

REGISTERED CHARITY NUMBER: NIC103485

Report of the Trustees and Audited Financial Statements for the Year End

31 March 2025

Solas Wellbeing

Introduction

The trustees of Solas Moyle are pleased to present their annual trustees report for year ending 31st March 2025.

Details and history of the charity:

Solas Moyle, 62 Ann Street, Ballycastle, BT54 6AD, Charity Registration Number NIC103485

Charity established: October 2010

Solas Moyle is an unincorporated association and charitable organisation. The purpose of the organisation is to offer support to promote positive emotional wellbeing, in warm and welcoming environment. Our support is open to all adults, aged 18 and over regardless of age, gender, background or any other factor.

Solas Moyle trades under the name of Solas Wellbeing to aid in the public's understanding of the focus of the charity.

Charity Trustees:

Kevin Scally – Chairperson (From 25th November 2024)

Eithne Darragh – Chairperson (resigned 30th September 2024)

James Matthews – Treasurer

Brid Lofthouse – Secretary

Jennifer Pedlow

Stella Norwood

Rosemary Morton

Patricia Sands Robinson*

Ginny Hamilton*

Angela Jamison (resigned 30th September 2024)

All trustees or members of the management committee must be voted in by other members of the management committee at either the AGM or a regular committee meeting if a vacancy arises throughout the year.

*Two founding volunteers were formally elected on to the committee (with voting rights), and they are able to give a view on day to day operations. The project manager also attends committee meetings in order to report on activities but does not have voting rights.

AGM was held on 20th September 2024 and the above committee members confirmed.

Main activities undertaken by Solas:

The 24-25 financial year marks our fourth year in the lottery funding, with funding guaranteed until March 2026.

During this year we continued operating within the budgets and objectives set out within our funding application to the National Lottery. We have focused on continuing to offer a consistent space and support for all members of the local community.

Over the year we delivered three quarterly programmes covering April to June, September to December and January to March.

Each of the programmes involved the following types of activities:

Drop In: We offered four different drop-in sessions each week, providing a safe space for people to visit, enjoy a cuppa & some company and find out more about our organisation & the support people can access. We offered one of these dedicated drop in session for men at our house & studio, to encourage men to join with other for company, support and connection.

Group programmes: we offered a wide range of group based activities, a few core activities run weekly throughout each of the programmes, with other activities varying in each programme and lasting for 4-8 weeks per activity.

These were focussed on either

1. relaxing activities e.g. meditation, ear acupuncture, anxiety management and a new Feldenkrais class (Awareness through Movement)
2. Creative activities e.g. mosaic making, knitting, art for wellbeing
3. Exercise activities e.g. Tai Chi, Gentle yoga & Dance.

In addition, we continued our bereavement support group to bring together people who were dealing with the loss of a spouse or partner.

Individual support: individual counselling and complementary therapies were available following a short assessment as well as a individual listening ear sessions were offered as a step between group support and formal counselling.

Project based funding

Service user

In this financial year, we supported 526 unique individuals, attending one or more of our activities, either individual therapies, group activities or drop in sessions.

We also delivered outreach projects in the community:

- Community mental health initiatives (Black & Amber Best Life) delivering tasters of our group based activities
- Surestart – young mums project where we provided ear acupuncture and Surestart provided creche facilities.
- Shared education with 2 local primary schools to bring circus skills for confidence & wellbeing

Referrers

We continue to received regular referrals from the Mental Health practitioners at GP practices and Living Well Moyle. Referrals are also welcomed from other statutory agencies, departments and voluntary organisations. Signposting to and from our services is also encouraged with other local organisations and community groups.

Self referrals are also welcome from people who wish to access support without going through statutory provision.

Financial summary:

In 2024/25 Solas Moyle income was £120,324 which is below the audit threshold, therefore our payments and receipts based accounts were verified by an independent person selected by the trustees to be someone suitably qualified and experienced to check our financial procedures and

records. The income received in 2023/24 £122,091, showing a consistent level of income over the two years.

In the current financial year £14,680 was spent on the individual counselling, £19,999 was spent on individual complementary therapy sessions and £8,672 was spent on group support activities.

Key Funders for 2024/25

As per the previous year, our key funder for this year is the Big Lottery Fund, which commenced in April 2021 and is due to continue until March 2026. The income from the Big Lottery Fund accounts for 82% of our income in this financial year. In addition, we received £787 from BHSCCT and £300 from Making a Difference locally to support the development of the Mens Shed.

