

Registration number 508831

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

Directors' Report and Financial Statements

for the period ended 31st December 2013

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

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

Directors and other information

| | | |
|-------------------|--|---|
| Directors | Eamonn Doran Bernadette Quinn-Fahy Maria Roche | (Resigned 26th July 2013) (Appointed 26th July 2013) |
| Secretary | Maria Roche Eamonn Doran | (Appointed 26th July 2013) (Resigned 26th July 2013) |
| Company number | 508831 | |
| Registered office | Floor 3 Iberius House Commercial Quay Wexford | |
| Auditors | O' Callaghan O' Mahony Certified Public Accountants & Statutory Auditors Clonard Business Park Whitemill Industrial Estate Wexford | |
| Bankers | AIB North Main Street Wexford | |
| Business address | 3rd Floor Iberius House Common Quay Street Wexford Co. Wexford | |
| Member Details | Bernadette Quinn-Fahy Eamonn Doran Maria Roche Emma Dempsey Phillip Kelso Winifred Kehoe John Doran | (Chairperson) (Treasurer) |

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

**Directors' report
for the period ended 31st December 2013**

The directors present their annual report and the audited financial statements for the period ended 31st December 2013.

Principal Activities, Operating Review and Future Developments

The organisation is a company limited by guarantee, incorporated under the Companies Acts 1963 to 2013 on 26th January 2012 as It's Good To Talk Counselling Psychotherapy Support Services Ltd.

The company overcame significant administration challenges during the year, but the directors are satisfied that they have now established adequate policies and procedures to manage the company in the future.

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association and managed by a Board of Directors.

The principal activity's 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 training.

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

Results for the year:

The results for the period are set out on page 10.

Directors of the Company

The present membership of the board is listed on the 'Directors and other information' page.

In accordance with the Articles of Association at the first Annual General Meeting of the Company, all the Directors shall retire from office and at the Annual General Meeting in every subsequent year one-third of the Directors for the time being, or if their number is not three or a multiple of three, then the number nearest one-third, shall retire from office. A retiring Director shall be eligible for re-election.

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

Directors' report
for the period ended 31st December 2013

..... continued

Principal Risks & Uncertainties

(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:

As the company is managed and run by the directors, and there are no full-time employees due to lack of financial resources, 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.

The company had a surplus in the current period of €16,631 and is reliant on the ongoing support of its members and directors. The company has plans in place to build reserves in future periods.

(iii) Books and records

In January 2014, the auditors expressed an opinion that proper books and records had not been maintained by the company for the period. The directors have taken all necessary steps to rectify this situation.

Events after the Balance Sheet date

There have been no other significant events affecting the company since the year-end.

Research and Development

The company did not engage in any research and development activity during the year.

Books of Account

The measures taken by the directors to ensure compliance with the requirements of Section 202, Companies Act, 1990, regarding proper books of account are the implementation of necessary policies and procedures for recording transactions, the employment of competent accounting personnel and appropriate expertise and the provision of adequate resources to the financial function. The books of account of the company are maintained at the Registered Office.

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

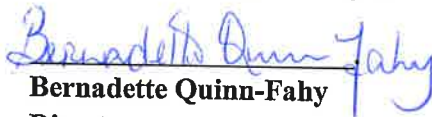
**Directors' report
for the period ended 31st December 2013**


..... continued

Auditors

The auditors, O' Callaghan O' Mahony, have indicated their willingness to continue in office in accordance with the provisions of Section 160(2) of the Companies Act, 1963.

This report was approved by the Board on 12th June '14 and signed on its behalf by


Bernadette Quinn-Fahy
Director


Maria Roche
Director

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

Statement of Directors' responsibilities for the members' financial statements

The directors are responsible for preparing the Annual 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 Accounting Standards Board and published by the Auditing Practices Board and promulgated by the Institute of Certified Public Accountants in Ireland.

Irish company law requires the directors to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period.

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

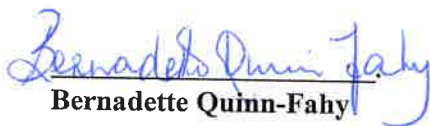
- select suitable accounting policies and then apply them consistently
- make judgements and estimates that are reasonable and prudent
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements.

