

## 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

	2022	2023
<b><u>Resources Arising</u></b>		
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	85,723.11	87,125.31
<b><u>Resources Used</u></b>		
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	-	-
<b>TOTAL EXPENDITURE</b>	<b>85,350.44</b>	<b>92,382.06</b>
<b>SURPLUS/DEFICIT</b>	<b>372.67</b>	<b>- 5,256.75</b>

## 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>
<b>Assets at 31 Aug 2022</b>	<b>80,449.33</b>
increase in charifund reserves	240.00
Annual deficit	- 5,256.75
<b>Total</b>	<b><u>75,432.58</u></b>

### SIGNED BY:

CHAIR  
Date

TREASURER  
Date

AUDITOR  
Date

## 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>
<b>income for 2024</b>	<b>- 7,733.00</b>
	<b><u>75,432.58</u></b>

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CARMARTHENSHIRE COUNSELLING SERVICE BALANCE SHEET ON 31.8.23

Balance as at 31 August 2022		Assets at 31 August 2023	
Barclays bank account	£ 21,266.72	Barclays bank account	£ 23,742.97
Cash in hand	£ 25.61	Cash in hand	£ 25.61
M & G Charifund	£ 59,157.00		
Increase in Charifund reserves	£ 240.00	M & G Charifund	£ 59,397.00
Income received for 2024 year	£ 7,733.00		
Annual Deficit	-£ 5,256.75		
Total		£ 83,165.58	

CHAIR  
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Secretary  
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Treasurer  
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Date  
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Date  
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Date  
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Reviewed by Eifon Davies  
sides 1/3/2024