CAIRNS COUNSELLING

FINANCIAL STATEMENTS

FOR THE YEAR TO 31 MARCH 2026

REPORT OF THE TRUSTEES
FOR THE YEAR TO 31 MARCH 2026

The Trustees are pleased to present their Annual Report together with the Financial Statements of the Charity for the year ended 31 March 2026.

Objectives and Activities:

The charity's objectives are:

1. Establishing a fund and administering this for the furtherance of a scheme to provide a counselling service in Aberdeen.
2. In doing so the Charity will provide those services, which were previously delivered by The Aberdeen Presbytery Counselling Service (in terms of the Trust Deed).

These objectives of the charity are fulfilled through the following activities:

- Managing the delivery of a professional counselling service to the general public
- Securing and supporting the services of staff and volunteer counsellors to deliver the service
- Financing the provision of the counselling service, raising funds from organisations and individuals
- Managing the financial and other resources of the charity to support the delivery of the counselling service

A substantial part of the counselling service is delivered through the work of volunteers who give their time freely in the interests of supporting those in need, building up their counselling experience or as part of University course placements.

Achievements and Performance:

The Cairns team, Trustees, staff and volunteers are committed to Cairns' work to help and support people at times of difficulty and vulnerability. This report covers the main achievements of Cairns Counselling as an SCIO from the 1st of April 2025 to 31st August 26.

This has undoubtedly been the most difficult year for Cairns since it was formed. Whilst we entered the year with a planned deficit covered by our reserves, several factors changed, putting our ability to survive as a charity in doubt. Mental Health Aberdeen, a neighbouring third sector counselling service folded suddenly in July 2025. This led to an immediate rapid increase in our own waiting list. We were in discussion with Aberdeen Integrated Joint Board to increase our grant to cover increased demand when they suddenly advised us that they were withdrawing our funding altogether. We were also in receipt of a grant from Grampian Health Board. They also informed us that this was also no longer guaranteed going forward. Finally, the Presbytery of Northeast Scotland and the Northern Isles, the local presbytery who have supported us since we were formed, also withdrew our funding. In addition, several Trusts from whom we had regularly received substantial funding turned down our applications. This meant we were facing a huge hole in our budget and dwindling reserves, with little likelihood of filling the deficit.

The Trustees met frequently in late 2025 and early 2026 to discuss our options. We were determined to do all we could to maintain the service in some form as demand was so high, or at very worst, to have a planned winding down in fairness to our staff, volunteers and clients. It became clear that in order to survive, major change was necessary. We made the painful decision to make most of our loyal and hard-working staff redundant, including our long serving staff counsellors, funding staff and our CEO. After due process, and the agreement of full redundancy pay, redundancy was served in May 2026. We retained Leasha Esslemont as Clinical Manager, part-time, and Nicki Crawford as part-time office administrator. Beyond these two staff members, we are now a volunteer run service. We have been fortunate in retaining the majority of our counselling volunteers, including those able to offer supervision to our student counsellors. We are delighted that Nichola Duncan, our former Office Manager, returned as a part-time volunteer to help run the office. Trustees have had to take on a more hands on role, with David Bruce and the Chair, James Repper, approving all bank payments to ensure financial governance. We have retained the services of Chapelton Accountancy services and are delighted that Brian Miller has agreed to continue as our independent examiner.

During this time of uncertainty, we closed our list to new referrals as we worked our way through our considerable waiting list. This we have now completed, and we are delighted that we have now reopened our list to new referrals.

We have on going funding from the Scottish Government for our Cairns in the Community project, providing counselling from two GP practices in deprived areas which runs for a further year. We have also received a generous grant from the National Lottery. We are also hugely grateful to our landlord at Migvie House who has agreed to allow us to remain in our offices rent free for the foreseeable future, without which we could not have survived. We are also grateful to the trusts and groups that continue to fund us.

REPORT OF THE TRUSTEES (CONT)
FOR THE YEAR TO 31 MARCH 2026

We are confident we have sufficient funds to maintain our current model for the coming year and are looking to ways to stabilise that into the future. We plan to increase the proportion of the paid-for service we provide to bring in baseline income to support our donation-based service. We will continue to identify both corporate and Trust and Foundation sources sympathetic to our cause. We are once again in a position to look forward, and plan for a future which, whilst not guaranteed, appears sustainable.

