

Charity number SC042861

HOPE COUNSELLING (SCIO)
REPORT OF THE TRUSTEES
AND
FINANCIAL STATEMENTS
FOR THE YEAR TO 31 JANUARY 2025

Receipts and payments accounts

For the period
from

Day Month Year
01 February 2024

to

Day Month Year
31 January 2025

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations	4,939	3,000			7,939	4,657
Legacies					-	
Grants	6,000	5,150			11,150	25,200
Receipts from fundraising activities	2,386				2,386	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities	24,830				24,830	18,191
					-	
A1 Sub total	38,155	8,150	-	-	46,305	48,048
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	38,155	8,150	-	-	46,305	48,048
A3 Payments						
Expenses for fundraising activities	524				524	36
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	33,378	16,415			49,793	37,613
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	300				300	400
Preparation of annual accounts	200				200	
Legal costs					-	
Other					-	
					-	
A3 Sub total	34,402	16,415	-	-	50,817	38,049
A4 Payments relating to asset and investment movements						
Purchases of fixed assets	560				560	-
Purchase of investments					-	
A4 Sub total	560	-	-	-	560	-
Total payments	34,962	16,415	-	-	51,377	38,049
Net receipts / (payments)	3,193	(8,265)	-	-	(5,072)	9,999
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	3,193	(8,265)	-	-	(5,072)	9,999

Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year	31,568	16,000			47,568	37,569
	Surplus / (deficit) shown on receipts and payments account	3,193	(8,265)			(5,072)	9,999
						-	
						-	
	Cash and bank balances at end of year	34,761	7,735	-	-	42,496	47,568
	(Agree balances with receipts and payments account(s))						

	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
B2 Investments				
		Total	-	-

	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets	Badentoy Fixtures and fittings	General	1,337	-	334
	Computer equipment	General	539	-	-
	Printer 2021	General	127	-	32
	Website development cost	Corra/Bailie Gifford	2,508	-	627
	Computer equipment 2023	General	859	215	430
	Badentoy Fixtures and fittings 2023	General	1,873	468	937
	Bridge Fixtures and fittings 2025	General	560	448	-
		Total	7,803	1,131	2,360

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities				
		Total	-	-

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities				
		Total	-	-

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

Signature

Print Name

Date of
approval

[Redacted Signature]

[Redacted Print Name]

24/7/25

APPENDIX 1



Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	01	Feb	2024	To	31	Jan	2025

Reference and administration details

Charity name	Hope Counselling
Other names charity is known by	
Registered charity number	SC042861
Charity's principal address	The Bridge 3 rd Floor
	King's Way
	Bridge of Don
	Aberdeen
	Postcode: AB23 8BL

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		Convenor		
2		Service Director		
3		Secretary		
4		Treasurer		
5				
6				
7				
8				
9				
10				

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
	Until March 2024

APPENDIX 1

Structure, governance and management

Type of governing document	Constitution dated 14/06/2021
Trustee recruitment and appointment	Trustees are appointed following acceptance of an application by the Board. All Trustees resign and are eligible for re-appointment at each AGM of the charity.

Objectives and activities

Charitable purposes	The organisation is established for charitable purposes only to advance health and relieve the needs of persons in emotional distress in the north east of Scotland within a Christian ethos.
Summary of the main activities in relation to these objects	Hope counselling continues to provide a high quality affordable general counselling service for Aberdeen and surrounding areas. We use an Integrative method of counselling which combines Person-centred and Psychodynamic approaches with CBT (cognitive behaviour therapy), and we offer to discuss spiritual issues from the perspective of Christianity for those who specifically request it.

Achievements and performance

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

Overview

We have now been in operation for 13 years, with 1 founder member still involved, as trustee and director. We continue to have an outstanding reputation in the local community, receiving referrals from GP surgeries and local community groups. Clients come via website, google searches, NHS referrals and personal recommendation is still prevalent. Hope Counselling continues to develop its service, A 3-year business plan is under development. We have a dedicated space now in our new location at The Bridge which offers good accessibility by public transport and for those with disabilities and has adjacent facilities for refreshments as required by clients.

This accounting year has been both fruitful and challenging as we have continued to manage the impact of the financial recession on clients and further challenges in funding. We continue to use a blended model of remote and F2F counselling and provide students with placement opportunities.

The table below outlines the salient statistics from transaction sheets for Jan 24 to Feb 25 inclusive. The loss in income associated with no fees (hardship cases / subsidized sessions) is £7,545 over the same period or £539/month.

