

**Company registration number: 508831**

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
Registered Charity No: 20982  
(A Company Limited by Guarantee and not having Share Capital)**

**Financial statements**

**for the financial year ended 31 December 2016**

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
(A Company Limited by Guarantee and not having Share Capital)**

**Contents**

	<b>Page</b>
Directors and other information	<b>1</b>
Directors report	<b>2 - 4</b>
Directors responsibilities statement	<b>5</b>
Independent auditor's report to the members	<b>6 - 7</b>
Income and expenditure account	<b>8</b>
Statement of income and retained earnings	<b>9</b>
Balance sheet	<b>10</b>
Statement of cash flows	<b>11</b>
Notes to the financial statements	<b>12 - 21</b>

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
(A Company Limited by Guarantee and not having Share Capital)**

**Directors and other information**

<b>Directors</b>	Madeline Quirke Patricia Gilhooly Rita Kelly Michael Hayes Angela Cassidy David Hynes Lisa Goff Ravi Kumar Robert Redmond John Forde Berna Rackard Denise Whitmore Eamon Tierney	(Resigned 21/03/17) (Appointed 10/03/16) (Resigned 06/05/16) (Resigned 19/01/16) (Resigned 03/08/16) (Resigned 12/11/16)  (Resigned 13/04/17) (Appointed 05/09/16) (Appointed 03/12/16) (Appointed 19/01/17) (Appointed 19/01/17)
<b>Secretary</b>	Rita Kelly Madeleine Quirke Angela Cassidy	(Appointed 03/08/16) (19/03/2016 - 03/08/2016) (Resigned 03/08/16)
<b>Company number</b>	508831	
<b>Registered office</b>	Second Building Block B County Hall Wexford	
<b>Auditor</b>	O' Callaghan O' Mahony Certified Public Accountants & Statutory Auditor Firm Clonard Business Park Whitemill Industrial Estate Wexford	
<b>Bankers</b>	AIB North Main Street Wexford	

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**Directors report**

The directors present their annual report and the audited financial statements of the company for the financial year ended 31 December 2016.

**Companies Act 2014**

Due to the introduction of the Companies Act 2014, the company was converted to a Company Limited by Guarantee (CLG) (limited by guarantee not having a share capital), and consequently the company has changed its name from It's Good to Talk Counselling Psychotherapy Support Service Limited to It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee.

**Directors**

The names of the persons who at any time during the financial year were directors of the company are as follows:

Madeline Quirke  
Patricia Gilhooly  
Rita Kelly  
Michael Hayes  
Angela Cassidy  
David Hynes  
Lisa Goff  
Ravi Kumar  
Robert Redmond  
John Forde  
Berna Rackard  
Denise Whitmore  
Eamon Tierney

In accordance with the Constitution, directors shall be elected for a term of three years. A retiring director shall be eligible for re-election, once and only once, for a further three year term but not for any longer period. A "year" for the purpose of this clause shall mean the period from one annual general meeting of the company to the next.

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**Directors report (continued)**

**Principal activities**

The principal activities of the company are:

(a) To advance health by alleviating the emotional distress of clients suffering from a variety of mental health issues, such as depression, anxiety and stress.

(b) To save lives by offering hope to those clients who indicate suicidal intent.

(c) To promote equality and social inclusion by offering a subsidised and affordable low-fee paying service at the point of need.

(d) To deliver a high standard of counselling within ethical boundaries, demonstrating compassion, and seeking to bring hope, comfort and encouragement to all clients.

(e) To provide workshops, lectures and courses for the community and those seeking continuous professional development and training.

The company plans continuing the activities outlined above in the forthcoming years subject to satisfactory funding arrangements.

**Business Review**

This is the first year in which the statutory financial statements of the company have been prepared under Financial Reporting Standard 102 - "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and all appropriate transitional adjustments have been made to these financial statements as detailed in Note 16.

**Likely future developments**

The company plans to maintain and manage the range of services currently provided into the future.

The company overcame significant administration challenges over the past years, culminating in a new board and the directors are of the view that this larger board structure will serve the company well in future years.

**Principal risks and uncertainties**

The principal risks and uncertainties currently facing the company are as follows:

(i) Decrease in Income/Increase in Costs:

The Directors have identified that the key risks and uncertainties the Company faces relate to the risk of a decrease in the level of donations and the potential increase in compliance requirements in accordance with company, health and safety, taxation and other legislation;

The company mitigates these risks by continually monitoring the level of activity, preparing and monitoring its budgets, targets and projections and strives for a policy of maintaining significant cash reserves. The company closely monitors emerging changes to regulations and legislation on an ongoing basis;

(ii) Control over Financial Income/Resources:

The company is managed and run by the directors, and due to the company growing, it has also employed a full-time employee. The directors are reliant on the time, integrity and honesty of its volunteers. The directors recognise the level of control risks inherent with cash, donations and fundraising activities however, internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects.