In addition, £14,186 was received through donations & fundraising, which is £6,835 more than the previous year. Part of this increase in donations is attributed to local community fundraising for us: Ballycastle Amateur Boxing Club, Ballycastle Ramblers (£3k raised as their annual charity for this year), Local Runner in London Marathon (£2k donation as part of their fundraising).

Our Stripe income is monies generated from people making a donation towards the cost of attending our group classes, and this has increased this year to £2,415 from £1,999 in 2023/24 financial year.

Upcoming financial year

The trustees are satisfied that the organisation can continue to thrive in the coming financial year, as we have guaranteed funding for 2025/26 from The National Lottery. We are working on our future plans, post 1st April 2026 to secure further funding to continue the work that we do for the community.

The trustees will continue to meet every two months, where consideration is made to the financial situation, programme activities, volunteer resources and ideas for developments.

Conclusion:

This annual report accurately outlines the charitable activities and financial circumstances of Solas Moyle during the financial year April 2024-March 2025.

Signed on behalf of all the trustees/committee members of Solas Moyle as Kevin Scally, Chairperson

Signed copy of last page of report:

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K Scally

Kevin Scally

Chair person

8/12/25

Signed 2024-25 Accounts

SOLAS WELLBEING

INCOME AND EXPENDITURE FOR YEAR END 31.03.25

		Actual 2024-25	Budget 2024-25	Budget Variation	Actual 2023-24	Variation Act yr to yr	
INCOME							
Lottery Grant	Lg	£101,520	£102,917	-£1,397	£100,498	£1,022	
Other Restricted Grant	Og	£1,087	£0	£1,087	£10,786	-£9,700	Note 1
Donations	D	£14,186	£2,000	£12,186	£7,351	£6,835	Note 2
Fundraising	F	£0	£2,000	-£2,000	£0	£0	Note 2
Stripe	St	£2,415	£1,000	£1,415	£1,999	£416	Note 2
Room Rent	Ri	£100	£0	£100	£485	-£385	
Bank Interest	Bi	£851	£0	£851	£0	£851	
Adjustments/refunds	Ar	£166	£0	£166	£972	-£806	
Total Income		£120,324	£107,917	£12,407	£122,091	-£1,767	
EXPENDITURE							
Counselling	Co	£14,680	£14,880	£200	£14,480	-£200	
Complementary Therapies	Ct	£19,999	£13,880	-£6,119	£14,730	-£5,269	
Group Therapies	Gt	£8,672	£8,000	-£672	£7,512	-£1,159	
Drop in Activities	Da	£325	£290	-£35	£4,166	£3,842	
Additional premises & room hire	Rh	£4,358	£6,461	£2,104	£6,923	£2,566	
Rent	Rh	£5,031	£8,400	£3,369	£4,680	-£351	
Heat & Light	Hi	£3,630	£1,844	-£1,786	£2,298	-£1,331	Note 3
Phone & internet	Pi	£2,107	£1,116	-£991	£2,119	£11	
Insurance	I	£1,427	£1,065	-£362	£1,281	-£146	
Stationery	S	£687	£905	£218	£1,347	£661	
Marketing & promotion	Mp	£416	£750	£334	£1,236	£820	
Cost of fundraising	Cf	£72	£250	£178	£0	-£72	
Equipment costs	E	£402	£0	-£402	£1,575	£1,172	
Staffing	S	£58,789	£46,983	-£11,806	£51,194	-£7,595	
Volunteer costs	V	£1,280	£2,057	£777	£551	-£729	
General expenses	G	£1,397	£0	-£1,397	£2,145	£749	
Repairs & renewals	Rr	£268	£536	£268	£458	£190	
Bank Fees	Bf	£100	£0	-£100	£109	£9	
External evaluation	Ee	£4,015	£500	-£3,515	£400	-£3,615	Note 4
Men's Shed		£4,920	£0	-£4,920			Note 5
Refunds		£1,299	£0	-£1,299			
Total Expenditure		£133,874	£107,917	-£19,738	£117,206	-£16,668	
Net Surplus/Defecit		-£13,550			£4,885		

Verified by Treasurer

James R Matthews

Date:

22/9/25

Verified by Independent Examiner

CHARLENE ACANTANT FCA

Date:

22/9/25

Notes

- Grant of £787 received from BHSCT and £300 from Making a Diff Locally - for Men's Shed
- Nominal split of the £5000 in original budget plan between these 3 line items.
- Total Energy costs for both Solas House and Solas Studio
- Expenses and Gift associated with the establishment of the Ballycastle Men's Shed. Paid from Darkness Into Light donations.
- A payment of £1299.38 made to BHSCT.