Annual Report

2025 – 2026

CONNECTING CULTURE AND MENTAL WELLBEING

Scottish Asian Counselling Services

www.scottishasiancounsellingservices.org

Charity No: SC052798

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Co-Founders' Statement

Raj Sandhu Chima & Asma Khan

As we look back on 2025–2026, we feel a deep sense of gratitude for how far Scottish Asian Counselling Services (SACS) has come. What began as a response to a clear gap in culturally responsive mental health support has grown into something we could not have imagined in our first year — a charity that is reaching further into communities, holding space for more people, and shaping conversations that genuinely matter.

This year has been one of expansion and depth. We have moved from establishing our presence to building infrastructure: stronger systems, stronger partnerships, and a stronger team. Our reach now spans South Asian and minoritised communities across Scotland, with services delivered in trusted community spaces — Gurdwaras, mosques, schools, and increasingly, NHS and statutory settings.

We are particularly proud that this year, SACS made history by hosting Scotland's first-ever networking event for South Asian therapists — a milestone recognised in BACP's CBT Today, COSCA's journal, and through a motion in the Scottish Parliament. Alongside this, we have published our Community Mental Health Insight Report, contributed to BACP's Therapy Today, and built first partnerships with the NHS, including an awareness event at Hairmyres Hospital. Each of these moments reflects something we hold close: that culturally responsive care is not a niche — it is essential, and the wider profession is ready to listen.

The numbers tell their own story. This year we received 101 enquiries, supported 75 individuals through one-to-one counselling, and reached over 600 people through workshops, groups, and outreach — including more than 120 children and young people. We have delivered 45+ workshops and events. Behind these figures are real people, real families, and real stories of healing.

None of this would be possible without our team. To our therapists, trainees, trustees, partners, funders, and the communities we serve — thank you. You make this work possible. We are also deeply grateful to our outgoing trustees, Jackie Hay and Allan Brown, whose support during our founding years helped lay the groundwork for everything that has followed. We warmly welcome our new Chair Indleeb Walayat, Treasurer Lee-Anne Shema, Secretary Amirah Khan, and Trustee Gursharan Kaur, whose expertise and commitment are already strengthening our governance.

Looking ahead to 2026, our focus is on sustainability. We want to ensure that what we have built can hold the growing demand we are seeing — that the systems behind the work are as strong as the care we provide.

Thank you for walking this journey with us.

Raj Chima & Asma Khan

Reference and Administrative Details

Charity name	Scottish Asian Counselling Services
Charity number	SC052798
Principal Address	5 Jean Armour Drive Kilmarnock KA1 2SD
Secondary Address	210 Glasgow Road Rutherglen Glasgow

Bankers	CAF Bank 25 Kings Hill Avenue, King's Hill West Malling, Kent, ME19 4JQ Tel: 03000 123 456 cafbank@cafonline.org
Independent Examiner	Danielle Biggins Dash Accounting Services House Suite 11 – Calder 8 S Caldeen Road Coatbridge, ML5 4EG 0796944009 daniellebiggins@dashaccountingservices.com

Trustees and Office Bearers

The Trustees who served during the year and to the date of this report are:

Jackie Hay Chair (appointed September 2023, resigned July 2025)

Asma Khan Secretary (appointed September 2023, resigned July 2025)

Raj Chima Treasurer (appointed September 2023, resigned July 2025)

Allan Brown Trustee (appointed September 2023, resigned September 2025)

Shandeep Kambo Trustee (appointed September 2023)

Mohammed Ullah Trustee (appointed September 2023)

Andrew Gray Trustee (appointed September 2023)

Kevin Smith Trustee (appointed September 2023)

Indleeb Walayat Chair (appointed September 2025)

Lee-Anne Shema Treasurer (appointed September 2025)

Amirah Khan Secretary (appointed October 2025)

Gursharan Kaur Trustee (appointed November 2025)

Welcoming Our New Trustees



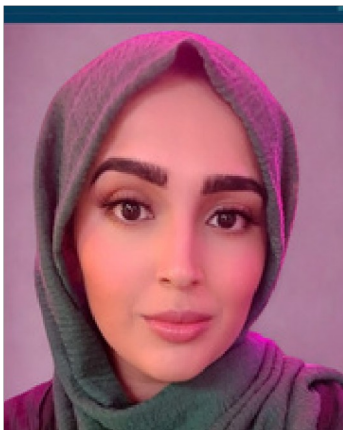
Indleeb Walayat

Chair



Lee-Anne Shema

Treasurer



Amirah Khan

Secretary



Gursharan Kaur

Trustee

Structure, Governance and Management

The Trustees are pleased to present their report together with the financial statements of the Charity for the 12-month period ended 31st March 2026.

Scottish Asian Counselling Services (SACS) SCIO was established by constitution and registered as a charity with the Office of the Scottish Charity Regulator (OSCR) in September 2023. It is registered under No SC052798. The constitution defines the aims, objectives, and the rules by which its trustees must operate.

SACS was formed in 2023 in response to the growing need for culturally competent mental health services within South Asian and BIPOC (Black, Indigenous, and People of Colour) communities.

The trustees are responsible for the strategic direction and governance of the charity, while the day-to-day running is delegated to the Co-Founders, Raj Chima and Asma Khan, who continue to lead operations following their transition out of trustee roles in 2025.

This year saw a significant transition in our governance, with the appointment of a new Chair, Treasurer, Secretary, and additional trustee, strengthening the Board with fresh expertise and perspectives. The trustees are aware of their responsibilities for Supervision, Health and Safety, Service Safety, and Quality. In addition to comprehensive insurance, all our staff, volunteers, placement students, and therapists hold disclosures under the Protection of Vulnerable Groups (PVG) Scheme.

Appointment of Trustees

The management committee of Scottish Asian Counselling Services (SACS) serves as the charity's trustees, meeting four times a year to oversee its operations and strategic direction.

Trustees are expected to have an understanding of what it means to serve as a charity trustee, as well as the practical aspects of the work carried out by the organisation. To prepare them for their role, new trustees undergo an induction and training process before their first meeting. This includes completing a full PVG (Protecting Vulnerable Groups) check and mandatory Safeguarding training. Trustees are also provided with a comprehensive onboarding pack outlining their roles, responsibilities, and the expectations of the Board.

This structured process ensures that trustees are well-equipped to support the mission and governance of Scottish Asian Counselling Services effectively.

Risk Management

At Scottish Asian Counselling Services (SACS), risks are identified and managed proactively on an ongoing basis. This process encompasses both strategic and operational risks and is formally reviewed at least once a year. The trustees, alongside the management team, work diligently to implement measures that mitigate potential risks, reducing both the likelihood of their occurrence and the extent of their impact. This ensures the charity's activities remain secure and sustainable while safeguarding the well-being of the community it serves.

Branding and Digital Infrastructure

Throughout 2025–2026, SACS has continued to invest in strengthening our digital presence and the systems that sit behind our work. Our social media presence across Instagram, LinkedIn, and Facebook has grown significantly, helping us reach new users, raise awareness about mental health, and showcase our work to stakeholders and partner organisations.

A key focus this year has been the development of a refreshed website — a project that has been underway throughout the reporting period, designed to better reflect the breadth of our services, the communities we serve, and the depth of work SACS now delivers. Alongside this, we have begun strengthening the systems behind our service delivery — consolidating client data, developing internal CRM infrastructure, and recruiting volunteer technical expertise to support long-term sustainability.

This investment reflects our commitment to building a charity that is not only compassionate in delivery but robust in structure.

Equality, Diversity, and Inclusion

Equality, diversity, and inclusion are central to our core principles and are reflected in our service provision, diverse workforce, Board, and partnerships, as well as in the way we work. We aim to achieve this by advocating fairness, consistency, and transparency in our organisational decision-making, and by establishing fair policies and procedures that are consistently applied.

Your SACS – Charity Overview

Aims

Our aim is to address the stigma of seeking support for mental health issues and to bridge the gap in access to psychological services for South Asian and other minoritised cultural communities.

Mission

- To support South Asian and minoritised communities with culturally appropriate therapy that improves mental health, through one-to-one counselling, group work, workshops, and psychoeducation.
- To work in collaboration with institutions, community organisations, and religious leaders to promote diversity and inclusion in therapy.
- To provide educational opportunities to train and supervise trainee therapists in demonstrating professional competence in equality, diversity, and inclusion.

Values

All services delivered by SACS are underpinned by the following core values:

Supportive – We strive to create an inclusive and compassionate environment where clients feel empowered to make informed choices about their mental health.

Acceptance – We encourage a non-judgemental approach to mental health, where individuals learn to embrace and work through difficult emotions.

Culturally Sensitive – Our services are tailored to the cultural beliefs and practices of our clients, ensuring they feel respected and understood throughout their mental health journey.

Safe – We prioritise creating safe, respectful environments for all, particularly marginalised groups including ethnic minorities, the LGBTQIA+ community, and individuals facing social or economic barriers.