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**Directors report (continued)**

**Events after the end of the reporting period**

There were no post balance sheet events.

**Research and development**

There was no research and development in the period.

**Accounting records**

The measures taken by the directors to secure compliance with the requirements of sections 281 to 285 of the Companies Act 2017 with regard to the keeping of accounting records are the implementation of necessary policies and procedures for recording transactions, the employment of competent accounting personnel with appropriate expertise and the provision of adequate resources to the financial function. The accounting records of the company are located at Second Building, Block B County Hall, Wexford.

**Relevant audit information**

In the case of each of the persons who are directors at the time this report is approved in accordance with section 332 of Companies Act 2014:

- so far as each director is aware, there is no relevant audit information of which the company's statutory auditors are unaware, and
- each director has taken all the steps that he or she ought to have taken as a director in order to make himself or herself aware of any relevant audit information and to establish that the company's statutory auditors are aware of that information.

**Auditors**

In accordance with sections 380 to 385 of the Companies Act 2014, the auditors O'Callaghan O'Mahony will continue in office.

This report was approved by the board of directors on 15 Sept 2017 and signed on behalf of the board by:



**Madeline Quirke**  
Director



**Rita Kelly**  
Director

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**Directors responsibilities statement**

The directors are responsible for preparing the directors report and the financial statements in accordance with applicable Irish law and Generally Accepted Accounting Practice in Ireland, including the Accounting standards issued by the Financial Reporting Council.

Irish company law requires the directors to prepare financial statements for each financial year. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the profit or loss of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and directors report comply with the Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Directors declaration on audited financial statements**

In relation to the statutory financial statements as set out on pages 8 to 21:

- The directors approve these statutory financial statements and confirm that they are responsible for them, including selecting the appropriate accounting policies, applying them consistently and making, on a reasonable and prudent basis, the judgements underlying them. They have been prepared on the going concern basis on the grounds that the company will continue in business
- The directors confirm that they have made available to O' Callaghan O' Mahony, all the company's accounting records and provided all the information necessary for the compilation of the financial statements.
- The directors confirm that to the best of their knowledge and belief, the accounting records reflect all the transactions of the company for the financial year ended 31 December 2016.

On behalf of the board:



Madeline Quirke  
**Director**



Rita Kelly  
**Director**

Date: 18

**Independent auditor's report to the members of  
It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee**

We have audited the financial statements of It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee for the year ended 31 December 2016 which comprise the Income and expenditure account, statement of income and retained earnings, balance sheet, statement of cash flows and related notes. The relevant financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council and promulgated by the Institute of Certified Public Accountants in Ireland.

This report is made solely to the company's members, as a body, in accordance with the requirements of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditors report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

**Respective responsibilities of directors and auditor**

As explained more fully in the directors responsibilities statement set out on page 5, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view and otherwise comply with the Companies Act 2014. Our responsibility is to audit and express an opinion on the financial statements in accordance with Irish law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors, including "APB Ethical Standard - Provisions Available for Small Entities (Revised)", in the circumstances set out in the notes to the statutory financial statements.

**Scope of the audit of the financial statements**

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the directors; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the directors report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

**Opinion on financial statements**

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2016 and of its profit for the year then ended; and
- have been properly prepared in accordance with FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland and, in particular the requirements of the Companies Act 2014.

**Matters on which we are required to report by the Companies Act 2014**

- We have obtained all the information and explanations which we consider necessary for the purposes of our audit.
- In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited.
- The financial statements are in agreement with the accounting records.
- In our opinion the information given in the directors report is consistent with the financial statements.



**Independent auditor's report to the members of  
It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee**

**Matters on which we are required to report by exception**

We have nothing to report in respect of our obligation under the Companies Act 2014 to report to you if, in our opinion, the disclosures of directors remuneration and transactions specified by sections 305 to 312 of the Act are not made.



