.13
Staff salaries	51,956.26	53,864.35
Staff pensions	1,848.23	1,238.00
PAYE	12,207.77	12,909.40
Staff travel expenses	194.40	212.10
Client/Counsellor travel	-	-
TOTAL EXPENDITURE	<u>85,350.44</u>	<u>92,382.06</u>
SURPLUS/DEFICIT	372.67	- 5,256.75

CARMARTHENSHIRE COUNSELLING SERVICE

<u>Assets as at 31 August 2022</u>	
Barclays bank account	21,266.72
Cash in hand	25.61
M & G Charifund	<u>59,157.00</u>
Assets at 31 Aug 2022	80,449.33
increase in charifund reserves	240.00
Annual deficit	- 5,256.75
Total	<u>75,432.58</u>

BALANCE SHEET

<u>Assets at 31 August 2023</u>	
Barclays bank account	23,742.97
Cash in hand	25.61
M & G Charifund	<u>59,397.00</u>
income for 2024	- 7,733.00
	<u>75,432.58</u>

SIGNED BY:

CHAIR
Date

TREASURER
Date

AUDITOR
Date

CARMARTHENSHIRE COUNSELLING SERVICE BALANCE SHEET ON 31.8.23

Balance as at 31 August 2022

Barclays bank account	£ 21,266.72
Cash in hand	£ 25.61
M & G Charifund	£ 59,157.00
Increase in Charifund reserves	£ 240.00
Income received for 2024 year	£ 7,733.00
Annual Deficit	-£ 5,256.75

Assets at 31 August 2023

Barclays bank account	£ 23,742.97
Cash in hand	£ 25.61
M & G Charifund	£ 59,397.00

Total	£ 83,165.58	£ 83,165.58
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CHAIR	Date
.....
Secretary	Date
.....
Treasurer	Date
.....

Reviewed by Eifon Davies
[Signature] 1/3/2024

CARMARTHENSHIRE COUNSELLING SERVICE

England & Wales - Charity number 1077029

Accounts

Carmarthenshire Counselling Service

Annual Report 2022 for Charity Commission Return

We have maintained a level of service under Covid restrictions via telephone and virtual counselling and have delivered 1453 sessions during the year, slightly below target number of 1500.

- We have recruited paid and voluntary counsellors as positions became available and now operate with three paid and nine volunteer Counsellors.
- Training for Counsellors has continued to be provided during the year albeit still affected by Covid.restrictions
- Face to face counselling has been reintroduced during the year at two centres
- Core score assessments have indicated successful treatments and client feedback has endorsed this.
- Waiting lists have been reduced to more acceptable levels , partly as a result of fewer referrals due to concerns over Covid
- Carmarthenshire Counselling Service continues to work within the British Association for Counselling and Psychotherapy Ethical Framework for Good Practice in Counselling and Psychotherapy

Reserves held by Carmarthenshire Counselling Service are for

- a) general purpose use in any area of the budget where funds are needed to support projects at short notice,
- b) providing administrative and co-ordination support, and volunteer expenses in any gaps in external funding and
- c) ensuring that further bids can be made as necessary for additional funding, or that the counselling service can be brought to a close should continuing funding cease to be available.

The level of reserves is monitored by trustees on a regular basis at executive committee meetings.

CARMARTHEN COUNSELLING SERVICE

<u>OPERATING PROFIT/LOSS</u>	<u>2021</u>	<u>RESTATED</u> <u>2021</u>	<u>2022</u>
<u>Income</u>			
Client + Individual Donations	-		100.00
Local Health Board	85,596.00	85,596.00	85,596.00
Bank Interest	2.76	2.76	2.05
Training	50.00	50.00	-
COVID Funds	250.00	250.00	-
Easy fundraising	44.14	44.14	25.06
Ext fundraising	-	-	-
Room use	-	-	-
M&G Book gain	-	-	-
Petty Cash	-	-	-
Increase in M & G Charifund	14,923.00		
TOTAL INCOME	100,865.90	85,942.90	85,723.11
<u>Expenditure</u>			
change in petty cash	-		-
Insurance	2,437.87	2,437.87	2,694.63
Professional fees	1,443.64	1,443.64	1,574.88
Accommodation	4,791.96	4,791.96	5,093.00
Telephone rental + charges	805.62	805.62	861.98
Volunteers expenses	0.01	0.01	36.80
Subscriptions/membership	-	-	-
Training for volunteers + staff	490.00	490.00	420.00
Supervision	5,445.00	5,445.00	5,024.75
Sundries	1,841.28	1,841.28	2,115.39
Office equipment	106.98	106.98	-
Franking machine	1,125.78	1,125.78	827.02
DBS	161.60	161.60	-
Utilities	603.76	603.76	495.33
Staff salaries	50,276.53	50,276.53	51,956.26
Staff pensions	2,050.68	2,050.68	1,848.23
PAYE	12,132.56	12,132.56	12,207.77
Staff travel expenses	23.50	23.50	194.40
Client/Counsellor travel			-
M and G Book Reduction			
TOTAL EXPENDITURE	83,736.77	83,736.77	85,350.44
SURPLUS/DEFICIT	17,129.13	2,206.13	372.67