Achievements and Performance

2025–2026 has been a year of significant growth, recognition, and deepening impact for Scottish Asian Counselling Services (SACS). Building on the foundations laid in our first year, we have expanded our reach, strengthened our infrastructure, and stepped onto national platforms that have brought culturally responsive mental health into wider professional and public conversation.

This year we received 101 enquiries, with 75 progressing to one-to-one counselling — a 74% conversion rate that reflects strong community trust and demand. Through workshops, group programmes, community events, and outreach, we reached over 600 individuals across Scotland, including more than 120 children and young people. We delivered 45+ workshops and community events, supported 5 trainee therapists, and welcomed a new CYP associate therapist to strengthen our specialist provision for young people.

The sections that follow set out the year's achievements in more detail.

National Recognition and Influence

This year SACS stepped into spaces that carry weight far beyond our community, contributing to the national conversation around culturally responsive mental health care.

Scotland's First South Asian Therapists Networking Event

In May 2025, during Mental Health Awareness Week, SACS hosted Scotland's first-ever networking event for South Asian therapists at ChaiWala in Glasgow. Twenty-six therapists came together — for many, the first time they had ever been in a room full of South Asian therapists. The evening included our "Speed Therapist Connections" activity and a guest talk from Satinder Panesar, author of When Therapy Goes Wrong.

The event was a milestone in addressing the long-standing underrepresentation of South Asian practitioners in Scottish mental health services. According to the Health and Care Professions Council (2021), 90% of registered practitioner psychologists identify as White, with only 4.9% identifying as Asian. The networking event created a rare and overdue space for connection, professional validation, and shared cultural understanding.

We were honoured to be presented with a motion from the Scottish Parliament by Pam Gosal MBE MSP, recognising the impact of our work in tackling stigma. Feedback from attendees was overwhelmingly positive, and the event marked the beginning of an ongoing conversation about representation and inclusion within the profession.



Scotland's first South Asian Therapists Networking Event, ChaiWala Glasgow, May 2025

Featured by BABCP and COSCA

Following the event, SACS was featured in two of the UK's leading professional bodies. Co-Founder Raj Sandhu Chima authored "A First of Its Kind: Scotland's South Asian Therapist Networking Event" in BABCP's CBT Today magazine, and "Creating Space: A Reflective Account of Scotland's First South Asian Therapist Networking Event" in the COSCA journal. These publications gave national



visibility to the importance of culturally informed practice and the value of building professional spaces where therapists from minoritised communities feel seen, heard, and supported.

Therapy Today (BACP) Publication

In March 2026, an article authored by Clinical Director Asma Khan was published in BACP's Therapy Today, contributing to professional discussions on culturally responsive practice and the role of dialogue in therapeutic work. The article speaks directly to the direction SACS is working towards — that effective therapy requires engagement not only with psychological models but with the social, cultural, and relational contexts in which distress is experienced and understood.



