

Counselling Services Scotland

Scotland · Charity number SC035051

Details

Status	Active
Legal form	Unincorporated association
Registered	2003-10-02
Register	View on the OSCR register

Contact

Address	35 Moorfoot Avenue Glenburn Paisley PA2 8AD
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Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of education', 'the advancement of health', 'the advancement of citizenship or community development', 'the advancement of human rights, conflict resolution or reconciliation', 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage', 'any other purpose that may reasonably be regarded as analogous to any of the preceding purposes'

What the charity does: The purpose of the charity is to advance the education and relieve the suffering and distress of those affected by mental ill-health and generally promotes the welfare of those sufferers and their families and carers by providing a range of information, practical and emotional support through self help forums, self management awareness training, information and education on the nature of mental health issues. To provide relevant and appropriate training, support and supervision to agencies and individuals.

Beneficiaries: 'People with disabilities or health problems', 'Other defined groups', 'No specific group, or for the benefit of the community', 'Other charities or voluntary bodies'

Objectives: The objects of the Organisation shall be to advance the education and relieve the suffering and distress of those affected by mental ill-health and generally promote the welfare of sufferers and their families and carers.

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£647	£2,217	-	0
2025-03-31	£1,764	£1,853	-	0
2024-03-31	£2,333	£2,177	-	0
2023-03-31	£1,831	£1,754	-	0
2022-03-31	£869	£1,615	-	0
2021-03-31	£2,368	£2,025	-	0

Accounts



Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
From	Day	Month	Year	To	Day	Month	Year
	1	April	2025		31	March	2026

Reference and administration details

Charity name Counselling Services Scotland

Other names charity is known by

Registered charity number SC035051

Charity's principal address

Moorfoot Avenue

Glenburn

Paisley

Renfrewshire

Postcode PA2 8AD

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Maureen Blackburn	Chairperson		
2	Tilda Boyle	Secretary		
3	Margaret Totten	Treasurer		
4	Morag Donnelly			
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year
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Structure, governance and management

Type of governing document

Counselling Services Scotland is an Unincorporated Association and is governed by its constitution. The charity has been a registered Scottish Charity since October 2003.

Trustees are responsible for the day to day management and operational duties of the charity as there are no paid employees.

Trustee recruitment and appointment

The trustees were those appointed at its Annual General Meeting. Appointment and removal of Trustees is in accordance with the constitution that also requires any person who wishes to be a trustee to submit an application for appointment prior to the AGM. Any appointment is ratified at the AGM by members in attendance.

Objectives and activities

Charitable purposes

The purpose of the charity is to advance the education and relieve the suffering and distress of those affected by mental ill-health and generally promotes the welfare of those sufferers and their families and carers.

Summary of the main activities in relation to these objects

To charity provide a range of information, practical and emotional support through self help forums, self management awareness training, information and education on the nature of mental health issues.
To provide relevant and appropriate training, support and supervision to agencies and individuals.

Achievements and performance

Summary of the main achievements of the charity during the financial period

The charity had a slight increase in the number of email requests seeking information from (593 : 2024/25) to 601. The main reason for contact was to seek assistance and information directly relating to mental health issues such as low mood and feeling isolated as well as financial worries and potential changes in welfare benefits. Similar to 2024/25 service users stating feelings of despair, worried, seeing no future as a direct result of being affected physically and or mentally due to family financial pressures. The following statistics recorded reflect this:

81 face to face meetings were undertaken with individuals
39 family face to face sessions were delivered
93 persons requested specific mental health specific information sheets
76 service users sought assistance relating to contact details for welfare assistance
16 applications for funds to meet day to day running costs and upgrade the charity's laptop and software due to volunteers having to use their own laptops which are struggling to update and manage the mobile dongles issued

There was no support and supervision sessions offered during the financial year due to volunteers having insufficient time and an increase in the number of charities using AI online sessions. In addition, the charity continues to have issues opening documents sent by other companies, charities and funders, as the one off payment purchase of Microsoft Office reported to happen in October 2026, seems unlikely at this time.

The Trustees have no plans to develop its own website due to cost and training implications. The Trustees believe current arrangements with other agencies and organisations is sufficient at this time, as is the number of individuals/families being supported is at a level that the charity and its' counsellors/volunteers are able to support at this time.

Financial review

Brief statement of the charity's policy on reserves

The charity's policy on reserves is to have three months operating costs (£564).

The charity report a deficit of £2,217 of funds for year ending 31 March 2026 compared to £89, in the previous financial year (2024/25). The figures reported require no additional explanation. The Trustees are confident that the charity will be able to maintain service delivery at its current rate to meet all 2026/27 costs.

Details of any deficit

The deficit reported at the financial year end was due to a reduction in income and higher than anticipated insurance and mobile dongle/top-up costs and attendance at events.

Donated facilities and services (if any)

Organisations provided free premises for individuals receiving one to one support as in previous year. The charity's Trustees met all travel costs themselves 2 Volunteers were reimbursed for out of pocket public transport costs to events.