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**Colm O'Callaghan, MBA FCPA**  
For and on behalf of

**O' Callaghan O' Mahony**  
**Certified Public Accountants and Statutory Auditor Firm**  
**Clonard Business Park**  
**Whitemill Industrial Estate**  
**Wexford**

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**Income and expenditure account  
Financial year ended 31 December 2016**

	Note	2016 €	2015 €
<b>Income</b>	<b>5</b>	145,615	105,776
Administrative expenses		(125,988)	(103,974)
Other operating income	<b>6</b>	1,550	1,250
<b>Surplus</b>	<b>7</b>	<u>21,177</u>	<u>3,052</u>
Tax on surplus		-	-
<b>Net Surplus</b>		<u><u>21,177</u></u>	<u><u>3,052</u></u>

All the activities of the company are from continuing operations.

The company has no other recognised items of income and expenses other than the results for the financial year as set out above.

**The notes on pages 12 to 21 form part of these financial statements.**

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**Statement of income and retained earnings  
Financial year ended 31 December 2016**

	<b>2016</b>	2015
	<b>€</b>	<b>€</b>
Surplus for the financial year	21,177	3,052
<b>Retained earnings at the start of the financial year</b>	<u>43,867</u>	<u>40,815</u>
<b>Retained earnings at the end of the financial year</b>	<u><u>65,044</u></u>	<u><u>43,867</u></u>

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**Balance sheet  
As at 31 December 2016**

	Note	2016 €	€	2015 €	€
<b>Fixed assets</b>					
Tangible assets	10	5,654		6,974	
			5,654		6,974
<b>Current assets</b>					
Debtors	11	569		547	
Cash at bank and in hand		68,733		39,641	
		69,302		40,188	
<b>Creditors: amounts falling due within one year</b>	12	(9,912)		(3,295)	
<b>Net current assets</b>			59,390		36,893
<b>Total assets less current liabilities</b>			65,044		43,867
<b>Net assets</b>			65,044		43,867
<b>Capital and reserves</b>					
Revenue Reserves Account	15		65,044		43,867
<b>Members funds</b>			65,044		43,867

These financial statements were approved by the board of directors on 15<sup>th</sup> Sept 2017 and signed on behalf of the board by:



Madeline Quirke  
Director



Rita Kelly  
Director

The notes on pages 12 to 21 form part of these financial statements.

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**Statement of cash flows  
Financial year ended 31 December 2016**

	<b>2016</b>	<b>2015</b>
	€	€
<b>Cash flows from operating activities</b>		
Surplus for the financial year	21,177	3,052
<i>Adjustments for:</i>		
Depreciation of tangible assets	1,650	1,609
Government grant income	(1,550)	(1,250)
Accrued expenses/(income)	216	(1,750)
<i>Changes in:</i>		
Trade and other debtors	(22)	(529)
Trade and other creditors	6,401	1,196
Cash generated from operations	<u>27,872</u>	<u>2,328</u>
Net cash from operating activities	<u>27,872</u>	<u>2,328</u>
<b>Cash flows from investing activities</b>		
Purchase of tangible assets	(330)	(761)
Net cash used in investing activities	<u>(330)</u>	<u>(761)</u>
<b>Cash flows from financing activities</b>		
Government grant income	1,550	1,250
Net cash from financing activities	<u>1,550</u>	<u>1,250</u>
<b>Net increase/(decrease) in cash and cash equivalents</b>	29,092	2,817
<b>Cash and cash equivalents at beginning of financial year</b>	<u>39,641</u>	<u>36,824</u>
<b>Cash and cash equivalents at end of financial year</b>	<u>68,733</u>	<u>39,641</u>

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**Notes to the financial statements  
Financial year ended 31 December 2016**

**1. General information**

The company is a private company limited by guarantee, registered in Ireland. The address of the registered office is Second Building, Block B County Hall, Wexford.

**2. Statement of compliance**

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

**3. Accounting policies and measurement bases**

**Basis of preparation**

The Statutory financial statements have been prepared under the historical cost convention and comply with accounting standards issued by the Financial Reporting Council, specifically Financial Reporting Standard 102 - "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (FRS 102). This is the first year in which the financial statements have been prepared under FRS 102.

**Going concern**

Having reviewed the company's forecasts, plans and financial projections, the directors have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. The company therefore continues to adopt the going concern basis in preparing its financial statements.

**Transition to FRS 102**

This is the first set of statutory financial statements prepared by the company in accordance with accounting standards issued by the Financial Reporting Council, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland," transitioned from previous Irish GAAP to FRS 102 as at 1st January 2015. Details of how FRS 102 has affected this reported financial position and financial performance is given in note 17.

