COMPANY REGISTRATION NUMBER: SC180643
CHARITY REGISTRATION NUMBER: SC002072

Mindspace Limited

Company Limited by Guarantee

Financial Statements

31 March 2026

18 North Street, Glenrothes, Fife KY7 5NA 01592 610388
8 Mitchell Street, Leven, Fife KY8 4HJ 01333 425250
www.patersonboyd.com

PB AUDIT LIMITED
REGISTERED AUDITORS

Mindspace Limited

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2026

Mindspace Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2026

The trustees, who are also the directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31 March 2026.

Reference and administrative details

Registered charity name	Mindspace Limited	
Charity registration number	SC002072	
Company registration number	SC180643	
Principal office and registered office	The Gateway North Methven Street Perth Scotland PH1 5PP	
The trustees		
	Karen Downs	
	David Gilling	
	Patricia Lovatt (Chair)	
	Naomi Moffat	
	Marcus Kenyon	
	Frances Stark	
	Jane Jarvie	
	Lisa Hughes	(Appointed 2 September 2025)
	John Jarvie	(Appointed 2 September 2025)
Key management personnel		
	Jillian Milne (Chief Executive Officer) Kelly Gilmour (Team Leader) Fiona Souter (Team Leader) Alice Pople (Team Leader) to January 2026 Nicola Daubney (Team Leader) from January 2026	

Auditor	PB Audit Limited Statutory Auditors 18 North Street Glenrothes Fife KY7 5NA
Bankers	Unity Trust Bank PO Box 7193 Planetary Road Wilenhall WV1 9DG
	Bank of Scotland PO Box 1000 BX2 1LB
	Aldermore Bank Apex Plaza Forbury Road Reading RG1 1AX

Structure, governance and management

The charity is a company limited by guarantee, incorporated on 14 November 1997 and governed by its Memorandum and Articles of Association. The company was formed under the name Perth Association for Mental Health Ltd and assumed the running of Perth Association for Mental Health, an unincorporated charity established in 1979 under a written constitution, with effect from 1st April 1998. The company retained the charity number of the previous unincorporated association. It changed its name to Mindspace Limited on 24th February 2014.

Recruitment and appointment of trustees

All trustees must be appointed or reappointed by election at the charity's annual general meeting in line with the Articles of Association.

Structure, governance and management *(continued)*

Risk Management

The Board of Directors has conducted a review of the major risks to which the charity is exposed. Where appropriate, systems or procedures have been established to mitigate risks the charity faces.

Funding remains a significant area of uncertainty and successful diversification of funding has continued to contribute to overheads. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects.

Directors review policies regularly to ensure they comply with current legislation, best practice and staff training.

Objectives and activities

The principal objectives of Mindspace are as follows:

- to promote positive mental wellbeing in Perth and Kinross;
- to promote the understanding of mental ill-health and self-management, promote co-production working practices with people with lived experience of mental ill-health and disseminate information on the facilities and services available for those affected by mental ill-health;
- to promote knowledge of rights, and in partnership with those affected by mental ill-health, foster self-advocacy, choice, control and equal opportunities for all; and
- to promote the values of the Charity and influence the development of mental health policies, strategies, and plans locally and nationally.

No significant changes to these policies have taken place during the year.

Achievements and performance

Mindspace provides a Counselling Service, an adult mental health Recovery College, a young people's mental health Recovery College and a Peer Support Hub to the people of Perth and Kinross. The organisation usually supports some 1,500 to 2,000 people (aged 8 plus) each year with referrals to our counselling service alone often reaching in excess of 1,000 annually. The Recovery College, the first independent body of its kind in Scotland, works with people experiencing mental health challenges through a learning approach to understanding and managing mental health. Peer Support provided through trained and accredited peer workers provides one-to-one and group support from a lived experience perspective of mental ill health. We aim to support people to live as meaningful a life as possible with or without the symptoms of mental ill health and help people to overcome the emotional barriers inhibiting their life. Face-to-face support continues to dominate with minimal requests for online or telephone support.

