

**North East Edinburgh Counselling
Service**

**Report and financial statements
Year ended 31 March 2024**

**Charity Number:
SC023482**

North East Edinburgh Counselling Service
Report and Accounts for the year 31 March 2024

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Reference and Administration Details

Charity Name: North East Edinburgh Counselling Service

Charity Number: SC023482

Principal Address: Heart of Newhaven
4-6 Newhaven Road
Edinburgh
EH6 4HY

Trustees

Independent Examiner

Bankers

Bank of Scotland
The Mound
Edinburgh
EH1 1YZ

Trustees Annual Report

The trustees present their report and annual accounts for the year ended 31 March 2024

Structure, Governance and Management

Governing Document

North East Edinburgh Counselling Service was founded as a Scottish Charitable Incorporated Organisation (SCIO) by a Constitution dated 29th January 2013. On 7th June 2013 the charity took over the assets and liabilities of its predecessor incorporated charity, also called North East Edinburgh Counselling Service.

Trustee Recruitment and appointment

The Trustees as at 1st April 2024 are [REDACTED], [REDACTED], [REDACTED], [REDACTED], [REDACTED] and [REDACTED]. All Trustees will retire at the AGM and offer themselves for re-election. The daily running of the Charity is delegated to the Chief Executive Officer.

Objectives and Activities

NEECS was established in 1995 to support the people of North East Edinburgh improve their mental wellbeing. We provide free and donation based one-to-one professional counselling for young people and adults who are experiencing poor mental health.

Our aims are to reduce anxiety and depression, build resilience, and equip clients with the tools and confidence to make positive choices about their future.

We are proud and privileged to serve the people of Leith, Lochend, Restalrig, and beyond into parts of Piershill, Pilrig, Newhaven and Portobello. The area is diverse, vibrant and creative, but it also represents some of the most deprived postcodes of Edinburgh.

NEECS is a small charity, but we make a significant difference to local people's lives. Counselling offers a safe space for clients to talk through their mental health difficulties, explore their feelings and process their thoughts without judgement. We teach coping techniques, offer tools grounded in psychological theory, and build clients' self-confidence so that they develop constructive, effective strategies to overcome challenges and make positive decisions going forward.

Our trusted team of counsellors have decades of experience between them, working in a variety of mental health settings (e.g. NHS, charities, private practice) and bringing with them a range of counselling tools and approaches. All of our counsellors are registered with BACP or COSCA.

Achievements and Performance

The Numbers:

- 301 referrals made to the service
- 1,387 counselling sessions offered (working with 282 service users)
- 100% of service users contacted within 5 working days
- 12 weeks average wait time for a service user to be seen
- 60 DNAs (did not attend)

Trustees Annual Report

Counselling Outcomes

GAD-7, PHQ-9 & YP Core reporting measures

The Generalised Anxiety Disorder scale (GAD-7) and the Patient Health Questionnaire (PHQ-9) are widely used reporting measures of generalised anxiety disorder (GAD) and major depressive disorder (MDD). Neecs counsellors assess each service user at the start of their counselling sessions using GAD-7 and PHQ-9 scores. These are taken again following the final counselling session. For our Young Persons service we use the YP Core measure:

Form Name & Focus	Ave. "before" score	Ave. "after" score	Ave. Difference
GAD-7 (anxiety)	13.1 (moderate)	7.4 (mild)	5.7
PHQ-9 (depression)	14.3 (moderate)	9.0 (mild)	5.3

The biggest difference in scoring results was presented in a service user who started with an anxiety severity of 21 (severe) and ended with a score of 4 (none/minimal).

Service User Feedback

Client A:

"The service and counsellor were excellent, help when I needed it most."

Client B:

"It was the best experience of counselling/therapy I've had. I wish that I could have continued for longer because continuity and consistency would have been an amazing support for my circumstance, but it's so appreciated."

Client C:

"I had ongoing money worries and I felt extremely fortunate that I did not have to pay for the counselling at the time but I hope to make a donation to your charity when I am more stable financially."

