

Eighteen And Under

Scotland · Charity number SC026688

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2002-09-09
Register	View on the OSCR register

Contact

Address Studio 132
132 E High Street
Forfar
DD8 2ER

Website www.18u.org.uk

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health', 'the advancement of citizenship or community development', 'the advancement of human rights, conflict resolution or reconciliation'

What the charity does: To promote, for the public benefit, the relief from mental and physical stress of young people and vulnerable adults, both in Scotland and Internationally who are in need as a result of having been raped, sexually abused or abused in any other way and to develop and deliver resources, methods and programmes aimed at preventing abuse and violence.

Beneficiaries: 'Children or young people', 'Older People'

Objectives: The Company's objects are to promote, for the public benefit, the relief from mental and physical stress of young people and vulnerable adults both in Scotland and internationally who are in need as a result of having been raped, sexually abused or abused in any other way and to develop and deliver resources, methods and programmes aimed at preventing abuse and violence.

Geography

- **Main operating location:** Angus
- **Geographical spread:** Operations cover all or most of Scotland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£99,948	£69,475	-	2
2024-03-31	£80,529	£87,419	-	2
2023-03-31	£101,553	£121,135	-	2
2022-03-31	£83,276	£102,303	-	2
2021-03-31	£111,083	£99,927	-	2

Eighteen And Under

Scotland - Charity number SC026688

Accounts



Eighteen and Under Trustees' Annual Report

1st April 2024 to 31st March 2025

Charity contact information

Eighteen And Under

Scottish Charity Number: SC026688

Address

Postcode

Telephone number

Email address

hello@18u.org.uk

Website

www.18u.org.uk

Twitter / Facebook / Social Media profile name

Charity Trustees

- 1
- 2
- 3
- 4
- 5

Objectives and activities

The charity's main aims and objectives are to promote, for the public benefit, the relief from mental and physical stress of young people and vulnerable adults, both in Scotland and Internationally, who are in need, as a result of having been raped, sexually abused or abused in any other way and to develop and deliver resources, methods and programmes aimed at preventing abuse and violence.

The policies adopted in furtherance of these objects are wide ranging and explained fully in our review of activities. The trustees have paid due regard to guidance issued by the Office of the Scottish Charity Regulator (OSCR) in deciding what activities the charity should undertake.

Structure, governance and management

Type of governing document

The charity is a Scottish Charitable Incorporated Organisation (SCIO).

The SCIO single tier constitution was adopted by the trustees on the 13th of April 2023. All the charitable aims and objectives remain the same.

Trustee recruitment and appointment

The Trustees all have a background of interest in working in this field and are elected at the Annual General Meeting or appointed by the other Trustees.

None of the Trustees has any beneficial interest in the charity.

The Trustees meet regularly to oversee the running of the charity. Day to day operations is delegated to the Manager and they report to the Trustees via board meetings either online or face to face.

Induction and training of Trustees is done on an informal basis, with professional help and guidance obtained where appropriate.

The charity endeavours to work in partnership with similar organisations where appropriate.

Achievements and performance

It has been another busy year for the charity. Several recruitment drives were carried out to build the number of volunteers we have to enable us to meet the demands of our service users.

The charity celebrated its 30th anniversary during the summer. Many of our current and former volunteers attended the event to recognise the work of Eighteen and Under in supporting thousands of young people. We received messages from people all over the world including USA and Germany. To ensure that the focus of the event was about our young people, we arranged for a pet zoo to come along for the day.

We received 2-year funding from the Heritage Lottery to deliver a project that records the Scottish child sexual abuse survivor movement since the 1970s. The aim of the project is to create a series of podcasts based on common themes that have been identified from approx. 30 interviews carried out. We also plan to create a visual timeline of the survivor movement. Both resources will be shared with other third sector organisations, schools, libraries and other organisations. In particular, we want to share our podcast and timeline with schools so that it is available for young people to use.