Achievements and performance *(continued)*

Unfortunately, due to funding challenges for our adult counselling service our waiting list was closed from March 2025 until late November when it reopened. Due to excessive demand in a short 12-week period, we had to re-close it before the financial year end.

As well as delivering services to and within the local community, Mindspace contributes to the delivery of the Mental Health Strategy for Perth and Kinross and to the ongoing developments associated with Health and Social Care Partnership working. Partnership working with local and national organisations is important to the organisation and integral to our success.

The move to the Gateway has been challenging as more issues and defects come to the fore to be addressed. A Planned Preventive Maintenance report was prepared during the year and highlighted a potential substantial investment requirement over a 10-year period. Much of this cost came under the heading, 'desirable'. It is our position to concentrate on the most necessary work first. On a more positive note, the funding secured in 2024 from NHS Tayside's Charitable Trust Foundation, The Gannochy Trust and the Hugh Fraser Trust has allowed us to create additional 1:1 support rooms and a larger training room for client support work.

Mindspace, Perth & Kinross Association of Voluntary Service (PKAVS) as primary leaseholder and St Ninians Cathedral as building owner purchased a new boiler for the Gateway as part of a three way split. Each body contributed circa £18.5K to the cost.

Financial review

The financial statements show that Mindspace was principally supported by grant aid and donations of £1,057,213 (2024-25: £969,019). The balance of the total income of £1,182,682 (2024-25: £1,072,422) is made up of items such as donations and users' contributions. During the period under review, total operating expenses of £1,088,530 (2024-25: £1,156,136) were incurred, leaving a £94,152 surplus (2024-25: £83,714 deficit). The funds of £296,027 brought forward from the last financial year allow Mindspace to carry forward funds of £390,179.

Reserves policy

Reserves constitute the balance of unrestricted funds of £266,655 auditor (2024-25: £224,918). Mindspace's reserves policy aims to retain reserves amounting to three to six months' running costs and current reserves are short of this policy.

The day-to-day running expenses of Mindspace will continue to be funded, in the main, by the Health and Social Care Partnership, and grants from trust-making bodies and other funders. Any future capital assets purchased will have to be funded by donations from other sources.

Given the level of reserves and expectations of continuing grant and other funding in the foreseeable future, the financial statements have been prepared on the going concern basis.

Plans for future periods

We believe the goals in our 2023-26 Strategy have been mostly met and we are working towards creating a new strategy for 2026-2029. No major change to service provision nor direction of the organisation is anticipated. As part of the NHS Tayside's Model of Care proposal for better integrated and joined-up service provision across areas, we would like to be a key partner in the creation of a mental health hub for the people of Perth and Kinross.

Taking on the Gateway means having an additional focus on capital grant applications and income generation via room rental from tenants and visitors to ensure the costs of running such a large centre can be covered.

Trustees' responsibilities statement

The trustees, who are also directors for the purposes of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- 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 adequate accounting records that are sufficient to show and explain the charity's transactions and 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 Companies Act 2006. 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.

Auditor

Each of the persons who is a trustee at the date of approval of this report confirms that:

- so far as they are aware, there is no relevant audit information of which the charity's auditor is unaware; and
- they have taken all steps that they ought to have taken as a trustee to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

The auditor is deemed to have been re-appointed in accordance with section 487 of the Companies Act 2006.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 01 September 2026 and signed on behalf of the board of trustees by:

P. A. Lovatt

Patricia Lovatt (Chair)
Trustee

Opinion

We have audited the financial statements of Mindspace Limited (the 'charity') for the year ended 31 March 2026 which comprise the statement of financial activities (including income and expenditure account), statement of financial position, statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (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 March 2026 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;

- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;

- have been prepared in accordance with the requirements of the Companies Act 2006, 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's 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.