	2024/25	2025/26
Referrals received	876	932
Appointments offered	6,540	6,040
Appointments not attended	19%	20.6%
Appointments attended	81%	79.4%

As can be seen, despite our difficulties, we have still managed to see almost as many clients as the previous year. Face to face consultations remain the most popular, though we continue to offer telephone and video consultations in addition.

Financial information:

The charity receives its funding from grants and donations received from trusts and other corporate organisations, contributions from counsellees and limited fundraising activities. The financial statements are set out on pages 4 to 10. The Statement of Financial Activities on page 4 reflects net expenditure of £30,360 (2025 – £91,682).

It is the policy of the charity to maintain unrestricted funds, i.e. funds not committed or invested in fixed assets, at a level which equates to approximately three months unrestricted expenditure. This allows sufficient funds to enable the ongoing work of the charity to be maintained. The General Fund at 31 March 2026 amounted to £128,891 (2025 - £155,595) and was above the required level. Total reserves including restricted funds amounted to £155,433 (2025 – £185,793). The Trustees are satisfied that it is appropriate to report on the financial affairs on a going concern basis.

Risk management:

The Trustees assess the major risks to which the charity is exposed on an ongoing basis and, as a result of this process, establish procedures to mitigate those risks that are identified. A risk register is maintained with identified mitigations and owners and it is subject to annual review.

The significant risk which has been identified is maintaining sufficient cash flow to fund the delivery of the expanded client service. A number of actions are in hand to address this including an increase in fundraising staff capacity to diversify income streams, monthly trustee review of cash flow, predicted income and reserves, development of a contingency plan to identify the cost of winding down operations and the identification of trigger points including the minimum level of reserve to initiate winding down.

Structure, Governance and Management:

Cairns Counselling is incorporated as a Scottish Charitable Incorporated Organisation (SCIO) and is governed by its Constitution dated August 2023. The twelfth Annual General Meeting of the charity was held on 25th September 2025 in the Garden Room of Fountainhall Church at the Stocket and was attended by 5 members of the SCIO.

The majority of trustees are elected by the members of the charity at each AGM. The board of trustees may at any time appoint any member to be a charity trustee. Two trustees are appointed by the Presbytery of North East Scotland and the Northern Isles of the Church of Scotland which was the original founder of the charity.

The trustees are responsible for all the activities of the charity. The management of the charity is now overseen by Trustees who have had to take on a more hands on role. A management/funding team meet regularly, consisting of the Chair, James Repper, David Bruce, Ruby Watt, Shirley Smith and Leasha Esslemont. David Bruce and the Chair approve all bank payments to ensure financial governance.

REPORT OF THE TRUSTEES (CONT)
FOR THE YEAR TO 31 MARCH 2026

Reference and administrative information:

Charity name:	Cairns Counselling
OSCR registration number:	SC023108
Trustees:	Dr. James Repper (chair) Rev. Muriel Knox – resigned 07/01/26 Dr. Ruby Watt Rev. Maggie Whyte Mrs. Ann Thain – resigned 12/08/25 Rev. Duncan Eddie Ms. Shirley Smith Mr. David Bruce
Business address:	Migvie House 23 North Silver Street Aberdeen, AB10 1RJ
Independent Examiner:	Brian Miller BA CA 94 Blenheim Place Aberdeen, AB25 2DY
Bankers:	Bank of Scotland Aberdeen Upperkirkgate Branch PO Box 1000, BX2 1LB

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing their Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (UK GAAP).

The law applicable to charities in Scotland requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing financial statements which give a true and fair view, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ensure that the financial statements comply with the applicable law and regulations. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved on behalf of the Trustees

James Repper

Dr. James Repper, Chair

Date:

6th October 2026

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2026

	General Fund	Restricted Funds	Total 2026	General Fund	Restricted Funds	Total 2025
	£	£	£	£	£	£
Income and endowments from:						
Donations and legacies (note 2)	53,500	6,000	59,500	29,182	9,500	38,682
Grants awarded (note 3)	47,873	42,392	90,265	66,595	6,000	72,595
Fundraising	18,230		18,230	23,570		23,570
Investment income	1,824		1,824	2,245		2,245
Charitable activities (note 4)	50,551		50,551	53,594		53,594
Total income	**171,978**	**48,392**	**220,370**	**175,186**	**15,500**	**190,686**
Expenditure on:						
Raising funds	25,508		25,508	21,488	750	22,238
Charitable activities (note 5)	158,263	48,804	207,067	176,958	67,661	244,619
Governance	5,155		5,155	3,785		3,785
Other (depreciation)	3,640	3,244	6,884	3,888	3,245	7,133
Total expenditure	**192,566**	**52,048**	**244,614**	**206,119**	**71,656**	**277,775**
Net gains/(losses) on investments	(6,116)		(6,116)	(4,593)		(4,593)
Net income/(expenditure)	(26,704)	(3,656)	(30,360)	(35,526)	(56,156)	(91,682)
Transfers between funds	-	-	-	-	-	-
Net movement in funds	**(26,704)**	**(3,656)**	**(30,360)**	**(35,526)**	**(56,156)**	**(91,682)**
Reconciliation of funds:						
Total funds brought forward	155,595	30,198	185,793	191,121	86,354	277,475
Total funds carried forward	**128,891**	**26,542**	**155,433**	**155,595**	**30,198**	**185,793**

BALANCE SHEET AS AT 31 MARCH 2026

	General Fund	Restricted Funds	2026	2025
	£	£	£	£
ASSETS AND LIABILITIES				
Fixed assets				
Tangible assets (note 8)	8,105	100	8,205	15,089
Current assets				
Debtors (note 10)	34,292	3,000	37,292	36,730
Investments (note 9)	56,374	-	56,374	82,490
Cash at Bank and In hand	32,463	23,442	55,905	64,674
	123,129	**26,442**	**149,571**	**183,894**
Current liabilities				
Creditors due within one year (note 11)	2,343	-	2,343	13,190
Net Current Assets	**120,786**	**26,442**	**147,228**	**170,704**
TOTAL NET ASSETS	**128,891**	**26,542**	**155,433**	**185,793**
REPRESENTED BY:				
Restricted Funds (note 12)			**26,542**	**30,198**
Unrestricted Funds (note 12)			**128,891**	**155,595**
			155,433	**185,793**

Approved on behalf of the Trustees:

James Repper

Dr. James Repper, Chair of the Trustees

Date:

6th October 2026

NOTES TO THE ACCOUNTS
FOR THE YEAR TO 31 MARCH 2026

1. BASIS OF PREPARATION AND ACCOUNTING POLICIES

1.1 Basis of Preparation

The Financial Statements have been prepared on a going concern basis under the historical cost convention and in accordance with the Charities and Trustee Investment (Scotland) Act 2005, the Charity Accounts (Scotland) Regulations 2006 (as amended), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102), Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP (FRS102) second edition – October 2019.

Exemption is taken from the requirements of FRS 1 to prepare a Cash Flow Statement on the grounds that it is a small entity.

1.2 Accounting Policies

The principal accounting policies, which have been applied consistently, are set out below.

Charity Income

All voluntary income and bank interest is accounted for when received. Income from tax recovery on Gift Aid donations is accounted for on an accruals basis. Grants and other income are credited to the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable certainty.

Expenditure

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to pay. Any costs directly attributable to specific categories have been included in those cost categories in the SOFA. Other costs, which are attributable to more than one activity, are apportioned across categories on the basis of a proportionate estimate. Irrecoverable VAT is charged as an expense against the activity to which the expense relates.

Tangible Fixed Assets and Depreciation

All tangible fixed assets are initially recorded at cost. Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Property refurbishment	10% straight line
Equipment (including computers)	20% straight line
Website development costs	20% straight line

Investments

Investments are recognised initially at fair value which is normally the transaction price excluding transaction costs. Subsequently they are measured at realisable market value with changes recognised in 'net gains/(losses) on investments' in the SOFA.

Debtors and Creditors

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Debtors arising due to notification of funding awards are recorded in line with the award amount, whether due within or after the end of one year.

Fund Accounting

For the purpose of the Statement of Financial Activities, funds are defined as follows:
Unrestricted funds comprise grants and other income received for the objectives of the Charity without further specified purpose and are available to be used at the discretion of the Trustees.
Restricted funds comprise grants and other income which has been received for the objectives of the Charity for a purpose specified by the donor within these objectives and must only be applied for the purpose specified.

Taxation

Cairns Counselling is recognised as a charity for the purpose of applicable taxation legislation and is therefore not subject to tax on its charitable activities. The charity is not registered for VAT and expenditure therefore includes irrecoverable input VAT.