We have been running a Shadow Management group funded by the Gannochy Trust, where young women can develop their skills and experience within our sector. Our group has attended the Scottish Parliament to see a play hosted by the Cross-Party Group for Adult Survivors of Childhood Sexual Abuse. They have also taken an active role in supporting the heritage project, and in particular, working on the visual timeline of the survivor movement.

Young people have been accessing our online forum looking for information and support. A number of different online clubs have been created by our young people. We have also run regular chats that have been a great success and has helped to bring our volunteers and young people together virtually.

The charity has successfully cleared out our office by reducing the number of physical resources we have and focusing on providing digital copies of our abuse prevention resources, books and training

materials. The charity diaries over the last 30 years have also been digitally recorded and hundreds of pictures have been scanned so that our resources are digitalised.

The charity delivered VIP (Violence is Preventable) training to a group of Palestinian teachers as part of a research project. The project consists of a partnership between UMass University in USA, the Centre for Applied Research Education (C.A.R.E), Ramallah, Palestine, and [REDACTED] of Eighteen and Under. The purpose of the project is to deliver online training sessions and provide VIP resources so that teachers in Palestine can deliver their adapted versions of the VIP programme to children in their schools, challenging violence and raising safety awareness.

Our CEO [REDACTED] released her latest book Child Sexual Abuse: Helping young survivors and preventing abuse along with our new manifesto based on the research carried out about what young people want from a support service. We met with local MSPs to discuss why confidentiality is so important to young people.

Stats

Charity forum total members - (260)

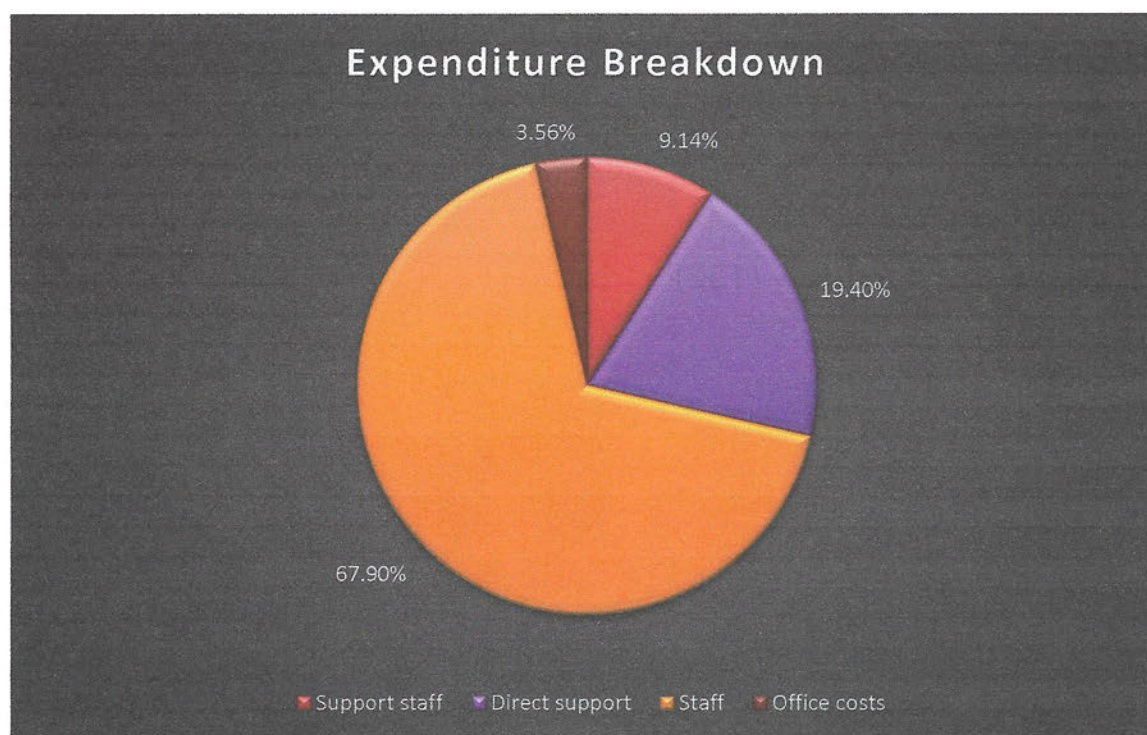
Joined over current financial year - (13)

