Charity Registration No. SC012522
Company Registration No. SC168948 (Scotland)

Wellspring
centre for psychotherapy and counselling

WELLSPRING SCOTLAND

(A COMPANY LIMITED BY GUARANTEE)

TRUSTEES' ANNUAL REPORT
AND UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31 OCTOBER 2025

Wellspring Scotland

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Wellspring Scotland

Trustees' Annual Report
For the year ended 31 October 2025

Company Number:	SC168948 (Scotland)
Scottish Charity Number:	SC012522
Registered Office: **(and Principal Address)**	13 Smith's Place Edinburgh EH6 8NT
Website:	www.wellspring-scotland.co.uk
Trustees and Registered Directors:	Steven Earl Lesley Mitchell Piotr Zielinski Mike Reid Adam Smith Beverley Bruce (joined 08.05.25)
Independent Examiner:	Elaine Alsop ACA DChA FCIE EA Independent Ltd 5 South Charlotte Street Edinburgh EH2 4AN

Banks:

The Bank of Scotland plc Leith Walk Branch PO Box 17235 Edinburgh EH11 1 YH	Clydesdale Bank Newington Branch 29-30 Nicolson Square Edinburgh EH8 9BX
CAF Bank Ltd 25 Kings Hill Avenue King Hill West Malling ME19 4JQ	Virgin Money 83 George Street Edinburgh EH2 3ES

Trustees' Annual Report
For the year ended 31 October 2025

The Trustees (who are directors for the purposes of company law) present their report for the year ended 31 October 2025. The accounts have been prepared in accordance with the accounting policies set out in Note 1 to the accounts and comply with the Memorandum of Association, the Companies Act 2006 and the Statement of Recommended Practice, "Accounting and Reporting by Charities".

Structure, Governance and Management

Organisational Structure

Wellspring Scotland (Wellspring) is incorporated as a company limited by guarantee, with the liability of members limited to £1 each. The company is registered as a Scottish charity with OSCR.

This requires us to have a Board of Directors with certain legal obligations under the Companies Act. The Directors ensure that legal, financial and employment responsibilities are adhered to as well as guiding our overall strategy and year on year priorities.

Directors

The directors, who are also trustees of the charity, are listed on page 1. The Board of directors meets every quarter and separate sub-committees have been established for HR and Finance aspects, both of these chaired by a director.

Methods of Recruitment and Appointment of Trustees

Potential directors are invited to submit a CV and a letter outlining their interests and relevant skills and experience. These potential directors then have an informal interview (with the Chair and at least one other director), an initial discussion with the Board and are supplied with various details about Wellspring including organisational structures and annual accounts. The recruitment process may cease at any time on behalf of either party. This mutual appraisal normally leads to a formal invitation to join the Board as a co-opted director until the following AGM, when there will be a formal election to the Board of directors.

Employees

The company employs 5 part-time staff; a Chief Operating Officer (COO), two Clinical Managers, an Office Supervisor and an Administrator. The COO holds monthly meetings with all staff to ensure the smooth running of the operation.

Therapists
The majority of therapists are self-employed; there are also a few students and volunteers.

Operational Levels
- The Board takes responsibility for major policy and financial decisions
- General management of the company is the responsibility of the COO, supported by the Board as necessary.

Objectives and Activities

Charitable objects:
The objects for which Wellspring is established are:

The advancement of health and education through in particular (but not limited to):
a) Offering psychotherapy and counselling to individuals, couples, groups, families and young people;
b) Engaging in research into the understanding of a broad range of issues linked to the need for psychotherapy and counselling support; and
c) Providing training and clinical supervision to both qualified and trainee counsellors and psychotherapists.

Activities:
In meeting these charitable objects, Wellspring aims:
- To provide a high standard of affordable, short and long term counselling and psychotherapy, to individuals, couples, children, young people and families;
- To remain client focussed while realising its other objectives;
- To allow opportunities to raise standards of training, supervision and qualifications of its self-employed therapists;
- To diversify into new and innovative work;
- To attain success in entering new markets;
- To raise and maintain its profile and professional credibility.

