

Express Group Fife (SCIO)

Scotland · Charity number SC015338

Details

Known as	Express Group Fife
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	1983-08-16
Register	View on the OSCR register

Contact

Address	New Volunteer House 16 East Fergus Place Kirkcaldy Fife KY1 1XT
Website	www.expressgroupfife.org.uk

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health'

What the charity does: We provide twelve social activity groups each week right across Fife for adults experiencing poor mental health. Users are provided with a simple breakfast and lunch and can take part in a range of activities, or simply sit and chat with others. Staff also arrange occasional excursions and activities outwith the groups. We have two caseworkers who assist service users in need of a bit more help, Things such as dealing with letters from banks or council, or help with form filling or attending appointments. Each year we run circa. 575 groups, excursions or days out with over 3,400 attendees made up of around 110 individuals. People don't require a medical diagnosis to use our services as we feel prevention is the best approach, so we aim to help people maintain their mental wellbeing in the hope that it prevents the need for medical intervention.

Beneficiaries: 'People with disabilities or health problems'

Objectives: 4. To advance the wellbeing of people with mental health problems. The beneficiaries of the charity shall be predominantly, but not exclusively, individuals who reside or work in Fife. The Charity will provide opportunities for service users of Express Groups Fife and other beneficiaries to share experience and offer mutual support. 4.1 To provide a safe place where service users can share experiences, and support each other 4.2 To provide recreational activities, with the object of improving the conditions of life for the persons for whom the activities are primarily intended, opportunities for self-help social activities,

meetings, and outings for service users of Fife Express Group. 4.3 To promote understanding of the special needs and problems of people with psychiatric illness in the community. 4.4 To seek to improve mental health services.

Geography

- **Main operating location:** Fife
- **Geographical spread:** Wider, but within one local authority area

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£183,394	£172,332	-	7
2024-03-31	£196,641	£182,724	-	7
2023-03-31	£183,299	£182,545	-	8
2022-03-31	£178,578	£174,801	-	8
2021-03-31	£168,982	£122,765	-	7