Statistics over 14 month period Jan24 to Feb25

	Initial assessments	Did not attend	Cannot attend	Sessions 25 years and younger	Sessions with no fee	Total no of sessions less DNA/CNA	No fee/fees	Loss / session
	IA	DNA	CNA				%	£
Total	139	53	252	143	357	1,155		
Average/month	10	4	18	10	25	82	34	19.33

We use a highly effective integrative model, which allows us to offer a bespoke service according to each client's requirements. We are an evidence-based service allowing us to gather information and feedback on our effectiveness to funders. Hope Counselling see clients with mild to moderate mental health issues, however we note at assessments that individuals are presenting with more severe mental health issues whilst waiting for NHS mental health assessments. Therapy is planned around clients' individual mental health needs.

APPENDIX 1

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

Personnel and organisation

The number of trustees at time of submitting OSCR return is 4, one of whom is the service director. Qualified counsellors continue to benefit from paid supervision by Hope Counselling, which ensures British Association of Counselling and Psychotherapy (BACP) compliance and helps to develop the service whilst giving counsellors external peer supervision. There are currently 12 counsellors including 5 students on placement.

Affiliations

We are members of Aberdeenshire Voluntary Action (AVA) and Aberdeen Charities Voluntary organisation (ACVO). The NHS has also been very supportive. We are also members of Scottish Charities Voluntary organisation (SCVO), which brings a great array of resource tools for charities such as ourselves. We also have close links with some GP practices in Aberdeen and Aberdeenshire.

Financial

Hope has a sound financial position, with an operating balance of **£42,496**, a reduction of £5,072 over the accounting year. The fundraising team was successful in securing **£11,500** in grants (25% of income). We received **£7,939** (17% of income) in donations which a small proportion of the funding requirements of the organisation and fundraising activities generated **£2,386** (5% of income). BACP have warned of the challenges ahead in relation to grant application success rates for small mental health charities so other fundraising activities have been carried out. We are seeing the impact of the cost of living increase, emphasising the necessity to seek funding for provision of our subsidised counselling service.

Focus on funding remains so we can continue to counsel vulnerable people in hardship, whilst also maintaining training, supervision, and remuneration of staff. Income from client fees was **£24,830**, which is unrestricted funds and represents 53% of income. In 2024 we made 15 funding applications and funds were received from 4 organisations.

We have an unrestricted reserves policy of maintaining at least £8,000 and a minimum allowable operating balance of £15,000. This is enough to cover 4 months with no income. The approved budget for 2025 is **£95,000 with 47%** coming from grants, so funding applications are critical to the organisation.

Training and Development

Hope continues to support learning and development of staff by paying for external qualified supervision for all counsellors monthly, combined with in-house peer supervision. In this way counsellors learn from each other but have the balance of external influences on their practice. It also ensures compliance with the BACP code of practice. Our CPD sessions continue and comprise of external trainer delivery (both online and face to face), peer teaching and case reviews. We also financially subsidise external training in specific areas to meet counsellor and client needs.

APPENDIX 1

Financial review

Brief statement of the charity’s policy on reserves

It is the policy of the charity to maintain unrestricted reserves of at least £8,000 and a minimum operating balance of £15,000. The current general fund bank balance of £38,155 provides the working capital for the ongoing activities. At current activity levels this would finance around 5 months of continued activity without further income. There is also a restricted fund balance of £8,150 representing funds received through awards in 2023 and 2024 to be applied to support the activities of the charity in 2025.

Details of any deficit

There are no funds in deficit.

Donated facilities and services (if any)

Counselling staff engaged in the provision of the service donate their time freely to the delivery of the purposes of the charity in order to increase the amount of counselling time which can be made available to clients.

Other optional 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)	
Position (e.g. Chair)	
	Chair & Trustee
Date	24/7/25

Hope Counselling

SC042861

Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Aberdeen Christian Fellowship	1,600				1,600	1,440
Golden Giving	105				105	1,484
Gift Aid receipt					-	463
Kings Church		3,000			3,000	
Other donations	3,234				3,234	1,270
					-	
Total	4,939	3,000	-	-	7,939	4,657

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
Foyle Foundation Foundation	6,000		6,000	
Stafford Charitable Trust		3,750	3,750	
NHS Grampian Charities Trust			-	7,500
Albert Hunt Trust			-	3,000
Marsh CT			-	600
Hugh Fraser Foundation			-	2,900
Edward Gostling			-	6,000
Paristamen CIO			-	1,000
AVA MHWB			-	4,200
Anderson, Anderson & Brown		1,400	1,400	
			-	
			-	
			-	
			-	
Total	6,000	5,150	11,150	25,200

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Client contributions	24,650				24,650	17,711
Courses	180				180	480
Supervision					-	
Other					-	
					-	
Total	24,830	-	-	-	24,830	18,191

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Rent	4,783				4,783	5,791
Staff payments	22,681				22,681	16,178
Counselling supervision		3,570			3,570	3,090
Training		845			845	1,185
Travel	53	1,700			1,753	1,391
Counselling costs	49	10,300			10,349	6,077
Support costs	5,812				5,812	3,901
Equipment					-	-
Running courses					-	-
Total	33,378	16,415	-	-	49,793	37,613

