

# Freedom City Foundation

Scotland · Charity number SC042193

## Details

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<b>Status</b>	Active
<b>Legal form</b>	SCIO (Scottish Charitable Incorporated Organisation)
<b>Registered</b>	2011-03-28
<b>Register</b>	<a href="#">View on the OSCR register</a>

## Contact

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**Address** Take Heart for the Nations  
6 St Mungo's Road  
Cumbernauld  
North Lanarkshire  
G67 1QR

**Website** [www.takeheart.org.uk](http://www.takeheart.org.uk)

## Activities

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**Activities:** 'It makes grants, donations, loans, gifts or pensions to individuals', 'It makes grants, donations or gifts to organisations', 'It carries out activities or services itself'

**Purposes:** 'the prevention or relief of poverty', 'the advancement of education', 'the advancement of health', 'the saving of lives', 'the advancement of citizenship or community development', 'the provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended', 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

**What the charity does:** Charity was set up to respond crisis events and home and abroad but now focuses on responding to poverty related issues in our local community. This is done through the provision of a foodbank (affiliated with The Trussell Trust), a holistic support and mentoring programme called Real Life Changes and the provision of a Financial Inclusion project run in partnership with the Local Citizens Advice Office. We also work in partnership with our host church to provide support to those in addiction.

**Beneficiaries:** 'No specific group, or for the benefit of the community', 'Other charities or voluntary bodies'

**Objectives:** As an outworking of our Christian faith and underpinned by our Christian principles and values, the Freedom City Foundation exists to establish and run practical, community-based projects designed to assist and equip individuals and communities to overcome the challenges they face. We focus particularly, but not exclusively, on the relief of poverty, recovery from addiction and life controlling issues and family support. The organisation is established for charitable purposes only, and in particular, the objects are: 4.1 The prevention or relief of poverty through engaging in local community projects for the poor, underprivileged and people otherwise in need also through projects in targeted communities and through overseas projects in

developing nations. 4.2 The advancement of education by providing training and by supporting or assisting in the training of people to achieve positive outcomes. We also train, equip and commission volunteers to support service users effectively. 4.3 The saving of lives, through accessible community outreach to those in need and supporting them in accessing our charitable initiatives. 4.4 The advancement of health through encouraging, promoting and supporting the spiritual, physical, emotional, mental and material wellbeing through our charitable initiatives. 4.5 The advancement of citizenship or community development through long-term regeneration, rebuilding and restoration projects in individual lives and targeted communities. 4.6 The provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended, in particular for children, young people, families, the elderly and those in recovery from addiction. 4.7 The relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage.

## Geography

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- **Main operating location:** North Lanarkshire
- **Geographical spread:** A specific local point, community or neighbourhood

## Finances

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Period end	Income	Expenditure	Assets	Employees
2024-12-31	£132,708	£114,019	-	2
2023-12-31	£94,651	£106,954	-	2
2022-12-31	£109,099	£35,444	-	2
2021-12-31	£14,248	£19,169	-	0
2020-12-31	£26,970	£23,638	-	0

**Freedom City Foundation**

Scotland - Charity number SC042193

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# Accounts

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# *FREEDOM CITY FOUNDATION*

Trustees Annual Report for the period:

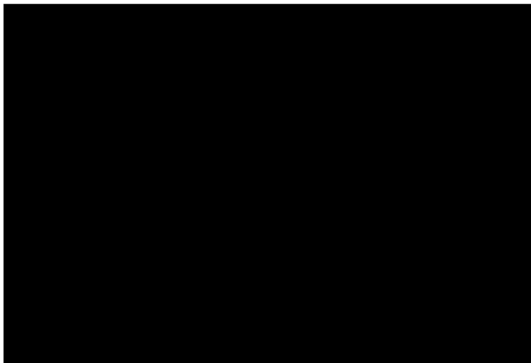
From 01/01/2024 to 31/12/2024

**Charity Name:** Freedom City Foundation (Formerly Take Heart For The Nations)

**Charity Number** SC042193

**Address:** 6 St Mungo's Road, Cumbernauld, G67 1QR

**Trustees Names:**



**Governing Document:** SCIO

The Trustees take all decisions concerning the charity and appoint new trustees.