Posts/replies – (612)

Chat/Messages – (13,654)

Young people supported – (132)

Financial review



Statement of the charity's policy on reserves

The Trustees have examined the requirement to maintain free reserves and feel that given the current financial climate that a minimum of 6 months operational costs should be retained in reserves. Transfers have been made into designated funds under the broad headings where the expected future costs will fall. The end result is to bring forward the following designated reserves into 2024/25;

Operational reserve	£50,000
Moving costs	£22,841
Crisis drop in	£3,226

The overall reserves held currently exceeds the minimum policy requirement. We hope to continue to maintain the level of reserves above the minimum required into the future to ensure the continuity of the charity's work.

The charity's main sources of income come from charitable trusts with an interest in the underlying work of the charity, as well as from government bodies, local businesses, and individuals.

In accordance with the charity's constitution the Trustees have the power to make financial investments as they see fit. They have not made any investments over the past year, but the fund of a previous investment is held in a bank account.

The Trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

The major risk to the charity is ensuring the continuity of funding for its projects. The Trustees consider that this can be mitigated by ensuring that funders are satisfied with the service delivery provided. The Trustees also aim to secure funding from a range of donors so that reliance is not placed upon one source of funds. Much of the charity's funding currently comes from specific funding bodies for a specific and known period of time, which enables the directors to consider contractual obligations to staff, ongoing commitments and legal and financial obligations of the charity.

Donated facilities and services

We have received funds from a local community funder which has allowed us to provide vulnerable individuals and families much needed financial support in the form of shopping and energy vouchers to help them manage the cost of living crisis that is impacting on the poorest in our communities.

Future plans

We continue to look for new premises for our charity. This decision was made as we don't require a large office space as we provide more support and information to our young people online.

Our plan is to continue providing online training support to Palestinian teachers when the situation on the ground will allow us to do this.

The charity is planning to recruit a part-time worker to publicise, promote and deliver our V.I.P (Violence is Preventable) programme resources. The purpose of this programme is to raise safety awareness and violence prevention among children and young people in the Tayside area of Scotland.

To conclude our heritage project, we are planning to launch our series of podcasts and visual timeline in Edinburgh and share what we have recorded with schools, 3rd sector organisations, libraries and other organisations.

Declaration

Signed on behalf of the charity trustees:

	
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Print name


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Designation

CHAIRPERSON

Date

10 th September 2025

EIGHTEEN AND UNDER SC026688 (SCIO)
STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2025

Current financial year.	Unrestricted Funds general 2025 £	Unrestricted funds designated 2025 £	Restricted funds 2025 £	Total 2025 £	Total 2024 £
Income and endowments from:					
Donations and legacies	8,302	-	5,000	13,302	31,079
Grants	6,125	-	67,593	73,718	49,450
Other income	12,928	-	-	12,928	-
Total income	27,355	-	72,593	99,948	80,529
Expenditure on:					
Charitable activities (Note 1)	40	1,774	67,661	69,475	87,419
Total charitable expenditure	40	1,774	67,661	69,475	87,419
Net income/(expenditure) for the year/ Net movement in funds	27,315	1,774	4,932	30,473	(6,890)
Fund balances at 1 April 2024	(10,822)	77,841	30,237	97,256	-
Fund balances at 31 March 2025	16,493	76,067	35,169	127,729	-

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

**BALANCE SHEET
AS AT 31 MARCH 2025**

	2025 £	2024 £	2024 £
Cash at bank and in hand	127,729	97,256	97,256
Creditors: amounts falling due within one year (Note 2)	2,000	-	-
Net current assets	125,729	97,256	97,256
Notes			
1 Charitable activities			
Staff costs	47,207	62,893	62,893
Activities undertaken directly	22,268	24,525	24,525
	69,475	87,418	87,418
Activities Undertaken Directly			
Volunteer Costs	3,510	3,013	3,013
Direct Support Costs	2,049	2,180	2,180
Training Costs	2,843	827	827
Publicity/Website	1,518	926	926
Other Direct Activities	394	390	390
Rent	7,500	8,250	8,250

Provisions	312	-
Office costs	2,471	8,742
Repairs	671	197
Professional fees	1,000	-
Total	22,268	24,525

2 Creditors: amounts falling due within one year

	2025	2024
	£	£
	2,000	-

Due to late invoice.

