

## 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**

		RESTATED	
<b><u>OPERATING PROFIT/LOSS</u></b>	<b><u>2021</u></b>	<b><u>2021</u></b>	<b><u>2022</u></b>
<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		
<b>TOTAL INCOME</b>	<b>100,865.90</b>	<b>85,942.90</b>	<b>85,723.11</b>
<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			
<b>TOTAL EXPENDITURE</b>	<b>83,736.77</b>	<b>83,736.77</b>	<b>85,350.44</b>
<b>SURPLUS/DEFICIT</b>	<b>17,129.13</b>	<b>2,206.13</b>	<b>372.67</b>



ISSUED ON 14 SEPTEMBER

# 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
-----------------	-------------

	£ 80,449.33
--	-------------

CHAIR

Secretary

Treasurer

Date

Date

Date

*Sales* Eifon Davies  
Barclays Bank PLC  
9/10 Guildhall Square  
Carmarthen.  
1/12/2022