



**Relationships Scotland
Couple Counselling Fife**

Annual Report 2024-2025

**Providing Couple Counselling, Individual Counselling,
Sexual Relationship Therapy**

Chairman's foreword

I feel as if the years are going by faster and faster and here we are celebrating our 10th year as an SCIO. How encouraging it has been to see the service grow and develop over those ten years. It is great that we are receiving more referrals although disappointing that we seem to have reached a plateau on current staffing levels. It is encouraging to see so many students willing to take on placement hours but again disappointing that we are unable to increase our core staff.

Core funding which we receive from the Scottish Government through the RS Network has been a hot topic in recent weeks. We along with two other services in the Network presented a motion to the RS Board seeking an urgent EGM to consider the allocation of core funding that the Network receives from the Scottish Government. At the moment, there are 21 Network services across Scotland and the division at present is such that 46% of the funding is allocated to 4 services within the Network while the remaining 17 services share 54%. We proposed an equal split across all the services. The EGM took place on 24 September and whilst the motion was not ultimately passed, all 21 services were present and represented – probably a first – and there was a declared appetite to have a full and frank discussion about the situation which will likely happen in November 2025

This situation highlights the importance of securing funding from outside sources and once again we are enormously grateful to our amazing Manager, Mieke who works tirelessly to seek out alternative funding sources. It is a thankless task with a considerable amount of effort being put into each application and yet often proving fruitless.

I would like to add my congratulations to Cynthia Reekie who retired as a volunteer after more than 30 years service and for winning the Lifelong Contribution Award at the Fife Voluntary Action Awards Ceremony. What a fantastic achievement and needless to say we are very grateful to Cynthia for her huge contribution to the service.

Finally, I would like to thank Mieke and Donna for another year of faithful service. The feedback from clients reflects the hard work they both invest in the service. The same can be said for our counsellors, trainees, intake workers and receptionists. I am also grateful to my fellow Executive committee members for their hard work and valuable contributions. All of you have made this another successful year for Couple Counselling Fife.

Sheriff Elizabeth McFarlane

Who we are

Relationships Scotland-Couple Counselling Fife (RSCCF) is a voluntary organisation which provides a confidential counselling service for people who have difficulties and anxieties in their marriage or personal relationship, regardless of race, religion, marital status, gender, sexual orientation or ability to contribute financially.



This includes couples and individuals facing emotional or sexual difficulties, those who are experiencing difficulties in contemplating a permanent relationship and those who are experiencing the end of a marriage or relationship and its

after effects, whether through bereavement, separation or divorce.

What we offer

Our organisation offers face to face counselling in three locations in Fife; Kirkcaldy, St Andrews and Dunfermline. Online counselling is still offered where this is requested by the clients.

Those clients who are able to make a contribution, are encouraged to do so. However, we are committed to making counselling available to all, regardless of the client's ability to contribute financially and this is made possible by accessing additional funding from the Robertson Trust, Fife Council, Fife Young Carers, Fife Voluntary Action, Communities Mental Health and Wellbeing for Adults and the Volant Trust, counselling for young adults.

RSCCF offers Sexual Relationship Therapy to clients who experience sexual problems in their relationship.

The counsellors are qualified relationship counsellors or trainees. They all receive regular supervision and ongoing training. It is part of the objective of the organisation to train people for this work. See Facts and figures later in this report for numbers of sessions delivered.

Manager's Report

We are celebrating our 10th anniversary as a SCIO. I remember the first AGM well and it reminds me of just how much time has passed and how we have developed from where we started as a newly fledged SCIO in 2015. Our organisation has grown in strength over the years, and it appears we are now settling on a maximum level of output of around 2500 counselling sessions which can be achieved, just about, on current staffing levels.

The demand for our service keeps growing year on year with us receiving 25% more referrals this year than in 2024. While the total output has reached a plateau of around 2500 sessions per year, the percentage of free sessions has increased to 53% from 40% in the year before. However, this is much dependant on the availability of external grants.

Many clients return; they have stumbled on a new situation and remembered that last time our counselling service helped, so they ask for help again. It is affirming, that's how life goes, step by step people feel they can cope better with the challenges life throws at them.

In line with client demand, we have a steady stream of placement students, keen to complete their placement hours at our organisation. And this has in many cases awakened an appetite to take on further training in couple work. Earlier in the year we had our first full day, an in person CPD training event. The subject was emotional regulation for clients and counsellors. Ramona Haetzer led the workshop ably and the event was very much appreciated by all who attended, which included 6 counsellors from fellow counselling agencies. You'll find a photo in this annual report.

Our counsellor/intake worker Cynthia Reekie was nominated for the Fife Voluntary Action Awards and won the category for lifelong contribution. At 90 and having volunteered for over 30 years, an achievement worth celebrating. Cynthia has chosen to hang up her boots and I hope you join me in thanking her for all she has contributed to our organisation over the many many years.

Thank you to all who have a part in our organisation, counsellors, board member, supervisors, intake workers, trainee counsellors and receptionists. Rest me to finish with a special thank you for Donna, our administrator, who ably keeps the ship afloat and has done so for many years. Thank you so much!