## **Objects and Activities**

1. The prevention or relief of poverty through engaging in local community projects for the poor, underprivileged and people otherwise in need. Also, through projects in targeted communities.
2. The advancement of education. To train, equip, commission and support or assist in the training of any relevant people.

3. The advancement of religion through the advancement of the Christian faith, lifestyle, and education. To empower targeted communities to lead dynamic, transformed, successful lives through the power of the gospel of Jesus Christ.

4. The advancement of health through encouraging, promoting and supporting the spiritual, physical, emotional, mental material wellbeing through our charitable initiatives.

5. The advancement of citizenship or community development through long-term regeneration, rebuilding and restoration projects in individual lives and targeted communities.

### **Achievements and Performance**

The main activity of the charity throughout 2024 continued to be Cumbernauld Foodbank. There has been another reduction in the number of emergency food parcels issued this year, down from 3,189 to 2,441, a drop of 23%. There is some evidence that the drop is due, in part, to the impact that our Real Life Changes Programme is having on foodbank users. Service users receive assistance with finances, benefits, housing matters and health and wellbeing and as detailed below this has had dramatic improvements in individual's circumstances.

The Real Life Change programme has now been running for over two years and is overseen by our Programme Manager with additional support by our Financial Inclusion Team as provided by Citizen's Advice Bureau. The programme has been very popular from the outset and there is regularly a full weekly schedule of meetings with clients. Many users have experienced immediate positive outcomes with financial benefits being most notable. During 2024, 590 clients had benefited from the programme and over £180,000 financial gains achieved

As of April 2024, an additional Financial Inclusion Officer and Triage worker were appointed using extra funding provided by Trussell covering two years. This has enabled us to provide support for more clients as well as additional benefits from having an expanded team. We now have five paid workers as part of The Real Life Changes Programme.

## **Finances**

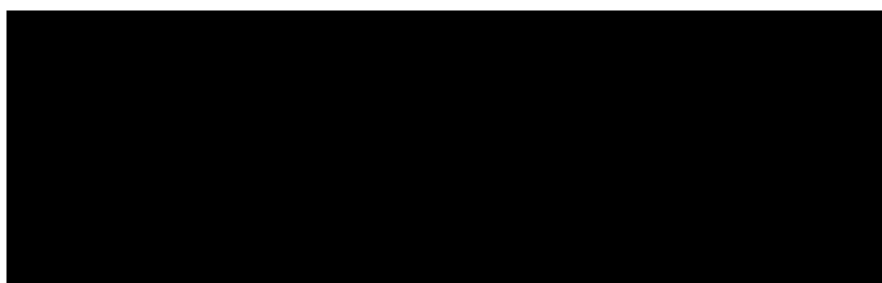
Once restricted funds for our programmes are accounted for, there are sufficient funds available to run the foodbank and meet the charities recurring fees, subscriptions, etc. Also, additional funds can be requested from the Trussell Trust should we continue to face financial pressure, e.g. from purchasing additional food stock, etc.

## **Future Plans**

To change the Charity Name to Freedom City Foundation as part of a review of the charity's aims and purposes and to amend our constitution where appropriate. This reflects our intentions to provide additional services under the charity, including an addiction support group and a family support resource.

## **Financial Review**

The charity has total reserves of £87,045 of which £29,616 is unrestricted. As donations are received on a regular basis this allows the charity to carry out the plans for the future.