Trustees Annual Report

Financial Review

Reserves Policy

It is the policy of the Charity to maintain unrestricted funds, which are free reserves of the Charity, at a level equivalent to three month's expenditure. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the organisation's current activities while consideration is given to ways in which additional funds may be raised.

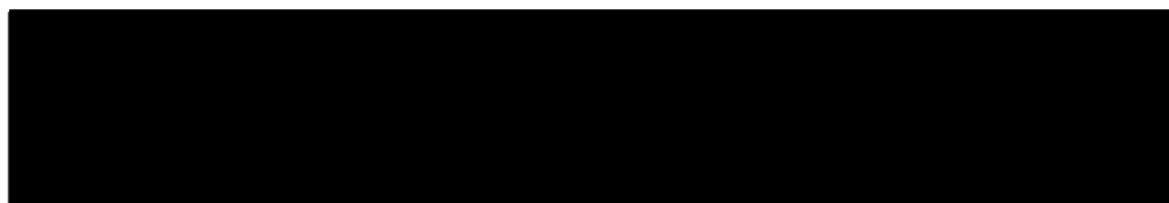
Based on the accounts for the year ended 31 March 2023, ordinary expenditure for 3 months amounts to £22,507. At 31 March 2024, the charity held unrestricted free reserves of £14,145, the trustees are aware that reserves at this level are not sufficient and seek ways to generate additional unrestricted income.

Financial Review

The charity generated a net surplus of £36,970 for the year ended 31 March 2024 (2023: surplus £26,371). At 31 March 2024 reserves stood at £74,059 (2023: £37,089), with £14,145 of these being unrestricted (2023: £8,953)

The trustees declare that they have approved the report above.

Signed on behalf of the charity's trustees:



Date: 08/10/2024

Date: 8/10/2024

Independent Examiner's Report

Report to the trustees/members of	North East Edinburgh Counselling Service
Registered charity number	SC023482
Accounts of the charity for the year	1 April 2023 to 31 March 2024
Set out on pages	8 - 12

Respective responsibilities of trustees and examiner:

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

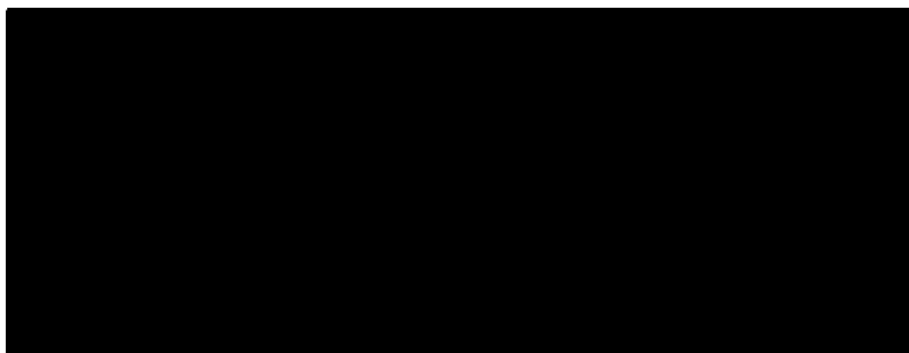
Basis of Independent Examiner's statement:

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

Independent Examiner's statement:

In the course of my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that in any material respect the requirements to:
 - a. keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - b. prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations have not been met, or
2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached



Receipts and Payments Account

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Income from:					
Grants	3	-	121,810	121,810	90,654
Donations	4	5,192	-	5,192	3,228
Total income		5,192	121,810	127,002	93,882
Expenditure on:					
Charitable Activities	5	-	90,032	90,032	67,511
Total expenditure		-	90,032	90,032	67,511
Net income/(expenditure) for the year		5,192	31,778	36,970	26,371
Transfers between funds		-	-	-	-
Net movement in funds		5,192	31,778	36,970	26,371
Reconciliation of funds:					
Total funds at 1 April 2023		8,953	28,136	37,089	10,718
Total funds at 31 March 2024	7	14,145	59,914	74,059	37,089

All figures in the Receipts and Payments account are cash and bank balances.