**True and Fair Override**

In preparing the statutory financial statements the directors have departed from the prescribed format for statutory financial statements as set out in the Companies Act 2014. In the opinion of the directors the format of the statutory financial statements as presented in these financial statements better describes the not for profit activities undertaken by the company. The principal departure from the prescribed formats as set down by the Companies Act 2014 is the replacement of some terms and wordings in the Profit and Loss Account and some consequential changes in the notes to the statutory financial statements.

**Judgements and key sources of estimation uncertainty**

Preparation of the financial statements requires management to make significant judgements and estimates in arriving at the figures in the financial statements. In the current period there are no areas requiring a higher degree of judgement, or complexity, or areas where assumptions or estimates are more significant to the financial statements requiring disclosure.

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
(A Company Limited by Guarantee and not having Share Capital)**

**Notes to the financial statements (continued)  
Financial year ended 31 December 2016**

**Income resources**

Income consists of donations and other funds generated by voluntary activities. These are included in the statutory financial statements when received. Incoming resources have been included in the statutory financial statements only when realised or when the ultimate cash realisation of which can be assessed with reasonable certainty.

**Expenditure**

Expenditure is recognised on an accrual basis as a liability incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.
- Company expenditure comprises those costs incurred by the company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the company and include the audit fees and costs linked to the strategic management of the company.

**Foreign currencies**

Transactions in foreign currencies are recorded at the rate ruling at the date of the transactions or at a contracted rate. The resulting monetary assets and liabilities are translated at the balance sheet rate or the contracted rate and the exchange differences are dealt with in the profit and loss account.

**Tangible assets**

Tangible assets are initially recorded at cost, and are subsequently stated at cost less any accumulated depreciation and impairment losses.

Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other comprehensive income and accumulated in capital and reserves, except to the extent it reverses a revaluation decrease of the same asset previously recognised in profit or loss. A decrease in the carrying amount of an asset as a result of revaluation is recognised in other comprehensive income to the extent of any previously recognised revaluation increase accumulated in capital and reserves in respect of that asset. Where a revaluation decrease exceeds the accumulated revaluation gains accumulated in capital and reserves in respect of that asset, the excess shall be recognised in profit or loss.

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
(A Company Limited by Guarantee and not having Share Capital)**

**Notes to the financial statements (continued)  
Financial year ended 31 December 2016**

**Depreciation**

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fittings fixtures and equipment                      -    12.5%    Straight line

If there is an indication that there has been a significant change in depreciation rate, useful life or residual value of tangible assets, the depreciation is revised prospectively to reflect the new estimates.

**Impairment**

At each reporting date, non-financial assets not carried at fair value are assessed to determine whether there is an indication that the asset may be impaired. Where there is such an indication the recoverable amount is compared to the carrying amount of the asset. If the recoverable amount of an asset is less than the carrying amount the asset is reduced to its recoverable amount.

The recoverable amount of an asset (or cash generating unit) is the higher of its fair value cost to sell and its value in use. Fair value less costs to sell is the amount obtainable for the sale of an asset in an arm's length transaction between knowledgeable, willing parties, less costs of disposal. Value in use is the present value of future pre-tax and interest cash flows obtainable as a result of the continued use of the asset.

If the recoverable amount of an asset is less than its carrying amount, the carrying amount is reduced to its recoverable amount. An impairment loss is recognised in the profit and loss account.

If an impairment loss subsequently reverses, the carrying amount of the asset is increased to the revised estimate of its recoverable amount, but only to the extent that the revised carrying amount does not exceed the carrying amount that would have been determined (net of depreciation) had no impairment loss been recognised in prior periods. A reversal of an impairment loss is recognised on the profit and loss account.



**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**Notes to the financial statements (continued)  
Financial year ended 31 December 2016**

**Government grants**

Government grants are recognised at the fair value of the asset received or receivable. Grants are not recognised until there is reasonable assurance that the company will comply with the conditions attaching to them and the grants will be received.

Government grants are recognised using the accrual model and the performance model.

Under the accrual model, government grants relating to revenue are recognised on a systematic basis over the periods in which the company recognises the related costs for which the grant is intended to compensate. Grants that are receivable as compensation for expenses or losses already incurred or for the purpose of giving immediate financial support to the entity with no future related costs are recognised in income in the period in which it becomes receivable.

Grants relating to assets are recognised in income on a systematic basis over the expected useful life of the asset. Where part of a grant relating to an asset is deferred, it is recognised as deferred income and not deducted from the carrying amount of the asset.

