

COMPANY REGISTRATION NUMBER: SC297929
CHARITY REGISTRATION NUMBER: SC021592

Charis Foundation
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2026

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PATERSON BOYD & CO
CHARTERED CERTIFIED ACCOUNTANTS

Charis Foundation
Company Limited by Guarantee
Financial Statements
Year ended 31 March 2026

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Charis Foundation
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report)
Year ended 31 March 2026

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2026.

Reference and administrative details

Registered charity name	Charis Foundation
Charity registration number	SC021592
Company registration number	SC297929
Principal office and registered office	232 High Street Leslie Fife KY6 3DB

The trustees

Reverend Peter Davey
Marc Treadwell-Heath
Marhsall Sisterson (Chair)
Kenneth Baxter (Treasurer)
Morven Davey

Independent examiner	Craig Wallace B.Acc.(Hons), F.C.C.A. 18 North Street Glenrothes Fife KY7 5NA
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Charis Foundation

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2026

Structure, governance and management

Governing document

The charity is a company limited by guarantee incorporated on 28 February 2006. It assumed the activities, assets and liabilities of the Fife Christian Counselling Centre, an unincorporated charitable trust. The charity changed its name from Fife Christian Centre to the Charis Foundation on 11 December 2006. The charitable company is regulated by the Office of the Scottish Charity Regulator.

Recruitment and appointment of Trustee

The Directors of the charity are also charity trustees for the purposes of charity law and are selected from those people with an interest in the activities of the charity who have the appropriate skills and abilities.

Trustee induction and training

New trustees were given information in relation to the work of Charis Foundation and given a tour of the premises. In addition, they were advised to study various websites including those of the Charity Commission and the Office of the Scottish Charity Regulator.

Organisation

The day-to-day running of the Foundation was the responsibility of the Leadership Team, which was made up of five members (three of whom were on the board), comprising the Treasurer, the Foundation Coordinator, the Counselling Manager, the Lead Tutor for the Training Centre, and one other board member. The team met monthly and reported quarterly to the board of directors, who had overall responsibility.

The Centre was open for counselling on Mondays, Wednesdays, and Fridays, with the Counselling Manager and Receptionist present at all times. Trained counsellors gifted their time, with a maximum of three counsellors present each day, seeing up to four clients each per day. The Counselling Manager had day-to-day responsibility for overseeing the counselling work and supporting the counsellors and the Administrator.

Charis Training offered a high standard of counselling training, which was accredited by the Counselling and Psychotherapy Central Awarding Body (CPCAB). These courses offered a progression route which could lead to an Open University Foundation Degree in Counselling.

The Executive Committee consisted of the Chairperson, Secretary, Treasurer, and two more Directors. The Board of Directors met three times yearly to oversee decisions made and had overall financial responsibility for the accounts.

People of significant control

The charity maintains a register of those with significant control and this information is declared to Companies House annually.

Charis Foundation

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2026

Structure, governance and management *(continued)*

Risk management

The Directors continually assess the major risks to which the centre is exposed and the systems to mitigate them.

Objectives and activities

Our purposes and activities

Charis Foundation existed to provide a counselling service to those in need, regardless of social status, race, religious or philosophical belief. Since January 2023, clients had been requested to make voluntary donations for each session; however, provision of the service remained free to those who were unable to make a financial contribution.

The second aspect of the Charis Foundation was to provide CPCAB-accredited counselling Training Levels 2, 3, and 4, culminating in the Charis Diploma in Therapeutic Counselling.

The third aspect of Charis Foundation was to offer Christian retreats designed to suit individual requirements.

Achievements and performance

Overview

During the financial year 2025/26 the Directors have been working to close down The Charis Foundation in an orderly fashion. The directors have met regularly to agree a way forward.

The Charis Counselling building was finally sold in September 2025, the sale having been delayed owing to difficulties with the land registry entry of the adjacent property.

Following the sale of the building the directors were able to ensure all outstanding debts were paid.

Run off insurance was obtained through to December 2026, to mitigate any unforeseen issues.

Following our Constitution, the Directors worked through a process to disperse the remaining funds. Any potential beneficiaries were asked to submit a written application, detailing how any funds they were to receive would be spent.

The Directors made a single payment to one beneficiary, however following discussions it was agreed that before the distribution of the remainder of the money, all financial reports and submissions would have to be completed. Once this is completed, the final balance of funds will be dispersed in accordance with our Constitution.

Charis Foundation

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2026

Financial review

Results for the year

The charity has a surplus of £16,893 for the year (2025: deficit of £39,594). The surplus being due to the proceeds from the sale of the property.

Reserves policy and going concern

The unrestricted reserves represent the free reserves available to the Trustees to fulfil the primary objectives.

With the decision to wind the charity down being made, the Trustees are satisfied that they can meet their remaining liabilities when they fall due. Unrestricted reserves of £42,469 (2025: £25,576) were held at the end of the year which is well in excess of this at present. The remainder of the funds left after settling all liabilities will be dispersed for charitable purposes.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 23 April 2026 and signed on behalf of the board of trustees by:



Kenny Baxter
Treasurer



Marshall Sisterson
Chair

Charis Foundation

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Charis Foundation

Year ended 31 March 2026

I report to the trustees on my examination of the financial statements of Charis Foundation ('the charity') for the year ended 31 March 2026.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 ('the 2005 Act'), the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Companies Act 2006 ('the 2006 Act'). You are satisfied that the accounts of the company are not required by charity or company law to be audited and have chosen instead to have an independent examination.