The provision of counselling and therapy is designed to enhance the quality of life of clients and to reduce mental health problems in co-operation with general practitioners and community services. Our brilliant staff and therapists ensure that our services continue to run at the highest standards and they all understand the importance of supporting our clients with the care and compassion required to achieve the best outcomes for everyone that uses Wellspring's services.

Wellspring Scotland

Trustees' Annual Report
For the year ended 31 October 2025

Achievements and performance

In the year to 31 October 2025, Wellspring delivered:

- 10,229 therapy sessions (an increase of 4% compared to 9,800 in the previous year):
    - through the grant funding support we received and is described below, 1,246 of these sessions were delivered at no cost to our clients;
    - 410 of our clients came via referrals we received (389 in previous year);
    - the total number also includes providing support to 40 clients via our Employee Assistance Programme (EAP), where we have 14 partnerships with organisations to provide their staff with an agreed number of sessions;
- A continued review of internal processes to ensure our systems are fit for purpose and meet the needs of Wellspring, our clients, therapists, staff, volunteers and students;
- The first stage of a multi-year programme of improvements to our building
- A new 1-year partnership with Lindsays law firm to ensure essential HR policies and procedures are in place for Wellspring in light of the new Workers' Rights Bill 2026.

Grant Funded Activity & Support

Our sources of income are client fees, grant funding and donations. As with all charities, we would be unable to deliver our vitally important services to so many people across Edinburgh without the continued generous contributions of our supporters. We would particularly like to thank:

- **Robertson Trust** who generously continued to provide us funding to enable us to provide free therapy services to people across Edinburgh (as part of a 3 year grant);
- **Volant Charitable Trust** who kindly continued to provide us with funding to support women who have been subjected to domestic abuse through the delivery of trauma-informed therapy;
- In April 2025 the Trustees at **Foundation Scotland** awarded Wellspring Scotland an additional £6,400 to help offset the increase in employers' National Insurance contributions. Wellspring was selected for this additional support as Foundation Scotland funds salaries within Wellspring. This award was made possible through our own unrestricted funds, which the Foundation Scotland Trustees allocated to strengthen support for organisations during this particularly challenging period;
- **National Lottery Community Fund** who kindly provided us with a grant of £20,000 in 2024 for 2 years to ensure we can offer additional free therapy sessions for those people prevented from accessing therapy support due to affordability.

Financial Review

The income and expenditure for the year is set out in the Statement of Financial Activities on page 9 and the accompanying notes to the accounts.

Total income amounted to £414,182 (2024: £430,502) and expenditure totalled £394,371 (2024: £381,644), resulting in a net income of £19,811 (2024: £48,858) for the year.

Income is mainly derived from fees and related income for counselling and psychotherapy services - this showed an increase of 9% on the previous year.

During the year, restricted grant income was received: £26,000 (2024: £26,000) from the Robertson Trust and £14,958 (2024: £14,958) from the Volant Trust, as detailed in Note 4.

Expenditure was similar to the prior year and increased by 3%.

Funds and reserves

Funds carried forward are shown in note 15 to the accounts and amount to £381,119 (2024: £361,308).

This includes £123,791 (2024: £124,906) in the capital reserve, which is equivalent to the net book value of fixed assets – mainly the heritable property, the charity's premises at 13 Smith's Place. The net book value of the property is based on a valuation of £140,000 carried out in January 1997. In the opinion of the directors, the current market value of the property is considerably in excess of this although there is no current requirement to carry out a revaluation for accounts purposes.

Restricted funds being carried forward to the next financial year consist of a balance of £28,150 from the Robertson Trust and balances of £5,480 from the National Lottery, £1,875 from the Volant Trust and £136 from the Children in Need grants. We are grateful to Children in Need for their generous support over eight years, which came to an end in May 2025. £5,000 has also been carried forward from a grant awarded by HSBC SFX Foundation which is specifically for some building maintenance activities which are yet to start.