Under the performance model, where the grant does not impose specified future performance-related conditions on the recipient, it is recognised in income when the grant proceeds are received or receivable. Where the grant does impose specified future performance-related conditions on the recipient, it is recognised in income only when the performance-related conditions have been met. Where grants received are prior to satisfying the revenue recognition criteria, they are recognised as a liability.

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**Notes to the financial statements (continued)  
Financial year ended 31 December 2016**

**Financial instruments**

A financial asset or a financial liability is recognised only when the company becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the transaction price, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Debt instruments are subsequently measured at amortised cost.

Where investments in non-convertible preference shares and non-puttable ordinary shares or preference shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in profit or loss. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in profit or loss, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised in profit or loss immediately.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised in profit or loss immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

**Taxation**

The company is not liable for Corporation Tax as it does not trade for profit or gain.

**Creditors and accruals**

Creditors and accruals are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

**4. Limited by guarantee**

The Company is one limited by Guarantee, not having a share capital. The liability of each member in the event of the company being wound up is €1.

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**Notes to the financial statements (continued)  
Financial year ended 31 December 2016**

**5. Income**

Income arises from:

	<b>2016</b>	2015
	€	€
Donations from Clients	81,299	67,515
Other Donations	4,617	2,340
Room Hire - (Counsellors, Interview & Admin)	12,740	11,360
Fundraising Income	30,879	9,621
Grant Family Support Agency	-	2,100
Membership	90	40
Room Hire - Supervision	15,855	12,710
Workshop	135	90
	<u>145,615</u>	<u>105,776</u>

This company in common with many other of similar size and organisation, derives a substantial proportion of its income from voluntary donations which cannot be fully controlled until they are entered in the accounting records and are therefore not susceptible to independent audit verification.

The directors are reliant on the honesty of its directors, members and volunteers in all fundraising and financial activities in recognising the above income.

The whole of the turnover is attributable to the principal activity of the company which is wholly undertaken in Ireland.

**6. Other operating income**

	<b>2016</b>	2015
	€	€
Government grant income	<u>1,550</u>	<u>1,250</u>

**7. Operating Surplus**

Operating surplus is stated after charging/(crediting):

	<b>2016</b>	2015
	€	€
Depreciation of tangible assets	1,650	1,609
Fees payable for the audit of the financial statements	<u>1,747</u>	<u>1,771</u>

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**Notes to the financial statements (continued)  
Financial year ended 31 December 2016**

**8. Staff costs**

The average number of persons employed by the company during the financial year was as follows:

	<b>2016</b>	<b>2015</b>
	<b>Number</b>	<b>Number</b>
Administrative	<u>2</u>	<u>2</u>

The aggregate payroll costs incurred during the financial year were:

	<b>2016</b>	<b>2015</b>
	<b>€</b>	<b>€</b>
Wages and salaries	33,122	26,063
Social insurance costs	3,434	2,981
	<u>36,556</u>	<u>29,044</u>

The directors do not receive remuneration for services provided to the company.

**9. Appropriations of income and expenditure account**

	<b>2016</b>	<b>2015</b>
	<b>€</b>	<b>€</b>
At the start of the financial year	43,867	40,815
Surplus for the financial year	21,177	3,052
<b>At the end of the financial year</b>	<u>65,044</u>	<u>43,867</u>

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
(A Company Limited by Guarantee and not having Share Capital)**

**Notes to the financial statements (continued)  
Financial year ended 31 December 2016**

<b>10. Tangible assets</b>		<b>Fixtures, fittings and equipment</b>	<b>Total</b>
		€	€
<b>Cost</b>			
At 1 January 2016		12,874	12,874
Additions		330	330
<b>At 31 December 2016</b>		<u>13,204</u>	<u>13,204</u>
<b>Depreciation</b>			
At 1 January 2016		5,900	5,900
Charge for the financial year		1,650	1,650
<b>At 31 December 2016</b>		<u>7,550</u>	<u>7,550</u>
<b>Carrying amount</b>			
<b>At 31 December 2016</b>		<u>5,654</u>	<u>5,654</u>
At 31 December 2015		<u>6,974</u>	<u>6,974</u>
<b>11. Debtors</b>		<b>2016</b>	<b>2015</b>
		€	€
Prepayments		<u>569</u>	<u>547</u>
<b>12. Creditors: amounts falling due within one year</b>		<b>2016</b>	<b>2015</b>
		€	€
Other creditors		851	1,010
Tax and social insurance:			
PAYE and social welfare		7,078	518
Accruals		1,983	1,767
		<u>9,912</u>	<u>3,295</u>

