

Anam Cara

Scotland · Charity number SC042774

Details

Status	Active
Legal form	Unincorporated association
Registered	2011-12-05
Register	View on the OSCR register

Contact

Address	Ash Cottage Back Lane Aberlady East Lothian EH32 0RU
Website	www.anamcara.scot

Activities

Activities: 'It carries out activities or services itself'

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

What the charity does: To inspire and empower women, assisting them in making vital changes to their social, emotional and physical well being. • To liaise with local agencies in the promotion of the group. • To increase knowledge of Mental Health issues and reduce the isolation and stigma of these issues. We offer workshops - 3 per year - with ongoing support giving women the opportunity to learn new coping skills to improve mental health and wellbeing.

Beneficiaries: 'People with disabilities or health problems', 'No specific group, or for the benefit of the community'

Objectives: The Objectives of the Group shall be to • To inspire and empower women, assisting them in making vital changes to their social, emotional and physical well being. • To liaise with local agencies in the promotion of the group. • To increase knowledge of Mental Health issues and reduce the isolation and stigma of these issues

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£40,038	£38,062	-	0
2024-04-05	£38,972	£75,519	-	3
2023-04-05	£83,324	£91,654	-	4
2022-04-05	£87,701	£83,679	-	4
2021-04-05	£98,388	£84,330	-	4

Anam Cara

Scotland - Charity number SC042774

Accounts

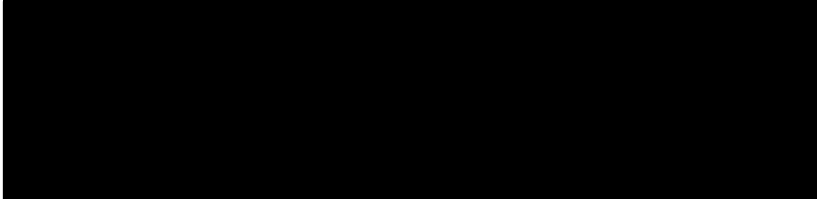
APPENDIX 1



Trustees' Annual Report for the period							
Period start date				Period end date			
From	Day	Month	Year	To	Day	Month	Year
	6	4	2024		5	4	2025

Office of the Scottish Charity Regulator

Reference and administration details

Charity name	Anam Cara
Other names charity is known by	
Registered charity number	SC042774
Charity's principal address	

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year
[Redacted]	

Structure, governance and management

Type of governing document

The organisation is registered as a Charity & is administered as set out in the Charities Constitution

Trustee recruitment and appointment

The Trustees & members are appointed and removed in accordance with the charities Constitution. The committee shall consist of up to 10 members from which the committee of Chair, Vice Chair, Secretary & Treasurer all serve up to three years

Objectives and activities

Charitable purposes

The purpose of the charity is to inspire & empower women in Scotland with mental health issues; improving their social, emotional and physical well-being.

Summary of the main activities in relation to these objects

To provide free motivational and confidence building courses, workshops and support groups to women experiencing mental health issues and to increase knowledge of mental health, reducing isolation and stigma. Giving women in the community a sense of belonging

APPENDIX 1

Achievements and performance

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

The charity has continued to provide self-management programmes, workshops and support groups to around 100 women with mental health issues.

Funding during the year was obtained from the following organisations

East Lothian Council
MELDAP

Financial review

Brief statement of the charity's policy on reserves

All grants received are restricted funds and are governed by the awarding bodies who impose strict controls and monitoring on their grants. Budgets are strictly adhered to and are accounted for in full. Financial Reports and analysis are required by all awarding bodies and are provided to each by Anam Cara

Details of any deficit

Anam Cara shows a surplus of £1,976.55 this being the difference between funding received and expenditure made during the period.

Donated facilities and services (if any)

None

APPENDIX 1

Other optional information

EAST LOTHIAN COUNCIL WERE LATE IN PROVIDING THEIR FINAL TRANSCGH OF FUNDING OF £1,166.25 WHICH WAS RECEIVED AFTER THE END OF THIS FINANCIAL YEAR

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (e.g. Chair)	Chair	
Date	08/10/2025	

ANAM CARA

Scottish Charity Number SCO42774

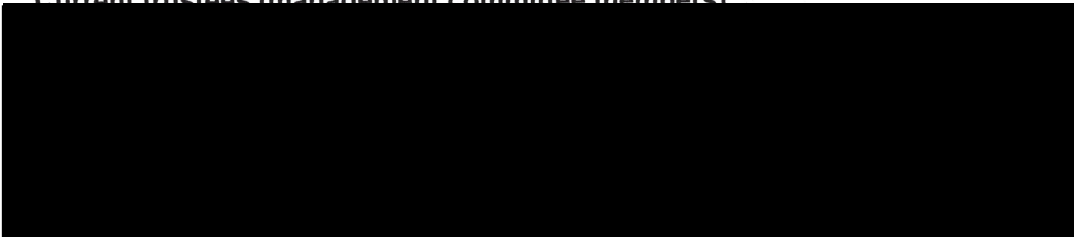
ADDRESS



RECEIPTS & PAYMENTS ACCOUNTS

Trustees' Annual Report and Accounts for the year ended 05-04-25

Current trustees (management committee members)



Recruitment and appointment of Trustees

The trustees were those as appointed at the Annual General Meeting (held on Zoom) on 23rd May 2024

New appointments and removals are made in accordance with the Constitution.

Governing document

Anam Cara is an unincorporated voluntary association and was recognised as a Scottish Charity with effect from 5th December 2012 under its previous name of Pink Ladies 1st. The association is administered in accordance with the terms of the Constitution.

Charitable purposes

The purpose of the charity is to inspire & empower women in Scotland with mental health issues; improving their social, emotional and physical well-being.

Summary of the Main Activities in relation to these objects

To provide free motivational and confidence building courses, workshops and support groups to women experiencing mental health issues and to increase knowledge of mental health, reducing isolation and stigma. Giving women in the community a sense of belonging

Activities and achievements

The charity in addition to the aforementioned courses and workshops continues to provide the content of the charities workshops on-line to those who register for it. This has provided support to women who are isolated as well as providing referesh information to those who attended the workshops. Online support and workshop content is continuing.

Grant Funding was obtained from the following bodies

East Lothian Council	8,962.38
MELDAP	30,257.04
TOTAL	<u>£39,219.42</u>

Fundraising Events held during the year

Total Fundraising	£17.47
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A small donation was received during the year

Total Donations	£574.50
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Bank Interest was received during the year

Total Bank Interest	£227.22
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Trustee remuneration and expenses

The Chairman of the Charity received the following reimbursement of expenses during the year.

Travel	£0.00
Phone	£0.00
	<u>0.00</u>

Reserves

Opening Balance	12,350.88
Fundraising	17.47
Donations	574.50
Bank Interest	227.22
Sub-total	<u>13,170.07</u>
Expenditure from Reserves	20.00
Closing Balance	<u>13,150.07</u>

As at 05-04-25 the charity held £13,150.07 in reserves. This reserve fund has built up gradually over the years. The Trustees took the decision that these reserves can only be used to carry out activities to support the charity

Approved by the Trustees and signed on their behalf

Signed
Chair

Dated

08/10/2025

ANAM CARA

Scottish Charity Number SCO42774

RECEIPTS & PAYMENTS ACCOUNTS

Statement of Receipts and Payments

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
A1 Receipts				
Donations	574.50	0.00	574.50	352.00
Grants	0.00	39,219.42	39,219.42	38,205.46
Receipts from fundraising activities	17.47	0.00	17.47	42.82
Bank Interest	227.22	0.00	227.22	371.24
Income from Investments other than Land and Buildings	0.00	0.00	0.00	0.00
Gross receipts from other charitable activities	0.00	0.00	0.00	0.00
A1 Sub-total	819.19	39,219.42	40,038.61	38,971.52
A2 Receipts from asset & investment sales				
Proceeds from sale of fixed assets	0.00	0.00	0.00	0.00
Proceeds from sale of investments	0.00	0.00	0.00	0.00
A2 Sub-total	0.00	0.00	0.00	0.00
Total Receipts	819.19	39,219.42	40,038.61	38,971.52
A3 Payments				
Expenses for Fundraising Activities	0.00	0.00	0.00	0.00
Payments relating directly to charitable activities	0.00	38,042.06	38,042.06	75,518.60
Grants and Donations	20.00	0.00	20.00	0.00
Governance Costs	0.00	0.00	0.00	0.00
A3 Sub-total	20.00	38,042.06	38,062.06	75,518.60

