

MindLink Multicultural Counselling & Psychological Services

Scotland · Charity number SC054001

Details

Known as MindLink

Status Active

Legal form SCIO (Scottish Charitable Incorporated Organisation)

Registered 2025-02-21

Register [View on the OSCR register](#)

Contact

Address Hq
1 Berry Street
Aberdeen
AB25 1HF

Website <https://www.mindlinkpsych.org/>

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health', 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: We provide 1 to 1 counselling sessions to minority groups at an affordable cost. We also carry out workshops for 10 to 15 people where we explore the struggles minority groups go through when living abroad and provide useful techniques to identify them and cope with them.

Beneficiaries: 'People with disabilities or health problems', 'Other defined groups'

Objectives: The organisation is established for charitable purposes only, and in particular, the objects are: i) The advancement of health and ii) the relief of the needs of persons disadvantaged by lack of access to psychological therapies. with a particular focus on the Polish community and other ethnicities.

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2026-02-28	£21,138	£7,539	-	0

Accounts

APPENDIX 1

OSCR

Scottish Charity Regulator

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	03	25	To	28	02	26

Reference and administration details

Charity name
Other names charity is known by
Registered charity number
Charity's principal address

MindLink Multicultural Counselling & Psychological Services
SC 054001
HQ
Berry Street
Aberdeen
Postcode AB25 1HF

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	Jorge Diaz Rodriguez	Treasurer		
2	Magdalena Rzewuska Diaz	Chair		
3	Magdalena Mikolajewska	Secretary		
4				
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
Martin Gryszkiewicz-MacKenzie	15-03-25 till 17-4-25
Tomasz Mikolajewski	22-4-25 till 21-9-25

Structure, governance and management

Type of governing document

Single tier SCIO

Trustee recruitment and appointment

Any person, nominated individual or body who/which wishes to become a Charity Trustee must sign a written application for Charity Trusteeship; and for a corporate body, that application must be signed by an appropriately authorised officer of that body who will remain as the representative of that corporate body until such time as the corporate body informs the Board otherwise.
The application will then be considered by the Board at its next Board meeting.
The Board may, at its discretion, refuse to admit any person, nominated individual or corporate body, or veto the proposed authorised officer acting as a representative of a corporate body, to Charity Trusteeship.
The Board must notify each applicant promptly (in writing, which includes by e-mail) of its decision on whether or not to admit him/her/it to Charity Trusteeship.

Objectives and activities

Charitable purposes

The organisation is established for charitable purposes only, and in particular, the objects are: i) The advancement of health and ii) the relief of the needs of persons disadvantaged by lack of access to psychological therapies; with a particular focus on the Polish community and other ethnicities, and in furtherance of this by;
Provision of accredited counselling and psychological support services
Provision of accredited training placements in the field
Working in partnership with other bodies to achieve the purposes.
Mental health and wellbeing promotion

Summary of the main activities in relation to these objects

We provide 1 to 1 counselling sessions to minority groups at an affordable cost. We also carry out workshops for 10 to 15 people where we explore the struggles minority groups go through when living abroad and provide useful techniques to identify them and cope with them.

APPENDIX 1

Achievements and performance

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

We applied and were successfully awarded the following grants:

- The National Lottery Community Fund - Project ID: 20321031
Project Name: EMDF R3 - Cultures of care: multicultural mental health & well-being support
- Konsulat Generalny RP - Implementation of project no. 11/O ad hoc – Individual psychological support for the Polish community in Aberdeenshire – MindLink [realizacja przedsięwzięcia polonijnego nr 11/O ad hoc - Indywidualne wsparcie psychologiczne dla Polonii w Aberdeenshire – MindLink
- ACVO Ltd - ACVO MHWB FUND

We moved to our new office in the HQ Berry Street Aberdeen where we have held 1 to 1 sessions and 2 workshops.

We increased the number of volunteers up to 10.

We have been recognised in a Scottish Parliamentary Motion (S6M-19750) for the National Lottery Community Fund award and our work providing culturally sensitive counselling and community support.