3 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2023, £	Incoming resources £	Movement in funds Resources expended £	Transfers £	Balance at 1 April 2024 £	Incoming resources £	Movement in funds Resources expended £	Transfers £	Balance at 31 March 2025 £
Bank of Scotland	5,871	20,000	(4,862)	-	21,009	-	(11,406)	-	9,603
Corra Foundation	1,784	-	(876)	-	908	-	(950)	-	(42)
Cash for Kids	1,250	1,450	(1,290)	-	1,410	-	(693)	-	717
Gannochy Trust	-	10,500	(10,504)	(4)	-	11,520	(7,906)	-	3,614
Robertson Trust	-	10,000	(6,525)	-	3,475	10,000	(8,338)	-	5,137
Allen Lane Foundation	2,499	-	(1,875)	-	624	-	(259)	-	365
Foundation Scotland	-	12,490	(9,822)	-	2,668	7,500	(5,756)	-	4,412
Freephone	273	-	(126)	-	147	-	-	(147)	-
Heritage Lottery	-	-	-	-	-	38,573	(32,353)	-	6,220
Totals	11,677	54,440	(35,880)	(4)	30,237	67,593	(67,661)	(147)	30,026

13 Restricted funds (Continued)

Brief details of the activities funded by the incoming resources listed above are given below:

Bank of Scotland	This fund was given for running costs in support of young people for an Out of Hours Crisis Drop-in service
Cash for Kids	This fund is to support violence prevention and safety awareness programme delivery to after school clubs
Gannochy Trust	This grant is to support young people to become part of a Shadow Management group supporting senior management
Robertson Trust	This fund is to help support vulnerable young people, lone parents and families
Corra Foundation	This fund is being used to support low-income families
Allen Lane Foundation	The grant is to support young people, and is aimed at reducing isolation, stigma and discrimination
Foundation Scotland	This fund is to help support vulnerable young people, lone parents and families
Heritage Lottery	This fund is to support a heritage project aimed at recording the history of the child sexual abuse survivors movement

4 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

Movement in funds		Incoming resources		Resources expended		Transfers		Balance at 31 March 2024		Incoming resources		Resources expended		Transfers		Balance at 1 April 2025	
£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£
Operational reserve	50,000	-	-	-	-	-	-	50,000	-	-	-	-	-	-	-	50,000	-
Crisis drop-in centre	10,000	-	-	-	-	-	-	10,000	-	-	-	(1,774)	-	(5,000)	-	3,226	-
Shadow Management	19,500	-	-	(11,659)	-	-	-	7,841	-	-	-	-	-	(7,841)	-	-	-
Moving costs	10,000	-	-	-	-	-	-	10,000	-	-	-	-	-	12,841	-	22,841	-
Total	89,500	-	-	(11,659)	-	-	-	77,841	-	-	-	(1,774)	-	-	-	76,067	-

The trustees consider the need to set aside funds for specific items each year, including ensuring sufficient funds are maintained for ongoing overhead costs.

Signed

Date 10th September 2025

Position CHAIRPERSON

APPENDIX 3



Report to the trustees/members of
Registered charity number
On the accounts of the charity for the period

Set out on pages

Respective responsibilities of trustees and examiner

Basis of independent examiner's statement

Independent examiner's statement

Independent examiner's report on the accounts

v2

Charity name
Eighteen and Under

SC026688

Period start date

Day Month Year

1 4 2024

to

Period end date

Day Month Year

31 3 2025

(remember to include the page numbers of additional sheets)

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed
Name

Date: 25th August 2025

Relevant professional qualification(s) or body (if any):

Address:

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose