

Financial Statements at 31st December 2025

Talking Feels Good Company Limited by Guarantee

Entity Number 772081

Directors report

Talking Feels Good Company Limited by Guarantee has provided counselling services during the period September 2024 to December 2025 to a range of clients with varying issues and concerns. The services are provided as a community- based service, and as such provides advice and counselling at reduced rates for customers with limited resources. The company is seeking to grow its client base and reduce costs, mainly relating to rental of premises to ensure the continuity of its services.

We, as directors of Talking Feels Good state that:

(a) the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014,

(b) the company is availing itself of the exemption on the grounds that the conditions specified in s.358 are satisfied,

(c) the shareholders of the company have not served a notice on the company under s.334(1) in accordance with s.334(2),

(d) we acknowledge the company's obligations under the Companies Act 2014, to keep adequate accounting records and prepare Financial Statements which give a true and fair view of the assets, liabilities and financial position of the company at the end of its financial year and of its profit or loss for such a year and to otherwise comply with the provisions of Companies Act 2014 relating to Financial Statements so far as they are applicable to the company,

*(e) the company has relied on the specified exemption contained in s.352 Companies Act 2014 (as a micro company); has done so on the grounds that the company is entitled to the benefit of that exemption as a small company and the abridged Financial Statements have been properly prepared in accordance with s.353 Companies Act 2014.

On behalf of the board:

Mary O'Brien

Director

Date

Mary O'Brien

14/3/26.

Anne Marie Ryan:

Director

Date

AM Ryan

14/3/26

Balance Sheet at 31.12.2025

**Note to
Accounts**

EUR

ASSETS

Bank account		944
Cash in hand		440
Rent Deposit	1	500
Prepaid insurance	2	<u>197</u>
		<u>2,081</u>

LIABILITIES

Amounts owed to Directors:

Amount due to Ann Marie Ryan	3	1,080
Amount due to Mary O'Brien	3	<u>670</u>
		<u>1,750</u>

Net Assets **331**

Reserves opening		976
Loss in period to 31/12/25		<u>645</u>

Reserves Closing **331**

Director

Mary O'Brien

14/03/2026

Mary O'Brien

Director

Anne-Marie Ryan

14/03/2026

Am Ryan

Talking Feels Good

Accounting policies

1.1 Basis of Preparation

The financial statements have been prepared in accordance with applicable accounting standards and the requirements of the Companies Act. The statements are presented in the functional currency of the company and under the historical cost convention unless otherwise stated.

1.2 Company Limited by Guarantee

The company is a Company Limited by Guarantee and does not have a share capital. Each member's liability is limited to the amount set out in the company's constitution.

1.3 Income Recognition

Income including any donations are recognised on receipt unless they relate to a future period.

1.4 Expenditure Recognition

Expenditure is accounted for on an accrual's basis. Costs are allocated to activities in proportion to the benefits received.

Talking Feels Good

Income and Expenditure account for period 1 September 2024 to 31 December 2025

Revenue	EUR	EUR
Income from counselling	5,650	5,650
Expenses		
Rent Premises	5,600	
Decorating supplies	20	
Rates Council	407	
Registration and filing fees	70	
Insurance costs	198	
		6,295
Loss for period	<i>MOS</i>	645

Talking Feels Good

Notes to Accounts

1 Rent Deposit

Deposit paid to landlord Pat Davitt on commencement of lease 1st December 2024.

2 Prepaid Insurance

EUR

Allocation of annual premium from July 2025 to June 2026 shown as prepaid

Annual premium		395
Charge to Income and Expenditure	198	
Prepaid	197	
Total premium	<hr/>	395

3 Amounts owed to Directors

Payable amounts reimbursable to Directors for payment of premises rental costs

Anne Marie Ryan	1,080
Mary O'Brien	<hr/> 670
Total	<hr/> 1,750

MOS