

Y CWMNI SIARAD / THE TALKING COMPANY

RECEIPTS & PAYMENTS ACCOUNTS

FOR THE YEAR ENDED

31 MARCH 2024

Charity Number 1182049



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	1	April	2023		31	March	2024

Section A Reference and administration details

Charity name Y Cwmni Siarad / The Talking Company

Other names charity is known by

Registered charity number (if any) 1182049

Charity's principal address 31 The Parade,

Roath,

Cardiff

Postcode

CF24 3AD

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Janet Dewes	Chair	Resigned 26/07/2024	
2	Emma George			
3	Julie Dykes		Resigned 27/07/2023	
4	Lynne Hamilton		Resigned 06/04/2023	
5	Alison Hrastelj		Resigned 19/10/2023	
6	Philip Champness		Resigned 30/06/2023	
7	Lee Parfitt	Current Chair		
8	Francesca Martella		Resigned 30/06/2023	
9	Rhian Morgan		Resigned 06/04/2023	
10	Claire Charlton	Treasurer	Appointed 06/04/2023	
11	William Giles		Appointed 06/04/2023	
12	Michele Ryan	Deputy Chair	Appointed 27/07/2023	
13	Courtney Vircavs		Appointed 26/01/2024	
14	Michelle Hurley-Tyres		Appointed 26/01/2024	

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Gail Duffy

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporate Organisation
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed by the existing trustees following an application and interview process.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

1. The prevention or relief of mental distress for the public benefit of people living in Wales in particular but not exclusively by the provision of evidence based, accessible psychological therapies, counselling and support services.
2. The promotion of social inclusion among people living in Wales who experience mental distress by preventing them from becoming socially excluded and assisting them to integrate into society in particular but not exclusively by involving socially excluded groups in evaluating and designing mental wellbeing services that enable increased access

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

YCS exists to provide a low-cost counselling service to people who cannot otherwise afford to access counselling. It is our intention to provide and tell people about our affordable service. We offer low-cost counselling online as well as face to face.

The trustees confirm that they had had due regard to the Charity Commission's guidance on public benefit when planning the activities of the charity.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

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Section D

Achievements and performance

Summary of the main achievements of the charity during the year

It is my great pleasure to present this report for the YCS Annual General Meeting. This year has marked an almost total recovery from the effects of the pandemic and subsequent lockdown. During this time, we offered on-line counselling services to clients, and there is a small but steady demand still for this service.

During this year, Philip Champness, Alison Hrastelj and Will Giles retired as trustees, and we are grateful for the input they gave during their tenure. Our Office manager, Mandy Lewis, has also left us, and has been ably replaced by Becky Charles. Our team has been strengthened by the appointment of Kathryn Hobbs as our new clinical lead, replacing Michele Ryan who retired from the post. Michele has joined the Board as a trustee, and has been joined by Michelle Hurley and Courtney Vircavs. Along with our current board, these appointments have a wide variety of skills to offer, and we are very grateful for their input.

Counselling

YCS has agreed to provide counselling for the company Victim Support, who provide support to the victims of crime. Victim Support will pay a set fee for this service. This will have the effect of increasing our client numbers and income. There is also a rise in online session demands. To accommodate this extra demand, the aim is to recruit 35 active counsellors, slightly more than our current team. Recruitment is ongoing. We support our trainee counsellors by providing in-house supervision and by offering training, focussed on their needs. Client feedback has been very positive, as also has that of our trainee counsellors.

To improve our client management, a new computer system, Medesk, has been brought into use. It is very successful in streamlining the administration of the organisation. It also provides the team with improved data concerning the functioning of the service.

Private Renters.

This continues to be a valuable source of income, although there is still scope for increased uptake.

Business and Finance

Radyr Golf Club named us as one of their two charities of the Year, and Gail represented YCS at a Presentation Event in November 2023.

Funding is always a concern as is the case with most small charities. We are fortunate in receiving donations from an interested benefactor. The applications for further funding are regular and ongoing.

Lee Parfitt, Chair of the Business and Finance Group, held a strategy session on the 8th of March, at the Ofcom offices in Cardiff Bay. The main aim was to review our focus areas and to agree a refreshed set of strategic aims.

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Section D

Achievements and performance

The following aims were agreed and approved by the Board at the subsequent Board Meeting:

- 1) Focus on Low-cost accessible services
- 2) Improve financial stability
- 3) Pursue additional avenues of revenue generation

The Business and Finance group of trustees continues to seek ways to widen the scope of our activities and to increase our income.

Conclusion

Although the past has thrown up several challenges, this has been a year of recovery and consolidation. There is no lack of demand for our services and both clients and trainee counsellors have continued to express satisfaction and approval of the care which they receive. Our Board of Trustees continue to give sound advice and fresh ideas on ways in which we can move forward. None of this would have been possible without the dedication, skill and work ethic of all our office staff. Gail, our Director, Amy, our Low Cost Counselling Manager, Becky, our Office manager, and Kathryn, our Clinical lead, are all untiring in their efforts to create and efficient, exciting and caring environment, both for clients and for counsellors.

Section E

Financial review

Brief statement of the charity's policy on reserves

The trustees have a medium-term aim of holding unrestricted reserves equivalent to 6 months of committed expenditure. Committed expenditure refers to the ongoing costs of maintaining the property in which YCS operates and the staff costs associated with providing low-cost counselling. At the end of the period £52,459 was held as unrestricted reserves which is approximately 5-6 months.

YCS seeks to obtain specific funding for any additional activities and monies received for any specific activity are accounted for at the time of receipt as being restricted to that activity and spend is monitored against the amount received or receivable.

