

The Lochs

Scotland · Charity number SC054360

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2025-07-02
Register	View on the OSCR register

Contact

Address	18 Grunnan Leven Ky8 5ax KY8 5AX
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Activities

Activities: 'It carries out activities or services itself'

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

What the charity does: The LOCHS is a charitable organisation dedicated to improving the mental health and wellbeing of people across Fife. We will be providing accessible, one-to-one counselling for individuals experiencing emotional distress, mental health challenges, bereavement, relationship difficulties, trauma, anxiety, depression, and other life issues. We will have a team of qualified counsellors who will offer a safe, confidential, and non-judgemental space where people can explore their experiences, build resilience, and work towards positive change. Our aim is to reduce isolation, improve emotional wellbeing, and help people develop the confidence and coping skills needed to manage life's challenges. By delivering professional counselling within the local community, we want to be able to ensure that individuals can access timely, compassionate support that promotes recovery, personal growth, and improved quality of life.

Beneficiaries: 'People with disabilities or health problems'

Objectives: To provide holistic support to individuals and groups throughout Fife and surrounding areas, with the objective of enhancing mental, emotional, and spiritual well-being. a) To provide support to individuals of all ages and backgrounds who face social disadvantages due to factors such as age, gender, race, religion, or sexual orientation. Our charity aims to offer professional counselling services delivered by qualified and experienced practitioners. In collaboration with other community organizations, we strive to create an inclusive, adaptive approach that provides a tailored, holistic service to meet the unique needs of those we support. b) To promote the advancement of health and well-being by supporting mental health and emotional resilience. Through professional, evidence-based counselling, we help individuals strengthen their mental well-being and navigate life's challenges, offering compassionate support from qualified and experienced counsellors. c) To advance education and skills development for individuals across all age groups by

fostering understanding and awareness of mental health and well-being. We provide formal training, workshops, and learning opportunities to empower community groups, promoting mental health literacy and skills for improving overall well-being. d) To contribute to the saving of lives through the provision of specialised counselling support. Our services aim to offer timely and effective intervention for individuals experiencing mental health crises, with a focus on prevention, support, and recovery.

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31		£0	£0	-0