

**Company registration number: 508831**

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

**Financial statements  
for the financial year ended 31st December 2018**

**It's Good To Talk Counselling Psychotherapy Support Services CLG  
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**Directors and other information**

<b>Directors</b>	Madeline Quirke Rita Kelly Ravi Kumar John Forde Berna Rackard (resigned 14/11/2018) Eamon Tierney (resigned 14/11/2018) Anne Bolger (resigned 14/11/2018) Catherine Murphy (resigned 14/11/2018)
<b>Secretary</b>	Rita Kelly
<b>Company number</b>	508831
<b>Registered office</b>	Second Building Block B County Hall Wexford
<b>Business address</b>	Second Building Block B County Hall Wexford
<b>Auditor</b>	BJ Doyle & Co. 5 Selskar Street Wexford
<b>Bankers</b>	AIB North Main Street Wexford

**It's Good To Talk Counselling Psychotherapy Support Services CLG**  
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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 31st December 2018.

**Directors**

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

Madeline Quirke  
Rita Kelly  
Ravi Kumar  
John Forde  
Berna Rackard (resigned 14/11/2018)  
Eamon Tierney (resigned 14/11/2018)  
Anne Bolger (resigned 14/11/2018)  
Catherine Murphy (resigned 14/11/2018)

The position of company secretary was held by Rita Kelly during the year.

**Principal activities**

The principal activities of the company are:

- to advance health by alleviating the emotional distress of clients suffering from a variety of mental health issues, such as depression, anxiety and stress;
- to save lives by offering hope to those clients who indicate suicidal intent;
- to promote equality and social inclusion by offering a subsidised and affordable low-fee paying service at the point of need;
- to deliver a high standard of counselling within ethical boundaries, demonstrating compassion, and seeking to bring hope, comfort and encouragement to all clients.

**Principal risks and uncertainties**

The principal risk facing the company is a decrease in income or an increase in costs, which could negatively affect the company's ability to maintain services at the current levels. The company mitigates these risks by continually monitoring their level of activity, and preparing and monitoring its budgets and targets.

The company is managed and run by a board of directors on a voluntary basis. In recent years the company has employed a number of staff to assist with the day to day administration of the company. The directors are reliant mainly on the time, integrity and honesty of it's volunteers. The directors recognise that due to this there is also a level of control risk inherent with cash, donations and fundraising activities. Internal control risks are minimised with the implementation of procedures for authorisation of all transactions and projects.

**Likely future developments**

The directors do not anticipate any significant future developments in the business of the company.

**It's Good To Talk Counselling Psychotherapy Support Services CLG  
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**Directors report**

**Accounting records**

The measures taken by the directors to secure compliance with the requirements of sections 281 to 285 of the Companies Act 2014 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 the Registered Office.

**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:

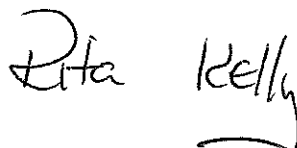
- so far as each director is aware, there is no relevant audit information of which the company's statutory auditors are unaware, and
- each director has taken all the steps that he or she ought to have taken as a director in order to make himself or herself aware of any relevant audit information and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

This report was approved by the board of directors on 5th July 2019 and signed on behalf of the board by:

**Madeline Quirke  
Director**



**Rita Kelly  
Director**



**It's Good To Talk Counselling Psychotherapy Support Services CLG  
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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 regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law, the directors have elected to prepare the financial statements in accordance with 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 Chartered Accountants in Ireland. 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.

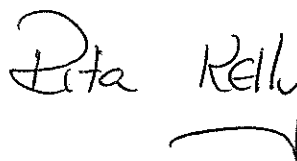
The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with 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.

On behalf of the board

**Madeline Quirke**  
Director



**Rita Kelly**  
Director



**Date: 5th July 2019**

**Independent auditor's report to the members of  
It's Good To Talk Counselling Psychotherapy Support Services CLG**

**Report on the audit of the financial statements**

***Opinion***

We have audited the financial statements of It's Good To Talk Counselling Psychotherapy Support Services CLG for the financial year ended 31st December 2018 which comprise the profit and loss account, statement of income and retained earnings, balance sheet and notes to the financial statements, including a summary of significant accounting policies set out in note 3. The financial reporting framework that has been applied in their preparation is Irish law and FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 31st December 2018 and of its loss for the financial year then ended;
- have been properly prepared in accordance with FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland; and
- have been prepared in accordance with the requirements of the Companies Act 2014.

***Basis for opinion***

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described below in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of the financial statements in Ireland, including the Ethical Standard issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and the provisions available for small entities, in the circumstances set out in note 12 to the financial statements, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

***Conclusions relating to going concern***

We have nothing to report in respect of the following matters in relation to which ISAs (Ireland) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

***Other Information***

The directors are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

**Independent auditor's report to the members of  
It's Good To Talk Counselling Psychotherapy Support Services CLG**

***Opinions on other matters prescribed by the Companies Act 2014***

Based solely on the work undertaken in the course of the audit, we report that:

- in our opinion, the information given in the directors' report is consistent with the financial statements; and
- in our opinion, the directors' report has been prepared in accordance with applicable legal requirements.