Details of any funds materially in deficit

Further financial review details (Optional information)

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Year Ended 31 March 2024

You **may choose** to include additional information, where relevant about:



- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Lee Parfitt	Claire Charlton
Position (eg Secretary, Chair, etc)	Chair	Trustee
Date	08/01/2025	10/01/2025

Y CWMNI SIARAD / THE TALKING COMPANY

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
Year Ended 31 March 2024**

I report to the trustees on my examination of the accounts of Y Cwmni Siarad / The Talking Company ('the CIO') for the period ended 31 March 2024 which are set out on pages 8 to 10.

Responsibilities and basis of report

As the trustees of the CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect:

- accounting records were not kept in respect of the CIO as required by section 130 of the Act;
or
- the accounts did not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Farzana Ahmed FCCA
Independent Examiner

1st Floor, Tudor House
16 Cathedral Road
Cardiff
CF11 9LJ

Date: 14/01/2025

Y CWMNI SIARAD / THE TALKING COMPANY

RECEIPTS AND PAYMENTS ACCOUNTS

Year Ended 31 March 2024

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
INCOME				
Grant income	80,000	-	80,000	78,851
Client fees	21,939	-	21,939	12,145
Room rental	25,933	-	25,933	20,569
Donations	6,749	-	6,749	1,393
Other income	6,900	-	6,900	-
	<u>141,521</u>	<u>-</u>	<u>141,521</u>	<u>112,958</u>
EXPENDITURE				
Staff Costs	70,267	3,810	74,077	69,377
Volunteer / Clinical Supervision	8,930	2,500	11,430	2,560
Rent	14,000	-	14,000	10,000
Rates	1,045	-	1,045	2,113
Light & Heat	4,264	-	4,264	4,172
Insurance	1,495	-	1,495	1,411
Phone / Broadband	1,612	-	1,612	1,442
IT, website and other related expenditure	3,188	1,053	4,241	8,180
Repairs, maintenance & cleaning	5,168	-	5,168	2,404
Admin, printing, postage & stationery	1,304	60	1,364	2,226
Advertising & marketing	198	-	198	3,520
Training	370	-	370	-
Legal & Professional	1,099	-	1,099	2,752
Square Fees	179	139	318	75
Recruitment	30	-	30	1,666
Governance - Independent exam fees	1,320	-	1,320	1,140
Consulting	-	-	-	5,000
Entertainment - 100% Business	-	-	-	229
Client Management System	986	-	986	2,808
	<u>115,455</u>	<u>7,562</u>	<u>123,017</u>	<u>121,076</u>
Transfers between funds	-	-	-	-
NET MOVEMENT IN FUNDS	<u>26,066</u>	<u>(7,562)</u>	<u>18,504</u>	<u>(8,117)</u>
CASH FUNDS BROUGHT FORWARD	<u>26,393</u>	<u>11,162</u>	<u>37,555</u>	<u>45,673</u>
CASH FUNDS CARRIED FORWARD	<u>52,459</u>	<u>3,600</u>	<u>56,059</u>	<u>37,555</u>

The notes on page 10 form part of these financial statements

Y CWMNI SIARAD / THE TALKING COMPANY

STATEMENT OF ASSETS AND LIABILITIES Year Ended 31 March 2024

		Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Cash at Bank	CIO Account	52,411	3,600	56,011	37,555
	Square Account	48	-	48	-
		52,459	3,600	56,059	37,555
Assets retained for Charity's Own Use				-	-
		-	-	-	-

These accounts were approved by the members of the committee and authorised for issue on 10/01/2025 and are signed on their behalf by:

Signature(s)

Full name(s)

Lee Parfitt Claire Charlton

Position (e.g. Secretary,
Chair, etc)

Chair Trustee

Y CWMNI SIARAD / THE TALKING COMPANY

NOTES TO THE FINANCIAL STATEMENTS Year Ended 31 March 2024

1. TRUSTEE EXPENSES

No trustee received any remuneration from the charity in respect of their services during the period. Out of pocket expenses incurred by the trustees in the performance of their duties were not reimbursed.

2. RELATED PARTY TRANSACTIONS

During the year, one trustee was paid £1,860 (2023: £990) for Clinical Supervision to cover staff shortages. This was approved by the board.

3. FUND BALANCES

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 Mar 2024 £
Unrestricted Funds					
General Fund	26,393	141,521	(115,455)	-	52,459
	26,393	141,521	(115,455)	-	52,459
Restricted Funds					
Big Lottery Community Fund	10,109	-	(6,509)	-	3,600
Community Foundation Wales	1,053	-	(1,053)	-	-
	11,162	-	(7,562)	-	3,600
	37,555	141,521	(123,017)	-	56,059
	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 Mar 2023 £
Unrestricted Funds					
General Fund	20,147	85,107	(78,861)	-	26,393
	20,147	85,107	(78,861)	-	26,393
Restricted Funds					
Big Lottery Community Fund	14,588	26,851	(31,331)	-	10,109
Community Foundation Wales	10,938	-	(9,885)	-	1,053
Tesco	-	1,000	(1,000)	-	-
	25,526	27,851	(42,215)	-	11,162
	45,673	112,958	(121,076)	-	37,555

The Big Lottery Fund have provided a five-year grant towards the costs of a full-time Service Development Coordinator and part-time Clinical Lead to enhance the existing low-cost counselling service.

Community Foundation Wales provided two grants in the year ended 31 March 2021: £2,000 towards staff costs and further £19,000 towards the costs of setting up a new website and finance system to improve the efficiency of the charity. This has now been fully spent during the year 2023/24.