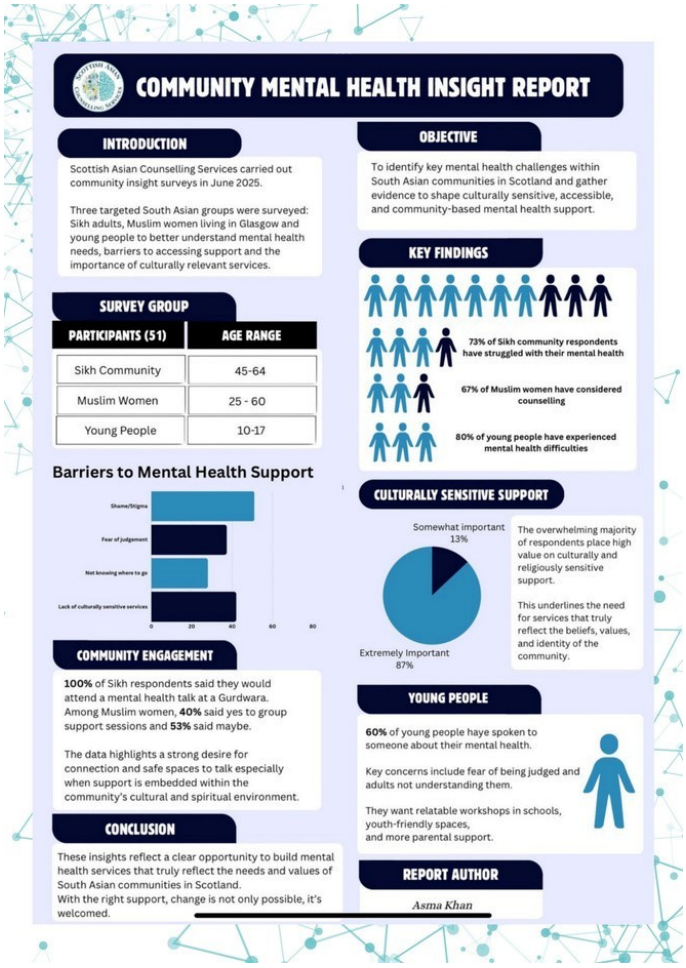
Community Mental Health Insight Report

In June 2025, SACS published its first Community Mental Health Insight Report, authored by Asma Khan. The report drew on insight surveys conducted with 51 participants across three South Asian groups — Sikh adults, Muslim women living in Glasgow, and young people — to better understand mental health needs, barriers to accessing support, and the importance of culturally relevant services.

Key findings included:

- 73% of Sikh respondents had struggled with their mental health
- 67% of Muslim women had considered counselling
- 80% of young people had experienced mental health difficulties
- 87% of respondents rated culturally and religiously sensitive support as "extremely important"
- 100% of Sikh respondents said they would attend a mental health talk at a Gurdwara

These insights now actively shape how SACS designs services, plans community engagement, and advocates for change.



Community Mental Health Insight Report, June 2025

One-to-One Counselling

Our one-to-one counselling service has grown significantly this year, supporting individuals across children, young people, and adults through the expertise of our dedicated associate and trainee therapists.

In 2025–2026, we received 101 enquiries, with 75 progressing to clients — a 74% conversion rate that reflects strong community trust and the credibility of our work. Most referrals continued to come through word of mouth, family, and community networks, demonstrating the value our work holds at a grassroots level.

The breakdown of those we supported through one-to-one counselling:

- 16% children and young people
- 21% men
- 63% women

Many individuals continue to seek us out specifically for culturally sensitive therapy — a space where their culture, faith, and lived experience are understood and respected. Through our skilled team of therapists, we have provided compassionate, tailored support that has fostered trust and meaningful therapeutic outcomes. Referrals have come through partnerships with affiliated organisations, our website, social media, and increasingly through statutory and NHS routes as our visibility grows.

To strengthen our specialist provision for young people, we recruited a dedicated CYP associate therapist this year — an important step in building capacity for the demographic where demand has been highest.

Client Testimonials

"The support I am receiving is very kind, understanding, and really making a difference in helping me move forward with confidence."

"I now know I have somewhere to turn when I'm feeling unsure about life — whether that's making decisions, managing emotions, or just needing someone to talk to. I'd definitely recommend SACS to others."

Workshops and Psychoeducation

Workshops and psychoeducation continued to be a cornerstone of our work this year, providing accessible, culturally relevant mental health learning across a range of community settings. We delivered 45+ workshops and community events, reaching 120+ children and young people directly through workshop programmes alone.

Sikhi Camp Anxiety Workshops (August 2025)

For the second consecutive year, SACS delivered Cognitive Behavioural Therapy (CBT) anxiety workshops at Sikhi Camp, reaching 120 children. The sessions were highly interactive, creating a safe and supportive space where children felt comfortable sharing their experiences. A reflective activity allowed participants to put their learning into practice in meaningful ways. We were privileged to welcome Barbara Adzajlic, Lead for Children & Young People's Mental Health at Glasgow City Health and Social Care Partnership, to see our work in action and hear directly from young voices about the impact.

Welcoming Barbara Adzajlic to Sikhi Camp 2025





Cumbernauld Mosque – 5-Week CBT Group Programme

Following the success of our initial workshop at Cumbernauld Mosque, SACS therapists Sophia Hassan and Suriya Arshad facilitated a 5-week CBT group programme focused on anxiety psychoeducation and coping skills. The sessions provided a supportive space to explore the link between thoughts, emotions, and behaviours. Group members engaged openly, sharing personal reflections and showing real commitment to their wellbeing. The strong response affirmed something we hold close: mental health support belongs at the heart of our communities.



Sophia Hassan and Suriya Arshad at Cumbernauld Mosque

Spill the Cha

Spill the Cha is our monthly online workshop, led by CBT Therapist Suriya Arshad alongside SACS associates. It provides a safe, culturally sensitive space for South Asian women to explore important and sometimes challenging topics — from boundaries and self-worth, to family dynamics, to navigating cultural and societal pressures. Participants describe it as relatable, safe, and empowering. Feedback consistently shows attendees feel less alone and deeply supported, valuing the opportunity to connect over meaningful discussions. Spill the Cha continues to grow as a space for awareness, empowerment, and community.



You Are More Than Your Inner Critic

Earlier in the year, SACS ran the "You Are More Than Your Inner Critic" group in person at Al Meezan, building on our established relationship with the organisation. The group was facilitated by Suriya Arshad and student CBT therapist Sadia Gilani. Participants explored self-criticism, learned practical tools, and began reconnecting with their strengths in a supportive environment. Feedback highlighted that attendees felt less alone and valued the safe space to explore low self-esteem alongside others.

Diversity Community Group Workshops

In collaboration with the Diversity Community Group, SACS delivered a series of four workshops facilitated by CBT therapists Suriya Arshad and Nazia Khan. Both Suriya and Nazia have brought enormous energy and skill to this work in their first year as qualified therapists, and the consistency and depth of their facilitation has been a real strength of the programme. The four workshops covered:

- Low Self-Esteem and Overcoming
- Loneliness The In-Law Experience Who
- Will Take Care of Us?
- Reconnecting With Ourselves

These sessions fostered meaningful conversations about family dynamics, boundaries, identity, and wellbeing across different stages of life — creating space for participants to reflect, share, and feel understood.

Supporting Your Child Through Therapy

In March 2026, Co-Founder Raj Chima delivered an online workshop for parents and carers, "Supporting Your Child Through Therapy." The session was well attended and positively received, with feedback highlighting the value of providing practical guidance and support to families navigating their child's therapeutic journey.

Participant Testimonials

"It's an invaluable service that makes it okay and normal to talk about your mental health."

— Aniqa Afzal, Student Therapist

"It has given a safe space where people from cultures where mental health can be taboo feel comfortable discussing their issues."

— Zubair Asghar, Student Therapist

Community Engagement and Partnerships

This year SACS continued to deepen its commitment to working in collaboration with institutions, community organisations, and religious leaders to promote diversity and inclusion in therapy. Our partnerships have expanded significantly across faith settings, statutory services, third-sector networks, and minoritised community organisations.

Faith and Community Settings

We continued our trusted work within Gurdwaras and mosques, including a return to Sikhi Camp for our second year of CBT anxiety workshops, ongoing collaboration with Cumbernauld Mosque, and our continued partnership with Al Meezan, who have hosted multiple SACS group programmes.

In June 2025, SACS was honoured to support the Police Scotland Sikh Association's Wellbeing and Careers Event at Central Gurdwara, Glasgow. The event brought together wellbeing, education, and community connection. SACS focused on breaking the stigma around mental health and gathered both quantitative and qualitative feedback through community questionnaires — capturing the community's voice on accessing therapy and what culturally appropriate mental health support should look like.



SACS at the Police Scotland Sikh Association's Wellbeing and Careers Event, Central Gurdwara

Lanarkshire Wellbeing Event – Police Scotland Muslim Association

SACS attended the Lanarkshire Wellbeing Event at Motherwell Police Office, where we connected with Amran and Naseem Ali from the Scottish Police Muslim Association (SPMA). Their work championing inclusion, cultural understanding, and wellbeing within Police Scotland aligns closely with our mission, and we look forward to continuing this work together.



With Amran Ali at the Lanarkshire Wellbeing Event, Motherwell Police Office

Strategic Collaborations

Our work this year has been strengthened by partnerships with organisations that share our commitment to supporting the community. Collaborations include:

- **SATH** (Scottish Association for Mental Health)
- **Sikh Sanjog**
- **Amina** – The Muslim Women's Resource Centre
- **Sakoon Mind**

In partnership with Sakoon Mind, SACS hosted a Mental Health Awareness stall offering 1-to-1 wellbeing check-ins with qualified therapists, free information on therapy services and grief support, culturally informed resources, and signposting to ongoing therapeutic services.

We also continue to work in close partnership with ACT Counselling and Training Services, whose ongoing support has been instrumental — including the provision of fully funded COSCA Certificate in Counselling Skills places, which we discuss further in the Trainee Development section.

Statutory and Third-Sector Engagement

This year SACS established meaningful relationships with key statutory and sector partners:

- **Glasgow City Health and Social Care Partnership (HSCP)** – including attendance at the North East Mental Health and Suicide Prevention Network meeting for Children's Mental Health Week 2026, and ongoing collaboration with Barbara Adzajlic, Lead for Children & Young People's Mental Health.
- **Family Wellbeing Hub** – following our meeting with Glasgow Health Improvement Lead Barbara Adzajlic, who has connected SACS with the Hub to align our services with existing support pathways.
-

GCVS (Glasgow Council for the Voluntary Sector) – we attended the GCVS Networking Breakfast, gaining valuable insight into charity governance, fundraising, and collaboration opportunities.