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, and the financial statements are in agreement with the accounting records.

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

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by sections 305 to 312 of the Act are not made. We have nothing to report in this regard.

**Respective responsibilities**

***Responsibilities of directors for the financial statements***

As explained more fully in the directors' responsibilities statement set out on page 4, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the management either intends to liquidate the company or to cease operations, or have no realistic alternative but to do so.

***Auditor's responsibilities for the audit of the financial statements***

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with ISAs (Ireland), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.



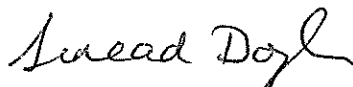
**Independent auditor's report to the members of  
It's Good To Talk Counselling Psychotherapy Support Services CLG**

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

***The purpose of our audit work and to whom we owe our responsibilities***

Our report is made solely to the company's members, as a body, in accordance with section 391 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 auditor's 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.



**Sinead Doyle**  
**For and on behalf of**  
**BJ Doyle & Co.**  
**Chartered Accountants**  
**Registered Auditor**  
**5 Selskar Street**  
**Wexford**

**6th July 2019**

**It's Good To Talk Counselling Psychotherapy Support Services CLG**  
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**Profit and loss account**  
**Financial year ended 31st December 2018**

	Note	2018 €	2017 €
Turnover		108,069	113,602
<b>Gross profit</b>		<u>108,069</u>	<u>113,602</u>
Administrative expenses		(125,030)	(142,329)
Other operating income		5,950	4,983
<b>Operating loss</b>		<u>(11,011)</u>	<u>(23,744)</u>
<b>Loss for the financial year</b>		<u><u>(11,011)</u></u>	<u><u>(23,744)</u></u>

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 11 to 15 form part of these financial statements.**

**It's Good To Talk Counselling Psychotherapy Support Services CLG**  
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**Statement of income and retained earnings**  
**Financial year ended 31st December 2018**

	<b>2018</b>	<b>2017</b>
	<b>€</b>	<b>€</b>
Loss for the financial year	(11,011)	(23,744)
<b>Retained earnings at the start of the financial year</b>	<u>41,300</u>	<u>65,044</u>
<b>Retained earnings at the end of the financial year</b>	<u><u>30,289</u></u>	<u><u>41,300</u></u>

**It's Good To Talk Counselling Psychotherapy Support Services CLG**  
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**Balance sheet**  
**As at 31st December 2018**

	Note	2018		2017	
		€	€	€	€
<b>Fixed assets</b>					
Tangible assets	8	2,351		4,002	
			2,351		4,002
<b>Current assets</b>					
Debtors	9	4,521		35	
Cash at bank and in hand		29,839		45,425	
		34,360		45,460	
<b>Creditors: amounts falling due within one year</b>	10	(6,422)		(8,162)	
<b>Net current assets</b>			27,938		37,298
<b>Total assets less current liabilities</b>			30,289		41,300
<b>Net assets</b>			<u>30,289</u>		<u>41,300</u>
<b>Capital and reserves</b>					
Profit and loss account			30,289		41,300
<b>Members funds</b>			<u>30,289</u>		<u>41,300</u>

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

These financial statements were approved by the board of directors on 5th July 2019 and signed on behalf of the board by:

**Madeline Quirke**  
**Director**



**Rita Kelly**  
**Director**



**The notes on pages 11 to 15 form part of these financial statements.**

**It's Good To Talk Counselling Psychotherapy Support Services CLG  
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**Notes to the financial statements  
Financial year ended 31st December 2018**

**1. General information**

It's Good To Talk Counselling Psychotherapy Support Services CLG is a company limited by guarantee, registered in the Republic of Ireland. The address of its registered office is Second Building, Block B County Hall, Wexford, and its company registration number is 508831. The principal activity of the company is to provide counselling to clients suffering from a variety of mental health issues.

**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', as adapted by Section 1A of FRS102.

**3. Accounting policies**

The significant accounting policies adopted by the company and applied consistently in the preparation of these financial statements are as follows:

**Basis of preparation**

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities at fair value through profit or loss.

The financial statements are prepared in euro, which is the functional currency of the company.

The financial statements comply with the financial reporting standards issued by the Financial Reporting Council and promulgated by the Institute of Chartered Accountants in Ireland, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", as adapted by Section 1A of FRS 102, applicable to small Companies, and the Companies Act 2014.

**Going concern**

The financial statements have been prepared on a going concern basis.

**Turnover**

Income consists of contributions from clients availing of the company's services, together with donations and other funds generated by voluntary activities.

**Taxation**

No charge to current or deferred taxation arises as the company has been granted charitable status under Section 207 and 208 of the Taxes Consolidation Act 1997, CHY No 20982 refers.

