

CounsellingCare: Skye and Lochalsh (SCIO)

Scotland · Charity number SC033321

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2002-07-29
Register	View on the OSCR register

Contact

Address	Office 5 Auld Bank House Somerled Square Portree IV51 9EH
Website	www.counsellingcare.org

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health', 'the saving of lives', 'the promotion of equality and diversity'

What the charity does: Counselling Care Skye and Lochalsh is a small charity, founded in 2001, to make counselling more accessible and affordable for our community. We offer an opportunity for people to talk in confidence with someone outside their situation – gaining perspective and insight. Our goal? To help people better understand and manage the ways they think and behave, to improve their mental and emotional health.

Beneficiaries: 'No specific group, or for the benefit of the community'

Objectives: 4.1 To advance health and well-being by alleviating the distress of clients experiencing psychological and emotional difficulties, through the provision of a counselling service. 4.2 To save life by offering hope to those clients who experience suicidal intent. 4.3 To promote equality and social inclusion by offering a service to anyone in need, regardless of religion, faith or no faith, gender, sexual orientation or financial circumstances. 4.4 To deliver a high standard of counselling within ethical boundaries, demonstrating compassion and seeking to bring hope, comfort and encouragement to all clients.

Geography

- **Main operating location:** Highland
- **Geographical spread:** Wider, but within one local authority area

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£173,779	£129,769	-	6
2024-03-31	£176,882	£125,727	-	6
2023-03-31	£124,081	£114,647	-	6
2022-03-31	£71,899	£86,552	-	4
2021-03-31	£118,339	£76,213	-	4

Accounts

Registered charity number: SC033321

Counselling Care Skye & Lochalsh (SCIO)

**Trustees Report and Annual Accounts
for the year ended 31 March 2025**

Counselling Care Skye & Lochalsh (SCIO) (SC033321)
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for the year ended 31 March 2025

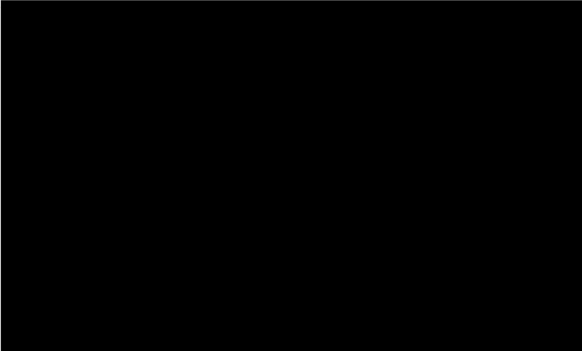
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Counselling Care Skye & Lochalsh (SCIO) (SC033321)
Report of the Trustees
for the year ended 31 March 2025

The trustees are pleased to submit their annual report together with the accounts of Counselling Care Skye & Lochalsh (SCIO) for the year ended 31 March 2025.

REFERENCE AND ADMINISTRATION DETAILS

Scottish Charity Number:
SC033321



STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of Trustees

The board may at any time appoint any member to be a charity trustee. The minimum number of trustees is three and the maximum is twelve.

Governing document

Counselling Care Skye & Lochalsh (SCIO) is a Scottish Charitable Incorporated Organisation and its purpose and administrative arrangements are set out in our Constitution.

OBJECTS AND ACTIVITIES

Charitable purposes

Our purposes are:

- (i) To advance health and well-being by alleviating the distress of clients experiencing psychological and emotional difficulties, through the provision of a counselling service.
- (ii) To save life by offering hope to those clients who experience suicidal intent.
- (iii) To promote equality and social inclusion by offering a service to anyone in need, regardless of religion, faith or no faith, gender, sexual orientation or financial circumstances.
- (iv) To deliver a high standard of counselling within ethical boundaries, demonstrating compassion and seeking to bring hope, comfort and encouragement to all clients.

Summary of the main activities in relation to these objects

Based in Skye and Lochalsh, Counselling Care Skye & Lochalsh offers counselling to anyone in need, regardless of their circumstances. The service is discreet and totally confidential and we work to the code of ethics of COSCA (Counselling and Psychotherapy in Scotland). All of our counsellors have been professionally trained to Diploma level, having completed courses accredited either by COSCA or BACP.

Activities and achievements

The Chairperson's report on page 3 sets out an overview of the charity during the financial period.

Counselling Care Skye & Lochalsh (SCIO) (SC033321)
Trustees Report
for the year ended 31 March 2025

FINANCIAL REVIEW

The trustees have considered the need to hold free reserves (being unrestricted funds not held as assets or for a designated purpose or otherwise committed) and actively monitor their financial position. With reference to the Statement of Balances, free reserves at 31 March 2025 stood at £95,992 (£86,983 - 2024).