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts carried out under section 44(1)(c) of the 2005 Act. In carrying out my examination I have followed the requirements of Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Independent examiner's statement

Since the charity is required by company law to prepare its accounts on an accruals basis and is registered as a charity in Scotland your examiner must be a member of a body listed in Regulation 11(2) of the Charities Accounts (Scotland) Regulations 2006 (as amended). I can confirm that I am qualified to undertake the examination because I am a registered member of the Association of Chartered Certified Accountants which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act, section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; or
2. the financial statements do not accord with those records or with the accounting requirements of Regulation 8 of the Charities Accounts (Scotland) Regulations 2006; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Charis Foundation

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Charis Foundation *(continued)*

Year ended 31 March 2026

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Craig Wallace B.Acc.(Hons), F.C.C.A.
Independent Examiner
18 North Street
Glenrothes
Fife
KY7 5NA

23 April 2026

Charis Foundation
Company Limited by Guarantee
Statement of Financial Activities
(including income and expenditure account)
Year ended 31 March 2026

		2026		2025
		Unrestricted	Total funds	Total funds
	Note	funds £	£	£
Income and endowments				
Donations and legacies	5	1,140	1,140	10,203
Charitable activities	6	–	–	4,309
Investment income	7	166	166	1
Other income	8	36,318	36,318	–
Total income		<u>37,624</u>	<u>37,624</u>	<u>14,513</u>
Expenditure				
Expenditure on charitable activities	9,10	20,731	20,731	54,107
Total expenditure		<u>20,731</u>	<u>20,731</u>	<u>54,107</u>
Net income/(expenditure) and net movement in funds		<u>16,893</u>	<u>16,893</u>	<u>(39,594)</u>
Reconciliation of funds				
Total funds brought forward		25,576	25,576	65,170
Total funds carried forward		<u>42,469</u>	<u>42,469</u>	<u>25,576</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 10 to 18 form part of these financial statements.

Charis Foundation
Company Limited by Guarantee
Statement of Financial Position

31 March 2026

	Note	2026 £	2025 £
Fixed assets			
Tangible fixed assets	16	–	24,567
Current assets			
Debtors	17	–	2,257
Cash at bank and in hand		44,134	1,747
		<u>44,134</u>	<u>4,004</u>
Creditors: amounts falling due within one year	18	1,665	2,995
Net current assets		<u>42,469</u>	<u>1,009</u>
Total assets less current liabilities		<u>42,469</u>	<u>25,576</u>
Net assets		<u>42,469</u>	<u>25,576</u>
Funds of the charity			
Unrestricted funds		42,469	25,576
Total charity funds	20	<u>42,469</u>	<u>25,576</u>

For the year ending 31 March 2026 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The statement of financial position
continues on the following page.

The notes on pages 10 to 18 form part of these financial statements.

Charis Foundation

Company Limited by Guarantee

Statement of Financial Position *(continued)*

31 March 2026

These financial statements were approved by the board of trustees and authorised for issue on 23 April 2026, and are signed on behalf of the board by:



Kenny Baxter
Treasurer



Marshall Sisterson
Chair

The notes on pages 10 to 18 form part of these financial statements.

Charis Foundation
Company Limited by Guarantee
Notes to the Financial Statements
Year ended 31 March 2026

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in Scotland and a registered charity in Scotland. The address of the registered office is 232 High Street, Leslie, Fife, KY6 3DB.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

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 and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

As the Trustees have decided to cease the charity, the Trustees do not consider the going concern basis of preparation to be appropriate. Accordingly, these financial statements have been prepared on a break-up basis.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102:

- (a) No cash flow statement has been presented for the company.
- (b) Disclosures in respect of financial instruments have not been presented.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Charis Foundation

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2026

3. Accounting policies *(continued)*

Income tax

The charity is exempt from tax on income and gains falling within section 505(1) of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

Fund accounting

- Unrestricted general funds, which can be used in accordance with the charitable objectives at the discretion of the trustees,
- Restricted funds, which are funds that can only be used for a particular restricted purpose within the objectives of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
 - legacy income is recognised when receipt is probable and entitlement is established.
 - income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
 - income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.
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Charis Foundation

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2026

3. Accounting policies *(continued)*

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and 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.

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:

Property - straight line over five years

The Board of Trustees has considered the implication of FRS 102 in respect of (a) the separation of cost of land and buildings and (b) the depreciation of buildings. They do not consider that the split of costs is significant in relation to the understanding of these financial accounts and have not therefore taken steps to comply with it. The Board of Trustees does not consider that failure to comply prejudices the showing of a true and fair view of the charity's affairs.

Charis Foundation

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2026

3. Accounting policies *(continued)*

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, 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.

Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at the carrying value plus accrued interest less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

4. Limited by guarantee

The company is limited by guarantee and, consequently, has no share capital.

5. Donations and legacies

	Unrestricted Funds £	Total Funds 2026 £	Unrestricted Funds £	Total Funds 2025 £
Donations				
Donations to Charis Foundation	1,140	1,140	8,904	8,904
Tax recoverable on gift aid	—	—	1,299	1,299
	<u>1,140</u>	<u>1,140</u>	<u>10,203</u>	<u>10,203</u>

Charis Foundation

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2026

6. Charitable activities

	Unrestricted Funds	Total Funds 2026	Unrestricted Funds	Total Funds 2025
	£	£	£	£
Training courses	—	—	4,309	4,309

7. Investment income

	Unrestricted Funds	Total Funds 2026	Unrestricted Funds	Total Funds 2025
	£	£	£	£
Bank interest receivable	166	166	1	1

8. Other income

	Unrestricted Funds	Total Funds 2026	Unrestricted Funds	Total Funds 2025
	£	£	£	£
Gain on disposal of tangible fixed assets held for charity's own use	36,318	36,318	—	—

9. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total Funds 2026
	£	£	£
Direct charitable activities	20,061	—	20,061
Support costs	670	—	670
	20,731	—	20,731

	Unrestricted Funds	Restricted Funds	Total Funds 2025
	£	£	£
Direct charitable activities	43,209	9,938	53,147
Support costs	960	—	960
	44,169	9,938	54,107

Charis Foundation
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*

Year ended 31 March 2026

10. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2026	Total fund 2025
	£	£	£	£
Direct charitable activities	20,061	–	20,061	53,147
Governance costs	–	670	670	960
	<u>20,061</u>	<u>670</u>	<u>20,731</u>	<u>54,107</u>

11. Analysis of support costs

	Analysis of support costs	Total 2026	Total 2025
	£	£	£
Governance costs	<u>670</u>	<u>670</u>	<u>960</u>

12. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2026	2025
	£	£
Gains on disposal of tangible fixed assets	<u>(36,318)</u>	<u>–</u>

13. Independent examination fees

	2026	2025
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	<u>670</u>	<u>960</u>

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2026	2025
	£	£
Wages and salaries	–	22,160
Employer contributions to pension plans	–	1,011
	<u>–</u>	<u>23,171</u>

Charis Foundation
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2026

14. Staff costs *(continued)*

The average head count of employees during the year was Nil (2025: 3). The average number of full-time equivalent employees during the year is analysed as follows:

	2026	2025
	No.	No.
Counsellor	—	1
	<u>—</u>	<u>1</u>

No employee received employee benefits of more than £60,000 during the year (2025: Nil).

15. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

During the year three (2025: three) trustees claimed expenses totalling £631 (2025: £1,190).

In the year there were no donations (2025: £395) received from Trustees.

16. Tangible fixed assets

	Freehold property £
Cost	
At 1 Apr 2025	24,567
Disposals	(24,567)
At 31 Mar 2026	<u>—</u>
Depreciation	
At 1 Apr 2025 and 31 Mar 2026	<u>—</u>
Carrying amount	
At 31 Mar 2026	<u>—</u>
At 31 Mar 2025	<u>24,567</u>

17. Debtors

	2026	2025
	£	£
Prepayments and accrued income	—	2,257
	<u>—</u>	<u>2,257</u>

Charis Foundation
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2026

18. Creditors: amounts falling due within one year

	2026	2025
	£	£
Accruals and deferred income	1,665	995
Other creditors	–	2,000
	<u>1,665</u>	<u>2,995</u>

19. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £Nil (2025: £1,011).

20. Analysis of charitable funds

Unrestricted funds

	At 1 Apr 2025	Income £	Expenditure £	At 31 Mar 2026 £
General funds	25,576	37,624	(20,731)	42,469
Designated Counselling Manager fund	–	–	–	–
	<u>25,576</u>	<u>37,624</u>	<u>(20,731)</u>	<u>42,469</u>

	At 1 Apr 2024	Income £	Expenditure £	At 31 Mar 2025 £
General funds	41,156	14,513	(30,093)	25,576
Designated Counselling Manager fund	14,076	–	(14,076)	–
	<u>55,232</u>	<u>14,513</u>	<u>(44,169)</u>	<u>25,576</u>

General funds General funds can be used in accordance with the charity's charitable objectives at the discretion of the Trustees.

Designated Counselling Manager fund This fund is for the purpose of employing a Counselling Manager.

Charis Foundation
Company Limited by Guarantee
Notes to the Financial Statements *(continued)*
Year ended 31 March 2026

21. Analysis of net assets between funds

	Unrestricted Funds £	Total Funds 2026 £
Tangible fixed assets	—	—
Current assets	44,134	44,134
Creditors less than 1 year	(1,665)	(1,665)
Net assets	<u>42,469</u>	<u>42,469</u>

	Unrestricted Funds £	Total Funds 2025 £
Tangible fixed assets	24,567	24,567
Current assets	4,004	4,004
Creditors less than 1 year	(2,995)	(2,995)
Net assets	<u>25,576</u>	<u>25,576</u>