

**Y CWMNI SIARAD / THE TALKING COMPANY**  
**RECEIPTS & PAYMENTS ACCOUNTS**  
**FOR THE YEAR ENDED**  
**31 MARCH 2025**

**Charity Number 1182049**

# Trustees' Annual Report for the period

Period start date

Period end date

From

1

April

2024

To 31

March

2025

## 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	Previous Chair	Resigned 26/07/2024	
2	Lee Parfitt	Current Chair		
3	Claire Charlton	Treasurer		
4	Emma George			
5	Michelle Hurley-Tyres		Appointed 26/01/2024	
6	William Giles		Resigned 27/07/2024	
7	Courtney Vircavs		Resigned 14/02/2025	
8	Michele Ryan		Resigned 11/04/2025	

### 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

TRUSTEES ANNUAL REPORT  
Year Ended 31 March 2025

**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document	Constitution
How the charity is constituted	Charitable Incorporate Organisation
Trustee selection methods	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.

**TRUSTEES ANNUAL REPORT**  
Year Ended 31 March 2025

**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 year's annual Chair's Report for YCS Counselling Wales. As ever, it has been a year of continued demand, ongoing change, financial pressures and deep resilience across our organisation, but also one of progress and promise for the future.

At our heart, YCS remains committed to providing accessible, affordable counselling to those who might otherwise face barriers to vital mental health support. That mission has never been more relevant, with rising referrals and growing complexity of need — all at a time when other providers across the sector are facing closure. The value of our work, and the strength of our response, has never been clearer.

**A Year of Adaptation and Growth**

Like many charitable organisations, we continue to operate in an increasingly challenging environment. Despite the difficult financial climate, I am proud to report that we have strengthened our self-sustaining income, maintained and expanded delivery, and secured further grant funding, including support from the Postcode Community Trust and private donors.

We have made significant strides towards a more robust fundraising strategy, with a renewed focus on fully utilising our therapy centre space. Room rental from private therapists continues to provide a valuable income stream, and we are actively exploring new ways to maximise the use of our building and other assets.

Meanwhile, we have grown our paid offerings, which help subsidise our low-cost counselling and ensure we can remain sustainable. The growth of our partnership work, including with Victim Support, reflects the quality and reliability of our services and the strength of our relationships.

There is more to do to future-proof YCS financially, but the foundations are stronger and our strategic direction is clear.

**Supporting People, Strengthening Identity**

To support this growth, we have focused on strengthening YCS's identity and visibility. With the generous support of Ilona Slack, we are close to launching a refreshed brand and new website — tools that will help us reach more people, communicate more clearly, and position ourselves for deeper engagement with our community and funders alike.

We are now proud to support a community of over 35 counsellors, including trainees and qualified practitioners. Although we've seen some natural fluctuation, the continued growth and professionalism of our team is a testament to the training, supervision, and sense of purpose we offer.

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Section D

Achievements and performance

We've also seen changes in our staff and trustee group this year. We extend heartfelt thanks to those who have moved on, and look forward to welcoming new colleagues, including returning faces, in the months ahead.

**People and Leadership**

Across YCS, resilience has defined our year. From counsellors to volunteers, staff to trustees, our people have continued to support each other and those we serve. I'd especially like to thank Gail, our Director, for her ongoing leadership, and Amy, Kathryn, and Becky for their daily commitment to YCS. Your work and dedication are deeply appreciated.

I'd also like to thank the trustees – particularly Claire Charlton, Emma George and Michelle Hurley who contributed to the strategic response following the loss of our previous fundraising support. We extend sincere thanks to all who have helped YCS and look ahead to recruiting new trustees, with a particular focus on increasing diversity and lived experience at board level. The strength and balance of our governance is essential as we look to the future.

**Looking Ahead**

The year ahead will bring challenges, not least the rising demand for affordable mental health services in the face of economic uncertainty and an increasingly competitive fundraising landscape. But we are actively preparing through stronger fundraising planning, clearer branding, and a committed and skilled team.

As we prepare for change, I want to take a moment to thank Gail for her outstanding leadership over the years. Gail will be stepping down in the coming months, and we are currently recruiting for her successor. Her contribution to the growth and stability of YCS has been immeasurable, and she leaves with our lasting gratitude and very best wishes.

YCS is a deeply human organisation rooted in empathy, community, and care. I am proud to serve as Chair and grateful to everyone who plays a part in making YCS what it is.

**Lee Parfitt**

Chair, YCS Counselling Wales

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Year Ended 31 March 2025

**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 £20,877 was held as unrestricted reserves which is approximately 2 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)**

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**

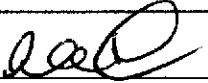
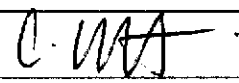
Y CWMNI SIARAD / THE TALKING COMPANY

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Year Ended 31 March 2025

**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	27/01/26	27/01/26



**Y CWMNI SIARAD / THE TALKING COMPANY**

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES  
Year Ended 31 March 2025**

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 2025 which are set out on pages 9 to 11.

**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.

Although the charity's position at the year ended 31 March 2025 shows reasonable free reserves, we draw your attention to the trustees' explanation that future funding remains insecure due to economic uncertainty and of the actions they have and intend to take, as included in the achievements and performance section of the trustees' report and also the going concern policy note. However, we are satisfied that the trustees have taken all reasonable steps to control and monitor the position and we do not propose to modify our opinion on the accounts.

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.