Mieke Vedmore Van der Zyppe—Manager, October 2025

What our clients say about us

"My family life has benefitted massively from the counselling, as well as my personal growth.
Extremely grateful & would definitely recommend this service"

"helped identify tools to help the relationship moving forward"

" Very useful and a great space to promote honesty and communication"

" the service has played a huge part in the healing of our relationship. I cannot stress enough how much. It is an amazing service.
It's so important to have this available to keep families together"

*"helped me to understand more about myself and my relationships at home and how to cope with situations
In a better way"*

*" I think that I'm repeating an old pattern of behaviour in this relationship, but I recognised it faster & now taking things more slowly.
Being able to talk things through has helped me to make sense of it "*

" I feel like the sessions have really helped to bring out what has built up from past trauma and the tools to find a way forward"

" the counsellor made me feel things about myself I didn't know was possible. A great service that I'm glad I've used"

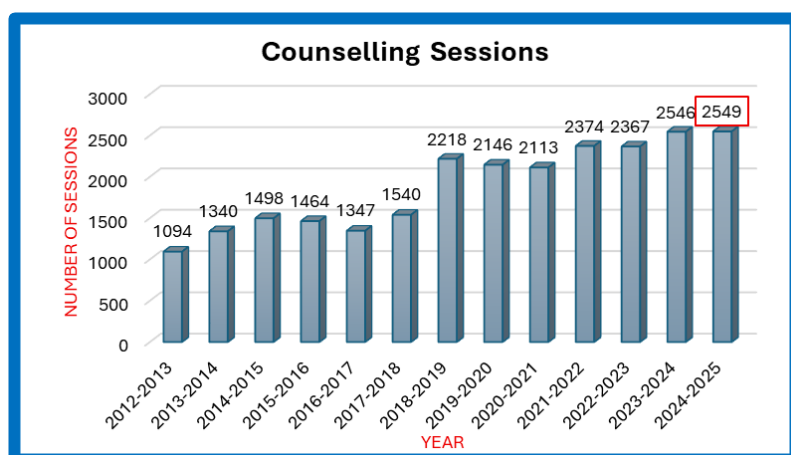
Facts and Figures

Number of sessions delivered.

| | 2023/24 | 2024/25 |
|-----------------------------|----------------|----------------|
| Intake | 281 | 281 |
| Counselling | 1214 | 773 |
| Free Sessions | 1006 | 1351 |
| Sexual Relationship Therapy | 38 | 103 |
| Consultancy counselling | 7 | 41 |
| Total sessions | 2546 | 2549 |
| Sets of clients | 361 | 358 |
| Average sessions | 7 | 7 |
| Children under 16 * | 306 | 297 |
| Average donation | £28 | £36 |

* The number of children involved, whose parents are attending counselling.

Number of sessions delivered in the last 13 years.



Financial Report

Income and Expenditure Account

| <i>Income</i> | <i>2024/25</i> | <i>2023/24</i> |
|---------------------------------|-----------------------|-----------------------|
| Fife Council Grant | 24,875 | 24,150 |
| Scottish Government * | 14,747 | 14,747 |
| The Robertson Trust | 16,000 | 17,600 |
| Fife Young Carers | 6,750 | 6,750 |
| FVA adult mental health | 14,000 | 13,530 |
| Client Contributions | 40,352 | 38,892 |
| Consultancy | 3,006 | 442 |
| Gift Aid | 4,222 | |
| Other | 160 | 313 |
| Total | 140,562 | 116,424 |
| <i>Expenditure</i> | | |
| Employment Costs | 111,124 | 100,437 |
| Establishment Costs | 18,647 | 8,779 |
| General Administrative Expenses | 11,739 | 13,847 |
| Training | 4,790 | 1170 |
| Finance Charges | 758 | 754 |
| Governance | 522 | 400 |
| Total | 147,580 | 125,387 |

*Scottish Government CYPFEIF and Alec Fund

| | | |
|--|-----------------------------|--------|
| Reconciliation of Opening and Closing Balances | | |
| 1st April 2023 | Opening Balance | 53,015 |
| | Operating surplus/(deficit) | -7,418 |
| 31st March 2024 | Closing balance | 45,597 |

We would like to thank the following for their generous financial or material support of the service:

Fife Council, Scottish Government, CYPFEIF & Alec Fund Grant, Relationships Scotland, The Robertson Trust, Fife Voluntary Action—adult mental health, Fife Young Carers, Queen Margaret Hospital Dunfermline, St Andrews Community Hospital .

Our People

Executive Committee

Chair: Sheriff Elizabeth McFarlane
Treasurer: Steven Kay
Legal representative: Sally McKenzie
Counsellor Rep: Gordon MacKenzie
Fife Council, Link Officer: Lee-Anne Sloan
Member: Dave Dempsey
Member: Kristina Stedul

Staff

Manager: Mieke Vedmore van der Zijpp
Administrator: Donna Ferri

Receptionists

Anne Anderson, Loraine Mitchell., Susan Smith.

Intake Workers

Cynthia Reekie.

Counsellors

Monika Holton, Susan Ballingall,
Linda Gardner, Anita Gibson, Wendy
Guest, Gordon MacKenzie, Eisquel
Herrera Milburn.

Student counsellors:

Elaine Jordan, Denise Moncur, Lucy
Brogan, Mark Hillman, Daryn Mason,
Gemma Marjoribanks, Rebecca McLean,
Lidy Van Aalten, Leona Masson, John
Paterson, Belinda Saunders, Hollie
Davidson, Leanne Renton, Emily Bartlett,
Paula Millwood.

Group Supervisor/Supervisors

Monika Holton, Prentice Smy, Paul
Chamberlain, Anne Chilton, Ramona
Haetzer, Susan Ballingall, Elaine La Roche,
Paula Bell, Chris Lafferty.



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