

Stepping Stones Organisation (Mental Health)

Scotland · Charity number SC019270

Details

Status	Active
Legal form	Company (the charity is registered with Companies House)
Registered	1991-11-26
Register	View on the OSCR register

Contact

Address	63 Kilbowie Road Clydebank G81 1BL
Website	www.stepstones.org.uk

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health', 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: Stepping Stones was established with a mission to provide our communities with a range of services that will have a positive impact on their mental health & well-being and will inspire hope, recovery and tackle stigma & prejudice. We want people who experience distress and poor mental health to be able to access great support in their communities and regain control. We do this through offering the following services: Individual Support • General 1:1 - for those who require longer term support. • 1:1 Peer Support Work – for referrals from local CMH Teams. • Person Centred Counselling - helps people take greater control of their life & improve confidence. • Guided Self Help & Enhanced Guided Self Help - for stress or low levels of anxiety (based on CBT). Group Work: Social Groups, Bereavement and Loss Group, Women's Support Group, Relaxation Classes, Walking Groups, Tai Chi Classes, Peer2Peer, Wellness Recovery Action Planning, Lived Experience Panel, Positive Futures Course

Beneficiaries: 'People with disabilities or health problems'

Objectives: The objects of the company are: 4.1 To provide support and promote well being to individuals and families in West Dunbartonshire and the wider community, giving them the opportunity to cope with and recover from issues that affect their mental health and well being. 4.2 To provide a network of self help groups that empowers and enables members of Stepping Stones to develop peer support opportunities and participate more effectively within the wider community. 4.3 To provide counselling, therapies and support in the relief of issues that affect mental health and well being. 4.4 To ensure mental health stigma is tackled when it exists, demonstrating ongoing commitment to anti-discriminatory practice, equality and diversity. 4.5 To promote and organise co-operation in the achievement of the above objects.

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£441,093	£397,379	-	17
2024-03-31	£357,657	£385,112	-	11
2023-03-31	£399,982	£381,554	-	13
2022-03-31	£336,863	£318,691	-	14
2021-03-31	£341,519	£303,168	-	14