

Options in Life

Scotland · Charity number SC042319

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2011-05-19
Register	View on the OSCR register

Contact

Address	27 Irvine Crescent St Andrews Fife KY16 8LG
Website	www.optionsinlife.org

Activities

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

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

What the charity does: Options In Life provides advocacy and support for young adults who have a learning disability and complex additional needs, and those who care for them. The Charity promotes education, training and healthy living, whilst helping our young people to develop personal, life and employability skills. By running daily group activities and outings, supported by our own staff, our aim is to bring out the best in people by supporting them to make friends, develop social interaction and communication skills, build self esteem and confidence and to help them to realise their own potential.

Beneficiaries: 'People with disabilities or health problems'

Objectives: The objectives of Options in Life are to provide advocacy and support to promote education, training, personal, life-skills and health development for individuals and supporters of those who have complex additional needs.

Geography

- **Main operating location:** Fife
- **Geographical spread:** More than one local authority area in Scotland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£478,696	£377,624	-	12
2024-06-30	£443,510	£351,413	-	13
2023-06-30	£366,367	£317,017	-	14
2022-06-30	£371,764	£304,470	-	11
2021-06-30	£200,592	£148,740	-	9

Accounts

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

SCOTTISH CHARITY REGISTERED NUMBER:

SC042319

FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025

CUNNINGHAM GRANT
CHARTERED ACCOUNTANTS

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

<u>Contents</u>	<u>Page</u>
Report of the Trustees	1 – 6
Independent Examiner's Report	7
Statement of Financial Activities	8
Statement of Financial Position	9
Notes to the Financial Statements	10 – 19

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 JUNE 2025

The Trustees present their report and financial statements for the year ended 30 June 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's constitution, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2019).

Objectives and Activities

Charitable purposes

The constituted purpose of the Options in Life charity is to provide advocacy and support to promote education, independence and training in personal, life and employability skills and health development for individuals and supporters of those who have complex additional needs. Our charitable purposes extend to the advancement of education, promotion of equality and diversity and the relief of those in need of respite, because of disability. Disability is a core link between these purposes.

Summary of the main activities in relation to these objectives

- Increasing our client base
- Providing and expanding our weekly Recreation Programme of supported Social Inclusion and Team Building activities for young adults who have learning difficulties and additional support needs.
- Running weekly Employability and Skills Development Programmes for young adults who have learning difficulties and additional support needs.
- Running weekly Evening classes to help develop life and social skills and promote independence of young adults who have learning difficulties and additional support needs.
- Promoting Peer Mentoring and Team Working.
- Establishing and maintaining links and working partnerships with other organisations and educational establishments.
- Establishing a network of support for families and running family events.
- Providing short term respite for families and carers.
- Ongoing renovation and development of our premises in the centre of Cupar, which will become an education centre and social hub for young people with additional support needs, and their families and carers.
- Fundraising
- Raising awareness of our Organisation
- Training Support staff
- Recruiting Volunteers
- Training Volunteers

In undertaking these activities, the trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

Summary of the main achievements of the charity during the financial period

- Increasing the number of participants taking part in our day and evening projects and programmes for young adults who have autism, learning disabilities and additional support needs, to help meet demand.
- Supporting young people with learning disabilities to gain confidence and self-esteem by taking part in challenging and team building activities.
- Supporting young people with learning disabilities to gain social and communication skills.
- Mentoring people with disabilities to support their peers.
- Supporting young adults with learning disabilities to progress into volunteering roles.
- Supporting young adults with learning disabilities to take part in work experience projects, to gain employability skills.
- Supporting young adults with learning disabilities to attend training and gain accreditation.
- Supporting young adults with learning disabilities to gain independence and life skills by taking part in Independent Cookery, Baking, Food Hygiene, Kitchen Health and Safety, and Employability courses.
- Supporting young adults with learning disabilities to gain IT skills.
- Running weekly supported cycling group excursions in Tentsmuir Forest, using our own fleet of adapted cycles.
- Running the Options In Life Pop Up Café one day a week. This is giving young adults with learning disabilities a work experience opportunity in a real working environment and offering a safe and welcoming place for our families, and members of the public, to meet and socialise together. Thanks to grant funding, we have been able to offer a hot lunch for £1 over the winter period. This has been very much appreciated by local residents, and our families, during the cost-of-living crisis, and has made our café very busy.
- Running an Arts and Crafts evening club in partnership with the East Nook Studio
- Running an animated movie course in partnership with Dundee Contemporary Arts, where young adults with learning disabilities set their own theme of Climate Control, and designed and created every aspect of the movie. The movie was a huge success, was premiered in the DCA cinema, and is now being shown in local climate cafes.
- Establishing new partnerships with Dundee Contemporary Arts, Pilgrim Care, Glenwood High School and All Aboard Barge Cruises
- Continuing to work with, and developing partnership services with, the Tay & Earn Trust, the Murton Trust, Taymara, Historic Environment Scotland, Five Sisters Zoo, Bowbridge Alpacas, Fife Voluntary Action, East Nook Studio, Fife College, St Andrews University Student Voluntary Service, Perth Climbing Centre, 4Arts, the Ceres Village Café, Dundee Science Centre, Dundee Contemporary Arts, the Royal Zoological Society of Scotland, Water of Leith Conservation Trust, Craigtoun Country Park, Fife Ecology Centre, Lochore Meadows, Ring Farm, Nature Scotland and Hopetoun House rangers.
- Running family networking and social events
- We are very proud to announce that Options In Life was approached by the Lord Lieutenant of Fife and invited to apply for the Kings Award for Voluntary Service. The award is bestowed on organisations that are truly outstanding and make a big difference to their local community. Equivalent to an MBE, KAVS is the highest Award given to local voluntary organisations in the UK. After a scrupulous assessment exercise, the Lord Lieutenant has nominated Options In Life for the award, for exemplary service.
- Raising £254,891 in grant income.
- Raising £223,634 from our own charitable activities, and donations.

