

Chill Out Club

Scotland · Charity number SC042843

Details

Status	Active
Legal form	Unincorporated association
Registered	2012-01-06
Register	View on the OSCR register

Contact

Address	57 Lochlea Calderwood East Kilbride Glasgow G74 3RX
Website	www.chilloutclub.org.uk

Activities

Activities: 'It carries out activities or services itself'

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

What the charity does: We provide a social meeting place for adults affected by mental health issues. In a peaceful and relaxed atmosphere, often with a lot of laughter, we are away from the formality of doctors, nurses and support workers. None of us are professionals, just peers helping one another.

Beneficiaries: 'People with disabilities or health problems'

Objectives: 2.1 The objective of the Club is the relief of those in need by reason of ill-health or disability:
2.1.1 To provide stimulating activities for its members and guests. 2.1.2 To provide social interaction between members, guests and other clubs. 2.1.3 To provide information and sign post members and guests to other agencies where they may secure the information they require. 2.1.4 To work in conjunction with South Lanarkshire Council, NHS Lanarkshire and other agencies to promote mental health wellbeing. 2.1.5 To improve the quality of life and enhance the self-esteem of its members and guests. 2.1.6 To promote equality of opportunity for people affected by mental health problems.

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£2,353	£1,999	-	0
2024-08-31	£5,007	£2,729	-	0
2023-08-31	£1,618	£2,004	-	0
2022-08-31	£1,237	£1,957	-	0
2021-08-31	£189	£367	-	0
2020-08-31	£673	£1,622	-	0

Chill Out Club

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Accounts

Chill Out Club

End of Year Financial Statements

01/09/2024 to 31/08/2025

SC042843

CHARITY CONTACT INFORMATION

Charity Name	Chill Out Club
Scottish Charity Number	SC042843
Meeting place address:	Moncreiff Parish Church, Maxwellton Road, East Kilbride, G74 3JJ
Charity's principal address:	57 Lochlea, East Kilbride, G74 3RX
Telephone number:	07973 438843
Email address:	enquiries@chilloutclub.org.uk
Website:	www.chilloutclub.org.uk

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

1. **Gina Gordon** Chairperson
2. **Fiona Lamont** Vice Chairperson/Treasurer

Reference and administration details

There were no other trustees during the period.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Type of governing document	Constitution
Trustee recruitment and appointment	Chairperson and Vice Chairperson/Treasurer become trustees by default.

OBJECTIVES AND ACTIVITIES

The charity was set up as a peer support group to fill the gaps when many mental health services were being axed.

Our charitable purposes are:

- The relief of those in need by reason of mental ill health or disability
- To provide stimulating activities for our members and guests.
- To provide social interaction between members, guests and other clubs.
- To provide information and signpost members and guests to other agencies where they may secure the information they require.
- To work in conjunction with South Lanarkshire Council, NHS Lanarkshire and other agencies to promote mental health wellbeing.
- To improve the quality of life and enhance the self esteem of its members and guests.
- To promote equality of opportunity for all.

Summary of the main activities in relation to these objects

We provide a social meeting place for those affected by mental health issues. Meeting for two hours once per week, we have around 15 regular attendees. We enjoy quizzes, singing, talking, having guests occasionally, playing games and sometimes crafting. We enjoy an annual day trip and always Christmas lunch together. We are a peer support group and manage our own affairs.

We help adults affected by mental health issues.

ACHIEVEMENTS AND PERFORMANCE: We've had another successful year with the highlights being another trip to Largs with and of course our Christmas lunch. Our connections with Community Links Workers at local surgeries have continued to strengthen and we are delighted to again have had new members referred to us by them. We're delighted

that one of our original members, who lives in a nursing home, can join us each week. He enjoys the freedom of the taxi ride between the home and the club. Our members enjoy playing games, taking part in quizzes and karaoke very occasionally. The biggest and most enjoyable activity is just being able to talk to each other about everything and anything. We laugh a lot. We love to celebrate members' birthdays with a cake, a card and a song. We have been described as a big happy family. That is our biggest success.

Member quotes:

'The Chill Out Club means a lot to me. Made me stronger and more confident in myself.'

'It's a family, not a club.'

'The friends I have met have helped me get back on my feet and support me with my mental health.'

'I was referred to Chill Out Club, we talk about our mental health but not in a counselling kind of way. It's just normal people, who are living through the same or similar issues. We laugh, there is banter, and we can be serious but most of the time it's just fun. Laughing the issues away has been better than any pill the GP has tried to put me on.'

'The doctors, NHS, prescription medication; these would have been my options. So Chill Out Club has saved NHS money by helping me.'

'I would have just been at home with nothing to do. At my age alone is a scary place to be.'

The Chill Out Club has no volunteers, we look after ourselves and each other.

Financial Review

Statement of the charity's policy on reserves: being a very small club we have no formal reserves policy, however we do like to ensure we have funds available for our annual rent of £1,092. In spite of not winning YPI this financial year we managed to keep our heads above water and had a small profit of £353. We've been fortunate to receive donations of biscuits, juice, tea and coffee and so this has kept expenditure down. Our needs are few and as long as we have enough to pay for our accommodation and annual outings we're content. We have no employees and therefore no remunerations have been made over the course of the year.

Donated facilities and services

We are very fortunate that our venue, Moncreiff Parish Church provides our accommodation at a very good rate and due to funding they have received we will have no rent to pay in the next financial year.

Future Plans

We hope to carry on as we have been during the past year and look forward to inviting some speakers to come to the club, and of course our trips and Christmas Lunch.

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) FIONA CATHERINE LAMONT.

Position (e.g. Chair) Vice Chair Vice Chair.

Date 26th May 2025

Receipts and Payments Account

	Unrestricted funds	Designated funds	Restricted funds	Endowment funds	Total funds	Prior year total funds
Receipts						
Donations and legacies	£695	-	-	-	£695	£3,027
Income from charitable activities	£1,658	-	-	-	£1,658	£1,980
Other income	-	-	-	-	-	-
Other trading activities	-	-	-	-	-	-
Investments	-	-	-	-	-	-
Total Receipts	£2,353	-	-	-	£2,353	£5,007
Payments						
Expenditure on charitable activities	£1,950	-	-	-	£1,950	£2,011
Other expenditure	£49	-	-	-	£49	£266
Raising funds	-	-	-	-	-	-
Total Payments	£1,999	-	-	-	£1,999	£2,277
Excess of receipts over payments before transfer	£353	-	-	-	£353	£2,729
Transfers:						
Gross transfers between funds - in	-	-	-	-	-	£1,144
Gross transfers between funds - out	-	-	-	-	-	(£1,144)
Excess of receipts over payments before other gains	£353	-	-	-	£353	£2,729
Net movement in funds	£353	-	-	-	£353	£2,729
Reconciliation of funds						
Excess of receipts over payments at beginning of the year	£4,277	£1,092	-	-	£5,369	£2,639
Excess of receipts over payments for the year	£4,631	£1,092	-	-	£5,723	£5,369
Represented by						
Unrestricted						
General Fund	£4,631	-	-	-	£4,631	£4,277
Designated						
Rent	-	£1,092	-	-	£1,092	£1,092

APPENDIX 3



Independent examiner's report on the accounts v2							
Report to the trustees/members of	Charity name <p style="text-align: center;">Chill Out Club</p>						
Registered charity number	SC SC042843						
On the accounts of the charity for the period	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	09	2024		31	08	2025
Set out on pages						(remember to include the page numbers of additional sheets)	
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	<p>In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]</p> <p>1. which gives me reasonable cause to believe that in any material respect the requirements:</p> <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 <p>have not been met, or</p> <p>2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.</p>						
Signed**:	Gavin Jones		Date:		30/05/2026		
Name:	Gavin Jones						
Relevant professional qualification(s) or body (if any):	Association of accounting technicians						
Address:	29 Mare Hall Road Milford Haven, Pembrokeshire, SA73 2PD						

*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