Unrestricted funds are £267 in the Staff Benevolent Fund, £93,025 designated for building maintenance and £123,395 in the general fund. One of the key uses of the general fund is to hold funds to comply with our reserves policy which requires us to hold the equivalent of 3 months core operating costs at all times (currently this requires c£45,000 to be held).

Trustee remuneration and related parties

The trustees do not receive remuneration for their role. The charity has not entered into any transactions with related parties during the year.

The future – looking ahead

Demand for mental health and wellbeing support continues to grow across society, reinforcing the importance of accessible, high-quality services such as those provided by Wellspring. At the same time, many individuals and families are experiencing financial pressures that can create significant barriers to accessing therapeutic support.

Our priority remains to secure the funding necessary to ensure that cost is not an obstacle to receiving care. We are committed to keeping our services as affordable and accessible as possible, so that everyone who needs support can benefit from the vital work Wellspring provides. Alongside this, we will continue to place compassion, dignity and understanding at the heart of everything we do, ensuring the people we support feel heard, valued and cared for.

Grant funding continues to play a crucial role in enabling us to bridge the gap between overstretched statutory services and the growing needs of our community. Without this support, many individuals would struggle to access the help they need. However, the funding landscape remains highly competitive and increasingly uncertain. In response, we will actively explore and evaluate a broader range of sustainable funding opportunities to strengthen our resilience for the future.

We are also committed to continuous improvement within our organisation. By regularly reviewing and refining our internal policies and processes, we aim to ensure that accessing our services is as straightforward, welcoming and stress-free as possible for all.

Wellspring Scotland

Trustees' Annual Report
For the year ended 31 October 2025

Board of Trustees Responsibilities Statement

The Board of Trustees (who are directors for the purposes of company law and trustees for the purposes of charity law) are responsible for preparing the Report of the Board of Trustees and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Board of Trustees to prepare accounts for each financial year which give a true and fair view of the state of the affairs of the charitable company and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those accounts, the Board of Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the accounts; and
- prepare the accounts on the going concern basis unless it is inappropriate to assume that the charitable company will continue in operation

The Board of Trustees is responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the accounts comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended) . They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (2015) and in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small entities.

Approved by the Board of Trustees and signed on their behalf by

M Reid

Michael Reid
Director
14 May 2026

Independent Examiner's report to the Trustees of Wellspring Scotland

I report on the accounts of Wellspring Scotland for the year ended 31 October 2025 which comprise the Statement of Financial Activities, the Balance Sheet, and the related notes.

Respective responsibilities of Trustees and Examiner

The Trustees (who are the directors of the charitable company for the purposes of company law) are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The Trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the 2006 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 report

My examination was 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 a 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 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.

E Alsop

Elaine Alsop ACA DChA FCIE
EA Independent Ltd
5 South Charlotte Street
Edinburgh, EH2 4AN
14 May 2026

Wellspring Scotland

Statement of Financial Activities
(Incorporating Income and Expenditure Account)
For the year ended 31 October 2025

	Notes	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Income from:					
Grants and donations	4	6,992	40,958	**47,950**	92,355
Charitable income	5	363,239	-	**363,239**	335,467
Investment income		2,393	-	**2,393**	2,680
Insurance claim		600	-	**600**	-
Total income		373,224	40,958	**414,182**	430,502
Expenditure on:					
Charitable activities	6	322,202	72,169	**394,371**	381,644
Total expenditure		322,202	72,169	**394,371**	381,644
Net income before transfers		51,022	(31,211)	**19,811**	48,858
Transfers between funds		-	-	**-**	-
Net movement in funds		51,022	(31,211)	**19,811**	48,858
Reconciliation of funds:					
Fund balances brought forward		289,456	71,852	**361,308**	312,450
Fund balances carried forward		340,478	40,641	**381,119**	361,308

The statement of financial activities includes all gains and losses recognised in the year.
The results for the year derive from continuing activities.