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**Notes to the financial statements**  
**Financial year ended 31st December 2018**

**Tangible assets**

Tangible assets are initially recorded at cost, and are subsequently stated at cost less any accumulated depreciation and impairment losses. Cost includes all costs that are directly attributable to bringing the asset into working condition for its intended use.

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.

**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**

Assets not carried at fair value are reviewed for impairment whenever events or changes in circumstances indicate that the carrying amount may not be recoverable. Where the carrying amount exceeds the estimated recoverable amount, the carrying amount is reduced to its recoverable amount and an impairment loss is recognised in profit or loss, unless the asset has been previously revalued in which case it is recognised in other comprehensive income to the extent of any previously recognised revaluation. Thereafter the excess is recognised in profit or loss.

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 in profit or loss.

When it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that are largely dependent of the cash inflows from other assets or groups of assets.

**It's Good To Talk Counselling Psychotherapy Support Services CLG**  
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**Notes to the financial statements**  
**Financial year ended 31st December 2018**

**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.

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.

**Financial instruments**

Short term debtors, which are receivable in less than one year, are measured at the transaction price, less any impairment.

Short term creditors, which are payable in less than one year, are measured at the transaction price. Other financial liabilities, including bank loans, are measured initially at fair value, net of transaction costs, and measured subsequently 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.

**5. Staff costs**

The average number of persons employed by the company during the financial year was 3 (2017: 3).

**6. Directors remuneration**

No member of the board of directors received any remuneration for services rendered during the year (2017: Nil)

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**Notes to the financial statements**  
**Financial year ended 31st December 2018**

**7. Appropriations of profit and loss account**

	<b>Profit and loss account €</b>	<b>Total €</b>
<b>At 1st January 2017</b>	65,044	65,044
Loss for the financial year	(23,744)	(23,744)
<b>At 31st December 2017</b>	<u>41,300</u>	<u>41,300</u>
Loss for the financial year	(11,011)	(11,011)
<b>At 31st December 2018</b>	<u><u>30,289</u></u>	<u><u>30,289</u></u>

**8. Tangible assets**

	<b>Fixtures, fittings &amp; equipment €</b>	<b>Total €</b>
<b>Cost</b>		
At 1st January 2018	13,204	13,204
Additions	-	-
<b>At 31st December 2018</b>	<u>13,204</u>	<u>13,204</u>
<b>Depreciation</b>		
At 1st January 2018	9,202	9,202
Charge for the financial year	1,651	1,651
<b>At 31st December 2018</b>	<u>10,853</u>	<u>10,853</u>
<b>Carrying amount</b>		
<b>At 31st December 2018</b>	<u><u>2,351</u></u>	<u><u>2,351</u></u>
At 31st December 2017	<u><u>4,002</u></u>	<u><u>4,002</u></u>



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**Notes to the financial statements**  
**Financial year ended 31st December 2018**

**9. Debtors**

	<b>2018</b>	2017
	€	€
Trade debtors	140	-
Other debtors	4,352	-
Prepayments	29	35
	<u>4,521</u>	<u>35</u>

**10. Creditors: amounts falling due within one year**

	<b>2018</b>	2017
	€	€
Other creditors	-	289
Tax and social insurance	-	4,919
Accruals	6,422	2,954
	<u>6,422</u>	<u>8,162</u>

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

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

**12. Ethical standards**

In common with many other businesses of our size and nature, we use our auditors to assist with the preparation of the financial statements.

**It's Good To Talk Counselling Psychotherapy Support Services CLG**  
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**Detailed profit and loss account**  
**Financial year ended 31st December 2018**

	<b>2018</b>	2017
	€	€
<b>Turnover</b>		
Client Fees	58,520	70,498
Donations	15,674	2,373
Room hire (Counsellors, Interviews)	9,440	11,425
Fundraising income	14,130	15,176
Membership	90	80
Room hire (Supervision)	9,715	12,180
Seminars	-	670
Workshops	-	1,200
Consultancy income	500	-
	<u>108,069</u>	<u>113,602</u>
<b>Administrative expenses</b>		
Wages and salaries	59,286	57,712
Employer's PRSI contributions	6,069	6,119
Canteen and refreshments	1,797	1,929
Insurance	3,249	3,619
Light and heat	2,430	3,303
Repairs and maintenance	204	198
Printing, postage and stationery	2,669	2,559
Advertising	2,133	10,722
Telephone	804	914
Computer costs	2,106	2,878
Seminar	-	330
Travel and subsistence	48	41
Professional fees (Family)	-	160
Professional fees (Counselling)	27,583	31,445
Professional fees (Supervision)	10,320	13,597
Auditors remuneration	2,460	2,689
Legal and professional fees	-	70
Bank charges	627	568
General expenses	302	70
Subscriptions	1,292	1,755
Depreciation of tangible assets	1,651	1,651
	<u>125,030</u>	<u>142,329</u>
<b>Other operating income</b>		
Amenity grants received	950	400
Jobs plus grant	5,000	4,583
	<u>5,950</u>	<u>4,983</u>
<b>Operating loss</b>	<u>(11,011)</u>	<u>(23,744)</u>