A4 Payments Relating to Asset and Investment Movements

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
Purchases of fixed assets	0.00	0.00	0.00	0.00
Purchase of investments	0.00	0.00	0.00	0.00
A4 Sub-total	0.00	0.00	0.00	0.00
Total Payments	20.00	38,042.06	38,062.06	75,518.60
Net Receipts/payments	799.19	1,177.36	1,976.55	-36,547.08
A5 Transfers to (from) funds	0.00	0.00	0.00	0.00
Surplus/ (defecit) for year	799.19	1,177.36	1,976.55	-36,547.08

Statement of Balances

2024/25		
unrestricted	restricted	total

Cash Funds

Cash and bank balances at start of year	12,736.64
Cash and bank balances at end of year	14,703.19
Reserve Fund contained within end of year bank balance	13,150.07

Investments

0.00

Other Assets

Laptops	177.70
Phones	0.00
	177.70

Total Current Assets

Cash at Bank	14,703.19
Investments	0.00
Other Assets	177.70
	14,880.89

Approved by the Trustees and signed on their behalf

Signed
Chair



Dated

08/10/2025

Notes to the Accounts

Unrestricted funds are available for general purposes in accordance with the charity's purposes. The restricted

Income & Expenditure

Are as detailed in the above accounts

Grants and Donations

Grant payments of £Nil were made during the year

Payments to Charity Trustees

No payments were made to charity trustees during the year

Additional Analysis

	2025			2024
	unrestricted	restricted	total	total
Affiliated groups membership	0.00	0.00	0.00	0.00
Tea monies	0.00	0.00	0.00	0.00
Bank Interest	227.22	0.00	227.22	371.24
Miscellaneous	0.00	0.00	0.00	0.00
Total	227.22	0.00	227.22	371.24

Grants

	2025			2024
	unrestricted	restricted	total	total
Meldap	0.00	30,257.04	30,257.04	27,735.84
East Lothain Council	0.00	8,962.38	8,962.38	10,469.62
Tesco	0.00	0.00	0.00	750.00
Total	0.00	39,219.42	39,219.42	38,955.46

Gross Receipts from other Charitable Activities

	2025			2024
	unrestricted	restricted	total	total
Fundraising	17.47	0.00	17.47	42.82
Donations	574.50	0.00	574.50	352.00
Miscellaneous	0.00	0.00	0.00	0.00
Total	591.97	0.00	591.97	394.82

Payments relating directly to Charitable Activities

	2025			2024
	unrestricted	restricted	total	total
Staff	0.00	31,285.42	31,285.42	64,665.32
Staff expenses	0.00	3,120.00	3,120.00	2,260.00
Volunteers Expenses	0.00	222.60	222.60	326.90
Training	0.00	95.04	95.04	747.00
Venue	0.00	1,091.15	1,091.15	944.54
Supplies	0.00	265.05	265.05	620.00
Equipment	0.00	0.00	0.00	0.00
Financial Advisor	0.00	1,134.00	1,134.00	4,000.00
Insurance	0.00	0.00	0.00	1,245.65
Computers/ Website	0.00	828.80	828.80	689.19
Sundries	0.00	0.00	0.00	0.00
Reserves	20.00	0.00	20.00	20.00
Total	20.00	38,042.06	38,062.06	75,518.60

Page 10 of 10

38,062.06

75,518.60

OSCr

Office of the Scottish Charity Regulator

		Independent examiner's report on the accounts v2					
Report to the trustees/members of	Charity name	ANAM CARA					
Registered charity number		SC042774					
On the accounts of the charity for the period	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
	06	04	24	to	05	04	25
Set out on pages	1 & 2					(remember to include the page numbers of additional sheets)	
Respective responsibilities of trustees and examiner	<p>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. 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.</p>						
Basis of independent examiner's statement	<p>My examination was 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 accounts.</p>						
Independent examiner's statement	<p>In the course of my examination, no matter has come to my attention</p> <ol style="list-style-type: none"> which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> 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 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached. 						
Signed:	[Redacted Signature]						08/10/2025
Name:	[Redacted Name]						p
Relevant professional qualification(s) or body (if any):	Member of ICB membership Number 431447 Practice Licence Number 20084						
Address:	[Redacted 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.

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**