The notes on pages 11 to 23 form part of these financial statements

Wellspring Scotland

Balance Sheet
As at 31 October 2025

		2025		2024	
	Notes	**£**	**£**	**£**	**£**
Fixed assets	12		**123,791**		124,906
Current assets					
Debtors	13	**5,802**		6,176	
Cash at bank and in hand		**262,597**		239,620	
		268,399		245,796	
Liabilities					
Creditors: Amounts falling due within one year	14	**(9,699)**		(7,434)	
Net current assets			**258,700**		238,362
Total assets less current liabilities			**382,491**		363,268
Creditors: amounts falling due after more than one year	14		**(1,372)**		(1,960)
Net assets			**381,119**		361,308
Funds					
Restricted funds	15		**40,641**		71,852
Unrestricted funds	15		**340,478**		289,456
Total Charity Funds			**381,119**		361,308

For the year ended 31 October 2025 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.
Trustees' responsibilities:

- The members have not required the charitable company to obtain an audit of its accounts for the year to 31 October 2025 in accordance with section 476;
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small entities.

These accounts were approved and authorised for issue by the Board of Trustees on 14 May 2026.

M Reid

Michael Reid, Director
Company Registration No: SC168948

The notes on pages 11 to 23 form part of these financial statements

Notes to the Accounts
For the year ended 31 October 2025

1 ACCOUNTING POLICIES

1.1 General Information

Wellspring Scotland (Wellspring) is a charitable company registered with the Office of the Scottish Charity Regulator (OSCR) with charity registration number SC012522 and company registration number SC168948. Its registered office and principal address is:

13 Smith's Place, Edinburgh, EH6 8NT

The principal activities are to provide counselling and therapy designed to enhance the quality of life of clients and to reduce mental health problems in co-operation with general practitioners and community services.

1.2 Basis of Preparation

The accounts have been prepared under the historical cost convention accordance with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

Wellspring meets the definition of a public benefit entity under FRS 102.

These financial statements are presented in Pounds Sterling (GBP) as that is the currency in which the charity's transactions are denominated. Monetary amounts in these financial statements are rounded to the nearest pound (£).

The preparation of the financial statements requires the use of certain critical accounting estimates. It also requires Trustees to exercise their judgement in the process of applying the accounting policies. Use of available information and application of judgement are inherent in the formation of estimates. Actual outcomes in the future could differ from such estimates. The areas involving a higher degree of judgement or complexity, or areas where assumptions and estimates are significant to the financial statements are disclosed in note 2.

The trustees have taken the advantage of the provisions in the SORP from preparing a statement of cash flows as afforded to small entities by FRS 102.

1 ACCOUNTING POLICIES (continued)

1.3 Going Concern

The accounts have been prepared on a going concern basis as the Trustees are of the opinion that the charitable company can continue to meet its obligations as they fall due for the foreseeable future. They regularly monitor the funding streams and evaluate the projected expenditure and the free reserves available.

1.4 Income

All income is included in the Statement of Financial Activities when the charity is entitled to the income, receipt is probable, and the amount can be measured reliably. The following specific policies are applied to the particular categories of income:

- Fees for counselling and psychotherapy services and room rents are recognised when receivable and the services have been carried out. Any fees received in advance are included in deferred income.
- Income from grants and donations is recognised on receipt provided any conditions for use of the funds have been fulfilled. Where a grant or donation is received for a specific purpose, it is included in restricted income and any unexpended portion carried forward as a restricted fund. Donations and similar incoming resources are included in the period in which they are receivable, which is when the charitable company becomes entitled to the resource.
- Investment income relates to bank interest which is recognised when receivable and the amount can be measured reliably; this is normally upon notification of the interest paid or payable by the bank.

1.5 Expenditure

Expenditure is recognised when the charity has entered into a legal or constructive obligation, it is probable that settlement will be required and the amount of the obligation can be measured reliably. It has been accounted for on an accruals basis and has been classified under relevant headings.

The charity is not registered for VAT, and accordingly expenditure is shown gross of irrecoverable VAT.

Resources are expended as:

- Expenditure on charitable activities includes costs incurred in supporting the charity and its objectives. It comprises both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice and therefore includes the costs of independent examination.