Other optional information

There was a significant decrease in donations and fund raising activities income during the financial year 2025/26.

No trustee submitted expense claims for out of pocket travel during the financial year. Any claims received would be met from unrestricted funds. The Trustees are concerned that volunteers are absorbing more and more costs for travel, use of their own mobile and home phone costs. Trustees ensured that 2 Volunteers were reimbursed for out of pocket public transport costs incurred to attend events on behalf of the charity.

As reported last year the charities Trustee's are concerned about the increase number of individuals/families seeking support and or assistance for their mental wellbeing and financial poverty and remain committed to its position that no counsellor/volunteer or trustee is or should directly assist any client with any welfare benefit claim form filling or provide specific advice or information on what to report on any claim being submitted by a client. The Trustees fully believe and acknowledge that due to the many welfare reform changes and the many government financial assistance funds that client's should seek the services of a specialist welfare officer either directly employed by the local authority, Citizens Advice or similar agencies such as Trust Scotland and this continues to be the view today. Clients are now provided with contact details where appropriate to allow them to contact relevant agencies/departments direct.

2 Volunteers attended various events throughout the year including the use of AI in specific operations organised by NHS24 and Scottish Parliament. In addition events attended including the introduction of professional Pharmacist being able to diagnose and prescribe certain conditions rather than attendance at GP surgeries, use of AI within cardiac surgery and the in dispensing medication organised by Strathclyde University, GCVS and Glasgow University on behalf of the Government.

The Trustees are concerned as a small charity the legal obligations appear to be increasing and therefore will continue to review and monitor changes as and when they are being considered. The Trustees held a special meeting at the end of March 2026 to discuss the future of the charity. After a long discussion it was agreed the charity consider applying for 'dissolution of the charity' at the end of March 2027. This decision will be reviewed in September 2026.

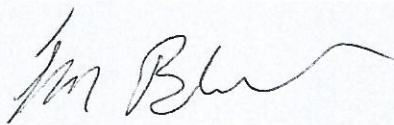
As reported last year the Trustees had hoped that Microsoft would have available a onetime cost to purchase its software, which was due to be released at the end of last year – this has still not happened and directly impacts the charities ability to open and download specific documents/information.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

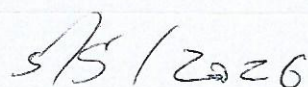
Signature(s)



Full name(s) Maureen Blackburn

Position (e.g. Chair) Chairperson

Date





Office of the Scottish Charity Regulator

Independent examiner's report on the accounts

Report to the trustees/members of

Counselling Services Scotland

Registered charity number

SC035051

On the accounts of the charity for the period

Period start date			Period end date			
Day	Month	Year		Day	Month	Year
01	April	2025	to	31	March	2026

Set out on pages

6 to 10

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 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 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.

Signed:

Fiona Collie

Date:

5/5/2026

Name:

Fiona Collie

Relevant professional qualification(s) or body (if any):

Address:

Roman Road
Falkirk
FK4 2DE

Receipts and payments accounts

For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2025		31	March	2026

Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds March 2026	Total funds March 2025
	£	£	£	£	£	£
A1 Receipts						
Donations	581				581	1,063
Legacies	-				-	-
Grants	-				-	-
Receipts from fundraising activities	106				106	701
Gross trading receipts	-				-	-
Income from investments other than land and buildings	-				-	-
Rents from land & buildings	-				-	-
Gross receipts from other charitable activities	-				-	-
					-	-
A1 Sub total	687	-	-	-	687	1,764
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	-
Proceeds from sale of investments					-	-
A2 Sub total	-	-	-	-	-	-
Total receipts	687	-	-	-	687	1,764
A3 Payments						
Expenses for fundraising activities	-				-	-
Gross trading payments	-				-	-
Investment management costs	-				-	-
Payments relating directly to charitable activities	2,898				2,898	1,853
Grants and donations	-				-	-
Governance costs:	-				-	-
Audit / independent examination	-				-	-
Preparation of annual accounts	-				-	-
Legal costs	-				-	-
Other (Bank Fees)	6				6	-
A3 Sub total	2,904	-	-	-	2,904	1,853
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	-
Purchase of investments					-	-
A4 Sub total	-	-	-	-	-	-
Total payments	2,904	-	-	-	2,904	1,853
Net receipts / (payments)	(2,217)	-	-	-	(2,217)	(89)
A5 Transfers to / (from) funds					-	
Surplus / (deficit) for year	(2,217)	-	-	-	(2,217)	(89)

Section B Statement of balances

Categories	Details	Unrestricted funds £	Restricted funds £	Expendable endowment funds £	Permanent endowment funds £	Total March 2026 £	Total March 2025 £
B1 Cash funds	Cash and bank balances at start of year	11,091				11,091	11,180
	Surplus / (deficit) shown on receipts and payments account	(2,217)				(2,217)	(89)
						-	-
						-	-
	Cash and bank balances at end of year	8,874	-	-	-	8,874	11,091

