



**Trustees Annual Report
and Accounts
for the year ended
31st March 2026**

Relationships Scotland – Couple Counselling Ayrshire Trustees Annual Report and Accounts for the year ended 31st March 2026

Scottish Charitable Incorporated Organisation Number SCIO 026111

Current Trustees

Brenda Holdsworth – Chairperson
Mr Alan Todd – Treasurer
Mrs Evelyn MacDougall

Other Committee Members during the year to 31st March 2026

Karen Fulton
Clive Tucker

Contact Address

5 Miller Road, Ayr, KA7 2AX

Recruitment and appointment of Trustees

Under the requirements of the constitution, the charity is run by the Trustees who form the Management Committee. They are appointed for a period of 3 years, one third of who are subject to re-election at the Annual General Meeting. In practice, if everyone agrees, all the officers are reappointed subject to the Committee being notified of any retirements.

Governing document

Relationships Scotland – Couple Counselling Ayrshire is recognised by the Inland Revenue as a charity for the purposes of section 505, Income & Corporation Taxes Act 1988. The purposes and administration arrangements of the charity are set out in our constitution.

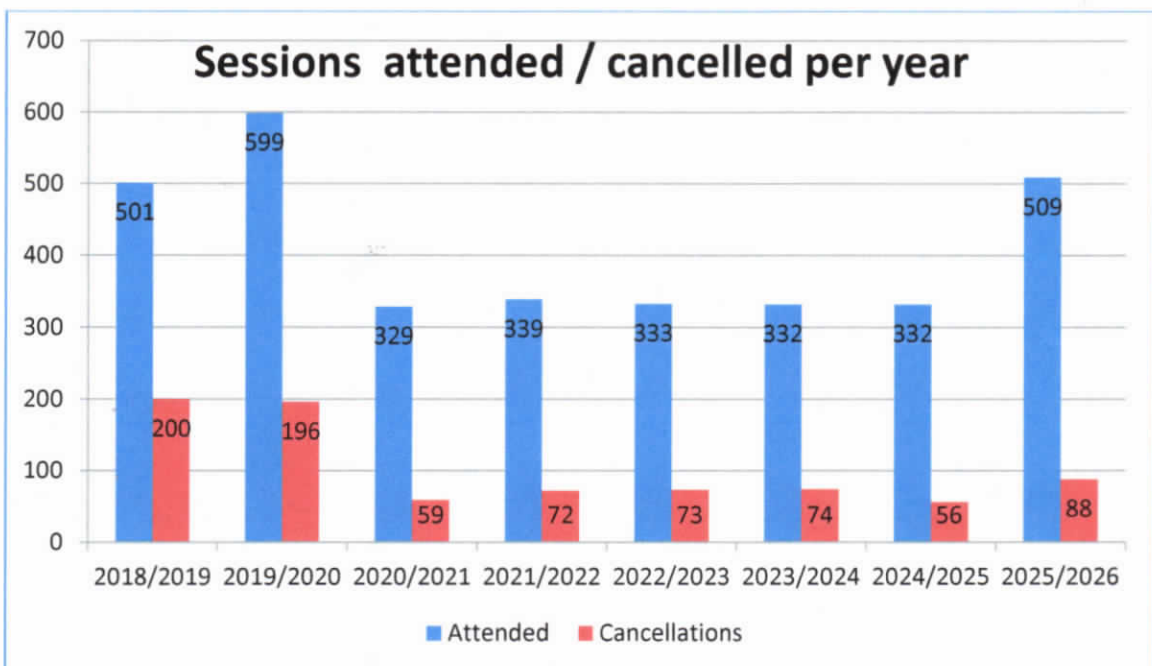
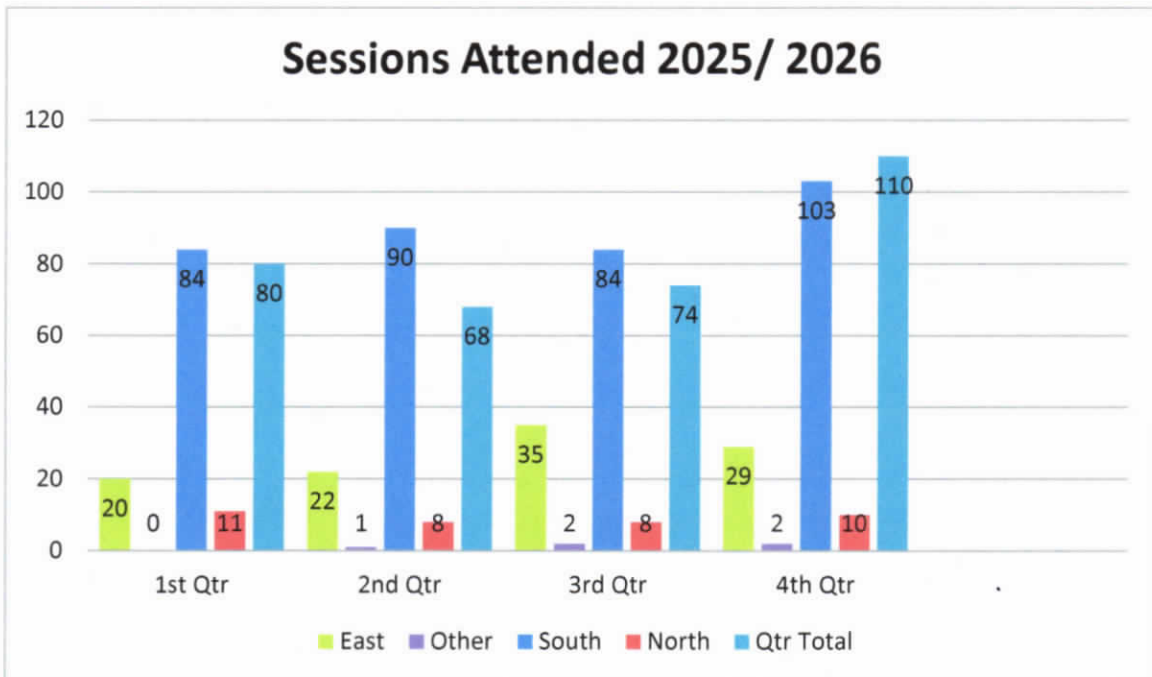
Charitable purposes

- to advance the provision of a professional relationship support counselling service.
- to promote the success and stability of marriage and other intimate personal relationships as the foundation of family life and of the well-being of society.
- to provide a professional counselling service to individuals or couples experiencing difficulties in their marriage or personal relationships.
- to relieve the anxiety and distress of those affected by relationship difficulties.

Activities and achievements

The charity has continued to operate within the parameters of its governing document by providing the people of Ayrshire with a professional confidential counselling service. Our services include relationship counselling for couples and individuals as well as Psycho-sexual therapy.

During the year a total of 509 (332) counselling sessions were delivered with a further 88 (56) appointments offered but either cancelled or not kept by clients.



We currently offer face-to-face as well as video/phone call appointments.

The service is maintained by five qualified Counsellors a part time manager and occasional volunteer receptionists.

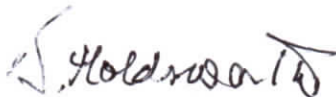
We continue to promote our services and its availability, as widely as possible, particularly with potential referrers such as GPs and other Health Professionals.

This year we have taken on a student Counsellor with the intention that they will remain with us once their counselling placement is finished.

Reserves

The charity showed a surplus for the year of £2,164. It is the trustees' policy to hold reserves of approximately three months expenditure. At the year end the charity held funds of £7,933 which represented more than three months expenditure.

The accounts have been approved by the trustees and signed on their behalf by the Chairperson.



Brenda Holdsworth
Chairperson

30th July 2026

Independent Examiner's Report to the Trustees of Relationships Scotland - Couple Counselling Ayrshire

I report on the financial statements of the charity for the year to 31st March 2026 set out on pages five to seven.

Respective responsibilities of Trustees and Examiner

The 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 Charities Accounts (Scotland) Regulations 2006. The charity's trustees consider that the audit requirement of the Regulation 10(1) (d) of the Accounts Regulation 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 the 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 which gives me reasonable cause to believe that in any material respect the requirements:

- (a) To keep accounting records in accordance with section 44 (1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
- (b) To prepare accounts which agree with the accounting records and comply with the Regulation 9 of the Accounts Regulations have not been met, or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached



John Errington

06 August 2026

RELATIONSHIPS SCOTLAND- COUPLE COUNSELLING AYRSHIRE

RECEIPTS & PAYMENTS for the year to 31st March 2026

	<u>2026</u>	<u>2025</u>
	£	£
RECEIPTS		
Scottish Government CYPFEIF and ALEC Fund Grant	14,747	14,747
Clients Contributions	19,603	11,951
Gift Aid	3,682	2,360
Donation	2,130	60
Interest	56	520
	<u>40,218</u>	<u>29,638</u>
PAYMENTS		
Managerial Services	22,066	21,944
Counsellors Services	7,173	5,198
Rent & Insurances	5,200	5,200
Supervision	1,433	620
Membership Fees	685	673
Counsellors Expenses & CPD	535	240
Telephone	481	475
Miscellaneous	358	327
Office Supplies	123	31
	<u>38,054</u>	<u>34,708</u>
Surplus/(Deficit) for the Year	<u>2,164</u>	<u>(5,070)</u>

Relationships Scotland – Couple Counselling Ayrshire
Statement of Balances as at 31st March 2026

	<u>2026</u> £	<u>2025</u> £
Total Funds brought forward	5,769	10,839
Surplus/(Deficit) for the Year	<u>2,164</u>	<u>(5,070)</u>
Total Funds carried forward	<u>7,933</u>	<u>5,769</u>
 <u>Represented by:</u>		
Santander Savings Account	6,000	2,944
Santander Current Account	1,933	2,825
<u>Total Assets</u>	<u>7,933</u>	<u>5,769</u>

Approved by the Management Committee on the 30th July 2026
Signed on behalf of the Management Committee



Chairperson



Treasurer

Relationships Scotland – Couple Counselling Ayrshire
Notes to the Accounts for the year to 31st March 2026

1. Basis of Accounting

These accounts have been prepared on the Receipts & Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006.

2. Nature and purpose of funds

All funds are unrestricted and can be used in accordance with the charitable objectives at the discretion of the trustees.

3. Related Party Transactions

During the year Evelyn MacDougall received remuneration for Counselling Services of £1,226.50.