Notes to the Accounts
For the year ended 31 October 2025

1 ACCOUNTING POLICIES (continued)

1.6 Taxation

Wellspring is accepted by HMRC as a charity under section 521 to 563, Income Tax Act 2007, and accordingly no provision is required for taxation surpluses.

1.7 Funds

Unrestricted funds are available to use and are administered on a discretionary basis under the direction of the Trustees, and in line with the objects of the charity.

Designated funds are set aside by the trustees out of unrestricted funds for specific purposes or projects.

Restricted funds are to be used for particular restricted purposes within the charitable company's objectives. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.

1.8 Financial Assets and Financial Liabilities

Financial instruments are recognised in the Balance Sheet when the charity becomes a party to the contractual provisions of the instrument. Financial instruments are initially measured at transaction price. Subsequent to initial recognition they are accounted for as set out below.

The charity only enters into basic financial instruments. At the end of each reporting period basic financial instruments are measured at amortised cost using the effective interest rate method.

Financial assets are derecognised when the contractual rights to the cash flows from the asset expire, or when the charity has transferred substantially all the risks and rewards of ownership. Financial liabilities are derecognised only once the liability has been extinguished through discharge, cancellation or expiry.

1.9 Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less and bank overdrafts.

1.10 Pensions

The charitable company contributes to pension plans for all enrolled employees. Contributions payable are charged to the income and expenditure account in the period they are payable.

1 ACCOUNTING POLICIES (continued)

1.11 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost or valuation less depreciation. Depreciation is provided at the following annual rates on a straight-line basis in order to write off each asset over its estimated useful life.

- Heritable property – 2% per annum (excluding the land value, estimated at 50%)
- Office equipment – 33% per annum
- Furniture & fittings – 20% per annum

From 1 January 2000 all new tangible fixed assets have been recorded at historic cost less accumulated depreciation and any provisions for impairment. Prior to that date, the company's heritable property had been stated at its open market value in January 1997. Under the transitional arrangements of Financial Reporting Standard 15 'Tangible Fixed Assets,' the property continues to be stated at that valuation without any requirement for further revaluations. Depreciation is charged in accordance with the standard.

1.12 Debtors

Short term debtors are recognised at transaction price less any impairment. Prepayments relate to amounts paid in advance for expenditure attributable to future financial periods. Accrued income relates to income due for the current year, which had not been billed or received at the year-end.

1.13 Creditors

Creditors and provisions are recognised where the charitable company has a present obligation resulting from a past event that will probably result on the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount.

1.14 Legal status of the charity

The charity is a company limited by guarantee and been granted exemption, under Section 60 of the Companies Act 2006, from including 'Limited' in its name. The liability of each member of the company, in the event of winding up, is limited to £1.

2 CRITICAL JUDGEMENTS AND ESTIMATES

The preparation of financial statements in compliance with the Charities SORP (FRS 102) requires the use of certain critical accounting estimates. It also requires the Trustees to exercise judgement in applying the charity's accounting policies. The Trustees do not consider there to be any material accounting judgement required in preparing these accounts. The Trustees are satisfied that accounting policies are appropriate and applied consistently.

Notes to the Accounts
For the year ended 31 October 2025

3 COMPARATIVE STATEMENT OF FINANCIAL ACTIVITES

	Unrestricted 2024 £	Restricted 2024 £	Total 2024 £
Income from:			
Grants and donations	2,581	89,774	**92,355**
Charitable income	335,467	-	**335,467**
Investment income	2,680	-	**2,680**
Total income	340,728	89,774	**430,502**
Expenditure on:			
Charitable activities	321,491	60,153	**381,644**
Net movement in funds before transfers	19,237	29,621	**48,858**
Transfers between funds	-	-	**-**
Net movement in funds	19,237	29,621	**48,858**

4 INCOME FROM GRANTS AND DONATIONS

	Unrestricted 2025 £	Restricted 2025 £	Total 2025 £	Total 2024 £
Grants				
BBC Children in Need	-	-	**-**	28,816
Robertson Trust	-	26,000	**26,000**	26,000
National Lottery	-	-	**-**	20,000
Volant Trust	-	14,958	**14,958**	14,958
Foundation Scotland NI Award	6,400	-	**6,400**	-
Donations				
Other donations	592	-	**592**	2,581
	6,992	40,958	**47,950**	92,355

In 2024, grants of £89,774 were restricted and £2,581 were unrestricted donations.