- **SCVO – The Gathering** – Scotland's largest third-sector event, where SACS participated in workshops on ERP fatigue and finance transformation in not-for-profit organisations, supporting our long-term sustainability and infrastructure planning.

Public and Awareness Events

SACS was visible at a number of public events throughout the year, raising awareness, gathering community insight, and building new connections:

- **Health & Wellbeing Festival 2026** at Glasgow City Chambers
- **World Mental Health Day 2025** at the new Parkhead Hub, hosted by Glasgow City HSCP — attended alongside our Chair, Indleeb Walayat
- **Minority Ethnic Engagement Event 2025** at the William Quarrier Conference Centre, focusing on mental health, health inequalities, and the importance of culturally informed care
- **Scottish Pause Summit 2025**, dedicated to menopause, wellbeing, and women's health — an experience that has shaped our plans for an upcoming Menopause and Mental Health Workshop tailored to South Asian women



World Mental Health Day 2025 at the new Parkhead Hub



At the Scottish Pause Summit 2025



Minority Ethnic Engagement Event, William Quarrier Conference Centre

NHS and Statutory Partnerships

A significant milestone this year was the development of our first formal NHS partnership. In partnership with NHS staff at Hairmyres Hospital, SACS delivered an awareness day bringing together doctors, nurses, and healthcare professionals to explore cultural understanding in mental health.

The session went beyond raising awareness. Staff engaged with curiosity, asked meaningful questions, and showed a real commitment to understanding the South Asian community and its unique needs. The day also strengthened relationships with The Talking Rooms and Therapets, opening the door for future collaboration.



Building bridges with the NHS at Hairmyres Hospital



Connecting with Therapets at Hairmyres

"Their presence also helped raise awareness among our Spiritual Care Team of a valuable resource we can now signpost people to for culturally sensitive support. I would be delighted to welcome Raj and Asma back for future events and highly recommend their involvement to other teams or organisations."

— Graeme, Hairmyres Hospital

This partnership marks an important step in laying the foundations for more culturally responsive, sustainable mental health care across Scotland's NHS settings.

Trainee Development and Team Growth

A core part of SACS's mission is providing educational opportunities to train and supervise trainee therapists, equipping them to demonstrate professional competence in equality, diversity, and inclusion. This year we have invested significantly in both our trainees and our wider team — recognising that the strength of our work comes from the people behind it.

Supporting Trainee Therapists

This year SACS supported 5 trainee therapists, integrated into service delivery alongside our associate therapists. Our trainees bring fresh perspectives, energy, and commitment to the work, and we are proud to play a role in shaping the

next generation of culturally informed practitioners.

Fully Funded COSCA Placements

In collaboration with ACT Counselling and Training Services, SACS has been able to offer fully funded places on the COSCA Certificate in Counselling Skills — a course worth £1,400. This partnership reflects a shared commitment to equality, diversity, and inclusion, recognising the underrepresentation of minoritised communities within the counselling profession. ACT's support has helped create more accessible pathways into the profession for individuals from diverse backgrounds.

Through this collaboration, we supported Hana Chaudry (2025) and Ali Ismaeel (2026) to access this opportunity, strengthening their counselling knowledge, confidence, and practice skills.

Strengthening Specialist Provision

To meet the growing demand for support among children and young people, SACS recruited a dedicated CYP associate therapist this year — strengthening our specialist provision for the demographic where need has been highest.

In-House Training and Professional Development

During the first quarter of 2026 (January–March), SACS invested in developing the team through a structured programme of training. These sessions have supported continued growth in confidence, capability, and the quality of care we provide. Training delivered included:

- **Starting New Governance** (Raj Chima & Asma Khan) – building strong foundations for effective leadership and structure
- **Good Governance & Accountability** (Indleeb Walayat, Andrew Gray & Gursharan Kaur) – improving clarity around roles and organisational accountability
- **Couples & Relationship Counselling** (Raj Chima & Asma Khan) – strengthening confidence in supporting complex relationship dynamics
- **Islamic Counselling** (Asma Khan & Suriya Arshad) – enhancing culturally and faith-sensitive therapeutic approaches

Developing Your Fundraising Plan (Indleeb Walayat) – enabling more strategic and sustainable funding approaches
Safeguarding (Asma Khan & Suriya Arshad) – increasing confidence in recognising and responding to risk

Cultural Competency Training

Co-Founders Raj Chima and Asma Khan completed Cultural Competency Training with Dr. Sonia Ahmed — a series of powerful, thought-provoking sessions that invited reflection both as therapists and as South Asian women who have lived, witnessed, and held many of the stories explored. Each module offered validation, inspiration, and space that honoured lived experience. This training is now informing how SACS thinks about and delivers culturally competent care across the team.