We delivered a wellbeing session in a local construction site.

Financial review

Brief statement of the charity's policy on reserves

MindLink aims to hold unrestricted reserves equivalent to a minimum of three months of core operating costs.

Core operating costs include, but are not limited to:

- Staffing and sessional expenses
- Premises and facilities costs (if not covered with unrestricted funds)
- Professional and regulatory fees
- Insurance
- Essential systems and administrative costs

The reserves target represents a balance between financial resilience and ensuring that funds are applied primarily towards the delivery of charitable services.

Details of any deficit

N/A

Donated facilities and services (if any)

N/A

APPENDIX 1

Other optional information

Declaration

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

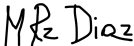
Signed on behalf of the charity’s trustees

Signature(s)
OSCR will accept
digital or typed
signatures

Full name(s)

Position (e.g. Chair)

Date

	
Jorge Diaz Rodriguez	Magda Rzewuska Diaz
Treasurer	Chair
04/04/2026	04/04/2026



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	03	2025		28	02	2026

Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
A1 Receipts						
Donations	829	0	0	0	829 -	0
Legacies	0	0	0	0	0 -	0
Grants	0	18319	0	0	18319 -	0
Receipts from fundraising activities	0	0	0	0	0 -	0
Gross trading receipts	1990	0	0	0	1990 -	0
Income from investments other than land and buildings	0	0	0	0	0 -	0
Rents from land & buildings	0	0	0	0	0 -	0
Gross receipts from other charitable activities	0	0	0	0	0 -	0
					-	
A1 Sub total	2819 -	18319 -	0 -	0 -	21138 -	0 -
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets	0	0	0	0	0 -	0
Proceeds from sale of investments	0	0	0	0	0 -	0
A2 Sub total	0 -	0 -	0 -	0 -	0 -	0 -
Total receipts	2819 -	18319 -	0 -	0 -	21138 -	0 -
A3 Payments						
Expenses for fundraising activities	0	0	0	0	0 -	0
Gross trading payments	751	48	0	0	799 -	0
Investment management costs	0	0	0	0	0 -	0
Payments relating directly to charitable activities	336	6404	0	0	6740 -	0
Grants and donations	0	0	0	0	0 -	0
Governance costs:	0	0	0	0	0 -	0
Audit / independent examination	0	0	0	0	0 -	0
Preparation of annual accounts	0	0	0	0	0 -	0
Legal costs	0	0	0	0	0 -	0
Other	0	0	0	0	0 -	0
					-	
A3 Sub total	1087 -	6452 -	0 -	0 -	7539 -	0 -
A4 Payments relating to asset and investment movements						
Purchases of fixed assets	0	0	0	0	0 -	0
Purchase of investments	0	0	0	0	0 -	0
A4 Sub total	0 -	0 -	0 -	0 -	0 -	0 -
Total payments	1087 -	6542 -	0 -	0 -	7539 -	0 -
Net receipts / (payments)	1732 -	11867 -	0 -	0 -	13599 -	0 -
A5 Transfers to / (from) funds	0	0	0	0	0 -	0
Surplus / (deficit) for year	1732 -	11867 -	0 -	0 -	13599 -	0 -

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	0	0	0	0	0 -	0
	Surplus / (deficit) shown on receipts and payments account	0	0	0	0	0 -	0
						-	
						-	
	Cash and bank balances at end of year	1732 -	11867 -	0 -	0 -	13599 -	0 -
	(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					
		Total	-	-	-

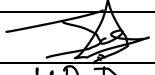
	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities				
		Total	-	-

	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

 M R Z Diaz

Jorge Diaz Rodriguez

04/04/2026

Magdalena Rzewuska Diaz

04/04/2026

* Please note - OSCR will accept digital or typed signatures

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

General fund (unrestricted) - Income from counselling services and donations
 EMDF fund (restricted) - Grant from The National Lottery - Fund to cover the following costs: venue, group supervision, 4 x workshops and promotion of 2 basic campaigns.
 CMHWP fund (restricted) - Grant from ACVO - Fund to cover the following costs: venue, facilitator, expenses, governance.
 11/O ad hoc fund (restricted) - Grant from Polish Consulate - Fund to cover the following costs: counselling sessions for specific clients who cant afford the cost, printing materials.

