Charity registration number: SC046166

S.M.I.L.E. Counselling (SCIO)

Annual Report and Financial Statements

for the Year Ended 31 December 2025

Morris & Young, Statutory Auditor
Chartered Accountants
6 Atholl Crescent
Perth
PH1 5JN

S.M.I.L.E. Counselling (SCIO)

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S.M.I.L.E. Counselling (SCIO)

Reference and Administrative Details

Chairman	Mairi MacDonald-Woolley
Trustees	Scott McEwen Deborah Gillespie Mozzam Sardar Elaine Johnstone Rachel Johns Andrew Farquharson
Charity Registration Number	SC046166
Registered Office	Fairbairn House 6 Fairbairn Place Livingston EH54 6TN
Auditor	Morris & Young, Statutory Auditor Chartered Accountants 6 Atholl Crescent Perth PH1 5JN

S.M.I.L.E. Counselling (SCIO)

Trustees Report for the Year Ended 31 December 2025

Introduction

The Trustees present their annual report and financial statements for the year ended 31 December 2025.

S.M.I.L.E. Counselling remains committed to improving the mental health and emotional wellbeing of children and young people through accessible therapeutic support, preventative education and professional training.

Throughout 2025 the organisation continued to strengthen partnerships with schools, statutory services and community organisations, ensuring that children and young people can access timely and appropriate support.

Status of Charity and Governing Document

S.M.I.L.E. Counselling SCIO was established by constitution and registered as a charity with the Office of the Scottish Charity Regulator (OSCR) on 30 November 2015 (Charity No. SC046166). The constitution defines the aims, objectives, and the rules by which its trustees must operate.

Our Mission

To improve the mental health and emotional wellbeing of children and young people by providing accessible counselling, early intervention support and preventative education within communities and schools.

Our Vision

A future where every child and young person has access to timely mental health support and the opportunity to thrive emotionally, socially and academically.

S.M.I.L.E. Counselling (SCIO)

Trustees Report for the Year Ended 31 December 2025

A Message from the Chief Executive

As we reflect on 2025, I am incredibly proud of the impact S.M.I.L.E. Counselling continues to have on the lives of children and young people across our communities.

The past year has seen continued growth in demand for our services, with more referrals coming through schools, the NHS and statutory partners than ever before. While this reflects the trust placed in our organisation, it also highlights the increasing pressures facing young people and the importance of accessible early intervention support.

Having worked in the mental health field for over two decades, it is clear to me that the need for early intervention services has never been greater.

What continues to inspire me most is the dedication of our team of counsellors, volunteers, trainers and staff who work tirelessly to ensure that every young person who walks through our doors feels heard, supported and understood. Their professionalism and compassion sit at the heart of everything we do.

During the year we continued to strengthen partnerships with schools, statutory services and community organisations while expanding our training provision to support the development of the next generation of counsellors.

Like many organisations in the mental health sector, we face the ongoing challenge of increasing demand without equivalent increases in statutory funding. Despite this, our commitment remains unchanged: to ensure that no child or young person is denied access to support when they need it most.

Looking ahead, we remain ambitious for the future of S.M.I.L.E. Counselling. Our focus will be on strengthening partnerships, expanding our services and continuing to build a sustainable organisation capable of meeting the growing mental health needs of young people.

I would like to thank our staff, volunteers, trustees, partners and funders for their continued support. Most importantly, I would like to thank the young people and families who trust us to support them through some of the most difficult moments in their lives.

Together, we will continue working to ensure that every young person has the opportunity to be heard, supported and empowered to thrive.

S.M.I.L.E. Counselling (SCIO)

Trustees Report for the Year Ended 31 December 2025

2025 Impact Snapshot

Throughout 2025 S.M.I.L.E. Counselling continued to deliver vital mental health support to children and young people across West Lothian and surrounding communities through counselling, school-based services and professional training.