The notes to the Accounts on pages 9-12 form part of these Accounts.

All income and expenditure derives from continuing activities

Approved and authorised for issue by the Trustees on
behalf by:

2024 and signed on their

Notes to the Accounts

1. General Information

North East Edinburgh Counselling Service (“the charity”) is a trust governed by its constitution dated 29 January 2013. It was registered as a charity in Scotland (registered number SC023482) on 16 March 1995. It’s registered address is Heart of Newhaven, 4-6 Newhaven Road, Edinburgh, EH6 4HY.

2. Basis of Preparation

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

3. Grants

	Unrestricted Funds	Restricted Funds	2024	2023
	£	£	£	£
NHS Lothian	-	80,000	80,000	80,000
Hugh Fraser Foundation	-	-	-	2,000
Link Up Women’s Support	-	-	-	8,654
The Robertson Trust	-	15,000	15,000	-
Leith Community Fund	-	750	750	-
People’s Postcode	-	7,095	7,095	-
Nancy Massie Fund	-	2,000	2,000	-
Lottery Fund	-	9,965	9,965	-
Leith Benevolent Association	-	2,000	2,000	-
Foundation Scotland	-	5,000	5,000	-
	-	121,810	121,810	90,654

4. Donations

	Unrestricted Funds	Restricted Funds	2024	2023
	£	£	£	£
Donations	5,192	-	5,192	3,228
	5,192	-	5,192	3,228

Notes to the Accounts

5. Charitable Activities Costs

	Unrestricted General Funds	Restricted Funds	2024	2023
	£	£	£	£
Salaries	-	48,079	48,079	38,175
Sessional Workers and Supervisors	-	34,636	34,636	20,621
Training	-	1,018	1,018	1,737
Rent, Rates, Insurance, Repairs	-	2,155	2,155	2,774
Heating, Lighting, Cleaning	-	189	189	730
Stationery and other office expenses	-	3,955	3,955	2,384
Accountancy – I E Fee	-	-	-	1,090
	-	90,032	90,032	67,511

6. Related party transactions

No remuneration or expenses were paid to Trustees in the year (2023: £nil). There were no other related party transactions in the current or prior year.

7. Funds Analysis

2023-2024	Funds at 31 March 2023	Income	Expenditure	Transfers between funds	Funds at 31 March 2024
			£	£	£
Restricted funds					
NHS Lothian	17,482	80,000	(68,626)	-	28,856
Hugh Fraser Foundation	2,000	-	(2,000)	-	-
Link Up Women's Support	8,654	-	(7,834)	-	820
The Robertson Trust	-	15,000	(1,459)	-	13,541
Leith Community Fund	-	750	(506)	-	244
People's Postcode	-	7,095	(7,095)	-	-
Nancy Massie Fund	-	2,000	(1,371)	-	629
Lottery Fund	-	9,965	(600)	-	9,365
Leith Benevolent Association	-	2,000	(200)	-	1,800
Foundation Scotland	-	5,000	(341)	-	4,659
Total restricted funds	28,136	121,810	(90,032)	-	59,914
Unrestricted funds					
General reserve	8,953	5,192	-	-	14,145
	8,953	5,192	-	-	14,145
Total funds	37,089	127,002	(90,032)	-	74,059

Notes to the Accounts

Purposes of Funds

General Fund - there is only one unrestricted fund, the General fund to be used at the discretion of the trustees in furtherance of the objects of the charity. The trustees maintain a single unrestricted fund for the day-to-day operation of the charity.

NHS Lothian - restricted to referrals from north east Edinburgh GPs.

Hugh Fraser Foundation - restricted to providing counselling sessions for adults and young people.

Link Up Women's Support - restricted to providing support for women.

The Robertson Trust – Young Person Counselling Service

Leith Community Fund – A home for NEECS

People's Postcode – Art Therapy

Nancy Massie Fund – Extended counselling support sessions

Lottery Fund – Art Therapy

Leith Benevolent Association – Additional Counselling Sessions

Foundation Scotland - Young Person Counselling Service