5 Breakdown of unrestricted funds

	Disbursements from 5 - other source of fund below	Disbursements from 2 - other source of fund below	Disbursements from 3 - other source of fund below	Disbursements from 4 - other source of fund below	Total unrestricted funds	Total unrestricted funds last period
	General Fund					
Receipts						
Donations	4,939				4,939	4,577
Legacies					-	
Grants	6,000				6,000	1,600
Receipts from fundraising activities	2,386				2,386	
Gross trading receipts					-	
buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities	24,830				24,830	18,191
Sub total	38,155	-	-	-	38,155	24,368
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	38,155	-	-	-	38,155	24,368
Payments						
Expenses for fundraising activities	524				524	36
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	33,378				33,378	17,703
Grants and donations					-	
Governance costs:						
Audit / independent examination	300				300	400
Preparation of annual accounts	200				200	
Legal costs					-	
					-	
Sub total	34,402	-	-	-	34,402	18,139
Payments relating to asset and investment movements						
Purchases of fixed assets	560				560	
Purchase of investments					-	
Sub total	560	-	-	-	560	-
Total payments	34,962	-	-	-	34,962	18,139
Net receipts / (payments)	3,193	-	-	-	3,193	6,229
Transfers to / (from) funds					-	
Surplus / (deficit) for year	3,193	-	-	-	3,193	6,229

Nature and purpose of funds	Source of funds	Use of funds
<p>1. General fund</p> <p>2. Special fund</p>	<p>1. General fund</p> <p>2. Special fund</p>	<p>1. General fund</p> <p>2. Special fund</p>

Additional analysis (4)

6 Breakdown of restricted funds (contd)

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Restricted fund 5 - enter name of fund below	Total carried forward to Add notes 3
	Training, mileage, counselling (AVA MHWBF)	Counselling Costs (Kings Church)	Hardship Counselling (Edward Gostling)	Supervision & Training (Hugh Fraser Foundation)	Training (James Tudor Foundation)	
Receipts						
Donations		3,000				3,000
Legacies						-
Grants						-
Receipts from fundraising activities						-
Gross trading receipts						-
Income from investments other than land and buildings						-
Rents from land & buildings						-
Gross receipts from other charitable activities						-
Sub total	-	3,000	-	-	-	3,000
Receipts from asset & investment sales						
Proceeds from sale of fixed assets						-
Proceeds from sale of investments						-
Sub total	-	-	-	-	-	-
Total receipts	-	3,000	-	-	-	3,000

Payments						
Expenses for fundraising activities						-
Gross trading payments						-
Investment management costs						-
Payments relating directly to charitable activities	3,300		6,000	2,400	700	12,400
Grants and donations						-
Governance costs:						-
Audit / independent examination						-
Preparation of annual accounts						-
Legal costs						-
Sub total	3,300	-	6,000	2,400	700	12,400
Payments relating to asset and investment movements						
Purchases of fixed assets						-
Purchase of investments						-
Sub total	-	-	-	-	-	-
Total payments	3,300	-	6,000	2,400	700	12,400
Net receipts / (payments)	(3,300)	3,000	(6,000)	(2,400)	(700)	(9,400)
Transfers to / (from) funds						-
Surplus / (deficit) for year	(3,300)	3,000	(6,000)	(2,400)	(700)	(9,400)

Nature and purpose of funds

AVA MHWBF: counselling, mileage, training - balance remaining £900
 Kings Church: counselling costs - balance remaining £3,000
 Edward Gostling: counselling for hardship cases - balance remaining £0
 Hugh Fraser Foundation: supervision & training - balance remaining £0
 James Tudor Foundation: training - balance remaining £0

OSCr

Office of the Scottish Charity Regulator

Independent examiner's report on the accounts v2						
Report to the trustees/members of	Hope Counselling					
Registered charity number	SC042861					
On the accounts of the charity for the period	Period start date				Period end date	
	Day	Month	Year		Day	Month
	01	February	2024	to	31	January
Set out on pages	OSCR R&P template					(remember to include the page numbers of additional sheets)
Respective responsibilities of trustees and examiner	<p>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.</p>					
Basis of independent examiner's statement	<p>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.</p>					
Independent examiner's statement	<p>In the course of my examination, no matter has come to my attention other than that disclosed on the attached page*</p> <ol style="list-style-type: none"> which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> 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 <p>have not been met, or</p> <ol style="list-style-type: none"> to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached. 					
Signed:	[Redacted Signature]					Date: 31 July 2025
Name:	[Redacted Name]					
Relevant professional qualification(s) or body (if any):	N/A					
Address:	[Redacted Address]					

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.