NOTES TO THE ACCOUNTS
FOR THE YEAR TO 31 MARCH 2026 (cont)

2. INCOME FROM DONATIONS AND LEGACIES

	General Fund	Restricted Funds	Total 2026	Total 2025
	£	£	£	£
Aberdeen Presbytery	-	-	-	8,000
Legacies	10,000	-	10,000	10,000
Trusts & foundations	43,500	6,000	49,500	19,682
Individual donations	-	-	-	-
Gift Aid	-	-	-	1,000
	53,500	**6,000**	**59,500**	**38,682**

Of the £38,682 of income from donations advised in 2025, £29,182 was for the General Fund and £9,500 was restricted. £6,500 of the donations advised in 2025 are to be received in future periods. All income from donations in 2026 was received in the year.

3. INCOME FROM GRANTS AWARDED

	General Fund	Restricted Funds	Total 2026	Total 2025
	£	£	£	£
IJB Health & Social Care	27,492	5,000	32,492	54,908
Public sector organisations	10,000	-	10,000	-
Trusts & foundations	10,381	37,392	47,773	17,687
	47,873	**42,392**	**90,265**	**72,595**

£26,644 of the grants awarded in 2026 will be received in future periods. Of the £72,595 of income from grants awarded in 2025, £66,595 was for the General Fund and £6,000 was restricted. £28,267 of the grants awarded in 2025 are to be received in future periods.

4. INCOME FROM CHARITABLE ACTIVITIES

	General fund	Restricted funds	Total 2026	Total 2025
	£	£	£	£
Counsellees contributions	50,551	-	50,551	53,569
Others	-	-	-	25
	50,551	**-**	**50,551**	**53,594**

All £53,594 of income from charitable activities for 2025 was for the General Fund.

5. EXPENDITURE ON CHARITABLE ACTIVITIES

	General fund	Restricted funds	Total 2026	Total 2025
	£	£	£	£
Staff and pensions costs	103,177	42,382	145,559	174,051
Rent and insurance	41,332	5,000	46,332	52,027
Office running costs	7,237	843	8,080	8,291
Training and supervision costs	3,930	120	4,050	5,082
IT costs	2,587	459	3,046	5,168
	158,263	**48,804**	**207,067**	**244,619**

Of the £244,619 of expenditure on charitable activities for 2025, £176,958 was from the General Fund and £67,661 was from Restricted Funds.

NOTES TO THE ACCOUNTS
FOR THE YEAR TO 31 MARCH 2026 (cont)

6. STAFF COSTS AND NUMBERS

	2026	2025
	£	£
Wages and salaries	169,558	165,449
Employer NI costs	7,604	11,885
Pension contributions	11,989	12,275
	189,151	**189,609**
Average number of employees during the year	8	9

No employee received emoluments of over £60,000 during the year (2025 – Nil)

Trustees Remuneration
No Trustees are remunerated for providing services to the charity and there were no expenses paid to charity trustees during the year.

During the year there were no donations to the charity by trustees and connected persons.

7. PENSIONS

The charity contributes to defined contribution pension plans for members of staff. The ongoing profit and loss charge for the period is the employer contributions payable under these arrangements. The total pension cost for the charity was £11,989 (2024 - £12,275).

8. TANGIBLE FIXED ASSETS

	Property refurbishment	Office equipment	Computer equipment	Website	Total
	£		£	£	£
Cost					
At 1 April 2025	21,680	1,240	20,100	3,480	46,500
Additions					
Disposals					
At 31 March 2026	**21,680**	**1,240**	**20,100**	**3,480**	**46,500**
Depreciation					
At 1 April 2025	13,008	1,240	15,075	2,088	31,411
Disposals					
Charge for year	2,168		4,368	348	6,884
At 31 March 2026	**15,176**	**1,240**	**19,443**	**2,436**	**38,295**
Net book value					
At 31 March 2026	**6,504**	**-**	**657**	**1,044**	**8,205**
At 31 March 2025	8,672	-	5,025	1,392	15,089

9. INVESTMENTS

	2026	2025
	£	£
Market value at 1st April	82,490	87,083
Add: cost of purchases	-	-
Less: market value of disposals	(20,000)	-
Unrealised gain/(loss) on investments	(6,116)	(4,593)
Market value at 31st March	**56,374**	**82,490**
Investments at cost	**30,000**	**50,000**