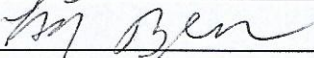
Details	Fund to which asset belongs	Market Valuation £	Market Value £
B2 Investments			
	Total	-	-

Details	Fund to which asset belongs	Cost (if available) £	Total March 2026 £	Total March 2025 £
B3 Other assets	Unrestricted	616	297	555
			-	-
	Total	616	297	555

Details	Fund to which liability relates	Total March 2026 £	Total March 2025 £
B4 Liabilities	Unrestricted Funds	164	236
	Total	164	236

Details	Fund to which liability relates	Amount due March 2026 (estimate) £	Total March 2025 (estimate) £
B5 Contingent liabilities			
	Total	-	-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Margaret Totten (Treasurer)	5 MAY 26
	Maureen Blackburn (Chair)	5/5/2020

Section C Notes to the Accounts

C1 Nature and purpose of funds

Unrestricted funds are free reserves of the charity. As in previous years unrestricted funds met the cost of purchasing four annual mobile/broadband dongles to allow counsellors to keep in contact with the charity via email while travelling to and from client visits. In addition unrestricted funds were used to meet the day to day operating running costs such as purchase of postage, stationery, printing of information handouts. All costs were met from reserves held. Restricted funds are those donated specifically to be used for the purposes applied. No restricted funds were received during the financial year.

C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
No grants were received			-
Total			-

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	X
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C3b Trustee remuneration - details

Authority under which paid	£

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	X
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C4b Trustee expenses - details

	Number of trustees	£

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at March 2026 (£)

C6 Other information

Gross trading receipts are shown under the unrestricted fund heading. Donations were received from individuals who received one to one support.

Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds £	Restricted funds £	Expendable endowment funds £	Permanent endowment funds £	Total March 2026 £	Total March 2025 £
Self Management Training	-				-	-
Support & Supervision	-				-	200
Client Donations	581				581	863
Total	581	-	-	-	581	1,063

2 Grants

	Unrestricted funds £	Restricted funds £	Total March 2026 £	Total March 2025 £
			-	-
			-	-
			-	-
Total	-	-	-	-

3 Gross receipts from other charitable activities

	Unrestricted funds £	Restricted funds £	Expendable endowment funds £	Permanent endowment funds £	Total March 2026 £	Total March 2025 £
Various Fundraising Activities	106				106	701
					-	-
					-	-
					-	-
					-	-
					-	-
Total	106	-	-	-	106	701

4 Payments relating directly to charitable activities

	Unrestricted funds £	Restricted funds £	Expendable endowment funds £	Permanent endowment funds £	Total March 2026 £	Total March 2025 £
Professional Insurance	571	-			571	463
Membership Fees	86	-			86	52
Postage	156	-			156	66
Stationery	201	-			201	91
Publications (Resources)	-	-			-	27
Printing	111	-			111	43
Mobile Dongles & Top-Ups	644	-			644	586
Courses/Conference Fees	320	-			320	-
Reimbursement of Volunteer Travel Costs	106	-			106	-
IT Software (virus protection)	222	-			222	163
BT Telephone/Email	232	-			232	126
Domestic & General PC Insurance	249	-			249	236
Bank Charges for cheques/cash deposited and written	6	-			6	-
Total	2,904	-	-	-	2,904	1,853

Additional analysis (2)

5 Breakdown of unrestricted funds

	Individuals & Organisation Donations	Delivery of Mental Health Impact Training	Various Fund Raising Activities	Support & Supervision	Total unrestricted funds March 2026 £	Total unrestricted funds March 2025 £
Receipts	£	£	£			
Donations	581	-		-	581	1,063
Legacies					-	-
Grants					-	-
Receipts from fundraising activities			106		106	701
Gross trading receipts		-			-	-
buildings					-	-
Rents from land & buildings					-	-
Gross receipts from other charitable activities					-	-
Sub total	581	-	106	-	687	1,764
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	-
Proceeds from sale of investments					-	-
Sub total	-	-	-	-	-	-
Total receipts	581	-	106	-	687	1,764
Payments						
Expenses for fundraising activities					-	-
Gross trading payments					-	-
Investment management costs					-	-
Payments relating directly to charitable activities	2,798		106	-	2,904	1,853
Grants and donations					-	-
Governance costs:					-	-
Audit / independent examination					-	-
Preparation of annual accounts					-	-
Legal costs					-	-
Sub total	2,798	-	106	-	2,904	1,853
Payments relating to asset and investment movements						
Purchases of fixed assets					-	-
Purchase of investments					-	-
Sub total	-	-	-	-	-	-
Total payments	2,798	-	106	-	2,904	1,853
Net receipts / (payments)	(2,217)	-	-	-	(2,217)	(89)
Transfers to / (from) funds					-	
Surplus / (deficit) for year	(2,217)	-	-	-	(2,217)	(89)

Nature and purpose of funds

Unrestricted funds are the free reserves of the charity that can be used at the discretion of the Trustees in furtherance of the charities objectives