Our Impact in Numbers

514 young people referred for counselling support
4,504 one-to-one counselling sessions delivered
280 young people supported through school-based counselling
803 school drop-in wellbeing sessions delivered
684 Primary 7 pupils supported through the Transitions Programme
95.9% of young people reported that counselling helped them

Reaching Young People Who Need Support Most

47.7% of referrals came from young people living within SIMD Quintiles 1 and 2.
30.1% of young people referred were attending, awaiting or previously discharged from CAMHS.
170 referrals were advised by NHS services.

Schools Mental Health Support

Across 7 secondary schools in West Lothian

124.5 hours of counselling delivered each week

- 1,450 counselling appointment hours
- 803 drop-in sessions
- 51 group sessions

Objectives and Activities

The charity's principal objective is to improve the mental health and emotional wellbeing of children and young people by providing accessible therapeutic support and preventative education.

S.M.I.L.E. works towards this objective by:

- Providing one-to-one counselling services
- Delivering embedded counselling services within schools
- Supporting young people through transition programmes and group work
- Delivering professional training programmes
- Working collaboratively with statutory and third-sector partners

The Trustees review the charity's objectives regularly to ensure they remain aligned with the needs of the communities it serves.

S.M.I.L.E. Counselling (SCIO)

Trustees Report for the Year Ended 31 December 2025

Achievements and Performance

Overview

During 2025 S.M.I.L.E. Counselling continued to expand its services across three core divisions: Counselling Services, Schools, and Training.

Demand for services remained high, with 514 referrals received and 4,504 counselling sessions delivered.

The complexity of referrals continues to increase, with 30.1% of clients connected to CAMHS pathways and 47.7% of referrals coming from SIMD 1 and 2 communities.

Counselling Services

The organisation secured year two of a three-year £197,988 grant from The National Lottery Community Fund to support under-16 counselling services.

The trainee counsellor placement model was expanded, increasing counselling availability to an average of 61 hours per week.

During the year the service delivered:

- 4,504 counselling sessions
- 2,429 sessions attended
- Services delivered by 23 counsellors and volunteers

Additional developments included:

- Group sessions for parents of neurodiverse children
- Counselling for students with complex needs at Glasgow Kelvin College
- Clinical supervision for Robertson Trust and Study Group staff
- Online counselling support for Robertson Trust students
- Group support sessions for students from complex backgrounds
- Partnership working with CAMHS and Adult Psychiatry
- Counselling support delivered in local primary schools

S.M.I.L.E. Counselling (SCIO)

Trustees Report for the Year Ended 31 December 2025

Schools Division

Services were delivered across 7 secondary schools in West Lothian.

Across the year:
• 280 young people received counselling
• 1,450 counselling appointment hours delivered
• 803 drop-in sessions delivered
• 51 group sessions facilitated
• 268 school referrals received

The service delivered 124.5 counselling hours per week across schools.

Transitions Programme

The programme expanded from 13 to 22 primary schools.

• 684 pupils participated
• All pupils completed evaluation feedback
• 22 teacher responses confirmed the programme's value

Small group check-ins for S1 pupils found 66% wanted additional support.

Teacher Development

S.M.I.L.E. delivered Mental Health and Wellbeing workshops to 120 teachers.

A proposal was submitted to West Lothian Education for Clinical Supervision for Head Teachers, under discussion for 2026.

Student Engagement and Outreach

Activities included:
• Mental Health & Wellbeing Champs meetings
• Engagement with over 60 young people, parents and teachers
• YPI participation where 91 students selected S.M.I.L.E.
• Securing a place on the South Lanarkshire counselling framework

Training Division

The Training Division continued to grow.

Key developments included:
• Launch of a dedicated training website
• Expansion of the trainer pool
• Completion of Train the Trainer qualification with SQA

The Diploma programme passed COSCA and SQA quality assurance with excellent feedback.

Children and Young People Diploma was developed and will launch in Autumn 2026.