Notes to the Accounts
For the year ended 31 October 2025

5 CHARITABLE ACTIVITIES

	Unrestricted 2025 £	Restricted 2025 £	Total 2025 £	Total 2024 £
Fees from clients	342,053	-	**342,053**	312,876
Supervision income	5,796	-	**5,796**	6,773
Room rents	12,000	-	**12,000**	12,318
Administration fees	3,390	-	**3,390**	3,500
	363,239	-	**363,239**	335,467

In 2024, all income from charitable activities was unrestricted.

6 CHARITABLE ACTIVITIES

	Unrestricted 2025 £	Restricted 2025 £	Total 2025 £	Total 2024 £
Staff costs	91,722	-	**91,722**	89,281
Therapist fees	175,563	68,934	**244,497**	238,534
Project materials	-	1,838	**1,838**	2,181
Travel	-	1,397	**1,397**	2,450
Training	50	-	**50**	1,609
Professional fees & subscriptions	3,933	-	**3,933**	2,361
Premises costs	31,633	-	**31,633**	29,986
Office running costs	14,099	-	**14,099**	9,135
Insurance	2,961	-	**2,961**	2,685
Bank & similar charges	559	-	**559**	469
Depreciation	1,682	-	**1,682**	2,953
	322,202	72,169	**394,371**	381,644

The fee for the independent examination for 2025 is £1,200, included in Professional fees & subscriptions (2024: £1,200).

Notes to the Accounts
For the year ended 31 October 2025

Prior year comparatives of restricted and unrestricted charitable expenditure:

	Unrestricted 2024 £	*Restricted 2024 £*	*Total 2024 £*
Staff costs	*88,129*	*1,152*	*89,281*
Therapist fees	*184,164*	*54,370*	*238,534*
Project materials	*-*	*2,181*	*2,181*
Travel	*-*	*2,450*	*2,450*
Training	*1,609*	*-*	*1,609*
Professional fees & subscriptions	*2,361*	*-*	*2,361*
Premises costs	*29,986*	*-*	*29,986*
Office running costs	*9,135*	*-*	*9,135*
Insurance	*2,685*	*-*	*2,685*
Bank & similar charges	*469*	*-*	*469*
	318,538	*60,153*	*378,691*

7 NET INCOME/(EXPENDITURE)

	2025 £	**2024 £**
The net income/(expenditure) is stated after charging:		
Depreciation	**1,682**	2,953
Independent Examiner's fee	**1,200**	1,200

8 EMPLOYEES

	2025 £	**2024 £**
Gross salaries	**89,055**	87,672
Employers NIC	**8,178**	5,884
Employment allowance	**(7,091)**	(5,793)
Employer's pension	**1,580**	1,518
	91,722	89,281

No employee received emoluments of more than £60,000 in the current or prior year.

The average monthly number of employees during the year was 5 (2024: 5). On a full-time basis this equates to 2.5 (2024: 2.5)

Notes to the Accounts
For the year ended 31 October 2025

9 PENSION AND OTHER POST-RETIREMENT COMMITMENTS

The charitable company operates to an auto-enrolment pension fund for eligible employees. The pension cost charge represents contributions payable by the charitable company to the fund and amounted to £1,580 (2024: £1,518).

10 TRUSTEE REMUNERATION AND EXPENSES

No members of the Trustee Board (nor any person connected with them) received any remuneration during the current or prior year.

No members of the Trustee Board received reimbursements in respect of travel expenses for attending meetings during the current or prior year.

11 TRANSACTIONS WITH RELATED PARTIES

There were no transactions with related parties during the current or prior year.

12 FIXED ASSETS

	Heritable Property £	Office Equipment £	Furniture £	Total £
Cost or valuation:				
At 1 November 2024	140,000	4,847	8,636	**153,483**
Additions in the year	-	-	567	**567**
At 31 October 2025	140,000	4,847	9,203	**154,050**
Accumulated depreciation:				
At 1 November 2024	15,400	4,847	8,330	**28,577**
Charge for the year	1,400	-	282	**1,682**
At 31 October 2025	16,800	4,847	8,612	**30,259**
Net Book Value at 31 October 2025	**123,200**	**-**	**591**	**123,791**
Net Book Value at 31 October 2024	124,600	**-**	306	**124,906**

Heritable property:

The property at 13 Smith's Place was valued at £140,000 on an open market basis in January 1997 by D. M. Hall, Chartered Surveyors.

Notes to the Accounts
For the year ended 31 October 2025

13 DEBTORS

	2025	2024
	£	£
Prepayments	**3,622**	3,381
Accrued income	**2,180**	2,795
	5,802	6,176

14 CREDITORS:
AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Tax & social security	**1,146**	1,314
Deferred income	**288**	100
Accruals	**7,677**	5,432
Radiator Loan	**588**	588
	9,699	7,434

AMOUNTS FALLING DUE AFTER ONE YEAR

	£	£
Radiator Loan	**1,372**	1,960

Notes to the Accounts
For the year ended 31 October 2025

15 MOVEMENT OF FUNDS

		Balance at 1 Nov 2024 £	Income £	Expenditure £	Transfers £	Balance at 31 Oct 2025 £
Restricted funds:						
BBC Children in Need	(a)	11,875	-	(11,739)	-	**136**
Robertson Trust	(b)	28,500	26,000	(26,350)	-	**28,150**
HSBC SFX Foundation	(c)	5,000	-	-	-	**5,000**
Volant Trust	(d)	10,497	14,958	(23,580)	-	**1,875**
National Lottery	(e)	15,980	-	(10,500)	-	**5,480**
Total restricted		71,852	40,958	(72,169)	-	**40,641**
Unrestricted funds:						
Capital reserves	(f)	124,906	-	(1,115)	-	**123,791**
Designated:						
Staff benevolent fund	(g)	600	-	(333)	-	**267**
Building fund	(h)	100,000	-	(5,430)	(1,545)	**93,025**
General fund	(i)	63,950	373,224	(315,324)	1,545	**123,395**
Total unrestricted		289,456	373,244	(322,202)	-	**340,478**
Total Funds		**361,308**	**414,182**	**(394,371)**	**-**	**381,119**

Restricted funds

(a) This BBC Children in Need project was in partnership with Multi Cultural Family Base. The service offered free counselling to children who have experienced war, migration and / or social and economic deprivation.

(b) Robertson Trust are providing financial support to cover the cost of 520 sessions a year.

(c) Grants were received from HSBC towards operations and business maintenance costs.

(d) Volant Trust are funding free sessions for women suffering from domestic abuse.

(e) Funding from the National Lottery to fund additional free sessions for people who would otherwise be unable to afford therapy support.

Unrestricted funds

(f) The capital reserve represents the net book value of fixed assets, including the valuation of assets at incorporation in 1997. Depreciation for each year is charged to the fund and the cost of assets purchased is transferred in.

(g) £1,500 was designated by the trustees in 2000 to a staff benevolent fund. A balance of £267 is carried forward.

Unrestricted funds continued

(h) In 2024, £100,000 was designated to a building maintenance fund for the on-going maintenance of the property at Smith's Place. A recent specialist survey of the property identified a number of issues that require to be addressed, several of which need to be addressed in the short term. The building maintenance fund will be used for this work. Expenditure against this fund has been incurred in the year and once we address the current issues, we intend to maintain this fund with a minimum balance of £20,000, which reflects the age of the property and the need for proactive on-going maintenance.