Dated: 30/10/25

Counselling Care Skye & Lochalsh (SCIO) (SC033321)
Report of the Chairperson
for the year ended 31 March 2025

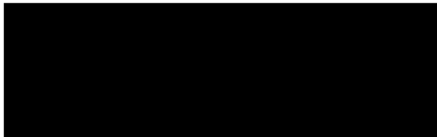
The year has been a satisfactory one with a very effective team of counsellors responding effectively to a very wide range of referrals and a significant contribution from our training counsellors. The counselling team has worked well as individuals during the year, but with staff changes there has been a slight loss of cohesion and focus which needed to be picked up on.

The key change in staffing was the stepping down of one of the shared adult lead counsellors and the appointment of a replacement who has a wide experience and focused commitment to CC:SL, which bodes well for the future. As always with part time employment there can be some difficulties of responding effectively within a tight timescale. This has been responded to by the reality of a significant donation of additional hours to ensure the organisation runs effectively. I am very grateful for all the additional hours that counsellors, trainee counsellors and the Board have given during the year to make the year so successful.

Due to forward thinking the year started out on a very positive note from our funding perspective and has ended on one of concern for the viability of the adult service. This has been due to the fact that NHS Highland had acknowledged the key role CC:SL has played in the past by their award of funding for three years. This was in response to the fact that 50% of our adult referrals were coming from GPs and related health services. With this funding we were able to respond within a reasonable timescale of a few weeks, rather than clients having to wait for many months, for any other mental health agencies to engage. In some cases, we were able to work with clients with serious long-term diagnoses to enable them to cope until the more focussed agencies were able to respond. At the end of this financial year, they didn't renew their commitment to funding and therefore threw in to doubt CC:SL's ability to respond, not only to these clients, but to the long term viability of the adult service.

In contrast the Children and Young people's service was awarded a continuation of our contract to respond to the client needs from the two ASGs Portree and Plockton. This is an acknowledgement of the long-term service that CC:SL has been supplying for more than 20 years to the schools in Skye and Lochalsh. There has been a gradual change of staff as the children's lead counsellor moved on and their replacement stepped in and this process has continued with our search for a replacement as our long-standing Counsellor [REDACTED] has intimated that she will be stopping counselling shortly. She is prepared to continue until one of our adult counsellors takes the training to become a children's counsellor, which should be completed shortly after the beginning of the next financial year.

After about 9 years as chair of Counselling Care it is time for me to also step down and allow newer members to step up. As is familiar to anybody involved in a voluntary organisation it is not only funding which provides an ongoing challenge but finding people who are able and prepared to donate their free time to helping run a voluntary organisation. This can be problematical. We have been extremely fortunate in being able to welcome [REDACTED] who will be taking over as Chair in the coming months. She has considerable experience in the voluntary sector and takes over when there is a well-qualified, experienced and dynamic team of counsellors who will exercise the running of CC:SL to a high professional standard. I wish them all well in the future and will not be too far away to follow, with interest, the developments and be on hand to help and advice, if so required.



Counselling Care Skye & Lochalsh (SCIO) (SC033321)
Receipts and Payments Account
for the year ended 31 March 2025

	Year ended 31 March 2025			Year ended 31 March 2024
	Unrestricted £	Restricted £	Total £	Total £
RECEIPTS				
Donations				
General	725	-	725	1,586
Adult Services	-	1,625	1,625	560
Children & Young People Service	-	-	-	480
Income from contracts				
Highland Council	43,475	-	43,475	41,555
Grants				
Highland Council	-	17,000	17,000	-
Robertson Trust	-	-	-	14,000
NHS Highland	-	45,818	45,818	60,118
National Lottery - Improving lives	-	61,052	61,052	55,582
Receipts from fundraising activities				
Other events	2,744	-	2,744	1,485
Easy fundraising Ltd	75	-	75	179
Concert	-	-	-	430
Income from investments other than land and buildings				
Interest received	1,265	-	1,265	907
Subtotal	48,284	125,485	173,779	176,882
Total receipts	48,284	125,485	173,779	176,882
PAYMENTS				
Payments for generating funds				
Concert hall rent	190	-	190	85
Payments relating directly to charitable activities				
Children & Young People Service - direct costs:				
Supervision expenses	1,188	-	1,188	1,290
Salaries, NI and pensions	24,078	11,000	35,078	38,609
Training and related travel	1,769	-	1,769	1,150
Travel and other expenses	4,511	-	4,511	3,684
Adult Service - direct costs:				
Supervision expenses	-	2,710	2,710	2,458
Salaries, NI and pensions	-	49,402	49,402	48,620
Session work	-	5,563	5,563	1,040
Training	-	33	33	395
Travel and other expenses	-	3,613	3,613	3,403
Administrator				
Salaries, NI and pensions	-	17,423	17,423	15,240
Support costs:				
Insurance	729	-	729	723
Bank charges	233	-	233	227
Sundries	50	-	50	80
IT support	1,800	-	1,800	1,800
Office rent	1,452	-	1,452	1,368
Advertising	604	-	604	248
Charity log	-	750	750	2,694
Governance costs:				
Independent examination	753	-	753	717
Preparation of annual accounts	753	-	753	717
Preparation of payroll	547	-	547	486
Subtotal	38,657	90,494	129,151	125,032