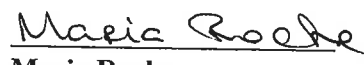
The directors confirm that they have complied with the above requirements in preparing the financial statements.

The directors are responsible for keeping proper books of account which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure the financial statements are prepared in accordance with accounting standards generally accepted in Ireland and with Irish statute comprising the Companies Acts 1963 to 2013 and all Regulations to be construed as one with those Acts. They are responsible for ensuring that the company otherwise complies with the provisions of those Acts relating to financial statements in so far as they are applicable to the company.

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.

On behalf of the board


Bernadette Quinn-Fahy
Director


Maria Roche
Director

Date: 12th June 2014

**Independent auditors' report to the members of
It's Good To Talk Counselling Psychotherapy Support Services Ltd
(A Company Limited by Guarantee and not having a Share Capital)**

We have audited the financial statements of Its Good ToTalk Counselling Psychotherapy Support Svc.c. Ltd for the period ended 31st December 2013 which comprises of the Income and Expenditure Account, the Balance Sheet, the Cashflow Statement and the related notes. The financial reporting framework that has been applied in their preparation is Irish law and accounting standards issued by the Financial Reporting Council and promulgated by the Institute of Certified Public Accountants in Ireland (Generally Accepted Accounting Practice in Ireland).

This report is made solely to the company's members, as a body, in accordance with Section 193 of the Companies Act, 1990. 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 auditors

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. Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable 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)".

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.

We have undertaken the audit in accordance with the requirements of the APB Ethical Standards - Provisions Available to Small entities under the circumstances set out in Note 21 to the financial statements.

**Independent auditors' report to the members
of It's Good To Talk Counselling Psychotherapy Support Services Ltd
(continued)
(A Company Limited by Guarantee and not having a Share Capital)**

Basis for qualified opinion on financial statements

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board, except that the scope of our work was limited as explained below.

An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the directors in the preparation of the financial statements, and of whether the accounting policies are appropriate to the company's circumstances, consistently applied and adequately disclosed.

We planned our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error. However, with respect to Income and cash donations having a value of €87,135 the evidence available to us was limited as set out below. While nothing came to our attention during the course of our audit work to indicate that all the donations to the company had not been properly recorded in the books and records of the company, donations with the value of €87,135 arise from cash paid by donor's to the company. As the company has limited staff, the segregation of the duties of recording of the donation and custody of the cash received from the donation are not segregated but are undertaken by the same person. Due to the absence of segregation of duties in relation to the receipt and recording of cash donations there was no independent audit procedure that we could undertake to confirm the completeness of recording of the cash donations made to the company by donors.

In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

Qualified opinion on financial statements

Except for the financial effects of such adjustments, if any, as might have been determined to be necessary had we been able to satisfy ourselves as to the completeness of recording of cash donations, in our opinion the financial statements:

- give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, of the state of the company's affairs as at 31st December 2013 and of its surplus for the year then ended.

Matters on which we are required to report by the Companies Acts 1963 to 2013

In respect solely of the limitation on our work relating to completeness of recording of cash donations:

- we have not obtained all the information and explanations that we considered necessary for the purposes of our audit.

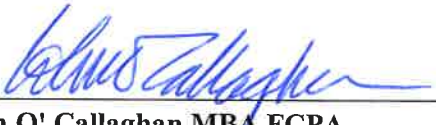
- The financial statements are in agreement with the books of account.

- In our opinion the information given in the directors' report is consistent with the financial statements.

Matters on which we are required to report by exception

In January 2014 we issued a special report expressing our opinion that the company had failed to maintain proper books and records in relation to the period under review.

The directors, since the balance sheet date, have taken the necessary steps to ensure proper books of account are kept by the company.



Colm O' Callaghan MBA FCPA
For and on behalf of

O' Callaghan O' Mahony
Certified Public Accountants & Statutory Auditors
Clonard Business Park
Whitemill Industrial Estate
Wexford

Date: 12th June 2014

**It's Good To Talk Counselling Psychotherapy Support Services Ltd
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The significant accounting policies adopted by the Company are as follows:

Basis of Accounting

The Financial Statements are prepared on the going concern basis, under the historical cost convention, as modified by the revaluation of certain tangible fixed assets and comply with the financial reporting standards of the Accounting Standards Board, as published by the Institute of Certified Public Accountants in Ireland and the Companies Acts 1963 to 2013.