*Carston*

Farzana Ahmed FCCA  
Independent Examiner

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

Date: 28 January 2026

**Y CWMNI SIARAD / THE TALKING COMPANY**

**RECEIPTS AND PAYMENTS ACCOUNTS**  
**Year Ended 31 March 2025**

	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total</b>	<b>Total</b>
	<b>Funds</b>	<b>Funds</b>	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>INCOME</b>				
Grant income	20,000	-	<b>20,000</b>	80,000
Client fees	36,834	-	<b>36,834</b>	21,939
Room rental	27,414	-	<b>27,414</b>	25,933
Donations	1,017	-	<b>1,017</b>	6,749
Other income	6,387	-	<b>6,387</b>	6,900
	<u>91,652</u>	<u>-</u>	<u><b>91,652</b></u>	<u>141,521</u>
<b>EXPENDITURE</b>				
Staff Costs	74,360	-	<b>74,360</b>	74,077
Volunteer / Clinical Supervision	10,417	-	<b>10,417</b>	11,430
Rent	12,754	3,600	<b>16,354</b>	14,000
Rates	1,925	-	<b>1,925</b>	1,045
Light & Heat	3,542	-	<b>3,542</b>	4,264
Insurance	1,664	-	<b>1,664</b>	1,495
Phone / Broadband	1,908	-	<b>1,908</b>	1,612
IT, website and other related expenditure	3,877	-	<b>3,877</b>	4,241
Repairs, maintenance & cleaning	4,994	-	<b>4,994</b>	5,168
Admin, printing, postage & stationery	2,905	-	<b>2,905</b>	1,364
Advertising & marketing	338	-	<b>338</b>	198
Training	239	-	<b>239</b>	370
Legal & Professional	1,258	-	<b>1,258</b>	1,099
Square Fees	304	-	<b>304</b>	318
Recruitment	43	-	<b>43</b>	30
Governance - Independent exam fees	1,500	-	<b>1,500</b>	1,320
Client Management System	1,210	-	<b>1,210</b>	986
	<u>123,234</u>	<u>3,600</u>	<u><b>126,835</b></u>	<u>123,017</u>
Transfers between funds	-	-	-	-
<b>NET MOVEMENT IN FUNDS</b>	<u><b>(31,582)</b></u>	<u><b>(3,600)</b></u>	<u><b>(35,182)</b></u>	<u>18,504</u>
<b>CASH FUNDS BROUGHT FORWARD</b>	<u>52,459</u>	<u>3,600</u>	<u><b>56,059</b></u>	<u>37,555</u>
<b>CASH FUNDS CARRIED FORWARD</b>	<u><b>20,877</b></u>	<u><b>-</b></u>	<u><b>20,877</b></u>	<u>56,059</u>

The notes on page 11 form part of these financial statements

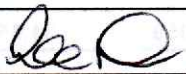
# Y CWMNI SIARAD / THE TALKING COMPANY

## STATEMENT OF ASSETS AND LIABILITIES Year Ended 31 March 2025

		Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Cash at Bank	CIO Account	20,877	-	20,877	56,011
	Square Account	-	-	-	48
		<u>20,877</u>	<u>-</u>	<u>20,877</u>	<u>56,059</u>
Assets retained for Charity's Own Use		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

These accounts were approved by the members of the committee and authorised for issue on 27/01/26 and are signed on their behalf by:

Signature(s)

Full name(s)

LEE PARFIT CLARE CHARLTON

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

~~CHAIR~~ CHAIR TRUSTEE

# Y CWMNI SIARAD / THE TALKING COMPANY

## NOTES TO THE FINANCIAL STATEMENTS Year Ended 31 March 2025

### 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 prior year, one trustee was paid £1,860 for Clinical Supervision to cover staff shortages. This was approved by the board. There were no related party transactions this year requiring disclosure.

### 3. FUND BALANCES

	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers £	Balance at 31 Mar 2025 £
<b>Unrestricted Funds</b>					
General Fund	52,459	91,652	(123,234)	-	20,877
	52,459	91,652	(123,234)	-	20,877
<b>Restricted Funds</b>					
Big Lottery Community Fund	3,600	-	(3,600)	-	-
Community Foundation Wales	-	-	-	-	-
	3,600	-	(3,600)	-	-
	<b>56,059</b>	<b>91,652</b>	<b>(126,835)</b>	<b>-</b>	<b>20,877</b>
	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 Mar 2024 £
<b>Unrestricted Funds</b>					
General Fund	26,393	141,521	(115,455)	-	52,459
	26,393	141,521	(115,455)	-	52,459
<b>Restricted Funds</b>					
Big Lottery Community Fund	10,109	-	(6,509)	-	3,600
Community Foundation Wales	1,053	-	(1,053)	-	-
	11,162	-	(7,562)	-	3,600
	<b>37,555</b>	<b>141,521</b>	<b>(123,017)</b>	<b>-</b>	<b>56,059</b>

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. This has now been fully spent.

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 was fully spent during the year 2023/24.

**NOTES TO THE FINANCIAL STATEMENTS**  
**Year Ended 31 March 2025**

**4. GOING CONCERN**

As at 31 March 2025 the charity had reserves of £20,877 as free reserves. However, as detailed in the trustees' report, future funding remains uncertain and the trustees have considered the going concern position in some detail and are satisfied that in the immediate future the steps they have already taken and will continue to take to reduce costs while still aiming to secure additional funding should be sufficient to keep the charity operational for at least 12 months. On this basis the trustees are satisfied that no material adjustments are required to the accounts at 31 March 2025 to reflect any uncertainty in going concern.