NOTES TO THE ACCOUNTS
FOR THE YEAR TO 31 MARCH 2026 (cont)

10. DEBTORS

	2026	2025
	£	£
Funding award debtors	29,644	34,788
Accrued income	450	565
Prepaid expenses	7,198	1,377
	37,292	**36,730**

11. CREDITORS

	2026	2025
	£	£
Creditors due within one year	2,343	13,190
	2,343	**13,190**

12. FUNDS

	Balance at 01.04.25	Income	Expenditure	Transfers/ Reval	Balance at 31.03.26
	£	£	£	£	£
General fund	155,595	171,978	(192,566)	(6,116)	128,891
Restricted funds					
ACVO devt. prog.	2,197	-	(2,197)		-
Hugh Fraser Found.	6,750	-	(3,000)		3,750
Bank of Scotland Ph3	6,636	-	(6,636)		-
Arnold Clark	582	-	(582)		-
Comm. Recov. Fund	10,936	-	(10,936)		-
Trades Widows Fund	315	-	(120)		195
Stafford Trust	2,082	-	(2,082)		-
Mannofield Church	500	-	(500)		-
National Lottery	-	19,392	(17,685)		1,707
Health Imp Fund	-	5,000	(890)		4,110
Trades Widows R12	-	5,000	(5,000)		-
Barrack Char Trust	-	1,000	(1,000)		-
ACVO L1 R5	-	3,000	(1,320)		1,680
ACVO CNHWF L2	-	15,000	-		15,000
TAQA Support Fund	200	-	(100)		100
	30,198	**48,392**	**(52,048)**		**26,542**
	185,793	**220,370**	**(244,614)**	**(6,116)**	**155,433**

Explanation of funds

The General Fund comprises all income and expenditure relating to the primary focus activities of the charity, other than those for which funding is restricted.

The Communities Recovery Fund and the TAQA Support Fund include the undepreciated balance of fixed assets purchased with funding from these donors together with a balance of funding which has not yet been deployed to fund counselling or support activity.

All other Restricted Funds hold the balance of funding awarded to Cairns Counselling by these donors which has not yet been deployed to fund counselling or support activity.

NOTES TO THE ACCOUNTS
FOR THE YEAR TO 31 MARCH 2026 (cont)

13. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	General Fund 2026	Restricted Funds 2026	Total Funds 2026
	£	£	£
Tangible fixed assets	8,105	100	8,205
Current assets excl cash	90,666	3,000	93,666
Cash	32,463	23,442	55,905
Current liabilities	(2,343)	-	(2,343)
	128,891	**26,542**	**155,433**

	General Fund 2025	Restricted Funds 2025	Total Funds 2025
	£	£	£
Tangible fixed assets	11,745	3,344	15,089
Current assets excl cash	112,720	6,500	119,220
Cash	44,320	20,354	64,674
Current liabilities	(13,190)	-	(13,190)
	155,595	**30,198**	**185,793**

14. POST BALANCE SHEET EVENTS

As outlined in the Report of the Trustees, the charity was informed during the year that no future funding would be provided by the Integrated Joint Board for Health and Social Care (IJB). This was a surprise to the Trustees as there had been ongoing discussions around increasing the funding being made available to the charity to support its work. The reliance upon this funding was such that this required a restructuring of the service and for most staff made redundant. Redundancy payments of around £60,000 were made to staff in May 2026.

15. CONTINGENT LIABILITY

The charity occupies premises for which lease payments are committed until November 2026 and there is also a contractual obligation to fund remediation costs at the conclusion of the let. The combined amount of these liabilities exceeded the available reserves of the charity at the year end date. An arrangement has since been entered into with the landlord to mitigate this exposure but is dependent on the goodwill of the landlord. There was a potential liability of around £155,000 to fund all contractual liabilities. Unrestricted reserves at the year end date, net of redundancy payments subsequently made, were around £70,000.

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES FOR THE YEAR TO 31 MARCH 2026

I report on the accounts of the charity for year ended 31 March 2026 which are set out on pages 4 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) Act 2005 and the Charity Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (a) to (c) 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 8 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 except to note that I have considered the statements made by the trustees in connection with the current financial position of the charity and agree that remaining funds are sufficient to sustain the charity for at least another year as stated in the report.

Brian Miller

Brian Miller BA CA
94 Blenheim Place
ABERDEEN
AB25 2DY

Date:

9th October 2026