C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
EMDF - Ethnic Minority Development Fund	The National Lottery	1	13355
CMHWP - Communities Mental Health & Wellbeing Fund	ACVO	1	2964
11/O ad hoc - Individual psychological support for the Polish community in Aberdeenshire	Polish Consulate	1	2000
Total			18319 -

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
--	----------

Authority under which paid

C3b Trustee remuneration - details

	£

C4a Trustee expenses

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

	Number of trustees	£
Markel Direct - Insurance policy for Charities and Community Groups	1	100.8
EMPIK S.A. - Books for the charity	1	29.75
Workshop refreshments	1	44.66
Post office	1	6.59

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

C6 Other information

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 £
Donations to Mindlink	829	0	0	0	829 -	0
					-	
					-	
					-	
Total	829 -	0 -	0 -	0 -	829 -	0 -

- - - - -

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
EMDF - Ethnic Minority Development Fund		13355	13355 -	0
CMHWP - Communities Mental Health & Wellbeing Fund		2964	2964 -	0
11/O ad hoc – Individual psychological support for the Polish community in Aberdeens		2000	2000 -	0
			-	0
Total	-	18319 -	18319 -	0 -

- - - - -

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 £
Counselling income	1990	0	0	0	1990 -	0
					-	
					-	
					-	
					-	
					-	
					-	
Total	1990 -	0 -	0 -	0 -	1990 -	0 -

- - - - -

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 £
Library / Resources / Programme Costs	40	34	0	0	74 -	0
Advertising & Marketing	452	0	0	0	452 -	0
Consulting	0	1085	0	0	1085 -	0
General Expenses	0	70	0	0	70 -	0
IT Software and Consumables	165	0	0	0	165 -	0
Postage, Freight & Courier	4	11	0	0	15 -	0
Printing & Stationery	190	37	0	0	227 -	0
Rent	0	5164	0	0	5164 -	0
Stripe fee	106	0	0	0	106 -	0
Volunteer Expenses	131	52	0	0	182 -	0
					-	0
Total	1087 -	6452 -	0 -	0 -	7539 -	0 -

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Additional analysis (2)**5 Breakdown of unrestricted funds**

	Unrestricted fund 1 - enter name of fund below	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
	General fund					
Receipts						
Donations	829				829 -	0
Legacies	0				0 -	0
Grants	0				0 -	0
Receipts from fundraising activities	0				0 -	0
Gross trading receipts	1990				1990 -	0
buildings	0				0 -	0
Rents from land & buildings	0				0 -	0
Gross receipts from other charitable activities	0				0 -	0
Sub total	2819 -	-	-	-	2819 -	0 -
Receipts from asset & investment sales						
Proceeds from sale of fixed assets	0				0 -	0
Proceeds from sale of investments	0				0 -	0
Sub total	0 -	-	-	-	0 -	0 -
Total receipts	2819 -	-	-	-	2819 -	0 -
Payments						
Expenses for fundraising activities	0				0 -	0
Gross trading payments	751				751 -	0
Investment management costs	0				0 -	0
Payments relating directly to charitable activities	336				336 -	0
Grants and donations	0				0 -	0
Governance costs:					-	
Audit / independent examination	0				0 -	0
Preparation of annual accounts	0				0 -	0
Legal costs	0				0 -	0
					-	
					-	
Sub total	1087 -	-	-	-	1087 -	0 -
Payments relating to asset and investment movements						
Purchases of fixed assets	0				0 -	0
Purchase of investments	0				0 -	0
Sub total	0 -	-	-	-	0 -	0 -
Total payments	1087 -	-	-	-	1087 -	0 -
Net receipts / (payments)	1731 -	-	-	-	1731 -	0 -
Transfers to / (from) funds	0				0 -	0
Surplus / (deficit) for year	1731 -	-	-	-	1731 -	0 -