Training Provision

Diploma in Counselling and Psychotherapy
Participants: **67 | Courses: 4**

COSCA Counselling Skills
Participants: **27 | Courses: 3**

ASIST Suicide Intervention Training
Participants: **73 | Courses: 3**

Mental Wellbeing & Health
Participants: **10 | Courses: 1**

CPD Workshops:

Rock Trust - 16 professionals trained
Glasgow Kelvin College - 30 professionals trained

Financial review
Funding

Income was generated through:

- Government and local authority funding
- Charitable trusts and foundations
- Training provision
- Service contracts
- Community fundraising including the 10 Year Anniversary Charity Ball

The Trustees thank all funders including:

- The Robertson Trust
- The National Lottery Community Fund
- West Lothian Development Trust
- Foundation Scotland
- Hospital Saturday Fund
- Ponton Trust

Challenges During the Year

During 2025 the organisation experienced a significant increase in referrals from statutory services including NHS pathways, CAMHS and Adult Mental Health Services.

Many of these referrals were directed to S.M.I.L.E. without associated funding, resulting in the organisation absorbing approximately £100,000 of unfunded service provision.

In response, the charity introduced a suggested £10 voluntary donation per counselling session for the first time in its history. This decision was taken carefully given that almost half of referrals come from SIMD communities, and access to services remains unaffected by ability to contribute.

In addition, the charity experienced structural funding challenges after exceeding £500,000 in annual income in the previous year. While this reflects the continued growth of the organisation, it also resulted in reduced eligibility for a number of funding programmes which are restricted to smaller organisations.

This shift has affected some areas of income generation during the year and has highlighted the need to review the organisation's long-term structure in order to maintain access to funding opportunities while continuing to expand services.

Despite these challenges, the charity remained committed to maintaining accessible services and supporting all young people referred for support.

Plans for future periods

Plans for the Year Ahead

Key priorities include:

- Developing formal Service Level Agreements with CAMHS, Adult Mental Health Services and local authorities
- Bidding for primary school counselling tenders in West Lothian
- Expanding services into additional local authority areas
- Developing online counselling provision
- Securing new long-term premises to increase service capacity

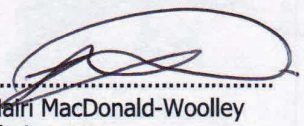
The planned premises move would allow S.M.I.L.E. to potentially double service delivery across counselling, schools and training.

The organisation will also undertake a structural review of its services, bringing Counselling and Schools under a single service structure while strengthening leadership across counselling and training.

As part of longer-term strategic planning, Trustees will explore the potential to separate counselling and training services into two legal entities operating under a unified S.M.I.L.E. Group structure, ensuring both areas can continue to grow sustainably.

The Trustees remain committed to ensuring that no child or young person is left behind when it comes to accessing the mental health support they need.

The strategic report was approved by the trustees of the charity on 01 September 2026 and signed on its behalf by:



.....

Mairi MacDonald-Woolley
Chairperson

S.M.I.L.E. Counselling (SCIO)

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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 state of affairs of the charity and of the incoming resources and application of resources, including its income and expenditure, of the charity for that period. In preparing these financial statements, 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, comprising FRS 102 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 business.

The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005 and The Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the Constitution. 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.

S.M.I.L.E. Counselling (SCIO)

Independent Auditor's Report to the Members of S.M.I.L.E. Counselling (SCIO)

Opinion

We have audited the financial statements of S.M.I.L.E. Counselling (SCIO) (the 'charity') for the year ended 31 December 2025, which comprise the Statement of Financial Activities, Balance Sheet, Statement of Cash Flows, and Notes to the Financial Statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is United Kingdom Accounting Standards, comprising Charities SORP - FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and applicable law (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 December 2025 and of its results for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

S.M.I.L.E. Counselling (SCIO)

Independent Auditor's Report to the Members of S.M.I.L.E. Counselling (SCIO)

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the original financial statements were authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees Report and the .

We have nothing to report in respect of the following matters where the Charities Accounts (Scotland) Regulation 2006 (as amended) requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Independent Auditor's Report to the Members of S.M.I.L.E. Counselling (SCIO)

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities [set out on page 8], the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditor responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Extent to which the audit was considered capable of detecting irregularities, including fraud

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

Identifying and assessing potential risks related to irregularities

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- the nature of the regulated sector, control environment and understanding of the entity including, but not restricted to, the understanding that the trustees are not remunerated, and the prevalence of fraud in the sector especially in the current uncertain economic environment;
- results of our enquiries of trustees about their own identification and assessment of the risks of irregularities;

- any matters we identified having obtained and reviewed the Charity's documentation of their policies and procedures relating to:
  - identifying, evaluating and complying with laws and regulations and whether they were aware of any instances of non-compliance;
  - detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud;
  - the internal controls established to mitigate risks of fraud or non-compliance with laws and regulations;
- the matters discussed among the audit engagement team regarding how and where fraud might occur in the financial statements and any potential indicators of fraud.

As a result of these procedures, we considered the opportunities that may exist within the organisation for fraud and identified the greatest potential for fraud in relation to revenue recognition. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.

We also obtained an understanding of the legal and regulatory frameworks that the Charity operates in, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the charity's own constitution, and various charity-specific legislation, including The Charities and Trustee Investment (Scotland) Act 2005.

Our procedures to respond to risks identified included the following:

- reviewing the financial statement disclosures and testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- enquiring of Trustees concerning actual and potential litigation and claims;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- reading minutes of meetings of those charged with governance;
- tested a sample of income for understatement and other relevant audit procedures while consideration was given to revenue recognition;
- tested a sample of expenditure for overstatement and other relevant procedures;
- in addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments; assessing whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluating the business rationale of any significant transactions that are unusual or outside the normal course of business.

Independent Auditor's Report to the Members of S.M.I.L.E. Counselling (SCIO)

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

Due to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. For example, as with any audit, there remained a higher risk of non-detection of irregularities, as these may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing fraud or non-compliance with laws and regulations and cannot be expected to detect all fraud and non-compliance with laws and regulations.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Section 44 (1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and Regulation 10 of the Charities Accounts (Scotland) Regulations 2006 (as amended). Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and its trustees as a body, for our audit work, for this report, or for the opinions we have formed.

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Morris & Young, Statutory Auditor
Eligible to act as an auditor in terms of section 1212 of the Companies Act 2006
Chartered Accountants
6 Atholl Crescent
Perth
PH1 5JN

15 September 2026

S.M.I.L.E. Counselling (SCIO)

Statement of Financial Activities for the Year Ended 31 December 2025
(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted £	Designated £	Restricted £	Total 2025 £	Unrestricted £	Designated £	Restricted £	Total 2024 £
Income from:									
Donations and legacies	3	80,604	-	74,852	155,456	12,078	-	133,191	145,269
Charitable activities	4	23,659	-	-	23,659	3,305	-	-	3,305
Other trading activities	5	231,266	-	254,481	485,747	187,667	-	230,148	417,815
Investment income	6	10	-	-	10	-	-	-	-
Other income	7	380	-	-	380	133	-	-	133
Total Income		335,919	-	329,333	665,252	203,183	-	363,339	566,522
Expenditure on:									
Raising funds	8	(5,064)	-	-	(5,064)	(100)	-	-	(100)
Charitable activities	9	(348,235)	-	(311,367)	(659,602)	(195,335)	-	(385,791)	(581,126)
Total Expenditure		(353,299)	-	(311,367)	(664,666)	(195,435)	-	(385,791)	(581,226)
Net (expenditure)/income		(17,380)	-	17,966	586	7,748	-	(22,452)	(14,704)
Transfers between funds		11,500	(11,500)	-	-	5,666	(12,500)	6,834	-
Net movement in funds		(5,880)	(11,500)	17,966	586	13,414	(12,500)	(15,618)	(14,704)

The notes on pages 20 to 37 form an integral part of these financial statements.

S.M.I.L.E. Counselling (SCIO)

Statement of Financial Activities for the Year Ended 31 December 2025
(Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted £	Designated £	Restricted £	Total 2025 £	Unrestricted £	Designated £	Restricted £	Total 2024 £
Reconciliation of funds									
Total funds brought forward		10,429	56,709	259	67,397	(2,985)	69,209	15,877	82,101
Total funds carried forward	23	4,549	45,209	18,225	67,983	10,429	56,709	259	67,397

All of the charity's activities derive from continuing operations during the above two periods.

S.M.I.L.E. Counselling (SCIO)

(Registration number: SC046166)
Balance Sheet as at 31 December 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	17	8,738	11,651
Current assets			
Debtors	18	8,434	8,715
Cash at bank and in hand	19	76,039	98,825
		84,473	107,540
Creditors: Amounts falling due within one year	20	(25,228)	(51,794)
Net current assets		59,245	55,746
Net assets		67,983	67,397
Funds of the charity:			
Designated funds		45,209	56,709
Restricted income funds			
Restricted funds		18,225	259
Unrestricted income funds			
Unrestricted funds		4,549	10,429
Total funds	23	67,983	67,397

The financial statements on pages 16 to 37 were approved by the trustees, and authorised for issue on 01 September 2026 and signed on their behalf by:

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Mairi MacDonald-Woolley
Chairperson

S.M.I.L.E. Counselling (SCIO)

Statement of Cash Flows for the Year Ended 31 December 2025

	Note	2025 £	2024 £
Cash flows from operating activities			
Net cash income/(expenditure)		586	(14,704)
Adjustments to cash flows from non-cash items			
Depreciation	9	2,913	3,884
Investment income	6	(10)	-
		3,489	(10,820)
Working capital adjustments			
Decrease/(increase) in debtors	18	281	(528)
(Decrease)/increase in creditors	20	(15,457)	26,549
(Decrease)/increase in deferred income		(11,109)	11,109
Net cash flows from operating activities		(22,796)	26,310
Cash flows from investing activities			
Interest receivable and similar income	6	10	-
Purchase of tangible fixed assets	17	-	(13,695)
Net cash flows from investing activities		10	(13,695)
Net (decrease)/increase in cash and cash equivalents		(22,786)	12,615
Cash and cash equivalents at 1 January		98,825	86,210
Cash and cash equivalents at 31 December		76,039	98,825

All of the cash flows are derived from continuing operations during the above two periods.

S.M.I.L.E. Counselling (SCIO)

Notes to the Financial Statements for the Year Ended 31 December 2025

1 Charity status

The charity is a Scottish Charitable Incorporated Organisation (SCIO), and is registered with the Office of the Scottish Charity Regulator under Charity Number SC046166.

The address of its registered office is:
Fairbairn House
6 Fairbairn Place
Livingston
EH54 6TN

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis of preparation

S.M.I.L.E. Counselling (SCIO) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

These financial statements are presented in sterling (£) and rounded to the nearest £1.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs
Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs
These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Volunteers
Trainee counsellors are unpaid but gain experience, supervision and necessary work practice hours. The Charity had 15 trainee counsellors during the year.

Taxation
The charity is exempt from Corporation Tax on its charitable activities.

Tangible fixed assets
Individual fixed assets costing £1,000 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Office equipment	25% reducing balance

Debtors
Debtors are valued at cost at the year-end and adjusted for any amounts considered to be irrecoverable.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and bank deposits.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Unrestricted designated funds are funds ringfenced by the trustees for a particular purpose in the year ahead.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

3 Income from donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2025 £	Unrestricted funds £	Restricted funds £	Total 2024 £
Donations	11,813	-	11,813	12,078	-	12,078
Grants	68,791	74,852	143,643	-	133,191	133,191
	80,604	74,852	155,456	12,078	133,191	145,269

4 Income from charitable activities

	Unrestricted funds £	Total 2025 £	Unrestricted funds £	Total 2024 £
Fundraising events	13,194	13,194	-	-
Room sponsorship	10,384	10,384	3,200	3,200
Easy fundraising	81	81	105	105
	23,659	23,659	3,305	3,305

5 Income from other trading activities

	Unrestricted funds £	Restricted funds £	Total 2025 £	Unrestricted funds £	Restricted funds £	Total 2024 £
Counselling services income	-	254,481	254,481	-	229,441	229,441
Training services income	231,266	-	231,266	187,667	707	188,374
	231,266	254,481	485,747	187,667	230,148	417,815

6 Investment income

	Unrestricted funds General £	Total 2025 £	Total 2024 £
Interest receivable and similar income;			
Interest receivable on bank deposits	10	10	-

7 Other income

	Unrestricted funds £	Total 2025 £	Unrestricted funds £	Total 2024 £
Miscellaneous income	380	380	133	133

8 Expenditure on raising funds

a) Costs of generating donations and legacies

	Note	Unrestricted funds £	Total 2025 £	Unrestricted funds £	Total 2024 £
Costs of fundraising		5,064	5,064	100	100

9 Expenditure on charitable activities

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £	Unrestricted funds £	Restricted funds £	Total 2024 £
Staff wages and salaries		194,432	280,946	475,378	121,639	278,183	399,822
Sub-contracted counselling services		30,045	18,948	48,993	7,858	26,693	34,551
Staff training		10,819	-	10,819	2,242	4,636	6,878
Staff supervision		410	-	410	780	-	780
Other staff costs		2,443	139	2,582	1,866	211	2,077
Training materials		1,688	-	1,688	4,126	-	4,126
Insurance		3,453	-	3,453	825	1,000	1,825
Venue Hire		3,576	2,094	5,670	-	1,471	1,471
Rent		55,212	-	55,212	19,244	39,045	58,289
Cleaning, repairs and maintenance		4,765	100	4,865	5,664	1,042	6,706
Canteen and catering costs		1,943	49	1,992	2,292	314	2,606
Equipment and leasing costs		631	-	631	4,847	9,001	13,848
Donations		150	-	150	-	-	-
Depreciation		2,913	-	2,913	3,540	343	3,883
Support costs	10	30,355	9,091	39,446	15,170	23,852	39,022
Governance costs	10	5,400	-	5,400	5,242	-	5,242
		348,235	311,367	659,602	195,335	385,791	581,126

10 Analysis of governance and support costs

Support costs

	Basis of allocation	Unrestricted funds £	Restricted funds £	Total 2025 £	Unrestricted funds £	Restricted funds £	Total 2024 £
IT costs	Actual	17,731	6,377	24,108	5,329	12,346	17,675
Telephone, printing, postage and stationery	Actual	2,733	175	2,908	2,926	5,253	8,179
Advertising	Actual	1,716	-	1,716	1,514	3,040	4,554
Subscriptions	Actual	3,149	-	3,149	1,270	1,515	2,785
Staff Entertainment	Actual	-	-	-	1,656	-	1,656
Bank interest and charges	Actual	1,431	1,161	2,592	633	415	1,048
Professional fees	Actual	1,812	1,378	3,190	1,050	1,283	2,333
Payroll fees	Actual	1,783	-	1,783	792	-	792
		30,355	9,091	39,446	15,170	23,852	39,022

Governance costs

	Unrestricted funds £	Total 2025 £	Unrestricted funds £	Total 2024 £
Audit fees				
Audit of the financial statements	4,200	4,200	4,200	4,200
Other fees paid to auditors	1,200	1,200	1,200	1,200
Independent examiner fees				
Examination of the financial statements	-	-	(158)	(158)
	5,400	5,400	5,242	5,242

11 Net incoming/outgoing resources

Net incoming/(outgoing) resources for the year include:

	2025 £	2024 £
Audit fees	4,200	4,200
Depreciation of fixed assets	2,913	3,883

12 Trustees remuneration and expenses

No trustees have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

13 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £
Staff costs during the year were:		
Wages and salaries	419,702	357,973
Social security costs	35,636	26,552
Pension costs	20,040	15,297
	475,378	399,822

The monthly average number of persons employed by the charity during the year expressed as full time equivalents was as follows:

	2025 No	2024 No
Average number of employees	18	15

The number of employees whose emoluments fell within the following bands was:

	2025 No	2024 No
£60,001 - £70,000	1	-
£70,001 - £80,000	-	1

The total employee benefits of the key management personnel of the charity were £67,085 (2024 - £71,664).

14 Independent examiner's remuneration

	2025 £	2024 £
Examination of the financial statements	-	(158)

15 Auditors' remuneration

	2025 £	2024 £
Audit of the financial statements	4,200	4,200
Other fees to auditors		
All other non-audit services	1,200	1,200

16 Taxation

The charity is a registered charity and is therefore exempt from taxation.

17 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 January 2025	16,148	16,148
At 31 December 2025	16,148	16,148
Depreciation		
At 1 January 2025	4,497	4,497
Charge for the year	2,913	2,913
At 31 December 2025	7,410	7,410
Net book value		
At 31 December 2025	8,738	8,738
At 31 December 2024	11,651	11,651

18 Debtors

	2025 £	2024 £
Trade debtors	2,334	5,202
Prepayments	6,100	2,561
Accrued income	-	952
	8,434	8,715

19 Cash and cash equivalents

	2025 £	2024 £
Cash on hand	628	628
Cash at bank	75,411	98,197
	76,039	98,825

20 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	3,078	-
Other taxation and social security	9,218	8,200
Accruals	12,932	32,485
Deferred income	-	11,109
	25,228	51,794

21 Obligations under leases and hire purchase contracts

Operating lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2025 £	2024 £
Land and buildings		
Within one year	12,580	30,192
Between one and five years	-	12,580
	12,580	42,772
Other		
Within one year	403	403

22 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £Nil (2024 - £Nil).

23 Funds

	Balance at 1 January 2025 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 December 2025 £
Unrestricted					
General					
General	10,429	335,919	(353,299)	11,500	4,549
Designated					
Designated property maintenance fund	1,500	-	-	-	1,500
Designated contingency reserve	55,209	-	-	(11,500)	43,709
	56,709	-	-	(11,500)	45,209
Total Unrestricted	67,138	335,919	(353,299)	-	49,758
Restricted					
Robertson Trust Fund	259	40,500	(22,534)	-	18,225
Robertson Trust - Scholarship fund	-	21,292	(21,292)	-	-
West Lothian Development Trust fund	-	1,968	(1,968)	-	-
Study group fund	-	11,074	(11,074)	-	-
James Young High School fund	-	47,663	(47,663)	-	-
Linlithgow Academy fund	-	30,187	(30,187)	-	-
St Margaret's Academy fund	-	29,267	(29,267)	-	-
West Calder High School fund	-	6,480	(6,480)	-	-
Whitburn Academy fund	-	36,674	(36,674)	-	-

Notes to the Financial Statements for the Year Ended 31 December 2025

	Balance at 1 January 2025 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 December 2025 £
Winchburgh Academy fund	-	22,779	(22,779)	-	-
Sinclair High School fund	-	15,717	(15,717)	-	-
Counselling services	-	52,399	(52,399)	-	-
Schools TL	-	13,333	(13,333)	-	-
Total restricted	259	329,333	(311,367)	-	18,225
Total funds	67,397	665,252	(664,666)	-	67,983

S.M.I.L.E. Counselling (SCIO)

Notes to the Financial Statements for the Year Ended 31 December 2025

	Balance at 1 January 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 December 2024 £
Unrestricted funds					
General					
General	(2,985)	203,183	(195,435)	5,666	10,429
Designated					
Designated property maintenance fund	1,500	-	-	-	1,500
Designated contingency reserve	67,709	-	-	(12,500)	55,209
	69,209	-	-	(12,500)	56,709
Total unrestricted funds	66,224	203,183	(195,435)	(6,834)	67,138
Restricted					
Robertson Trust Fund	15,322	38,000	(53,063)	-	259
Robertson Trust - Scholarship fund	555	15,578	(16,133)	-	-
West Lothian Development Trust fund	-	17,500	(17,500)	-	-
Neuro-diverse Project fund	-	-	(560)	560	-
Steps N2 Work fund	-	4,537	(4,537)	-	-
Study group fund	-	9,872	(9,872)	-	-
Broxburn Academy fund	-	-	(12)	12	-
Cedarbank fund	-	-	(12)	12	-
James Young High School fund	-	44,084	(44,084)	-	-
Linlithgow Academy fund	-	29,956	(29,956)	-	-
St Margaret's Academy fund	-	25,672	(25,672)	-	-
West Calder High School fund	-	18,941	(18,941)	-	-