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.

Taxation

The company is not liable for Corporation tax with it being a company not carrying on a business for the purposes of making a profit.

Income resources

Income consists of donations and other funds generated by voluntary activities. These are included in the financial statements when received. Incoming resources have been included in the 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 is 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.

Tangible fixed assets and depreciation

Depreciation

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost less residual value, of each asset systematically over its expected useful life, as follows:

| | | |
|-------------------------------------|---|---------------------|
| Fixtures, fittings and equipment | - | 12.5% Straight Line |
|-------------------------------------|---|---------------------|

**It's Good To Talk Counselling Psychotherapy Support Services Ltd
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**Income and Expenditure Account
for the period ended 31st December 2013**

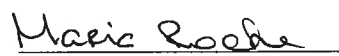
| | | Continuing operations | |
|----------------------------------|--------------|------------------------------|-----------------|
| | | 2013 | 2012 |
| | | € | € |
| | Notes | | |
| Income | 1 | 87,135 | 44,463 |
| Expenses/Costs | | <u>(70,504)</u> | <u>(37,856)</u> |
| Surplus | | 16,631 | 6,607 |
| Tax on Surplus | | <u>-</u> | <u>-</u> |
| Net Surplus | | <u>16,631</u> | <u>6,607</u> |
| Retained Surplus for year | 10 | <u>16,631</u> | <u>6,607</u> |

The income and excess of expenditure over income relate to continuing operations as no businesses were acquired or disposed of in 31st December 2013.

A separate Statement of Total Recognised Gains and Losses is not required, as all gains or losses have been reflected above.

On behalf of the board


Bernadette Quinn-Fahy
Director


Maria Roche
Director

Date: 12th June 2014

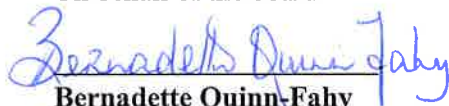
The notes on pages 13 to 19 form an integral part of these financial statements.

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

**Balance sheet
as at 31st December 2013**

| | | 2013 | | 2012 | |
|---|-------|---------|--------|---------|---------|
| | Notes | € | € | € | € |
| Fixed assets | | | | | |
| Tangible assets | 7 | | 9,336 | | 8,840 |
| | | | 9,336 | | 8,840 |
| Current assets | | | | | |
| Debtors | 8 | 8,427 | | 3,669 | |
| Cash at bank and in hand | | 9,592 | | - | |
| | | 18,019 | | 3,669 | |
| Creditors: amounts falling due within one year | 9 | (4,117) | | (5,902) | |
| Net current assets/(liabilities) | | | 13,902 | | (2,233) |
| Total assets less current liabilities | | | 23,238 | | 6,607 |
| Net assets | | | 23,238 | | 6,607 |
| Capital and reserves | | | | | |
| Revenue reserves account | 10 | | 23,238 | | 6,607 |
| Members' funds | 11 | | 23,238 | | 6,607 |

On behalf of the board



Bernadette Quinn-Fahy

Director



Maria Roche

Director

Date: 12th June 2014

The notes on pages 13 to 19 form an integral part of these financial statements.

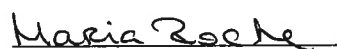
**It's Good To Talk Counselling Psychotherapy Support Services Ltd
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**Cash flow statement
for the period ended 31st December 2013**