Material uncertainty related to going concern

We draw your attention to the going concern paragraph in the notes to the financial statements which highlights that the charity has recorded a significant deficit in the prior year and is projecting another deficit in the upcoming year. This position gives rise to material uncertainty as to the charity's ability to continue as a going concern in the 2026/27 financial period. Our opinion is not modified in respect of this matter.

In auditing the financial statements, we have concluded that the trustees' use of going concern basis of accounting in the preparation of the financial statements is appropriate. Our evaluation of the trustees' assessment of the charity's ability to continue to adopt the going concern basis of accounting included reviewing up to date financial information.

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 other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. 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.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the 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.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 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 the 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; and
- the directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption in preparing the directors reports and take advantage of the small companies exemption from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors for the purposes of company law) 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's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with the Acts and relevant regulations made or having effect thereunder.

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.

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:

Based on our understanding of the charity and industry, we identified that the principal risks of non-compliance with laws and regulations related to breaches of UK regulations and prohibited business practices, and we considered that the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Companies Act 2006.

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override controls), and determined that the principal risks were related to the potential posting of inappropriate journal entries to manipulate financial results and management bias in accounting estimates.

Audit procedures performed by the engagement team included:

- Enquiry of management and those charged with governance around actual and potential litigation and claims.
- Reviewing minutes of meetings of those charged with governance including the Board.
- Evaluation and testing of the operating effectiveness of management's controls designed to prevent and detect irregularities.
- Identifying and testing journal entries based on risk criteria.
- Designing audit procedures to incorporate unpredictability around the nature, timing or extent of our testing.
- Testing transactions entered into outside of normal course of business.
- Investigated the rationale behind significant or unusual transactions.
- Reviewed accounting estimates for evidence of bias.
- Performed analytical review and sample testing of income.
- Agreed financial statement disclosures to supporting documentation.

There are inherent limitations in the audit procedures described above. We are less likely to become aware of instances of non-compliance with laws and regulations that are not closely related to events and transactions reflected in the financial statements.

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.

- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

A further description of our responsibilities is available 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 members, as a body, in accordance with Regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charity's members 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 the charity's members as a body, for our audit work, for this report, or for the opinions we have formed.

Linda Johnston

Linda Johnston F.C.C.A. (Senior Statutory Auditor)

For and on behalf of
PB Audit Limited
Statutory Auditors
18 North Street
Glenrothes
Fife
KY7 5NA

PB Audit Limited are eligible to act as auditors under the terms of Section 1212 of the Companies Act 2006.

01 September 2026

Mindspace Limited

Company Limited by Guarantee

Statement of Financial Activities
(including income and expenditure account)

Year ended 31 March 2026

	Note	2026 Unrestricted funds £	2026 Restricted funds £	2026 **Total funds** £	2025 Total funds £
Income and endowments					
Donations and legacies	5	22,319	9,050	31,369	10,043
Charitable activities	6	–	1,025,844	1,025,844	958,976
Investment income	7	3,547	–	3,547	4,050
Other income	8	121,922	–	121,922	99,353
Total income		147,788	1,034,894	1,182,682	1,072,422
Expenditure					
Expenditure on charitable activities	9,10	106,051	982,479	1,088,530	1,156,136
Total expenditure		106,051	982,479	1,088,530	1,156,136
Net income/(expenditure) and net movement in funds		41,737	52,415	94,152	(83,714)
Reconciliation of funds					
Total funds brought forward		224,918	71,109	296,027	379,741
Total funds carried forward		266,655	123,524	390,179	296,027

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Mindspace Limited

Company Limited by Guarantee

Statement of Financial Position

31 March 2026

	Note	2026 £	2025 £
Fixed assets			
Tangible fixed assets	16	24,103	–
Current assets			
Debtors	17	77,068	95,144
Cash at bank and in hand		326,729	244,741
		403,797	339,885
Creditors: amounts falling due within one year	18	37,721	43,858
Net current assets		366,076	296,027
Total assets less current liabilities		390,179	296,027
Net assets		390,179	296,027
Funds of the charity			
Restricted funds		123,524	71,109
Unrestricted funds		266,655	224,918
Total charity funds	20	390,179	296,027

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 01 September 2026, and are signed on behalf of the board by:

P. A. Lovatt

Patricia Lovatt (Chair)
Trustee

The notes on pages 16 to 29 form part of these financial statements.