Notes to the Financial Statements for the Year Ended 31 December 2025

	Balance at 1 January 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 December 2024 £
Whitburn Academy fund	-	47,763	(47,763)	-	-
Winchburgh Academy fund	-	24,474	(24,474)	-	-
Sinclair High School fund	-	5,592	(5,592)	-	-
Big Lottery - Improving Lives fund	-	63,220	(63,220)	-	-
Robertson Trust - Cost of Living	-	3,800	(3,800)	-	-
IT and Cyber Security Fund	-	6,134	(6,134)	-	-
Counselling services	-	8,216	(14,466)	6,250	-
Total restricted funds	15,877	363,339	(385,791)	6,834	259
Total funds	82,101	566,522	(581,226)	-	67,397

Unrestricted Funds

General Unrestricted funds represent all income and expenditure relating to the primary focus activities of the charity, other than those for which funding is designated or restricted.
The Designated property maintenance fund represents dilapidation funds set aside by the trustees to cover possible costs at the end of the lease.
The Designated contingency reserve fund represents funds set aside by the trustees to enable an orderly close down of the charity were that ever required. It represents 3 months of running costs along with any staff redundancy payments due.

Restricted Funds

The Robertson Trust Fund represents trainer and supervision salary costs.
The Robertson Trust - Scholarship Fund represents funding received to provide remote counselling support for those receiving scholarship funding through the Trust.
The West Lothian Development Trust Fund represents funding for a part-time counsellor, administrator and new office space.
The Neuro-diverse Project Fund represents funding received for a specialist Neurodiverse Child Therapist for 11-18 year olds.
The Steps N2 Work Fund represents funds to support unemployed or underemployed graduates to access full time sustainable employemnt after a paid work experience placement via West Lothian Council.
The Study Group Fund represents funds to support study groups.
The various High School Funds represents funding for counsellors based at the schools to provide onsite counselling to children and support staff.
The Counselling Services Fund represents funding towards specialist counselling, including the Walk and Talk Project.
The Big Lottery - Improving Lives Fund represents funding towards specialised counselling for children and young people in West Lothian.
The Robertson Trust - Cost of Living Fund represents funding to support those affected by the cost of living crisis.
The IT and Cyber Security Fund represents funding towards IT and cyber security costs.

24 Analysis of net assets between funds

	Unrestricted funds		Restricted funds	Total funds at 31 December 2025
	General	Designated		
	£	£	£	£
Tangible fixed assets	7,965	-	773	8,738
Current assets	21,812	45,209	17,452	84,473
Current liabilities	(25,228)	-	-	(25,228)
Total net assets	4,549	45,209	18,225	67,983

	Unrestricted funds		Restricted funds	Total funds at 31 December 2024
	General	Designated		
	£	£	£	£
Tangible fixed assets	10,621	-	1,030	11,651
Current assets	40,493	56,709	10,338	107,540
Current liabilities	(40,685)	-	(11,109)	(51,794)
Total net assets	10,429	56,709	259	67,397

25 Analysis of net funds

	At 1 January 2025	Financing cash flows	At 31 December 2025
	£	£	£
Cash at bank and in hand	98,825	(22,786)	76,039
Net funds	98,825	(22,786)	76,039

	At 1 January 2024	Financing cash flows	At 31 December 2024
	£	£	£
Cash at bank and in hand	86,210	12,615	98,825
Net funds	86,210	12,615	98,825

26 Related party transactions

There were no related party transactions in the year.