Counselling Care Skye & Lochalsh (SCIO) (SC033321)
Receipts and Payments Account - continued
for the year ended 31 March 2025

	Year ended 31 March 2025			Year ended
	Unrestricted	Restricted	Total	31 March 2024
	£	£	£	Total £
Payments for fixed assets:				
Computer/office equipment	618	-	618	695
Total payments	39,275	90,494	129,769	125,727
Net surplus / (deficit) for the year before transfers	9,009	35,001	44,010	51,155
Transfers	-	-	-	-
Net surplus / (deficit) for the year after transfers	9,009	35,001	44,010	51,155
BALANCE BROUGHT FORWARD	86,983	53,714	140,697	89,542
SURPLUS CARRIED FORWARD (note 2)	95,992	88,715	184,707	140,697

Counselling Care Skye & Lochalsh (SCIO) (SC033321)
Statement of Balances
for the year ended 31 March 2025

	Year ended 31 March 2025			Year ended
	Unrestricted	Restricted	Total	31 March 2024
	£	£	£	Total £
Bank balances:				
Adult Service account	-	62,715	62,715	39,957
Children & Young People account	69,905	-	69,905	60,046
Deposit account	23,638	26,000	49,638	36,862
Current account	2,114	-	2,114	3,716
Cash balances:				
Petty cash	335	-	335	116
Total	95,992	88,715	184,707	140,697
Estimated value of other assets				
Computer & Office equipment (25% RB)	3,388	-	3,388	2,424
Total	3,388	-	3,388	2,424
Estimated liabilities				
PAYE/NI	2,402	-	2,402	-
Accountancy & Independent Examination	1,764	-	1,764	1,690
	4,166	-	4,166	1,690

if:

Dated: 30/10/25

The notes on page 6 form part of these accounts

Counselling Care Skye & Lochalsh (SCIO) (SC033321)

Notes to the accounts

for the year ended 31 March 2025

1) Accounting policies

Accounting Convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis of financial statements

The financial statements have been prepared on a receipts and payments basis.

Fixed Assets

A statement of the assets held is shown on page 5. Depreciation is a non-cash item and is therefore excluded from the receipts and payments account but the current values take this into account.

Funds

Unrestricted funds comprise grants and other income received for the objects of the charity without further specified purpose and are available as general funds.

Designated funds represent unrestricted funds which have been earmarked by the Trustees for particular purposes.

Restricted funds comprise income which has been received for the objects of the charity and specified for a restricted purpose within these objects by the donor.

2) Movement in funds

	Balance at 1 April 2024	Receipts	Payments	Transfers	Balance at 31 March 2025
NHS Highland	-	45,818	(45,818)	-	-
Highland Council - AS	-	6,000	(6,000)	-	-
Highland Council - C&YP	-	11,000	(11,000)	-	-
National Lottery - Improving lives	45,106	61,052	(17,443)	-	88,715
Robertson Trust	8,608	-	(8,608)	-	-
Donations - C&YP	-	-	-	-	-
Donation - AS	-	1,625	(1,625)	-	-
	<u>53,714</u>	<u>125,495</u>	<u>(90,494)</u>	<u>-</u>	<u>88,715</u>
Unrestricted	<u>86,983</u>	<u>48,284</u>	<u>(39,275)</u>	<u>-</u>	<u>95,992</u>
Total funds	<u>140,697</u>	<u>173,779</u>	<u>(129,769)</u>	<u>-</u>	<u>184,707</u>

Purpose of restricted funds

NHS Highland - covers counselling support for individuals Adult Services (AS), expended in year.

Highland Council - AS - covers counselling support for individuals Adult Services (AS), expended in year.

Highland Council - C&YP - covers counselling support for children & young people (C&YP), expended in year.

National Lottery - Improving lives - restricted to Adult Services (AS), partly expended during the year, the balance has been carried forward.

Robertson Trust - Cost of counselling sessions & software system, partly expended during the year, the balance c/f from 2024 expended in the year.

Donations - C&YP - covers C&YP, no donations in the year.

Donations - AS - covers AS, expended in year.

3) No trustees received remuneration in either the year or prior year.

One trustee were reimbursed for expenses purchased on behalf of the charity, this payment totalled £150 (2024 - £50) during the year.

Counselling Care Skye & Lochalsh (SCIO) (SC033321)
Independent Examiner's Report
for the year ended 31 March 2025

Independent Examiner's Report to the Trustees of Counselling Care Skye & Lochalsh (SCIO)

I report on the accounts of the charity for the year ended 31 March 2025, which are set out on pages four to six.

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) Act 2005 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 view given by 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 keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulationshave 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.



Campbell Stewart MacLennan & Co.
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Isle of Skye
IV51 9HL

Date: 24.11.2025