| | Notes | 2013 € | 2012 € |
|--|-------|---------------|----------------|
| Reconciliation of operating profit to net cash inflow from operating activities | | | |
| Operating (Loss)/Profit | | 16,631 | 6,607 |
| Depreciation | | 1,514 | 1,263 |
| (Increase)/Decrease in Debtors and prepayments | | (4,758) | (3,669) |
| Increase/(Decrease) in Creditors and accruals | | 102 | 4,015 |
| Net cash inflow from operating activities | | <u>13,489</u> | <u>8,216</u> |
| Cash flow statement | | | |
| Net cash inflow from operating activities | | 13,489 | 8,216 |
| Capital expenditure | | (2,010) | (10,103) |
| Increase in cash in the period | | <u>11,479</u> | <u>(1,887)</u> |
| Reconciliation of net cash flow to movement in net funds (Note 16) | | | |
| Increase in cash in the period | | <u>11,479</u> | <u>(1,887)</u> |
| Movement in net funds in the period | | 11,479 | (1,887) |
| Net debt at 1st January 2013 | | - | - |
| Net funds at 31st December 2013 | | <u>11,479</u> | <u>(1,887)</u> |

On behalf of the board


Bernadette Quinn-Fahy
Director


Maria Roche
Director

Date: 12th June 2014

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

Notes to the financial statements
for the period ended 31st December 2013

1. Income

The total income of the company for the period has been derived from its principal activity wholly undertaken in Ireland.

| | 2013 | 2012 |
|--|---------------|---------------|
| | € | € |
| Class of business | | |
| Donations From Clients | 50,377 | 12,801 |
| Donations From Public | 200 | 538 |
| Room Hire - (Counsellors, Interview & Admin) | 10,426 | 11,215 |
| Fundraising Income | 7,794 | 2,458 |
| Grant Family Support Agency | 3,000 | 3,000 |
| Furniture Donations (VEC) | - | 3,500 |
| Room Hire - (Supervision) | 14,708 | 5,160 |
| Workshop | 630 | 2,050 |
| Other income | - | 3,741 |
| | <u>87,135</u> | <u>44,463</u> |
| | <u>87,135</u> | <u>44,463</u> |
| Geographical market | | |
| Ireland | 87,135 | 44,463 |
| | <u>87,135</u> | <u>44,463</u> |
| | <u>87,135</u> | <u>44,463</u> |

(i) This company, in common with many others 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.

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

2. Operating Surplus

| | 2013 | 2012 |
|--|--------------|--------------|
| | € | € |
| Operating Surplus is stated after charging: | | |
| Depreciation and other amounts written off tangible assets | 1,514 | 1,263 |
| Auditors' remuneration | 1,587 | 1,230 |
| | <u>1,587</u> | <u>1,230</u> |
| | <u>1,587</u> | <u>1,230</u> |

3. Employees

The company had no employees during the period, other than the directors. The directors did not receive any remuneration for the period.

4. Directors of the Company

The present membership of the board is listed on the 'Directors and other information' page

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

Notes to the financial statements
for the period ended 31st December 2013

..... continued

5. Transactions with directors

Advances to Directors

| | Eamon Doran | % of Net Relevant Assets | Eamon Doran | % of Net Relevant Assets |
|--|------------------------|---|------------------------|---|
| | 2013 | 2013 | 2012 | 2012 |
| | € | | € | |
| Opening Balance | 3,569 | N/A | 3,569 | N/A |
| Advances to directors | 6,623 | | - | |
| Repayments from directors | (1,883) | | - | |
| Closing Balance | <u>8,309</u> | 125.7% | <u>3,569</u> | N/A |
| Maximum outstanding from directors in period | 8,309 | | 3,569 | |

A former director, Eamon Doran owes an amount of (€8,309) to the company at the balance sheet date 31st December 2013. There are no terms and conditions attaching to this advance. There is no interest charge on this amount nor has the company made any provision for non-repayment. The company is in discussions regarding this amount at the year end.

Advances from Directors to the Company

| | Bernadette Quinn-Fahy | | Maria Roche | |
|--|----------------------------------|--------------|------------------------|-------------|
| | 2013 | 2012 | 2013 | 2012 |
| | € | € | € | € |
| Opening Balance | 1,335 | - | 680 | - |
| Advances from directors | 1,665 | 1,335 | - | 680 |
| Repayments to directors | (2,000) | - | (680) | - |
| | <u>1,000</u> | <u>1,335</u> | <u>-</u> | <u>680</u> |
| Maximum outstanding to directors in period | 1,000 | 1,335 | - | 680 |

The directors Bernadette Quinn-Fahy and Maria Roche had advanced funds to It's Good To Talk Counselling Psychotherapy Support Services Ltd.