Receipts and payments accounts						
For the period from				to		
	01	01	2024		31	12

### Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
<b>A1 Receipts</b>						
Donations	3,646	19,791			23,437	23,734
Legacies					-	
Grants	12,285	96,985			109,270	70,918
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Gift Aid					-	
Gross receipts from other charitable activities					-	
					-	
<b>A1 Sub total</b>	<b>15,931</b>	<b>116,776</b>	<b>-</b>	<b>-</b>	<b>132,707</b>	<b>94,652</b>
<b>A2 Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>A2 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>15,931</b>	<b>116,776</b>	<b>-</b>	<b>-</b>	<b>132,707</b>	<b>94,652</b>
<b>A3 Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	4,513	108,676			113,189	106,130
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Insurance	830				830	825
22					-	
<b>A3 Sub total</b>	<b>5,343</b>	<b>108,676</b>	<b>-</b>	<b>-</b>	<b>114,019</b>	<b>106,955</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>5,343</b>	<b>108,676</b>	<b>-</b>	<b>-</b>	<b>114,019</b>	<b>106,955</b>
<b>Net receipts / (payments)</b>	<b>10,588</b>	<b>8,100</b>	<b>-</b>	<b>-</b>	<b>18,688</b>	<b>(12,303)</b>
<b>A5 Transfers to / (from) funds</b>						
					-	
<b>Surplus / (deficit) for year</b>	<b>10,588</b>	<b>8,100</b>	<b>-</b>	<b>-</b>	<b>18,688</b>	<b>(12,303)</b>

**Section B Statement of balances**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
<b>B1 Cash funds</b>						
Cash and bank balances at start of year	19,028	49,329			68,357	80,660
Surplus / (deficit) shown on receipts and payments account	10,588	8,100			18,688	(12,303)
					-	
					-	
<b>Cash and bank balances at end of year</b>	<b>29,616</b>	<b>57,429</b>	<b>-</b>	<b>-</b>	<b>87,045</b>	<b>68,357</b>

(Agree balances with receipts and payments account(s))

	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
<b>B2 Investments</b>				
		<b>Total</b>	<b>-</b>	<b>-</b>

	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
<b>B3 Other assets</b>					
		<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
<b>B4 Liabilities</b>	PAYE Liability		- 9	270
		<b>Total</b>	<b>- 9</b>	<b>270</b>

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
<b>B5 Contingent liabilities</b>				
		<b>Total</b>	<b>-</b>	<b>-</b>

Signed by one or two trustees on behalf of all the trustees

Signature [Redacted Signature] Print Name [Redacted Name]

Date of approval  
27.8.25  
27/8/25

**Section C Notes to the Accounts**

**C1 Nature and purpose of funds** (may be stated on analysis of funds worksheets)

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**C2 Grants**

Type of activity or project supported	Individual / institution	Number of grants made	£
Real Life Changes	Trussell Trust	1	15,085
Financial Inclusion	Trussell Trust	2	81,900
Foodbank	Trussell Trust	2	12,285
<b>Total</b>			<b>109,270</b>

**C3a Trustee remuneration**

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	
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**C3b Trustee remuneration - details**

Authority under which paid	£

**C4a Trustee expenses**

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	
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**C4b Trustee expenses - details**

	Number of trustees	£

**C5 Transactions with trustees and connected persons**

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

**C6 Other information**

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**Additional analysis (1)**

**Analysis of receipts and payments**

**1 Donations**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
General	3,646				3,646	220
Foodbank Donations		19,791			19,791	23,513
					-	
					-	
<b>Total</b>	<b>3,646</b>	<b>19,791</b>	<b>-</b>	<b>-</b>	<b>23,437</b>	<b>23,733</b>

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**2 Grants**

	Unrestricted funds to nearest £	Restricted funds to nearest £			Total current period to nearest £	Total last period to nearest £
					-	
					-	
Trussell Trust	12,285	96,985			109,270	68,713
NLC					-	2,205
<b>Total</b>	<b>12,285</b>	<b>96,985</b>			<b>109,270</b>	<b>70,918</b>

**3 Gross receipts from other charitable activities**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
					-	
					-	
					-	
					-	
					-	
					-	
<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

**4 Payments relating directly to charitable activities**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
General	4,513				4,513	4,159
Christians Against Poverty					-	
Foodbank		28,280			28,280	21,797
Real Life Changes		76,878			76,878	66,835
Warm Spaces					-	4,140
Insurance	830				830	
Take Heart Accommodation		3,518			3,518	9,199
					-	
					-	
					-	
<b>Total</b>	<b>5,343</b>	<b>108,676</b>	<b>-</b>	<b>-</b>	<b>114,019</b>	<b>106,130</b>