Mindspace Limited

Company Limited by Guarantee

Statement of Cash Flows

Year ended 31 March 2026

	2026	2025
	£	£
Cash flows from operating activities		
Net income/(expenditure)	94,152	(83,714)
Adjustments for:		
Depreciation of tangible fixed assets	3,443	–
Other interest receivable and similar income	(3,547)	(4,050)
Accrued expenses	38,990	6,927
Changes in:		
Trade and other debtors	(16,196)	(20,096)
Trade and other creditors	(10,855)	8,457
Cash generated from operations	105,987	(92,476)
Interest received	3,547	4,050
Net cash from/(used in) operating activities	109,534	(88,426)
Cash flows from investing activities		
Purchase of tangible assets	(27,546)	–
Net cash used in investing activities	(27,546)	–
Net increase/(decrease) in cash and cash equivalents	81,988	(88,426)
Cash and cash equivalents at beginning of year	244,741	333,167
Cash and cash equivalents at end of year	326,729	244,741

The notes on pages 16 to 29 form part of these financial statements.

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in Scotland and a registered charity in Scotland. The address of the registered office is The Gateway, North Methven Street, Perth, Scotland, PH1 5PP.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

The financial statements have been prepared on a going concern basis which assumes the charity will be able to continue its operations for the foreseeable future and will be able to realise its assets and discharge its liabilities and commitments in the normal course of business.

The charity recorded a deficit in the prior year and is projecting a deficit in the upcoming year and does not have sufficient reserves to continue for at least 12 months if income from funders was not to be awarded for the 2026/27 year.

The trustees acknowledge that the ability of the charity to continue as a going concern and to realise the carrying value of its assets and discharge its liabilities when due is dependent on the continued support of its funders.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

3. Accounting policies *(continued)*

Taxation

The charity is exempt from tax on income and gains falling within section 505(1) of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

Irrecoverable VAT is charged against the category of resources expended for which it was incurred.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Income and endowments

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- Donations and legacy income is received by way of donations, legacies, grants and gifts and is included in full in the Statement of Financial Activities when receivable. Where legacies have been notified to the charity but the criteria for income recognition have not been met, the legacy is treated as a contingent asset and disclosed if material. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

- Investment income is included when receivable.

- Income from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

3. Accounting policies *(continued)*

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- 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.
- Other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.
- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in the notes to the accounts.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Individual fixed assets costing £1,000 or more are capitalised at cost.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Short leasehold property	-	12% straight line
Fixtures and fittings	-	25% reducing balance
Equipment	-	25% straight line

3. Accounting policies *(continued)*

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at their transaction value and are subsequently measured at their settlement value.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

4. Limited by guarantee

The charity is a company limited by guarantee without share capital. Each member of the charity has undertaken to contribute an amount not exceeding £1 towards any deficit arising in the event of the charity being placed in liquidation. At the balance sheet the charity had 9 members.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2026 £**
Donations			
Donations	22,319	9,050	31,369

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Donations			
Donations	8,043	2,000	10,043

