

# Relationships Scotland Couple Counselling Lanarkshire

Scotland · Charity number SC023563

## Details

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**Known as** RS-CCL

**Status** Active

**Legal form** Unincorporated association

**Part of** Couple Counselling Scotland (SC013790)

**Registered** 1991-04-01

**Register** [View on the OSCR register](#)

## Contact

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**Address** 14 Manse Road  
Motherwell  
ML1 2PW

## Activities

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**Activities:** 'It carries out activities or services itself'

**Purposes:** 'the advancement of health', 'the advancement of human rights, conflict resolution or reconciliation'

**What the charity does:** RS-CCL provides a couple counselling service to the adult population of North and South Lanarkshire. We do this by use of P/T self employed qualified and skilled counsellors. employing Part time admin staff supported by volunteer management team (TRUSTEES).

**Beneficiaries:** 'Other defined groups'

**Objectives:** AIMS AND OBJECTIVES In recognition of the evolving dynamics and the challenging circumstances brought upon by modern-day family life, the aims and objectives of RSCCL shall be to provide an effective and responsive family and relationships support service to individuals, couples and families across Lanarkshire.

## Geography

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- **Main operating location:** North Lanarkshire
- **Geographical spread:** More than one local authority area in Scotland

## Finances

| Period end | Income  | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-03-31 | £60,287 | £61,551     | -      | 3         |
| 2024-03-31 | £64,613 | £62,381     | -      | 3         |
| 2023-03-31 | £63,086 | £64,939     | -      | 4         |
| 2022-03-31 | £60,354 | £56,009     | -      | 4         |
| 2021-03-31 | £55,195 | £49,552     | -      | 3         |

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# Accounts

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## COUPLE COUNSELLING LANARKSHIRE

Scottish Charity No SC023563

Annual TRUSTEES' Report and Financial Statements

For the Year 1<sup>st</sup> April 2024 - 31<sup>st</sup> March 2025

# **Trustees' Annual Report**

For the year ended 31<sup>st</sup> March 2025

## **CHAIRMAN'S REMARKS**

I am pleased to present on behalf of the **Trustees of Relationship Scotland – Couple Counselling Lanarkshire** their Annual Report together with Financial Statements and the Accountants Report for year ended 31<sup>st</sup> March 2025.

**We continue to trade with a CHARITABLE PARTIAL VOLUNTEER ETHOS AND PROVIDE A QUALITY SERVICE AT THE LOWEST PRICE POSSIBLE whilst maintaining viability of the company**

RS-CCL continue to operate around break-even levels and anticipate similar performance in the year ahead. Our financial reserves remain strong. We also continue to have financial support from the Scottish Government and free use of our Motherwell offices from NHS Lanarkshire, for which we are truly grateful

The 7 strong counselling team continues to offer office based 'face to face' or on-line 'zoom' options to our clients – a positive legacy from Covid.. We counsel couples and individuals with relationship or including Psycho-sexual problems. Clients come from all parts of North and South Lanarkshire

RS-CCL accounts for the year show a small TRADING deficit of £1264 including £2552 interest from our savings account

In line with inflation further increases in our charges, fees paid to our self-employed counsellors and staff remuneration were made this year. Revised budgets for medium term have been prepared and approved by the Management Committee

My thanks to all the members of our hard working team of professionals. We continue to enjoy the advantages of a stable loyal team – including dedicated office staff, a highly experienced counselling team and the regular services of a highly talented set of Trustees

We look forward to the year ahead with much optimism

**Chairman JIM WRIGHT**

## **Reference and Administration Information**

**Charity Name**

**Relationship Scotland – Couple Counselling Lanarkshire (RS-CCL)**

**Charity No**

SC023563

**Address**

[REDACTED]

## **Current Trustees – No changes in year**

[REDACTED]

## **Structure Governance and Management**

### **Constitution**

The RS- CCL Charity is an independent **Unincorporated Association**. It is governed by its constitution which was initially adopted on 31<sup>st</sup> March 1960 under the name of Marriage Guidance Lanarkshire. It thereafter became known as Relate Lanarkshire for the last 14 years it has operated under the name of RELATIONSHIPS SCOTLAND - COUPLE COUNSELLING LANARKSHIRE. The Constitution was last amended on 1<sup>st</sup> JUNE 2012 and the amended version was formally approved by OSCR in AUGUST 2012.

### **Appointment of Trustees**

The Management Committee currently consists of 7 Trustees but can be as many as 15. The 4 main Office bearers can serve for a period of up to four years without re- election. The 3 Ordinary Committee members serve for one year only. The Trustees may co-opt other Trustees as and when required. There were no additions or leavers during the year and attendance at the quarterly Management Committee meetings is very high.

### **Management**

The Trustees all serve on the Management Committee and are responsible for the strategic direction and governance of the service. On- going Management and co-ordination is carried out by key members of the Management Committee on a **non-paid capacity** - mainly by the **Service Manager** helped by the **Chairman/Treasurer**. There are regular quarterly Management Committee meetings.

RS-CCL operate to Policies and Management Agreement Guidelines/STANDARDS developed via the Relationships Scotland and the RS- Network Services Committee (see above)

. Relationships Scotland also provide Govt. liaison re grants etc. plus Policy, LEGAL, HR, and Professional advice as required, plus Quality Assurance inspections/reports and. a counsellor Mentoring/ Supervision service. Also a comprehensive Training Service including initial counsellor training and ongoing CPD training,

### **Charitable purposes**

As a member of Relationships Scotland's Scotland wide Network of 22 Services RS-CCL provide a professional high quality yet low cost, specialised **Couple Counselling and Psycho Sexual Counselling Services** to the adults of North and South Lanarkshire (population @650,000) where adult couples and/or individuals are experiencing difficulties in their ongoing relationships – regardless of gender, sexual orientation, age, colour, religion or original nationality – all in line with guidelines and standards laid down by COSCA, our governing body PLUS Relationship Scotland and Scottish Govt. policies.

Provide a vital service to the people of Lanarkshire by helping couples to resolve their relationships problems – and hopefully help them avoid family break- up and the costly effect of serious financial, mental and physical health issues

### **Objectives and Activities**

- To continue to provide an affordable, low cost professional Couple and Psycho Sexual Counselling Service serving all of the adult population of Lanarkshire
- Continue to build and operate the counselling service to a level in line with demand and need

- By partial use of volunteer/semi volunteer - counsellors, support staff, management resource and Scottish Govt. grants try to keep prices as low as possible in order to make our service affordable to the widest range of economic groupings - without jeopardising the RS-CCL Service viability
- To ensure our Counselling Standards are maintained and that Relationships Scotland Quality Assurance requirements (every 3 years) are fully met.
- Support the current team of self-employed part time Counsellors with regular access to recognised group and individual Mentoring / Supervision specialists and Professional Development training as per RS, COSCA requirements
- Also ensure proper records and reports are kept of finances and day to day counselling activities and that there is a regular and timely return of such reports and information to the Management Committee, Relationships Scotland , our Independent Examiners / Accountant's and to OSCR.

### **Achievements and Performance**

We carried out around 1002 counselling sessions in this financial year using 6 qualified and highly experienced self-employed counsellors working part time between home and office as required.

No. of sessions were down by 198/year due mainly counsellor absence through illness. 1 additional experienced counsellor is re-joining RS-CCL which hopefully will help return our number of sessions carried out to 1300-1400 /year levels

These highly motivated counsellors continue to demonstrate their **charitable ethos** and accept £20/hour for all sessions undertaken – a charge much lower than their market value

Our quality outcomes and feedback from clients continues to be very positive. We receive many clients via recommendations from past Clients.

RS-CCL hold an up to date Quality Assurance Certificate conducted and issued by Relationships Scotland. We are registered with COSCA the GOVERNING BODY FOR COUNSELLING

### **Financial Review**

RS-CCL generated a @ £ 58,000+ turnover and has a trading loss of £1,264 including £2552 interest from our savings account for the year 2024-25. The main sources of income was from Client Donations/Fees -£34,698 and from Scottish Government Grants - £14,747.

Expenditure was £61,551. Mainly staff wages, self-employed part time counsellor fees and admin costs. Bank balance at end of March 2025 is £58,552 (current and savings accounts)

RS-CCL currently also employs - 3 part time paid office staff supporting the p/t volunteer Service Manager. - Staff are paid competitive rates on or above the recognised Living Wage level. The two eligible members of staff have Work Place Pensions.

Wage admin continues to be handled by SCVO

Relationships Scotland (RS) network continues to receive crucial financial help mainly from the Scottish Govt. in line with their policy re Support for Families and in particular the vital role organisations like RS-CCL play in helping families in difficulty and avoiding the costly effect of family break-up.

We continue to have the generous support of NHS Lanarkshire who allow us the use of detached premises on their Airbles Road site, Motherwell - free of charge. The accommodation is well maintained, in good condition, has a central location and has excellent parking.

### **Honorariums**

RS-CCL continues to pay Honorariums to the 3 members of the Board who are involved in the day to day voluntary management/supervision of the service. The Management Committee awarded a combined total of £5000 gross total in 2024/25 to the Service Manager, Committee Secretary and Treasurer for their excellent hands on management of the service

### **Reserves Policy**

In light of uncertainty with Government Grants and Lanarkshire NHS Accommodation facilities, the need to recruit and train additional counsellors-an expensive business in itself, plus probable need to recruit additional Admin/Management staff in the near future - the Management Committee have set Reserve Capital level of £40,000 to cover these transitions.

### **Future Plans**

Continue to offer our Lanarkshire clients an option of Video- link and/or Face to Face counselling

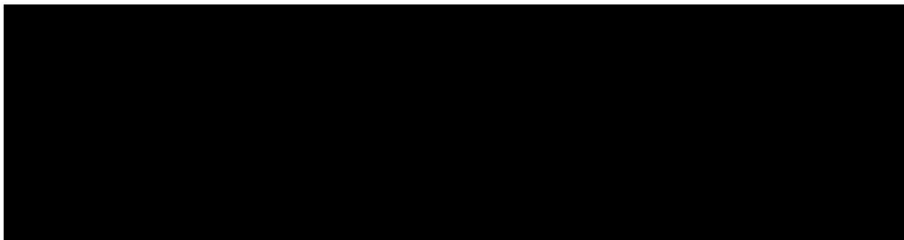
Review our future counselling requirements. Recruit and Train additions to the current counselling team if need be

To build and maintain the service as a leading ethical and professional CHARITABLE service provider in Lanarkshire

To continue to provide regular free group and Individual/ Group professional Mentoring/ Supervision and CPD Training to all counsellors/trainee counsellors to ensure the service is kept in line with National Professional Standards.

Management of the service will continue to be provided by key Management Committee members on a volunteer basis for the foreseeable future, but alternative plans are under consideration

**Approved by the Trustees and signed on their behalf by**



**Date 31/08/2025**

**Date 31/08/2025**



## **Relationships Scotland - Couple Counselling Lanarkshire**

### **Independent Examiner's Report to the Trustees of Relationships Scotland - Couple Counselling Lanarkshire**

**Year ended 31 March 2025**

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I report to the trustees on my examination of the financial statements of Relationship Scotland - Couple Counselling Lanarkshire ('the charity') for the year ended 31 March 2025.

#### **Responsibilities and basis of report**

As the trustees of the charity 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') and the Charities Accounts (Scotland) Regulations 2006 (as amended). You are satisfied that your charity is not required by charity law to be audited and have chosen instead to have an independent examination.

I report in respect of my examination of the charity's financial statements as 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**

I have completed my examination. I confirm that no matters have come to my attention giving me cause to believe that in any material respect:

1. accounting records were not kept as required by section 44(1)(a) of the 2005 Act and Regulation 4 of the Charities Accounts (Scotland) Regulations 2006 (as amended); or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of Regulation 9 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

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.



