



COUPLE COUNSELLING LANARKSHIRE

Scottish Charity No SC023563

Annual TRUSTEES' Report and Financial Statements

For the Year 1st April 2024 - 31st March 2025

Trustees' Annual Report

For the year ended 31st 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 31st 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 31st 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 1st 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

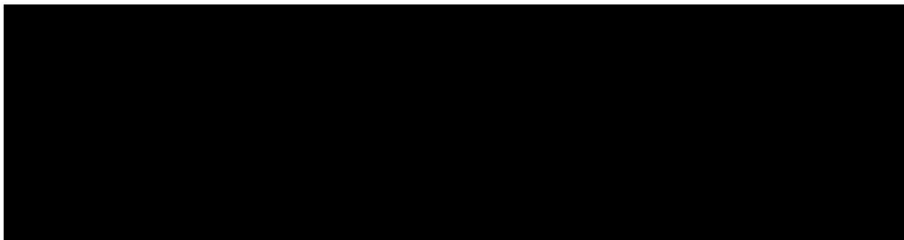
Review our future counselling requirements. Recruit and Train additions to the current counselling team if need be

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

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 Total Funds £	31.03.24 Total Funds £
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>
Held as:	31.03.25 £	31.03.24 £
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>
Liabilities		
Independent Examiners Fee	672	600

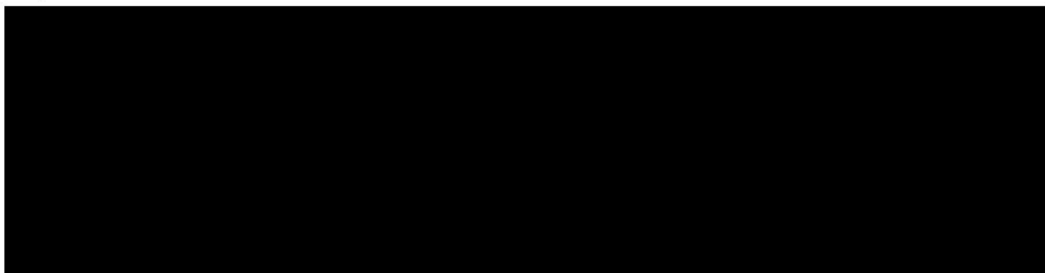
The members of the committee are required to act in accordance with the terms of the association's constitution. They are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the association.

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 Total Unrestricted Funds	31.03.24 Total Unrestricted Funds
Receipts		
Grants		
Scottish Government	14,747	14,747
Donations		
Counselling	34,698	33,429
Relate	401	2,461
Gift Aid Recovered	7,890	7,902
Maternity Refund	-	6,064
Interest		
Bank interest	2,552	1,361
Total Receipts	<u>60,287</u>	<u>65,964</u>
Payments		
Payments for charitable activities		
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
Total Payments	<u>61,551</u>	<u>62,381</u>
(Deficit)/Surplus for year	<u><u>-1,264</u></u>	<u><u>3,583</u></u>