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
(A Company Limited by Guarantee and not having Share Capital)**

**Notes to the financial statements (continued)  
Financial year ended 31 December 2016**

**13. Government grants**

The amounts recognised in the financial statements for government grants are as follows:

	<b>2016</b>	2015
	€	€
Recognised in other operating income:		
Government grants recognised directly in income	<u>1,550</u>	<u>1,250</u>

**14. Financial instruments**

The carrying amount for each category of financial instruments is as follows:

	<b>2016</b>	2015
	€	€
<b>Financial assets that are debt instruments measured at amortised cost</b>		
Cash at bank and in hand	<u>68,733</u>	<u>39,641</u>
<b>Financial liabilities measured at amortised cost</b>		
Other creditors	851	1,010
Accruals	1,983	1,767
	<u>2,834</u>	<u>2,777</u>

**15. Reserves**

The profit and loss account represents cumulative gains and losses recognised in the profit and loss account, net of any transfers to and from other reserves.

**16. Directors transactions**

**Eamon Doran (Former director)**

	<b>2016</b>	2015
	€	€
Bad debt provision reversal	-	8,309
Amounts written off	-	(8,309)
At the end of the financial year	<u>-</u>	<u>-</u>

In the previous period, the directors concluded all issues between the company and the former director and no amounts remained outstanding.

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
(A Company Limited by Guarantee and not having Share Capital)**

**Notes to the financial statements (continued)  
Financial year ended 31 December 2016**

**17. Ethical standards**

In common with many other businesses of our size and nature we use our auditors to prepare and submit returns to the Revenue Commissioners and assist with the preparation of the statutory financial statements.

**18. Transition to FRS 102**

These are the first financial statements that comply with FRS 102. The company transitioned to FRS 102 on 1 January 2015.

**Reconciliation of equity**

No transitional adjustments were required.

**Reconciliation of profit or loss for the financial year**

No transitional adjustments were required.

**19. Approval of financial statements**

The board of directors approved these financial statements for issue on .

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**The following pages do not form part of the statutory accounts.**



**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
(A Company Limited by Guarantee and not having Share Capital)**

**Detailed income and expenditure account  
Financial year ended 31 December 2016**

	2016	2015
	€	€
<b>Income</b>		
Donations from Clients	81,299	67,515
Other Donations	4,617	2,340
Room Hire - (Counsellors, Interview & Admin)	12,740	11,360
Fundraising Income	30,879	9,621
Grant Family Support Agency	-	2,100
Membership	90	40
Room Hire - (Supervision)	15,855	12,710
Workshop	135	90
	<u>145,615</u>	<u>105,776</u>
 <b>Overheads</b>		
<b>Administrative expenses</b>		
Wages and salaries	(33,122)	(26,063)
Employer's PRSI contributions	(3,434)	(2,981)
CRO	-	(20)
Rent payable	-	(6,258)
Canteen & Refreshments	(2,252)	(1,145)
Insurance	(3,134)	(1,429)
Light and heat	(1,498)	(2,752)
Repairs and maintenance	(1,217)	(2,215)
Website	-	(150)
Computer Software	(794)	-
Printing, postage and stationery	(3,123)	(1,489)
Advertising	(9,530)	(7,776)
Seminar	(350)	(50)
Telephone	(1,046)	(1,027)
Donations	-	(250)
Motor & Travel expenses	(239)	(185)
Professional Fees - (Family)	(2,810)	(2,360)
Professional Fees - (Counselling)	(42,400)	(28,975)
Professional Fees - (Supervision)	(15,305)	(14,500)
Auditors remuneration	(1,747)	(1,771)
Legal & Professional Fees	(320)	(61)
Bank charges	(764)	(178)
General expenses	(644)	(400)
Subscriptions/Memberships to Professional Bodies	(609)	(330)
Depreciation of tangible assets	(1,650)	(1,609)
	<u>(125,988)</u>	<u>(103,974)</u>
 <b>Other operating income</b>		
Amenity Grants Received	1,550	1,250
	<u>1,550</u>	<u>1,250</u>

**It's Good To Talk Counselling Psychotherapy Support Services Company Limited by Guarantee  
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**Detailed income and expenditure account (continued)  
Financial year ended 31 December 2016**

	<b>2016</b>	<b>2015</b>
	<b>€</b>	<b>€</b>
<b>Operating Surplus</b>	<b>21,177</b>	<b>3,052</b>
<b>Surplus before taxation</b>	<u><b>21,177</b></u>	<u><b>3,052</b></u>