**Additional analysis (2)**

**5 Breakdown of unrestricted funds**

	Foodbank				Total unrestricted funds	Total unrestricted funds last period
<b>Receipts</b>						
Individual Donations	388				388	220
Legacies					-	
Grants	12,285				12,285	8,963
Receipts from fundraising activities					-	
Gift Aid	3,258				3,258	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
<b>Sub total</b>	<b>15,931</b>	-	-	-	<b>15,931</b>	<b>9,183</b>
<b>Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>Sub total</b>	<b>-</b>	-	-	-	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>15,931</b>	-	-	-	<b>15,931</b>	<b>9,183</b>
<b>Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	4,513				4,513	4,159
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Insurance	830				830	825
<b>Sub total</b>	<b>5,343</b>	-	-	-	<b>5,343</b>	<b>4,984</b>
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>Sub total</b>	<b>-</b>	-	-	-	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>5,343</b>	-	-	-	<b>5,343</b>	<b>4,984</b>
<b>Net receipts / (payments)</b>	<b>10,588</b>	-	-	-	<b>10,588</b>	<b>4,199</b>
<b>Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	<b>10,588</b>	-	-	-	<b>10,588</b>	<b>4,199</b>

<b>Nature and purpose of funds</b>						

**Additional analysis (3)****6 Breakdown of restricted funds**

	Foodbank	Real Life Changes	Charity General		Total restricted funds	Total restricted funds last period
<b>Receipts</b>						
Donations	19,791				19,791	23,514
Gift Aid					-	
Grants		96,985			96,985	61,955
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
<b>Sub total</b>	<b>19,791</b>	<b>96,985</b>	<b>-</b>	<b>-</b>	<b>116,776</b>	<b>85,469</b>
<b>Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>19,791</b>	<b>96,985</b>	<b>-</b>	<b>-</b>	<b>116,776</b>	<b>85,469</b>
<b>Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	28,280	76,878			105,158	101,971
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Accommodation			3,518		3,518	
<b>Sub total</b>	<b>28,280</b>	<b>76,878</b>	<b>3,518</b>	<b>-</b>	<b>108,676</b>	<b>101,971</b>
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>28,280</b>	<b>76,878</b>	<b>3,518</b>	<b>-</b>	<b>108,676</b>	<b>101,971</b>
<b>Net receipts / (payments)</b>	<b>(8,489)</b>	<b>20,107</b>	<b>(3,518)</b>	<b>-</b>	<b>8,100</b>	<b>(16,502)</b>
<b>Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	<b>(8,489)</b>	<b>20,107</b>	<b>(3,518)</b>	<b>-</b>	<b>8,100</b>	<b>(16,502)</b>

**Nature and purpose of funds**

Foodbank - Cumbernauld Foodbank, provision of emergency food parcels, run in partnership with The Trussell Trust. Real Life Changes - support programme for users of the foodbank, designed to address underlying causes of food poverty, supported by the Trussell Trust and Citizens Adviser Bureau.

**APPENDIX 3**



<b>Independent examiner's report on the accounts</b> <span style="float: right;">v2</span>						
<b>Report to the trustees/members of</b>	Charity name <b>Freedom City Foundation</b>					
<b>Registered charity number</b>	<b>SC</b>					
<b>On the accounts of the charity for the period</b>	Period start date			Period end date		
	Day	Month	Year	Day	Month	Year
	<b>01</b>	<b>01</b>	<b>2024</b>	<b>31</b>	<b>12</b>	<b>2024</b>
<b>Set out on pages</b>						<small>(remember to include the page numbers of additional sheets)</small>

**Respective responsibilities of trustees and examiner**

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.

**Basis of independent examiner's statement**

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.

**Independent examiner's statement**

In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page\*]

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

**Signed\*\*:**  
**Name:**  
**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.  
 \*\*OSCR will accept digital or typed signatures.

## APPENDIX 3

### 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