There are no conditions attaching to these loans and no interest is being paid to the directors. The directors do not intend to call in these loans within the next twelve months.

On 31st December 2012 the net assets of the company, (as defined by the Companies Act 1990) were Nil, and consequently it was not possible to express director's loan as a percentage of opening or closing loan balances.

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

Notes to the financial statements
for the period ended 31st December 2013

..... continued

6. Non Adjusting Post Balance Sheet Event

Following the balance sheet date, the directors and the company's legal representatives were in correspondence with the legal representatives of the company's former director, Mr. Eamon Doran.

Settlement negotiations were ongoing at the date of signing the accounts.

| 7. Tangible fixed assets | Fixtures, fittings and equipment | Total |
|---------------------------------|---|---------------|
| | € | € |
| Cost | | |
| At 1 January 2013 | 10,103 | 10,103 |
| Additions | 2,010 | 2,010 |
| At 31 December 2013 | <u>12,113</u> | <u>12,113</u> |
| Depreciation | | |
| At 1 January 2013 | 1,263 | 1,263 |
| Charge for the period | 1,514 | 1,514 |
| At 31 December 2013 | <u>2,777</u> | <u>2,777</u> |
| Net book values | | |
| At 31 December 2013 | <u>9,336</u> | <u>9,336</u> |
| At 31 December 2012 | <u>8,840</u> | <u>8,840</u> |

Included in the above is a donation of furniture from Wexford VEC. The directors have valued these assets at a nominal value of €3,500. No third party valuation was obtained as the cost benefit analysis of doing so was deemed to be negligible.

| 8. Debtors | 2013 | 2012 |
|-----------------------|--------------|--------------|
| | € | € |
| Rent Security Deposit | 100 | 100 |
| Advances To Directors | 8,309 | 3,569 |
| Prepayments | 18 | - |
| | <u>8,427</u> | <u>3,669</u> |

Further information on loans to directors is available in note 5.

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

Notes to the financial statements
for the period ended 31st December 2013

..... continued

| 9. Creditors: amounts falling due within one year | 2013 | 2012 |
|--|--------------|--------------|
| | € | € |
| <i>Loans & other borrowings</i> | | |
| Bank overdraft | - | 1,887 |
| <i>Other creditors</i> | | |
| Loans From Directors | 1,000 | 2,015 |
| Other creditors | 140 | - |
| Accruals | 2,977 | 2,000 |
| | <u>4,117</u> | <u>5,902</u> |

Further information on loans from directors is available in note 5.

| 10. Reserves | Income and expenditure account | Total |
|---------------------------------|---------------------------------------|---------------|
| | € | € |
| At 1 January 2013 | 6,607 | 6,607 |
| Retained surplus for the period | 16,631 | 16,631 |
| At 31 December 2013 | <u>23,238</u> | <u>23,238</u> |

| 11. Reconciliation of movements in members' funds | 2013 | 2012 |
|--|---------------|--------------|
| | € | € |
| Surplus for the period | 16,631 | 6,607 |
| Opening members' funds | 6,607 | - |
| Closing members' funds | <u>23,238</u> | <u>6,607</u> |

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

Notes to the financial statements
for the period ended 31st December 2013

..... continued

12. Reconciliation of operating profit to net cash inflow from operating activities.

| | 2013 | 2012 |
|--|---------------|--------------|
| | € | € |
| Operating profit | 16,631 | 6,607 |
| Depreciation | 1,514 | 1,263 |
| Decrease / (Increase) in debtors and prepayments | (4,758) | (3,669) |
| (Decrease) / Increase in creditors and accruals | 102 | 4,015 |
| Net cash inflow from operating activities | <u>13,489</u> | <u>8,216</u> |

13. Capital commitments

There were no capital commitments at the year ended 31st December 2013.

14. Contingent liabilities

There were no contingencies at the year ended 31st December 2013.

15. Related party transactions

(i) There are no related party transactions for the year ended 31st December 2013 other than amounts paid to directors for expenses they incurred on behalf of the company.