EMDR Qualification

In January 2026, Co-Founder Raj Chima completed her EMDR Basic Training, becoming EMDR-trained. This new qualification will be integrated into SACS service delivery, expanding the range of evidence-based therapeutic approaches available to clients — particularly those working with trauma.

Staff Self-Care Day

SACS closed for the summer with a Staff Self-Care Day — a space to pause, reconnect, and honour all that the year had held. The day was about celebrating the people behind the work: those who hold space, stories, and responsibilities, and

who deserve care that is nourishing and culturally rooted. We shared conversations on wellbeing, identity, and purpose, and reflected on what gives us meaning. A particularly moving moment was our "Circle of Home," where objects symbolising culture, family, and belonging sparked memories, laughter, and connection. We were also grateful to Cece for guiding the team through a calming sound bath.



Sound bath at the Self-Care Day



Circle of Home – Self-Care Day

Building a SACS Family

The strength of SACS lies in its people. Throughout the year, the team came together for moments of celebration and connection — including our Diwali Night Out and Eid Dinner at Roya's, both bringing together trustees, therapists, trainees, and the wider team behind the scenes. In a profession that asks much of those who do the work, these gatherings are a reminder that caring for those who care for others is just as important as the work itself.



SACS Diwali Night Out 2025

"It's been a really positive and supportive experience — Raj and Asma have been very welcoming and professional, and genuinely care about making a difference in the community."

— Nazia Khan, Associate Therapist

Funding and Sponsorship

The continued generosity and trust of our funders and sponsors has been essential to the growth of SACS this year. Their support has enabled us to expand our reach, deliver culturally responsive mental health services, and strengthen the infrastructure behind our work.

Funders

We are deeply grateful to the following funders for their continued support and belief in our work:

- **Corra Foundation**
- **Glasgow City Health and Social Care Partnership (HSCP)**
- **Glasgow Wellbeing Fund**
- **The National Lottery Community Fund (Awards for All)** – following the positive impact achieved in our first year of
- funding, SACS was awarded a further year of funding from National Lottery Awards for All

Firstport – supporting essential start-up and infrastructure costs
Health Improvement Partnership Team – enabling continued delivery of workshops for children and young people, alongside individual counselling support

This combined funding has allowed SACS to expand workshops, group programmes, and one-to-one counselling, while also investing in the systems, training, and capacity that ensure long-term sustainability.

Sponsorship

We extend our heartfelt thanks to Kip McGrath, whose continued sponsorship — including a generous £500 contribution this year — has helped sustain essential mental health support for our community. With high expectations often impacting mental wellbeing in the South Asian community, this partnership ensures that both education and emotional health are prioritised.

Ramadhan Fundraising Appeal

We are grateful to everyone who donated to our Ramadhan Appeal. Community generosity has helped SACS reach individuals who may otherwise have struggled in silence — providing safe spaces, support, and understanding when it is needed most. This is the power of community.

Looking Ahead

In 2025–2026, SACS moved from establishing its presence to deepening its impact. We have grown into a charity with national visibility, trusted partnerships across faith, statutory, and third-sector settings, and a team whose expertise and commitment continue to shape the standard of culturally responsive care in Scotland.

As we look towards 2026–2027, our focus is on building lasting infrastructure. The growth we have seen this year — in enquiries, in referrals, in workshops delivered, in partnerships formed — has made one thing clear: demand for culturally responsive mental health support is significant and rising. Our priority now is ensuring that the systems and structures behind the work are as strong as the care we provide.

Key priorities for the year ahead include:

- **Strengthening Digital Infrastructure** – including the launch of our refreshed website (April 2026) and continued development of internal CRM systems to support consistent, high-quality service delivery as demand grows.
- **Expanding Workshop and Group Provision** – building on the success of programmes such as Spill the Cha, the Diversity Community Group workshops, and our work in faith settings, while developing new offers including a Menopause and Mental Health Workshop for South Asian women, informed by our attendance at the Scottish Pause Summit.
- **Deepening NHS and Statutory Partnerships** – building on the foundations laid through our Hairmyres Hospital partnership and our engagement with Glasgow City HSCP, to ensure SACS becomes a recognised resource within Scotland's wider mental health pathways.
- **Continuing to Build the Workforce** – through trainee placements, fully funded COSCA opportunities in partnership with ACT, and ongoing investment in cultural competency, EMDR, and other evidence-based training, contributing to a more representative and culturally informed mental health profession.
- **Developing Cultural Competency Training** – building on our own learning with Dr. Sonia Ahmed, SACS is currently developing a Cultural Competency Training offer of our own, designed to equip therapists, healthcare professionals, and organisations with the knowledge, awareness, and confidence to deliver genuinely culturally responsive care to South Asian and minoritised clients.
- **Sustainable Funding and Governance** – consolidating relationships with existing funders, pursuing strategic new funding opportunities, and ensuring our governance structures support the charity's long-term sustainability.
- **Research and Advocacy** – building on our Community Mental Health Insight Report and published articles in CBT