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2026 £**
Perth & Kinross Council	–	264,264	264,264
Perth & Kinross Suicide Prevention	–	25,000	25,000
NHS Tayside - Counselling	–	35,000	35,000
Student Placements	–	–	–
Gannochy Trust	–	69,200	69,200
Robertson Trust	–	30,000	30,000
Volant - Foundation Scotland	–	7,500	7,500
Action 15	–	125,235	125,235
Forteviot Trust	–	19,000	19,000
National Lottery	–	62,816	62,816
Northwood Trust	–	25,000	25,000
Counselling in Schools	–	249,663	249,663
Alliance Trust	–	32,003	32,003
Henry Smith Charity	–	31,410	31,410
Dunlossit	–	10,000	10,000
The Talent Fund	–	20,000	20,000
SSE Griffin and Calliacher	–	19,753	19,753
	–	1,025,844	1,025,844

6. Charitable activities *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Perth & Kinross Council	–	241,574	241,574
Perth & Kinross Suicide Prevention	–	–	–
NHS Tayside - Counselling	–	–	–
Student Placements	900	–	900
Gannochy Trust	–	30,000	30,000
Robertson Trust	–	30,000	30,000
Volant - Foundation Scotland	–	7,900	7,900
Action 15	–	125,235	125,235
Forteviot Trust	–	18,996	18,996
National Lottery	–	60,658	60,658
Northwood Trust	–	50,000	50,000
Counselling in Schools	–	272,389	272,389
Alliance Trust	–	31,324	31,324
Henry Smith Charity	–	60,000	60,000
Dunlossit	–	10,000	10,000
The Talent Fund	–	20,000	20,000
SSE Griffin and Calliacher	–	–	–
	900	958,076	958,976

7. Investment income

	Unrestricted Funds £	**Total Funds 2026 £**	Unrestricted Funds £	Total Funds 2025 £
Bank interest received	3,547	3,547	4,050	4,050

8. Other income

	Unrestricted Funds £	**Total Funds 2026 £**	Unrestricted Funds £	Total Funds 2025 £
Fixed Fee/Choice Receipts	25,883	25,883	19,447	19,447
Other income	95,194	95,194	79,011	79,011
Counselling Contributions Received	845	845	895	895
	121,922	121,922	99,353	99,353

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2026 £**
Direct charitable activities	106,051	875,100	981,151
Support costs	–	107,379	107,379
	106,051	982,479	1,088,530

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Direct charitable activities	175,593	880,302	1,055,895
Support costs	–	100,241	100,241
	175,593	980,543	1,156,136

10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	**Total funds 2026 £**	Total fund 2025 £
Direct charitable activities	981,151	93,155	1,074,306	1,146,353
Governance costs	–	14,224	14,224	9,783
	981,151	107,379	1,088,530	1,156,136

11. Analysis of support costs

	Analysis of support costs £	**Total 2026 £**	Total 2025 £
Staff costs	75,330	75,330	79,112
Premises	16,124	16,124	9,430
Communications and IT	1,701	1,701	1,916
Governance costs	14,224	14,224	9,783
	107,379	107,379	100,241

12. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2026	2025
	£	£
Depreciation of tangible fixed assets	3,443	–

13. Auditor's remuneration

	2026	2025
	£	£
Fees payable for the audit of the financial statements	6,000	3,402

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2026	2025
	£	£
Wages and salaries	666,474	717,740
Social security costs	63,520	49,121
Employer contributions to pension plans	23,308	24,247
Other employee benefits	13,277	12,001
	766,579	803,109

The average head count of employees during the year was 32 (2025: 33).

No employee received employee benefits of more than £60,000 during the year (2025: Nil).

Key Management Personnel

Key management personnel include all persons that have authority and responsibility for planning, directing and controlling the activities of the charity. The total compensation paid to key management personnel for services provided to the charity was £162,273 (2025:£168,673).

15. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

16. Tangible fixed assets

	Short leasehold property £	Fixtures and fittings £	Equipment £	**Total £**
Cost				
At 1 Apr 2025	–	10,657	41,441	52,098
Additions	27,546	–	–	27,546
At 31 Mar 2026	27,546	10,657	41,441	79,644
Depreciation				
At 1 Apr 2025	–	10,657	41,441	52,098
Charge for the year	3,443	–	–	3,443
At 31 Mar 2026	3,443	10,657	41,441	55,541
Carrying amount				
At 31 Mar 2026	24,103	–	–	24,103
At 31 Mar 2025	–	–	–	–

17. Debtors

	2026 £	2025 £
Trade debtors	35,338	19,398
Prepayments and accrued income	41,375	75,236
Other debtors	355	510
	77,068	95,144

18. Creditors: amounts falling due within one year

	2026 £	2025 £
Trade creditors	8,155	21,099
Accruals and deferred income	15,281	10,563
Social security and other taxes	13,722	11,941
Other creditors	563	255
	37,721	43,858

19. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £23,308 (2025: £24,247).

20. Analysis of charitable funds

Unrestricted funds

	At 1 Apr 2025	Income	Expenditure	**At 31 Mar 2026**
	£	£	£	£
General funds	224,918	147,788	(106,051)	266,655

	At 1 Apr 2024	Income	Expenditure	At 31 Mar 2025
	£	£	£	£
General funds	288,165	112,346	(175,593)	224,918

Unrestricted funds can be used in accordance with the charity's charitable objectives at the discretion of the trustees.

Restricted funds

	At 1 Apr 2025	Income	Expenditure	**At 31 Mar 2026**
	£	£	£	£
STV Appeal	–	–	–	–
Perth & Kinross	–	212,519	(212,519)	–
The Gannochy Trust	–	69,200	(69,200)	–
NHS Tayside Counselling	–	35,000	(35,000)	–
Perth & Kinross Choose Life	7,122	–	(7,122)	–
Action 15	–	125,235	(104,294)	20,941
The Robertson Trust	8,201	30,000	(33,441)	4,760
Children In Need	–	–	–	–
The National Lottery	–	62,816	(62,816)	–
Northwood Trust	24,793	25,000	(25,138)	24,655
Perth High School	6,461	69,450	(71,005)	4,906
Perth Grammar School	–	35,430	(35,430)	–

20. Analysis of charitable funds *(continued)*

St Johns Academy	–	29,457	(29,457)	–
Crieff High School	–	27,875	(27,875)	–
Auchterarder High School	–	19,360	(19,360)	–
Kinross High School	–	40,134	(40,134)	–
Alliance Trust	–	32,003	(21,335)	10,668
Foundation Scotland - Volant	–	7,500	(7,500)	–
Henry Smith	16,647	31,410	(48,057)	–
PKAVS	–	–	–	–
Bertha Park	–	27,957	(27,957)	–
YP College	–	–	–	–
Forteviot	–	19,000	(19,000)	–
Dunlossit	–	10,000	(8,000)	2,000
The Talent Fund	5,885	20,000	(15,706)	10,179
Restricted donations	2,000	9,050	(50)	11,000
SSE Griffin and Calliacher	–	19,753	–	19,753
P&K Suicide Prevention	–	25,000	(23,000)	2,000
TSI Community Mental Health	–	30,000	(30,000)	–
P&K Other Grants	–	21,745	(9,083)	12,662
	71,109	1,034,894	(982,479)	123,524

	At 1 Apr 2024	Income	Expenditure	At 31 Mar 2025
	£	£	£	£
STV Appeal	1,292	–	(1,292)	–
Perth & Kinross	16,918	216,570	(233,488)	–
The Gannochy Trust	–	30,000	(30,000)	–
NHS Tayside Counselling	–	–	–	–
Perth & Kinross Choose Life	–	25,002	(17,880)	7,122
Action 15	29,822	125,235	(155,057)	–
The Robertson Trust	2,600	30,000	(24,399)	8,201
Children In Need	3,305	–	(3,305)	–
The National Lottery	–	60,658	(60,658)	–
Northwood Trust	–	50,000	(25,207)	24,793
Perth High School	1,225	74,176	(68,940)	6,461
Perth Grammar School	–	40,288	(40,288)	–
St Johns Academy	1,499	31,908	(33,407)	–
Crieff High School	–	30,355	(30,355)	–
Auchterarder High School	–	21,653	(21,653)	–
Kinross High School	–	43,891	(43,891)	–