(ii) Information relating to directors loans advanced to and from the company is outlined in note 5.

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

Notes to the financial statements
for the period ended 31st December 2013

..... continued

16. Analysis of changes in net funds

| | Opening balance | Cash flows | Closing balance |
|--------------------------|----------------------------|-----------------------|----------------------------|
| | € | € | € |
| Cash at bank and in hand | - | 9,592 | 9,592 |
| Overdrafts | (1,887) | 1,887 | - |
| | <u>(1,887)</u> | <u>11,479</u> | <u>9,592</u> |
| Net funds | <u><u>(1,887)</u></u> | <u><u>11,479</u></u> | <u><u>9,592</u></u> |

17. Company 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.

18. Reconciliation of net cash flow to movement in net funds

| | 2013 | 2012 |
|---|----------------------|-----------------------|
| | € | € |
| Net cash inflow from operating activities | 13,489 | 8,216 |
| Capital expenditure | (2,010) | (10,103) |
| Increase/(Decrease) In Cash in year | <u><u>11,479</u></u> | <u><u>(1,887)</u></u> |

19. Company Premises

The company is currently renting its premises from Wexford VEC at a cost of €7,000 per annum.

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

**Notes to the financial statements
for the period ended 31st December 2013**

..... continued

20. Accounting Periods

The current accounts are for a full year. The comparative accounts are for the period 26th January 2012 to 31st December 2012.

21. APB Ethical Standard - Provisions Available for Small Entities

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 financial statements.

22. Approval of financial statements

The financial statements were approved by the Board of Directors and signed on
12th June 2014.

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

The following pages do not form part of the statutory accounts.

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

Detailed income and expenditure account
for the period ended 31 December 2013

| | 2013 | | 2012 | |
|--|--------|--------|--------|--------|
| | € | € | € | € |
| Income | | | | |
| Donations From Clients | 50,377 | | 12,801 | |
| Donations From Public | 200 | | 538 | |
| Room Hire - (Counsellors, Interview & Admin) | 10,426 | | 11,215 | |
| Fundraising Income | 7,794 | | 2,458 | |
| Grant Family Support Agency | 3,000 | | 3,000 | |
| Furniture Donations (VEC) | - | | 3,500 | |
| Room Hire - (Supervision) | 14,708 | | 5,160 | |
| Workshop | 630 | | 2,050 | |
| Other income | - | | 3,741 | |
| | | 87,135 | | 44,463 |
| Expenditure | | | | |
| CRO | 672 | | 70 | |
| Room Hire | 50 | | - | |
| Rent payable | 7,000 | | 5,255 | |
| Rates | 100 | | - | |
| Canteen & Refreshments | 340 | | 1,581 | |
| Insurance | 793 | | 240 | |
| X-Mass Decorations | - | | 235 | |
| Light and heat | 3,572 | | 1,961 | |
| Repairs and maintenance | 370 | | 2,093 | |
| Signs | - | | 386 | |
| Website | 3,225 | | - | |
| Printing, Postage and Stationery | 1,999 | | 2,612 | |
| Advertising | 5,589 | | 1,959 | |
| Telephone | 1,024 | | 1,141 | |
| Work Shop | - | | 1,000 | |
| Donations | 1,000 | | 100 | |
| Director Expenses | - | | 2,025 | |
| Motor & Travel Expenses | 957 | | - | |
| Volunteer Expenses | 250 | | 335 | |
| Professional Fees (Workshop) | 300 | | 2,245 | |
| Professional Fees (Interviewing) | - | | 400 | |
| Professional Fees - (Counselling) | 22,455 | | 6,320 | |
| Professional Fees - (Supervision) | 12,685 | | 4,505 | |
| Audit | 1,587 | | 1,230 | |
| Legal & Professional Fees | 1,600 | | - | |
| Bank charges | 754 | | 468 | |
| Staff welfare | 448 | | - | |
| General expenses | 1,495 | | 51 | |
| Subscriptions / Memberships To Prof. Bodies | 725 | | 381 | |
| Depreciation on FF & Equipment | 1,514 | | 1,263 | |
| | | 70,504 | | 37,856 |

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

Surplus for the period

16,631

6,607