Achievements and Performance (Cont..)

Our Capital Project

- Renovation work to the premises in the centre of Cupar, which will house our Education and Social hub, is ongoing but has proved more problematic than we initially anticipated. New Building Regulations, in particular the need for another fire exit at the rear of the building has meant our use of the building is still limited and this continues to cause frustration. We had a major issue with water ingress from the roof which has taken time to locate and remedy and some of the work carried out - particularly decoration in the upper floor and basement will need to be redone before we can use these areas.
- On the first floor –
 - The main office has been decorated and new blinds fitted.
 - Walls have been removed and an open plan kitchen/IT classroom area created.
 - Walls have been removed to increase the size of the toilet cubicles, and new sanitary ware fitted.
 - New flooring has been laid in these areas.
- On the ground floor –
 - Walls have been removed and reconfigured at the back of the building.
 - A new training kitchen with 8 workstations has been installed and flooring laid.
 - Original banking teller area has been cleared.
 - Original offices have been demolished and opened up to create a large activities area.
 - New flooring has been purchased, and will be laid soon.
 - Sensory room has been constructed.
 - Three new toilet cubicles have been constructed.
 - Wall has been demolished between what will become the main café area, giving access to the first floor from within building.
- In the basement –
 - New walls have been erected to create three distinct activity areas, with kitchen units and equipment installed in the main section.
 - New flooring had been purchased, but has not yet been laid due to an issue with damp.
- We recognise the need to ensure funding is in place for each part of the development of our building while ensuring we can continue to offer our current level of service to our clients.
- We are currently working with the architect to submit building warrant applications for the remainder of the work in the building which will then be able to proceed as funding becomes available.
- The spending in relation to the renovation works is reflected in Land and Buildings additions.

Financial Review

During the year the charity had a surplus of £101,072 (2024 - £92,097) and as at 30 June 2025, had available funds excluding fixed assets of £188,552 (2024 - £136,429). Of the available funds £106,332 (2024 - £61,302) was unrestricted and £82,220 (2024 - £75,127) was restricted.

Receipts from charitable activities was £217,105 (2024 - £193,961). The main source of funding for the charity was from various grants. During the year, grants received were £254,891 (2024 - £246,315). Payments for the year were £377,624 (2024 - £351,413) with wages of £235,608 (2024 - £220,242) being the main outgoing.

Going Concern

The trustees consider there are no material uncertainties about the charity's ability to continue as a going concern.

Reserve Policy

The trustees have resolved to gradually build reserves up to but not exceeding the sum of 6 months operating costs, subject to the receipt of unrestricted funds.

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 JUNE 2025

Risk Management

The trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the association, and are satisfied that systems are in place to mitigate exposure to these.

Structure, Governance and Management

Options in Life is a Scottish Charitable Incorporated Organisation (SCIO) governed by its constitution. The charity is managed by its board of trustees, which meets on a monthly basis. Trustees are appointed by the members.

The trustees who served during the year and up to the date of signature of the financial statements were:

Jim Blyth	Chairperson
Lesley Pringle	Treasurer
Catriona Reidpath	Secretary
Mary Scott	
Henry Knowles	
Jacqui Black	
Alana Peden	(resigned 13/11/2025)

Trustees are appointed by the members at the AGM. All of the trustees retire at each AGM but are eligible for re-election.

The management of the charity is undertaken by the trustees, all of whom are elected by the members at the AGM.

The trustees undertake their duties on a voluntary basis.

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 JUNE 2025

Reference and Administrative Information

Trustees	Jim Blyth	Chairperson
	Lesley Pringle	Treasurer
	Catriona Reidpath	Secretary
	Mary Scott	
	Henry Knowles	
	Jacqui Black	
	Alana Peden	(resigned 13/11/2025)
Charity Number (Scotland)	SC042319	
Principal Office	27 Irvine Crescent St Andrews Fife KY16 8LG	
Bankers	Royal Bank of Scotland St Andrews 113-115 South Street KY16 9QB	
Independent Examiner	Barry Grant CA Cunningham Grant Chartered Accountants Unit G6, The Granary Business Centre Coal Road Cupar Fife KY15 5YQ	

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 JUNE 2025

Trustees' Responsibilities in relation to the Financial Statements

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in Scotland requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the trustees on 23/03/2026 and signed on their behalf

Mary Scott
TRUSTEE

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF OPTIONS IN LIFE

I report on the accounts of the charity for the year ended 30 June 2025 which are set out on pages 8 to 19.

RESPECTIVE RESPONSIBILITIES OF THE TRUSTEES AND THE EXAMINER

The charity's trustees are responsible for preparing the financial statements in accordance with the terms of the Charities and Trustee investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The Charity trustees consider that the audit requirement of regulation 10(1)(a) to (c) of the Charities 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.

This report is made to the trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might state to the trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the trustees for my work or for doing this report.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. 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 STATEMENTS

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:
 - a) To keep accounting records in accordance with section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations (as amended), and
 - b) To prepare accounts which accord with the accounting records and comply with regulation 8 of the 2006 Accounts Regulations (as amended) 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.

Barry Grant CA
Cunningham Grant
Chartered Accountants
Unit G6, The Granary Business Centre
Coal Road
Cupar
Fife
KY15 5YQ

Date: 23/03/2026

OPTIONS IN LIFE**SCOTTISH CHARITABLE INCORPORATED ORGANISATION****STATEMENT OF FINANCIAL ACTIVITIES****FOR THE YEAR ENDED 30 JUNE 2025**

		Unrestricted Funds 2025	Restricted Funds 2025	Total Funds 2025	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024
	Notes	£	£	£	£	£	£
<u>INCOME FROM:</u>							
Donations	[3]	6,529	-	6,529	2,967	-	2,967
Grants	[4]	-	254,891	254,891	-	246,315	246,315
Receipts from charitable activities	[5]	217,105	-	217,105	193,961	-	193,961
Investments	[6]	171	-	171	267	-	267
<u>TOTAL INCOME</u>		223,805	254,891	478,696	197,195	246,315	443,510
<u>EXPENDITURE ON:</u>							
Charitable activities	[7]	163,181	214,443	377,624	171,464	179,949	351,413
<u>TOTAL EXPENDITURE</u>		163,181	214,443	377,624	171,464	179,949	351,413
<u>NET INCOME FOR THE YEAR</u>		60,624	40,448	101,072	25,731	66,366	92,097
Transfer between funds		(21,486)	21,486	-	4,635	(4,635)	-
<u>NET INCOME FOR THE YEAR</u>		39,138	61,934	101,072	30,366	61,731	92,097
<u>TOTAL FUNDS BROUGHT FORWARD</u>		93,136	364,523	457,659	62,770	302,792	365,562
<u>TOTAL FUNDS CARRIED FORWARD</u>		132,274	426,457	558,731	93,136	364,523	457,659

All incoming resources and resources expended derive from continuing activities.

The statement of financial activities includes all gains and losses recognised in the year.

The notes on pages [10] to [19] form part of these financial statements.

OPTIONS IN LIFE**SCOTTISH CHARITABLE INCORPORATED ORGANISATION****BALANCE SHEET****AS AT 30 JUNE 2025**

	Notes	2025 £	2024 £
<u>FIXED ASSETS</u>			
Tangible assets	[10]	370,179	321,230
<u>CURRENT ASSETS</u>			
Stock		480	300
Debtors	[11]	28,343	31,186
Cash at bank and in hand		187,612	115,666
		216,435	147,152
<u>CREDITORS</u> - amounts due within one year	[12]	27,883	10,723
<u>NET CURRENT ASSETS</u>		188,552	136,429
<u>TOTAL NET ASSETS</u>		558,731	457,659
<u>FUNDS OF THE CHARITY</u>			
Restricted funds	[14]	426,457	364,523
Unrestricted funds	[14]	132,274	93,136
		558,731	457,659

The financial statements were approved by the Trustees on 23/03/2026

Mary Scott
TRUSTEE

Lesley Pringle
TREASURER

The notes on pages [10] to [19] form part of these financial statements.

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

[1] ACCOUNTING POLICIES

General Information & Basis of Accounting

The charity is a Scottish Charitable Incorporated Organisation with its registered address at 27 Irvine Crescent, St Andrews, Fife, KY16 8LG

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – (Charities SORP (FRS102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The financial statements have been prepared under the historical cost convention. There were no material departures from that standard.

The financial statements are presented in sterling which is the functional currency of the company and are rounded to the nearest £1.

The charity constitutes a public benefit entity as defined by FRS 102.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise shown.

Going Concern

The Trustees are satisfied that the Trust has adequate unrestricted resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements. The Trustees have considered a period of 12 months from the date of approval of the financial statements.

Disclosure Exemptions

The charity satisfies the criteria of being a qualifying entity as defined in SORP FRS 102 Update Bulletin 1. As such, advantage has been taken of the following disclosure exemptions: No cash flow statement has been presented for the charitable company.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Unrestricted funds included designated funds where the Trustees, at their discretion, have created a fund for a specific purpose.

Restricted funds are subject to specific conditions by donors as to how they may be used. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

[1] ACCOUNTING POLICIES (continued)

Incoming Resources

Income is recognised in the accounts when the charity is legally entitled to the funds, any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Revenue grants are credited to the income and expenditure account in the period to which they relate.

Capital grants are recognised in the Statement of Financial Activities as a restricted fund when they are receivable using the "performance model" in accordance with the SORP. The funds will be reduced over the useful economic life of the asset in line with its depreciation.

Expenditure

Expenditure, including grants in the form of support and gifts to individuals and charitable institutions, is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

Tangible Fixed Assets

Tangible fixed assets are stated at cost (or deemed cost) less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation has been provided on all tangible fixed assets at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Land & Buildings	2% straight line
Plant and Equipment	20% straight line
Motor vehicles	25% reducing balance

Cash and Cash equivalents

Cash and cash equivalents are basic financial instruments which include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

[1] ACCOUNTING POLICIES (continued)

Financial Instruments

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans, are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Taxation

The charity is exempt from corporation tax on its charitable activities. The charity is not registered for VAT and resources expended therefore include irrecoverable input VAT.

Employee Benefits

When employees have rendered service to the company, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service.

Pension Costs

The company operates a defined contribution pension scheme. The pension charge represents the amounts payable by the company to the fund in respect of the year.

Government Grants

Revenue grants are recognised in profit and loss in the year in which they are received. Capital grants received are treated as deferred credits and credited to profit and loss account over the estimated useful life of the relevant fixed assets.

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025****[1] ACCOUNTING POLICIES (continued)****Critical Accounting Estimates and Judgements**

In the application of the company's accounting policies, the directors are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources.

The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025****[2] RELATED PARTY TRANSACTIONS**

Services of £16,720 (2024 - £24,640) were paid MarcScott Consulting Ltd during the year, a company owned by Rory Scott, who is the son of Mary Scott ,a trustee.

[3] DONATIONS

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Donations	6,529	-	6,529	2,967

[4] GRANTS RECEIVED

Architectural Heritage Fund Grant	-	-	-	6,265
Community Chest Fund for Carers	-	-	-	10,000
Cycling UK Grant	-	-	-	13,908
Digital Participation Charter Fund	-	-	-	10,000
Digitay Grant	-	16,421	16,421	-
Fife Health Charity	-	5,000	5,000	-
Fife Rural Development Fund	-	15,662	15,662	-
FVA - Communities Mental Health and Wellbeing	-	13,000	13,000	13,200
Gannochy Trust	-	19,284	19,284	16,004
Garfield Weston	-	20,000	20,000	-
Impact Funding - Volunteering Support Fund	-	-	-	6,500
Local Community Planning Budget	-	-	-	10,000
Nat. Lottery Community Fund Awards for All	-	20,000	20,000	-
Nat. Lottery Community Fund Improving Lives	-	17,500	17,500	35,000
National Lottery Heritage Fund	-	5,540	5,540	-
Nationwide Colleague Grant	-	9,767	9,767	-
Northwood Charitable Trust	-	10,000	10,000	10,000
Robertson Trust	-	16,000	16,000	17,600
Rural Fife Development Fund	-	-	-	8,420
Scottish Children's Lottery	-	-	-	3,625
Screwfix Grant	-	-	-	5,000
St. Andrews Community Trust	-	5,000	5,000	4,000
The Wolfson Foundation	-	-	-	49,793
Thomas Wall Trust	-	5,000	5,000	5,000
Town Centre Building Improvement Grant	-	8,977	8,977	-
UK Youth Fund	-	20,000	20,000	20,000
Volunteering Support Fund	-	11,250	11,250	-
Wooden Spoon	-	23,990	23,990	-
Youth Action Fife Grant	-	-	-	2,000
Youthlink Scotland Youth Arts Open Fund	-	12,500	12,500	-
	-	254,891	254,891	246,315

For the year ended 30 June 2024

Unrestricted funds	-
Restricted funds	246,315
	246,315

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2025

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
[5] INCOME FROM CHARITABLE ACTIVITIES				
Activity programmes charge	210,099	-	210,099	187,546
Café income	7,006	-	7,006	6,415
	<u>217,105</u>	<u>-</u>	<u>217,105</u>	<u>193,961</u>
[6] INVESTMENT INCOME				
Bank interest receivable	<u>171</u>	<u>-</u>	<u>171</u>	<u>267</u>
[7] COSTS OF CHARITABLE ACTIVITIES				
Wages	71,395	161,165	232,560	217,344
Employers pension contributions	3,048	-	3,048	2,898
Projects and programme activities	12,537	29,053	41,590	36,462
Consulting commission	16,720	-	16,720	24,640
Café expenses	2,598	5,867	8,465	7,111
Heat and Light	4,258	-	4,258	3,555
Rates	4,307	-	4,307	2,262
Property maintenance	1,592	-	1,592	247
Minibus hire	3,169	-	3,169	219
Groups' transport costs	18,989	-	18,989	17,398
Staff travel expenses	272	613	885	293
Minibus storage	720	-	720	720
Clothing	1,161	-	1,161	221
Telephone	2,687	-	2,687	2,474
Training	444	1,002	1,446	1,433
Stationery and software	3,083	-	3,083	2,041
Miscellaneous	400	-	400	1,598
Bank charges	578	-	578	448
Insurance	2,967	-	2,967	2,288
Independent examiner fees (see note 8)	2,283	-	2,283	2,141
Bad debts recovered	-	-	-	1,171
Depreciation	9,973	16,743	26,716	25,449
Gain on sale	-	-	-	(1,000)
	<u>163,181</u>	<u>214,443</u>	<u>377,624</u>	<u>351,413</u>
For the year ended 30 June 2024				
Unrestricted funds				171,464
Restricted funds				<u>179,949</u>
				<u>351,413</u>

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025**

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
[8] INDEPENDENT EXAMINER'S REMUNERATION				
Independent examiner's fee	1,038	-	1,038	938
Payroll and software training costs	1,245	-	1,245	1,203
	<u>2,283</u>	<u>-</u>	<u>2,283</u>	<u>2,141</u>
[9] STAFF COSTS				
Wages and salaries	68,056	164,504	232,560	217,344
Employer pension contributions	3,048	-	3,048	2,898
	<u>71,104</u>	<u>164,504</u>	<u>235,608</u>	<u>220,242</u>
			<u>Total Number 2025</u>	<u>Total Number 2024</u>
The average numbers of employees during the year was as follows:				
Support Staff			<u>12</u>	<u>13</u>

No employees earned in excess of £60,000 during the year.

Mary Scott was the only Trustee who received remuneration during the year, however no remuneration was received in respect of duties as a Trustee.

No Trustees received reimbursement of expenses during the year.

The key management personnel of the charity is Mary Scott.

The total benefits of the key management personnel of the charity was £31,498 (2024 - £29,958)

The charity has a workplace pension scheme in place with NEST in compliance with the Pension Act 2008.

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025**

	Land & Buildings £	Motor Vehicles £	Equipment £	Total £
[10] TANGIBLE FIXED ASSETS				
<u>Cost</u>				
As at 30 June 2024	264,150	58,390	107,994	430,534
Additions	66,584	-	9,081	75,665
Disposals	-	-	(1,717)	(1,717)
As at 30 June 2025	330,734	58,390	115,358	504,482
<u>Depreciation</u>				
As at 30 June 2024	13,696	39,955	55,653	109,304
Charge for year	6,615	4,610	15,491	26,716
Disposals	-	-	(1,717)	(1,717)
As at 30 June 2025	20,311	44,565	69,427	134,303
<u>Net book value</u>				
As at 30 June 2025	310,423	13,825	45,931	370,179
As at 30 June 2024	250,454	18,435	52,341	321,230
			2025	2024
			£	£
[11] DEBTORS				
Trade debtors			21,207	29,811
Other debtors			7,136	1,375
			28,343	31,186
[12] CREDITORS - amounts due within one year				
Accruals			7,143	10,723
Other taxes and social security			-	-
Other creditors			20,740	-
			27,883	10,723

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2025

		Unrestricted Funds	Restricted Funds	Total Funds
		£	£	£
[13] ANALYSIS OF NET ASSETS				
Fund balances at 30 June 2025				
Tangible fixed assets		25,942	344,237	370,179
Current assets/(liabilities)		106,332	82,220	188,552
Total		132,274	426,457	558,731
Fund balances at 30 June 2024				
Tangible fixed assets		31,834	289,396	321,230
Current assets/(liabilities)		61,302	75,127	136,429
Total		93,136	364,523	457,659

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025**

	At 01.07.23 £	Incoming resources £	Outgoing resources £	Transfers £	At 30.06.24 £
Unrestricted funds					
General fund	62,770	197,195	(171,464)	4,635	93,136
Restricted funds					
Property fund	209,452	-	(5,283)	46,285	250,454
Programmes & projects fund	83,340	151,349	(164,562)	-	70,127
Property renovation	10,000	71,058	-	(76,058)	5,000
Adapted Cycling Fund	-	13,908	(3,076)	-	10,832
Equipment fund	-	10,000	(7,028)	25,138	28,110
	302,792	246,315	(179,949)	(4,635)	364,523

Accounts

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

SCOTTISH CHARITY REGISTERED NUMBER:

SC042319

FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2024

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

<u>Contents</u>	<u>Page</u>
Report of the Trustees	1 – 6
Independent Examiner's Report	7
Statement of Financial Activities	8
Statement of Financial Position	9
Notes to the Financial Statements	10 – 19

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 JUNE 2024

The Trustees present their report and financial statements for the year ended 30 June 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's constitution, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2019).

Objectives and Activities

Charitable purposes

The constituted purpose of the Options in Life charity is to provide advocacy and support to promote education, independence and training in personal, life and employability skills and health development for individuals and supporters of those who have complex additional needs. Our charitable purposes extend to the advancement of education, promotion of equality and diversity and the relief of those in need of respite, because of disability. Disability is a core link between these purposes.

Summary of the main activities in relation to these objectives

- Increasing our client base
- Providing and expanding a weekly Recreation Programme of supported Social Inclusion and Team Building activities for young adults who have learning difficulties and additional support needs.
- Running weekly Employability and Skills Development Programmes for young adults who have learning difficulties and additional support needs.
- Running weekly Evening classes to help develop life and social skills and promote independence of young adults who have learning difficulties and additional support needs.
- Promoting Peer Mentoring and Team Working.
- Establishing and maintaining links and working partnerships with other organisations and educational establishments.
- Establishing a network of support for families and running family events.
- Providing short term respite for families and carers.
- Renovation and development of our new premises in Cupar, which will become an education centre and social hub for young people with additional support needs, and their families and carers.
- Fundraising
- Raising awareness of our Organisation
- Hiring Support Staff
- Training Support staff
- Recruiting Volunteers
- Training Volunteers

In undertaking these activities, the trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

Summary of the main achievements of the charity during the financial period

- Increasing the number of participants taking part in our day and evening projects and programmes for young adults who have autism, learning disabilities and additional support needs, to help meet demand.
- Supporting young people with learning disabilities to gain confidence and self-esteem by taking part in challenging and team building activities.
- Supporting young people with learning disabilities to gain social and communication skills.
- Mentoring people with disabilities to support their peers.
- Supporting young adults with learning disabilities to take part in work experience projects, to gain employability skills.
- Supporting young adults with learning disabilities to attend training and gain accreditation.
- Supporting young adults with learning disabilities to gain independence and life skills by taking part in Independent Cookery, Baking, Food Hygiene, Kitchen Health and Safety, and Employability courses.
- Supporting young adults with learning disabilities to gain IT skills.
- Running weekly supported cycling group excursions in Tentsmuir Forest, using our own fleet of adapted cycles.
- Running the Options In Life Pop Up Café one day a week. This is giving young adults with learning disabilities a work experience opportunity in a real working environment and offering a safe and welcoming place for our families, and members of the public, to meet and socialise together. Thanks to grant funding, we have been able to offer a hot lunch for £1. This has been very much appreciated by local residents, and our families, during the cost-of-living crisis, and has made our café very busy.
- Running an Arts and Crafts evening club in partnership with the East Nook Studio
- Establishing new partnerships with Nature Scotland, Bowbridge Alpacas Scotland, and the rangers at Hopetoun House.
- Continuing to work with and develop partnership services with the Tay & Earn Trust, the Murton Trust, Taymara, Historic Environment Scotland, Five Sisters Zoo, Bowbridge Alpacas, Fife Voluntary Action, East Nook Studio, Fife College, St Andrews University Student Voluntary Service, Perth Climbing Centre, 4Arts, the Ceres Village Café, Dundee Science Centre, Dundee Contemporary Arts, the Royal Zoological Society of Scotland, Water of Leith Conservation Trust, Craigtoun Country Park, Fife Ecology Centre, Lochore Meadows and Ring Farm.
- Running family networking and social events
- Raising £246,315 in grant income.
- Raising £196,928 from our own charitable activities, and donations.

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 JUNE 2024

Achievements and Performance (Cont..)

Our Capital Project

- Permission for Planning and Change of use for our Education and Social Hub in Cupar was eventually granted at the end of 2023, and renovation work was able to begin. It is frustrating that new Building Regulations are delaying opening of the building, but we are concentrating on the ongoing work and looking towards opening during 2025. Our intention is that the centre will open and become operational in stages, as each area is completed.
- On the first floor –
 - The main office has been decorated and new blinds fitted.
 - Walls have been removed and an open plan kitchen/IT classroom area created.
 - Walls have been removed to increase the size of the toilet cubicles, and new sanitary ware fitted.
 - New flooring has been laid throughout.
- In the basement –
 - New walls have been erected to create three distinct activity areas, with kitchen units and equipment installed in the main section.
 - New flooring had been purchased and will be laid soon.
- On the main floor –
 - The old banking hall teller area has been cleared and opened up.
 - Walls have been removed and reconfigured at the back of the building.
 - A new training kitchen with 8 workstations has been installed.
 - Flooring has been laid in the kitchen.
- Funding has been secured to allow development of the main activities area and sensory room on the ground floor, and to break through the wall from what will be the main café area to give access to the first floor from within the building.
- We recognise the need to ensure funding is in place for each part of the development of our building while ensuring we can continue to offer our current level of service to our clients.

Financial Review

During the year the charity had a surplus of £92,097 (2023 - £49,350) and as at 30 June 2024, had available funds excluding fixed assets of £136,429 (2023 - £121,837). Of the available funds £61,302 (2023 - £28,497) was unrestricted and £75,127 (2023 - £93,340) was restricted.

Receipts from charitable activities was £193,961 (2023 - £170,036). The main source of funding for the charity was from various grants. During the year, grants received were £246,315 (2023 - £187,680). Payments for the year were £351,413 (2023 - £317,017) with wages of £220,242 (2023 - £194,200) being the main outgoing.

Going Concern

The trustees consider there are no material uncertainties about the charity's ability to continue as a going concern.

Reserve Policy

The trustees have resolved to gradually build reserves up to but not exceeding the sum of 6 months operating costs, subject to the receipt of unrestricted funds.

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 JUNE 2024

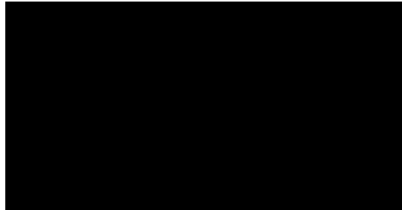
Risk Management

The trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the association, and are satisfied that systems are in place to mitigate exposure to these.

Structure, Governance and Management

Options in Life is a Scottish Charitable Incorporated Organisation (SCIO) governed by its constitution. The charity is managed by its board of trustees, which meets on a monthly basis. Trustees are appointed by the members.

The trustees who served during the year and up to the date of signature of the financial statements were:



Trustees are appointed by the members at the AGM. All of the trustees retire at each AGM but are eligible for re-election.

The management of the charity is undertaken by the trustees, all of whom are elected by the members at the AGM.

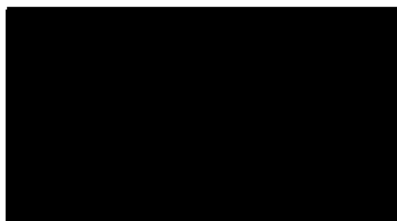
The trustees undertake their duties on a voluntary basis.

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 JUNE 2024

Reference and Administrative Information

Trustees



Charity Number (Scotland)

SC042319

Principal Office

27 Irvine Crescent
St Andrews
Fife
KY16 8LG

Bankers

Royal Bank of Scotland
St Andrews
113-115 South Street
KY16 9QB

Independent Examiner


Cunningham Grant
Chartered Accountants
Unit G6, The Granary Business Centre
Coal Road
Cupar
Fife
KY15 5YQ

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

TRUSTEES' REPORT
FOR THE YEAR ENDED 30 JUNE 2024

Trustees' Responsibilities in relation to the Financial Statements

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in Scotland requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the trustees on 24/03/2025 and signed on their behalf

A large black rectangular box redacting the signature of the trustee.

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF OPTIONS IN LIFE

I report on the accounts of the charity for the year ended 30 June 2024 which are set out on pages 8 to 15

RESPECTIVE RESPONSIBILITIES OF THE TRUSTEES AND THE EXAMINER

The charity's trustees are responsible for preparing the financial statements in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The Charity trustees consider that the audit requirement of regulation 10(1)(a) to (c) of the Charities 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.

This report is made to the trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might state to the trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the trustees for my work or for doing this report.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. 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 STATEMENTS

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:
 - a) To keep accounting records in accordance with section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations (as amended), and
 - b) To prepare accounts which accord with the accounting records and comply with regulation 8 of the 2006 Accounts Regulations (as amended) 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.


Cunningham Grant
Chartered Accountants
Unit G6, The Granary Business Centre
Coal Road
Cupar
Fife
KY15 5YQ

Date: 24/03/2025

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 JUNE 2024

		Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024	Unrestricted Funds 2023	Restricted Funds 2023	Total Funds 2023
	Notes	£	£	£	£	£	£
INCOME FROM:							
Donations	[3]	2,967	-	2,967	8,548	-	8,548
Grants	[4]	-	246,315	246,315	-	187,680	187,680
Receipts from charitable activities	[5]	193,961	-	193,961	170,036	-	170,036
Investments	[6]	267	-	267	103	-	103
TOTAL INCOME		197,195	246,315	443,510	178,687	187,680	366,367
EXPENDITURE ON:							
Charitable activities	[7]	171,464	179,949	351,413	162,744	154,273	317,017
TOTAL EXPENDITURE		171,464	179,949	351,413	162,744	154,273	317,017
NET INCOME FOR THE YEAR		25,731	66,366	92,097	15,943	33,407	49,350
Transfer between funds		4,635	(4,635)	-	(4,257)	4,257	-
NET INCOME FOR THE YEAR		30,366	61,731	92,097	11,686	37,664	49,350
TOTAL FUNDS BROUGHT FORWARD		62,770	302,792	365,562	51,084	265,128	316,212
TOTAL FUNDS CARRIED FORWARD		93,136	364,523	457,659	62,770	302,792	365,562

All incoming resources and resources expended derive from continuing activities.

The statement of financial activities includes all gains and losses recognised in the year.

The notes on pages [10] to [19] form part of these financial statements.

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

BALANCE SHEET
AS AT 30 JUNE 2024

	Notes	2024 £	2023 £
<u>FIXED ASSETS</u>			
Tangible assets	[10]	321,230	243,725
<u>CURRENT ASSETS</u>			
Stock		300	-
Debtors	[11]	31,186	33,636
Cash at bank and in hand		115,666	101,937
		147,152	135,573
<u>CREDITORS - amounts due within one year</u>	[12]	10,723	13,736
<u>NET CURRENT ASSETS</u>		136,429	121,837
<u>TOTAL NET ASSETS</u>		457,659	365,562
<u>FUNDS OF THE CHARITY</u>			
Restricted funds	[14]	364,523	302,792
Unrestricted funds	[14]	93,136	62,770
		457,659	365,562

The financial statements were approved by the Trustees on 24/03/2025

The notes on pages [10] to [19] form part of these financial statements.

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2024

[1] ACCOUNTING POLICIES

General Information & Basis of Accounting

The charity is a Scottish Charitable Incorporated Organisation with its registered address at 27 Irvine Crescent, St Andrews, Fife, KY16 8LG

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The financial statements have been prepared under the historical cost convention. There were no material departures from that standard.

The financial statements are presented in sterling which is the functional currency of the company and are rounded to the nearest £1.

The charity constitutes a public benefit entity as defined by FRS 102.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise shown.

Going Concern

The Trustees are satisfied that the Trust has adequate unrestricted resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements. The Trustees have considered a period of 12 months from the date of approval of the financial statements.

Disclosure Exemptions

The charity satisfies the criteria of being a qualifying entity as defined in SORP FRS 102 Update Bulletin 1. As such, advantage has been taken of the following disclosure exemptions: No cash flow statement has been presented for the charitable company.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Unrestricted funds included designated funds where the Trustees, at their discretion, have created a fund for a specific purpose.

Restricted funds are subject to specific conditions by donors as to how they may be used. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2024

[1] ACCOUNTING POLICIES (continued)

Incoming Resources

Income is recognised in the accounts when the charity is legally entitled to the funds, any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Revenue grants are credited to the income and expenditure account in the period to which they relate.

Capital grants are recognised in the Statement of Financial Activities as a restricted fund when they are receivable using the "performance model" in accordance with the SORP. The funds will be reduced over the useful economic life of the asset in line with its depreciation.

Expenditure

Expenditure, including grants in the form of support and gifts to individuals and charitable institutions, is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

Tangible Fixed Assets

Tangible fixed assets are stated at cost (or deemed cost) less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation has been provided on all tangible fixed assets at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Land & Buildings	2% straight line
Plant and Equipment	20% straight line
Motor vehicles	25% reducing balance

Cash and Cash equivalents

Cash and cash equivalents are basic financial instruments which include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2024

[1] ACCOUNTING POLICIES (continued)

Financial Instruments

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans, are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Taxation

The charity is exempt from corporation tax on its charitable activities. The charity is not registered for VAT and resources expended therefore include irrecoverable input VAT.

Employee Benefits

When employees have rendered service to the company, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service.

Pension Costs

The company operates a defined contribution pension scheme. The pension charge represents the amounts payable by the company to the fund in respect of the year.

Government Grants

Revenue grants are recognised in profit and loss in the year in which they are received. Capital grants received are treated as deferred credits and credited to profit and loss account over the estimated useful life of the relevant fixed assets.

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2024

[1] ACCOUNTING POLICIES (continued)

Critical Accounting Estimates and Judgements

In the application of the company's accounting policies, the directors are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources.

The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2024

[2] RELATED PARTY TRANSACTIONS

Services of £24,640 (2023 - £24,394) were paid MarcScott Consulting Ltd during the year, a company owned by Rory Scott, who is the son of Mary Scott, a trustee.

[3] DONATIONS

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Donations	2,967	-	2,967	8,548

[4] GRANTS RECEIVED

National Lottery Heritage Fund	-	-	-	22,158
Bank of Scotland Foundation	-	-	-	1,000
Gannochy Trust	-	16,004	16,004	21,504
Nat. Lottery Community Fund Award for All	-	-	-	10,000
Nat. Lottery Community Fund Improving Lives	-	35,000	35,000	36,750
Robertson Trust	-	17,600	17,600	18,400
St. Andrews Community Trust	-	4,000	4,000	-
Impact Funding - Volunteering Support Fund	-	6,500	6,500	13,000
FVA - Communities Mental Health and Wellbeing	-	13,200	13,200	10,993
FVA - Warm Spaces	-	-	-	2,500
FVA - Our Minds Matter	-	-	-	8,555
Thomas Wall Trust	-	5,000	5,000	5,000
Baily Thomas	-	-	-	2,000
UK Youth Fund	-	20,000	20,000	20,000
CLD Digital Device Fund	-	-	-	10,820
Community Food Provider	-	-	-	5,000
Northwood Charitable Trust	-	10,000	10,000	-
Digital Participation Charter Fund	-	10,000	10,000	-
Rural Fife Development Fund	-	8,420	8,420	-
Scottish Children's Lottery	-	3,625	3,625	-
Youth Action Fife Grant	-	2,000	2,000	-
Cycling UK Grant	-	13,908	13,908	-
Community Chest Fund for Carers	-	10,000	10,000	-
Architectural Heritage Fund Grant	-	6,265	6,265	-
Local Community Planning Budget	-	10,000	10,000	-
Screwfix Grant	-	5,000	5,000	-
The Wolfson Foundation	-	49,793	49,793	-
	-	246,315	246,315	187,680

For the year ended 30 June 2023

Unrestricted funds	-
Restricted funds	187,680
	187,680

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2024

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
[5] INCOME FROM CHARITABLE ACTIVITIES				
Activity programmes charge	187,546	-	187,546	160,764
Café income	6,415	-	6,415	9,272
	<u>193,961</u>	<u>-</u>	<u>193,961</u>	<u>170,036</u>
[6] INVESTMENT INCOME				
Bank interest receivable	267	-	267	103
	<u>267</u>	<u>-</u>	<u>267</u>	<u>103</u>
[7] COSTS OF CHARITABLE ACTIVITIES				
Wages	80,973	136,371	217,344	191,747
Employers pension contributions	2,898	-	2,898	2,453
Projects and programme activities	13,447	23,015	36,462	33,602
Consulting commission	24,640	-	24,640	24,394
Café expenses	2,650	4,461	7,111	12,678
Heat and Light	3,555	-	3,555	2,638
Rates	2,262	-	2,262	2,295
Property renovations/maintenance	247	-	247	2,222
Minibus hire	219	-	219	696
Groups' transport costs	17,398	-	17,398	15,617
Staff travel expenses	109	184	293	1,068
Minibus storage	720	-	720	720
Clothing	221	-	221	-
Telephone	2,474	-	2,474	1,621
Training	534	899	1,433	1,153
Stationery and software	2,041	-	2,041	2,580
Miscellaneous	1,598	-	1,598	2,218
Bank charges	448	-	448	506
Insurance	2,288	-	2,288	1,349
Independent examiner fees (see note 8)	2,141	-	2,141	2,216
Bad debts recovered	1,171	-	1,171	(75)
Depreciation	10,430	15,019	25,449	15,319
Gain on sale	(1,000)	-	(1,000)	-
	<u>171,464</u>	<u>179,949</u>	<u>351,413</u>	<u>317,017</u>
For the year ended 30 June 2023				
Unrestricted funds				162,744
Restricted funds				154,273
				<u>317,017</u>

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2024

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
[8] INDEPENDENT EXAMINER'S REMUNERATION				
Independent examiner's fee	938	-	938	890
Payroll and software training costs	1,203	-	1,203	1,326
	<u>2,141</u>	<u>-</u>	<u>2,141</u>	<u>2,216</u>
[9] STAFF COSTS				
Wages and salaries	80,973	136,371	217,344	191,747
Employer pension contributions	2,898	-	2,898	2,453
	<u>83,871</u>	<u>136,371</u>	<u>220,242</u>	<u>194,200</u>
			<u>Total Number 2024</u>	<u>Total Number 2023</u>
The average numbers of employees during the year was as follows:				
Support Staff			<u>13</u>	<u>14</u>

No employees earned in excess of £60,000 during the year.

Mary Scott was the only Trustee who received remuneration during the year, however no remuneration was received in respect of duties as a Trustee.

No Trustees received reimbursement of expenses during the year.

The key management personnel of the charity is Mary Scott.

The total benefits of the key management personnel of the charity was £29,958 (2023 - £29,328)

The charity has a workplace pension scheme in place with NEST in compliance with the Pension Act 2008.

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2024

	Land & Buildings £	Motor Vehicles £	Equipment £	Total £
[10] TANGIBLE FIXED ASSETS				
<u>Cost</u>				
As at 30 June 2023	217,865	58,390	53,675	329,930
Additions	46,285	-	56,669	102,954
Disposals	-	-	(2,350)	(2,350)
As at 30 June 2024	264,150	58,390	107,994	430,534
<u>Depreciation</u>				
As at 30 June 2023	8,413	33,809	43,983	86,205
Charge for year	5,283	6,146	14,020	25,449
Disposals	-	-	(2,350)	(2,350)
As at 30 June 2024	13,696	39,955	55,653	109,304
<u>Net book value</u>				
As at 30 June 2024	250,454	18,435	52,341	321,230
As at 30 June 2023	209,452	24,581	9,692	243,725
[11] DEBTORS				
			2024 £	2023 £
Trade debtors			29,811	30,944
Other debtors			1,375	2,692
			31,186	33,636
[12] CREDITORS - amounts due within one year				
Accruals			10,723	13,736
Other taxes and social security			-	-
			10,723	13,736

OPTIONS IN LIFE
SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2024

	Unrestricted Funds £	Restricted Funds £	Total Funds £
[13] ANALYSIS OF NET ASSETS			
Fund balances at 30 June 2024			
Tangible fixed assets	31,834	289,396	321,230
Current assets/(liabilities)	61,302	75,127	136,429
Total	93,136	364,523	457,659
Fund balances at 30 June 2023			
Tangible fixed assets	34,273	209,452	243,725
Current assets/(liabilities)	28,497	93,340	121,837
Total	62,770	302,792	365,562

	At 01.07.23 £	Incoming resources £	Outgoing resources £	Transfers £	At 30.06.24 £
[14] MOVEMENT IN FUNDS					
Unrestricted funds					
General fund	62,770	197,195	(171,464)	4,635	93,136
Restricted funds					
Property fund	209,452	-	(5,283)	46,285	250,454
Programmes & projects fund	83,340	151,349	(164,562)	-	70,127
Property renovation	10,000	71,058	-	(76,058)	5,000
Adapted Cycling Fund	-	13,908	(3,076)	-	10,832
Equipment fund	-	10,000	(7,028)	25,138	28,110
	302,792	246,315	(179,949)	(4,635)	364,523

OPTIONS IN LIFE

SCOTTISH CHARITABLE INCORPORATED ORGANISATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2024

	At 01.07.22 £	Incoming resources £	Outgoing resources £	Transfers £	At 30.06.23 £
Unrestricted funds					
General fund	51,084	178,687	(162,744)	(4,257)	62,770
Restricted funds					
Property fund	198,732	-	(4,357)	15,077	209,452
Programmes & projects fund	66,396	166,860	(149,916)	-	83,340
Property renovation	-	10,000	-	-	10,000
Digital equipment fund	-	10,820	-	(10,820)	-
	265,128	187,680	(154,273)	4,257	302,792