20. Analysis of charitable funds *(continued)*

Alliance Trust		31,324	(31,324)	–
Foundation Scotland - Volant	11,475	7,900	(19,375)	–
Henry Smith	5,000	60,000	(48,353)	16,647
PKAVS	2,646	–	(2,646)	–
Bertha Park	–	30,120	(30,120)	–
YP College	15,794	–	(15,794)	–
Forteviot	–	18,996	(18,996)	–
Dunlossit	–	10,000	(10,000)	–
The Talent Fund	–	20,000	(14,115)	5,885
Restricted donations	–	2,000	–	2,000
SSE Griffin and Calliacher	–	–	–	–
P&K Suicide Prevention	–	–	–	–
TSI Community Mental Health	–	–	–	–
P&K Other Grants	–	–	–	–
	91,576	960,076	(980,543)	71,109

STV Appeal	Young People Counselling.
Perth & Kinross	Recovery College, Counselling and Core.
The Gannochy Trust	Peer Hub.
NHS Tayside Counselling	Adult Counselling.
Action 15	Adult Counselling.
The Robertson Trust	Young People Recovery College.
Children In Need	Young People Counselling.
The National Lottery	Peer Hub.
Northwood Trust	Recovery College.
Perth High School	Counselling in Schools.
Perth Grammar School	Counselling in Schools.
St Johns Academy	Counselling in Schools.
Crieff High School	Counselling in Schools.
Auchterarder High School	Counselling in Schools.

20. Analysis of charitable funds *(continued)*

Kinross High School	Counselling in Schools.
Bertha Park	Counselling in Schools.
Alliance Trust	Young People Recovery College.
Foundation Scotland - Volant	Counselling for Trauma women & girls.
Henry Smith	Adult Counselling.
PKAVS	Peer Support Project.
Forteviot Trust	Young People Recovery College.
Dunlossit & Islay	General organisation costs.
The Talent Fund	Young People Counselling.
SSE Griffin & Calliacher	Counselling in Griffin & Calliacher.
P&K Suicide Prevention	Counselling services.
P&K Other Grants	General grants for core counselling.

21. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2026 £**
Tangible fixed assets	24,103	–	24,103
Current assets	280,273	123,524	403,797
Creditors less than 1 year	(37,721)	–	(37,721)
Net assets	266,655	123,524	390,179

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Tangible fixed assets	–	–	–
Current assets	268,776	71,109	339,885
Creditors less than 1 year	(43,858)	–	(43,858)
Net assets	224,918	71,109	296,027

22. Financial instruments

The carrying amount for each category of financial instrument is as follows:

	2026	2025
	£	£
Financial assets that are debt instruments measured at amortised cost		
Financial assets that are debt instruments measured at amortised cost	403,797	339,885
Financial liabilities measured at amortised cost		
Financial liabilities measured at amortised cost	37,721	43,858

23. Analysis of changes in net debt

	At 1 Apr 2025	Cash flows	**At 31 Mar 2026**
	£	£	**£**
Cash at bank and in hand	244,741	81,988	326,729

24. Operating lease commitments

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

	2026	2025
	£	£
Not later than 1 year	22,139	27,061
Later than 1 year and not later than 5 years	3,168	21,083
	25,307	48,144

25. Contingencies

The charity is a participating employer in the Pensions Trust Growth Plan scheme, and, based upon the financial position of the plan at 30 September 2025, the charity has been notified by The Pensions Trust that the estimated amount of employer debt on withdrawal from the plan is estimated at £4,609 (2025: £5,786). There is no commitment to withdraw from the plan as at the date of approval of these financial statements and accordingly no provision has been made in these accounts for the potential debt due on withdrawal from the plan.