Nature and purpose of funds

Nature of funds - Income from counselling services and donations.
 Purpose of funds - To cover for the charity trading costs

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Additional analysis (3)**6 Breakdown of restricted funds**

	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	Total restricted funds	Total restricted funds last period
	CMHWP - Communities Mental Health & Wellbeing Fund	EMDF - Ethnic Minority Development Fund	11/O ad hoc - Individual psychological support for the Polish community in Aberdeen			
Receipts						
Donations	0	0	0		0 -	0
Legacies	0	0	0		0 -	0
Grants	2964	13355	2000		18319 -	0
Receipts from fundraising activities	0	0	0		0 -	0
Gross trading receipts	0	0	0		0 -	0
Income from investments other than land and buildings	0	0	0		0 -	0
Rents from land & buildings	0	0	0		0 -	0
Gross receipts from other charitable activities	0	0	0		0 -	0
Sub total	2964 -	13355 -	2000 -	-	18319 -	0 -
Receipts from asset & investment sales						
Proceeds from sale of fixed assets	0	0	0		0 -	0
Proceeds from sale of investments	0	0	0		0 -	0
Sub total	0 -	0 -	0 -	-	0 -	0 -
Total receipts	2964 -	13355 -	2000 -	-	18319 -	0 -
Payments						
Expenses for fundraising activities	0	0	0		0 -	0
Gross trading payments	0	48	0		48 -	0
Investment management costs	0	0	0		0 -	0
Payments relating directly to charitable activities	0	6397	7		6404 -	0
Grants and donations	0	0	0		0 -	0
Governance costs:					-	
Audit / independent examination	0	0	0		0 -	0
Preparation of annual accounts	0	0	0		0 -	0
Legal costs	0	0	0		0 -	0
					-	
					-	
Sub total	0 -	6445 -	7 -	-	6452 -	0 -
Payments relating to asset and investment movements						
Purchases of fixed assets	0	0	0		0 -	0
Purchase of investments	0	0	0		0 -	0
Sub total	0 -	0 -	0 -	-	0 -	0 -
Total payments	0 -	6445 -	7 -	-	6452 -	0 -
Net receipts / (payments)	2964 -	6910 -	1993 -	-	11867 -	0 -
Transfers to / (from) funds	0	0	0		0 -	0
Surplus / (deficit) for year	2964 -	6910 -	1993 -	-	11867 -	0 -

Nature and purpose of funds

EMDF fund (restricted) - Grant from The National Lottery - Fund to cover the following costs: venue, group supervision, 4 x workshops and promotion of 2 basic campaigns.

CMHWP fund (restricted) - Grant from ACVO - Fund to cover the following costs: venue, facilitator, expenses, governance.

11/O ad hoc fund (restricted) - Grant from Polish Consulate - Fund to cover the following costs: counselling sessions for specific clients who cant afford the cost, printing materials.

APPENDIX 3



Report to the trustees/members of
Registered charity number
On the accounts of the charity for the period
Set out on pages

Independent examiner's report on the accounts v2						
Charity name MINDLINK MULTICULTURAL COUNSELLING & PSYCHOLOGICAL SERVICES						
SC 054001						
Period start date				Period end date		
Day	Month	Year		Day	Month	Year
01	03	25	to	28	02	26
						(remember to include the page numbers of additional sheets)

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 (as amended). 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 2006 Accounts Regulations. 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 [other than that disclosed on the attached page*]

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**:

Arkadiusz Losowicki

Date:

14/04/2026

Name:

ARKADIUSZ LOSOWICKI

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

INSTITUTE OF FINANCIAL ACCOUNTANTS (IFA)

Address:

**16 SIMPSON ROAD
ABERDEEN AB23 8EQ**

*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.

**OSCR will accept digital or typed signatures.

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of
any items that the
examiner wishes to
disclose

In the course of my examination
no matter has come to
my attention