Armstrong Watson LLP  
Caledonia House  
89 Seaward Street  
Glasgow  
G41 1HJ

Date: 28/11/2025

Relationship Scotland - Couple Counselling Lanarkshire  
 Scottish Charity Number SCO23563  
 Statement of Balances  
 Year to 31 March 2025

|                                  | 31.03.25<br>Total Funds<br>£ | 31.03.24<br>Total Funds<br>£ |
|----------------------------------|------------------------------|------------------------------|
| Opening Cash at bank and in hand | 59,816                       | 56,233                       |
| Deficit/Surplus for the year     | <u>-1,264</u>                | <u>3,583</u>                 |
| Closing Cash at bank and in hand | <u>58,552</u>                | <u>59,816</u>                |
| <b>Held as:</b>                  | <b>31.03.25<br/>£</b>        | <b>31.03.24<br/>£</b>        |
| Cash at bank                     | 18,524                       | 13,291                       |
| Savings Account                  | 40,000                       | 46,361                       |
| Cash in hand                     | <u>28</u>                    | <u>164</u>                   |
|                                  | <u>58,552</u>                | <u>59,816</u>                |
| <b>Liabilities</b>               |                              |                              |
| Independent Examiners Fee        | 672                          | 600                          |

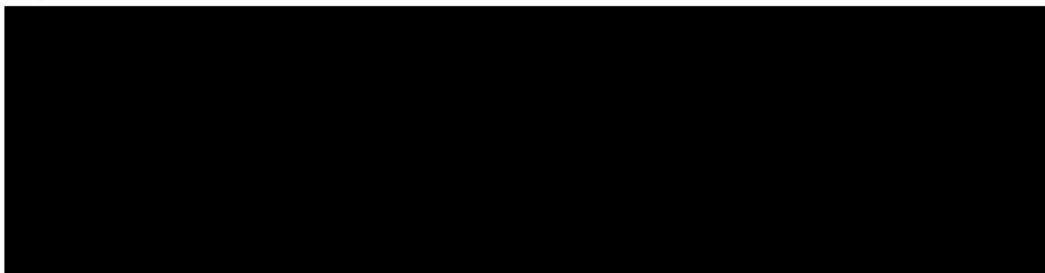
The members of the committee are required to act in accordance with the terms of the association's constitution. They are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the association.

They are also responsible for safeguarding the assets of the association and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

1. All funds remaining are unrestricted.

We certify that the Receipts and Payments account accurately reflects all funds received and spent by the association during the year and at the financial year end.

Signed on behalf of the committee of Relationship Scotland - Couple Counselling Lanarkshire



Relationship Scotland - Couple Counselling Lanarkshire  
Scottish Charity Number SCO23563  
Receipts & Payments Account  
Year to 31 March 2025

|                                           | 31.03.25<br>Total Unrestricted Funds | 31.03.24<br>Total Unrestricted Funds |
|-------------------------------------------|--------------------------------------|--------------------------------------|
| <b>Receipts</b>                           |                                      |                                      |
| <b>Grants</b>                             |                                      |                                      |
| Scottish Government                       | 14,747                               | 14,747                               |
| <b>Donations</b>                          |                                      |                                      |
| Counselling                               | 34,698                               | 33,429                               |
| Relate                                    | 401                                  | 2,461                                |
| Gift Aid Recovered                        | 7,890                                | 7,902                                |
| Maternity Refund                          | -                                    | 6,064                                |
| <b>Interest</b>                           |                                      |                                      |
| Bank interest                             | 2,552                                | 1,361                                |
| <b>Total Receipts</b>                     | <u>60,287</u>                        | <u>65,964</u>                        |
| <b>Payments</b>                           |                                      |                                      |
| <b>Payments for charitable activities</b> |                                      |                                      |
| Wages/Expenses                            | 27,406                               | 28,171                               |
| Supervision                               | 1,434                                | 1,343                                |
| Counsellor Fees/Expenses                  | 17,443                               | 18,554                               |
| Training Costs                            | 380                                  | 250                                  |
| Account, Insurance, SCVO                  | 3,659                                | 3,778                                |
| Telephone/Broadband                       | 1,110                                | 1,319                                |
| Office Supplies                           | 710                                  | 881                                  |
| Travel Expenses                           | 1,962                                | 1,532                                |
| Honorariums                               | 6,661                                | 5,000                                |
| Cardnet costs                             | 787                                  | 892                                  |
| Miscellaneous Expenses                    | -                                    | 661                                  |
| <b>Total Payments</b>                     | <u>61,551</u>                        | <u>62,381</u>                        |
| <b>(Deficit)/Surplus for year</b>         | <u><u>-1,264</u></u>                 | <u><u>3,583</u></u>                  |