BALANCE SHEET

	<u>31.8.21</u>		<u>31.8.22</u>
Barclays bank account	20,894.05	Barclays bank account	21,266.72
Cash in hand	25.61	Cash in hand	25.61
M & G Charifund	60,500.00	M & G Charifund	59,157.00
Decrease in M&G reserves	(1,343.00)		
Surplus in year	372.67		
Total assets	<u>80,449.33</u>		<u>80,449.33</u>



CARMARTHENSHIRE COUNSELLING SERVICE BALANCE SHEET ON 31.8.22

Balance as at 31 August 2021

Barclays bank account	£	20,894.05
Cash in hand	£	25.61
M & G Charifund	£	60,500.00
Decrease in M&G reserves	-£	1,343.00
31.8.22 Surplus over income	£	372.67
Total	£	80,449.33

Assets at 31 August 2022

Barclays bank account	£	21,266.72
Cash in hand	£	25.61
M & G Charifund	£	59,157.00

CHAIR

Secretary

Treasurer

Date

Date

Date

~~Sales~~ Eifan Davies
 Barclays Bank PLC
 9/10 Guildhall Square
 Carmarthen.
 1/12/2022

CARMARTHENSHIRE COUNSELLING SERVICE

England & Wales - Charity number 1077029

Accounts

- We have maintained a level of service under Covid restrictions via telephone and virtual counselling provided by our paid Counsellors
- We have been able to achieve the contractual requirement of sessions despite the limitations
- In addition we have recruited more voluntary counsellors and provided training to qualify them to deliver counselling via telephone and virtual means so as to be able to increase our provision.
- We have constantly reviewed the practicality of resuming face to face counselling which a minority of clients would prefer but have so far not felt this safe to resume.
- Our waiting lists are now down to around 3 weeks and as a result we are reviewing possibilities of further promoting the service.
- Carmarthenshire Counselling Service continues to work within the British Association for Counselling and Psychotherapy Ethical Framework for Good Practice in Counselling and Psychotherapy

CARMARTHENSHIRE COUNSELLING SERVICE
Income/Expenditure September 2020 to August 2021

Resources Arising	<u>2021</u>
Client + Individual Donations	0
Local Health Board	85596
Bank Interest	2.76
Training	50
COVID Funds	250
Easy fundraising	44.14
Ext fundraising	0
Room use	0
M&G Book gain	0
Petty Cash	
Increase in M&G fund	14923
Total Income Received	100865.9
Resources Used	
change in petty cash	0
Insurance	2437.87
Professional fees	1443.64
Accommodation	4791.96
Telephone rental + charges	805.62
Volunteers expenses	0.01
Subscriptions/membership	0
Training for volunteers + staff	490
Supervision	5445
Sundries	1841.28
Office equipment	106.98
Franking machine	1125.78
DBS	161.6
Utilities	603.76
Staff salaries	50276.53
Staff pensions	2050.68
PAYE	12132.56
Staff travel expenses	23.5
Advertising	
Client travel	
M and G Book Reduction	
TOTAL EXPENDITURE	83736.8
SURPLUS/DEFICIT	17129.1

CARMARTHENSHIRE COUNSELLING SERVICE BALANCE SHEET ON 3

Balance as at 31 August 2020

Barclays bank account	18687.92
Cash in hand	25.61
M & G Charifund	45577
Surplus over expenditure	17129.13
Total	81419.66

1.8.21

Assets at 31 August 2021

Barclays bank account	20894.05
Cash in hand	25.61
M & G Charifund	60500

81419.66

CARMARTHENSHIRE COUNSELLING SERVICE BALANCE SHEET

Balance as at 31 August 2020

Barclays bank account	£	18,687.92
Cash in hand	£	25.61
M & G Charifund	£	45,577.00

Surplus over income	£	17,129.13
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Total	£	81,419.66
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CHAIR

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Secretary

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Treasurer

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EIFAN DANIES :
BARCLAYS BANK PLC
9/10 GUILDHALL SQUARE
CARMARTHEN

1/11/2021

T ON 31.8.21

Assets at 31 August 2021

Barclays bank account	£ 20,894.05
Cash in hand	£ 25.61
M & G Charifund	£ 60,500.00

£ 81,419.66

Date

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Date

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Date

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