Today, the COSCA Journal, and Therapy Today, SACS will continue to contribute evidence and voice to national conversations on culturally responsive mental health care.

In its first two years, SACS has established itself as a vital and trusted resource for culturally competent mental health services in Scotland. With a dedicated team, a community-focused approach, and growing recognition across the profession, we are well-positioned to continue breaking down barriers and fostering resilience within South Asian and minoritised communities.

In 2026, we are moving from delivering impact to building lasting change — strengthening the systems, partnerships, and capacity that ensure no story, no struggle, and no voice goes unseen.

Annual Accounts

Enter charity name below

Enter SC No. below

SC

OSCR
Scottish Charity Regulator

Receipts and payments accounts

For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations					-	
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
					-	
A1 Sub total	-	-	-	-	-	-
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	-	-	-	-	-	-
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	-	-	-	-	-	-
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	-	-	-	-	-	-
Net receipts / (payments)	-	-	-	-	-	-
A5 Transfers to / (from) funds					-	
Surplus / (deficit) for year	-	-	-	-	-	-

Section B Statement of balances

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
	Cash and bank balances at start of year					-	
	Surplus / (deficit) shown on receipts and payments account					-	
						-	
						-	
	Cash and bank balances at end of year	-	-	-	-	-	-
	(Agree balances with receipts and payments account(s))						

B2 Investments

Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
	Total	-	-

B3 Other assets

Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
	Total	-	-	-

B4 Liabilities

Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
	Total	-	-

B5 Contingent liabilities

Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
	Total	-	-

Signed by one or two trustees on behalf of all the trustees

Signature*	Print Name	Date of approval

**** Please note - OSCR will accept digital or typed signatures***

Section C Notes to the Accounts

C1 Nature and purpose of funds *(may be stated on analysis of funds worksheets)*

C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
		Total	-

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	

C3b Trustee remuneration - details

Authority under which paid	£

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	

C4b Trustee expenses - details

	Number of trustees	£

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

C6 Other information

- SC

Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-
	-	-	-	-	-	-

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
			-	
			-	
			-	
			-	
Total	-	-	-	-
	-	-	-	-

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
					-	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-
	-	-	-	-	-	-

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
					-	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-
	-	-	-	-	-	-

SC

Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	-	-	-	-	-	-
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	-	-	-	-	-	-
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
Sub total	-	-	-	-	-	-
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	-	-	-	-	-	-
Net receipts / (payments)	-	-	-	-	-	-
Transfers to / (from) funds					-	
Surplus / (deficit) for year	-	-	-	-	-	-

Nature and purpose of funds

- SC

Additional analysis (3)

6 Breakdown of restricted funds

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	-	-	-	-	-	-
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	-	-	-	-	-	-
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
Sub total	-	-	-	-	-	-
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	-	-	-	-	-	-
Net receipts / (payments)	-	-	-	-	-	-
Transfers to / (from) funds					-	
Surplus / (deficit) for year	-	-	-	-	-	-

Nature and purpose of funds

Approval of Financial Statements

Scottish Asian Counselling Services (SC052798)
Financial statements for the period 1 April 2025 to 31 March 2026

The financial statements were approved by the Trustees on 25/10/26
and signed on their behalf by:



Signature

Indleeb Walayat
Chair

25/10/26

Date

DASH.
ACCOUNTING SERVICES

Independent Examiner's Report to the Trustees of Scottish Asian Counselling Services Trust

I report on the accounts of the charity for the year ended 31st March 2026.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) 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 statement

My examination is 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 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.

Dash Accounting Services Limited
Calder House, Suite 11, 8 South Caldeen road
Coatbridge
ML5 4EG

Independent examiner's qualified 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:

• to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations

• to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: Danielle Biggins

D.Biggins

Relevant Professional qualification/professional body: Association of Accounting Technicians (AAT)

Address: Suite 11, Calder House, 8 South Caldeen Road, ML5 4EG

Date: 23rd October 2026