

## 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
<b>Total Assets</b>	<b>£ 90,938.72</b>

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
	<b>£ 97,047.32</b>

CHAIR

Secretary

Treasurer

Examined by Eileen Davies  
Barclays Bank, Llanelli

 6/11/2026

Income and Expenditure Sept 24 to Aug 25

2024	2025	Resources Arising	Client + Individual Donations	Local Health Board	Bank Interest	Training	M and G Income	Easy fundraising	Ext fundraising	Room use	M&G Book gain	Petty Cash	Income
140.00	50.00			96,903.00	1.71	-	1,088.38	38.66	-	-	-	-	
£	£		£	£	£	£	£	£	£	£	£	£	£
2,510.40	2,709.36	Insurance											
£	£												
1,574.88	1,899.22	Professional fees											
£	£												
6,646.50	7,398.00	Accommodation											
£	£												
1,049.77	1,067.58	Telephone rental + charges											
£	£												
641.80	106.70	Volunteers expenses											
£	£												
-	-	Subscriptions/membership											
£	£												
878.80	750.00	Training for volunteers + staff											
£	£												
6,128.75	5,878.25	Supervision											
£	£												
3,298.94	2,064.84	Sundries											
£	£												
985.93	670.10	Office equipment											
£	£												
2,107.30	2,788.60	Franking machine											
£	£												
-	191.70	DBS											
£	£												
1,619.56	1,299.08	Utilities											
£	£												
57,276.94	56,537.62	Mgr & Counsellor salaries											
£	£												
1,268.04	1,471.04	Mgr & Counsellor pension											
£	£												
13,234.80	13,569.40	Mgr & Counsellor PAYE											
£	£												
196.20	706.84	Mgr & Counsellor travel expenses											
£	£												
1,246.86	3,225.60	M and G Book Reduction											
£	£												
99,418.61	99,108.33	TOTAL EXPENDITURE											
£	£												
98,171.75	102,333.93	Total Income Received											
£	£												

6/1/2026  
Ethan Davies

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Barclays Bank, Llanelli

 6/11/2026

**Income and Expenditure Sept 24 to Aug 25**

<b>2024</b>		<b>2025</b>	
<b>Resources Arising</b>			
Client + Individual Donations	£ 140.00	£ 50.00	
Local Health Board	£ 96,903.00	£ 98,199.86	
Bank Interest	£ 1.71	£ 0.45	
Training	£ -	£ -	
M and G Income	£ 1,088.38	£ 4,042.56	
Easy fundraising	£ 38.66	£ 41.06	
Ext fundraising	£ -	£ -	
Room use	£ -	£ -	
M&G Book gain	£ -	£ -	
Petty Cash			
Income			
<b>Total Income Received</b>		£ 98,171.75	£ 102,333.93
<b>Resources Used</b>			
change in petty cash		£ -	
Insurance	£ 2,510.40	£ 2,709.36	
Professional fees	£ 1,574.88	£ 1,899.22	
Accommodation	£ 6,646.50	£ 7,398.00	
Telephone rental + charges	£ 1,049.77	£ 1,067.58	
Volunteers expenses	£ 641.80	£ 106.70	
Subscriptions/membership	£ -	£ -	
Training for volunteers + staff	£ 878.80	£ 750.00	
Supervision	£ 6,128.75	£ 5,878.25	
Sundries	£ 3,298.94	£ 2,064.84	
Office equipment	£ 985.93	£ 670.10	
Franking machine	£ 2,107.30	£ 2,788.60	
DBS	£ -	£ 191.70	
Utilities	£ 1,619.56	£ 1,299.08	
Mgr & Counsellor salaries	£ 57,276.94	£ 56,537.62	
Mgr & Counsellor pension	£ 1,268.04	£ 1,471.04	
Mgr & Counsellor PAYE	£ 13,234.80	£ 13,569.40	
Mgr & Counsellor travel expenses	£ 196.20	£ 706.84	
M and G Book Reduction		£ -	
<b>TOTAL EXPENDITURE</b>	<b>£ 99,418.61</b>	<b>£ 99,108.33</b>	
<b>SURPLUS/DEFICIT</b>	<b>-£ 1,246.86</b>	<b>£ 3,225.60</b>	

6/1/2026  
Ethan Davies