(i) The **general fund** represents the free reserves of the charity to be used under the direction of the trustees to meet the charitable objects. A significant proportion of the general fund is allocated to meet our defined reserves policy of covering 3 months of core costs at all times (which currently equates to c£45,000).

Transfers between funds:

A transfer of £1,545 was made from the designated building fund to the general fund to cover building expenses.

Movements in funds – comparative figures

		Balance at 1 Nov 2023	*Income*	*Expenditure*	*Transfers*	*Balance at 31 Oct 2024*
		£	*£*	*£*	*£*	*£*
Restricted funds:						
BBC Children in Need	*(a)*	*4,612*	*28,816*	*(21,553)*	-	***11,875***
Robertson Trust	*(b)*	*25,200*	*26,000*	*(22,700)*	-	***28,500***
HSBC SFX Foundation	*(c)*	*5,000*	-		-	***5,000***
Volant Trust	*(d)*	*7,419*	*14,958*	*(11,880)*	-	***10,497***
National Lottery	*(e)*	-	*20,000*	*(4,020)*	-	***15,980***
Total restricted		*42,231*	*89,774*	*(60,153)*	-	***71,852***
Unrestricted funds:						
Capital reserves	*(f)*	*127,859*	-	*(2,953)*		***124,906***
Designated:						
Staff benevolent fund	*(g)*	*600*	-	-		***600***
Building fund	*(h)*	-	-	-	*100,000*	***100,000***
General fund	*(i)*	*141,760*	*340,728*	*(318,538)*	*(100,000)*	***63,950***
Total unrestricted		*270,219*	*340,728*	*(321,491)*	-	***289,456***
Total Funds		***312,450***	***430,502***	***(381,644)***	**-**	***361,308***

Notes to the Accounts
For the year ended 31 October 2025

Restricted funds

(j) This BBC Children in Need project is in partnership with Multi Cultural Family Base. The service offers free counselling to children who have experienced war, migration and / or social and economic deprivation.

(k) Robertson Trust are providing financial support to cover the cost of 520 sessions a year.

(l) Grants were received from HSBC towards operations and business maintenance costs.

(m) Volant Trust are funding free sessions for women suffering from domestic abuse.

(n) Funding from the National Lottery to fund additional free sessions for people who would otherwise be unable to afford therapy support.

Unrestricted funds

(o) The capital reserve represents the net book value of fixed assets, including the valuation of assets at incorporation in 1997. Depreciation for each year is charged to the fund and the cost of assets purchased is transferred in.

(p) £1,500 was designated by the trustees in 2000 to a staff benevolent fund. A balance of £600 is carried forward.

(q) £100,000 has been designated to a building maintenance fund for the on-going maintenance of the property at Smith's Place. A recent specialist survey of the property identified a number of issues that require to be addressed, several of which need to be addressed in the short term. The building maintenance fund will be used for this work. Once we address the current issues, we intend to maintain this fund with a minimum balance of £20,000, which reflects the age of the property and the need for proactive on-going maintenance.

*(r) The **general fund** represents the free reserves of the charity to be used under the direction of the trustees to meet the charitable objects. A significant proportion of the general fund is allocated to meet our defined reserves policy of covering 3 months of core costs at all times (which currently equates to c£41,000).*

Transfers between funds:

The trustees approved a decision to transfer £100,000 to the new designated building maintenance fund, for the reasons described in note (h) above.

16 ANALYSIS OF NET ASSETS REPRESENTING FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds £
Fund balances at 31 October 2025 are represented by:			
Fixed assets	123,791	-	**123,791**
Net current assets	217,997	40,703	**258,700**
Creditors more than one year	(1,372)	-	**(1,372)**
	340,416	40,703	**381,119**
Fund balances at 31 October 2024 are represented by:			
Fixed assets	*124,906*	*-*	***124,906***
Net current assets	*166,439*	*71,923*	***238,362***
Creditors more than one year	*(1,960)*		***(1,960)***
	289,385	*71,923*	***361,308***

17 ULTIMATE CONTROLLING PARTY

The charitable company is constituted by its Memorandum and Articles of Association and is controlled by elected trustees.