

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.

CCS**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

Balance as at 31 August 2023

Barclays bank account	£	23,742.97
Cash in hand	£	25.61
M & G Charifund	£	59,397.00
Increase in Charifund reserves	£	9,020.00
Income received for 2024 year		
2024 Annual Deficit	-£	1,246.86

Assets at 31 August 2024

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

<u>Total</u>	£	90,938.72	£	90,938.72
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CHAIR

Sue Ekin

Secretary

Treasurer

John Davies

Date

18/01/25

Date

18/01/25

John Davies - ~~Chair~~

16/1/2025.