

Heal Scotland SCO43378

Heal Scotland Charitable Trust



Annual Report & Financial Statements

Year ended 31st March 2025

Scottish Charity Number SCO43378

Heal Scotland SCO43378

Trustees' Annual Report

For the year ended:- 31st March 2025

The trustees have the pleasure in presenting their report together with the financial statements for the year ended 31st March 2025

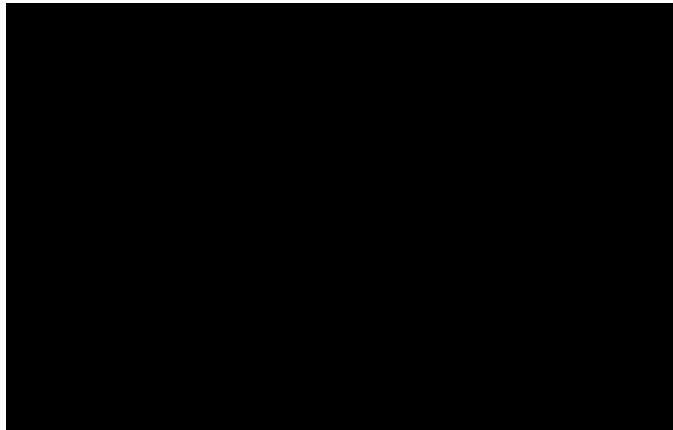
Reference and Administrative Information

Charity Name:-

Heal Scotland

Charity Number:-

SCO43378



Heal Scotland SCO43378

Structure

The organisation is a Scottish Charitable Incorporated Organisation (SCIO). It was registered in its current legal form on 23rd August 2012 and it has a single tier structure and as such the trustees are members of the charity.

Governance

The management committee which normally meets quarterly, are the charity trustees. Membership of the organisation is open to all volunteers and beneficiaries of Heal Scotland and wellbeing activities. It is also open to Interested members of the community and local groups and agencies, allowing a breadth of experience and continuity. Trustees are elected at the annual general meeting. There must be a quorum of three.

Charitable Objectives

The organisation's purposes are: 4.1 the advancement of health 4.2 the relief of those in need, by reason of youth, age, ill-health, disability, financial hardship or other disadvantage by providing access to a range of positive health initiatives for adults in the community who might find it difficult to access informal community health activities through lack of confidence, cost etc.; to offer therapies to anyone managing a long term health condition or supporting a family member with a long term health condition.

Risk Management

The Trustees have reviewed the major risks which the Charity faces and confirm that systems have been established to mitigate these risks.

Trustees Responsibilities in Relation to the Financial Statements

The Trustees are required to prepare financial statements for each financial year which give a true and fair view of the Charity's financial activities during the year and of its financial position at the end of the year. In preparing those financial statements, the Trustees are required to:

- a) select suitable accounting policies and then apply them consistently;
- b) make judgements and estimates that are reasonable and prudent;
- c) state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
- d) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible keeping accounting records which disclose with reasonable accuracy

Heal Scotland SCO43378

at any time the financial position of the Charity and enable it to ensure that the financial statements comply with the Charities and Trustees Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. They are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by trustees and signed on their behalf

(Signed)

23/12/2025

[date]

Trustee

Heal Scotland SCO43378

Chairpersons Report

Why was your charity set up?

Heal Scotland was set up to provide support to people suffering chronic disease and mental health issues, as well as those looking for a better quality of life, across Scotland and beyond. It's estimated that 80% of our health issues are created by lifestyle choices and science now shows that many illnesses and chronic diseases can be reversed by lifestyle changes, and yet we are becoming ever more reliant on medications and surgeries to solve many of these issues. Being diagnosed with an illness, terminal or not, can be terrifying and many people don't know where to turn beyond the allopathic model. Science shows that our interaction with nature, eating whole foods, and being part of a strong community help us to be healthier and happier, but we live in a society that bombards us with ultra-processed food (50-60% in UK, compared to a more modest 10-20% across Europe), and entices us to spend more and more time online, spending less time outside or interacting with people face to face.

Our aim is reverse these trends by educating, inspiring, and supporting the people of Scotland, turning our health trajectory from one of the worst in the world to one of the best.

Who does your charity help?

Heal Scotland has a two-pronged approach. Firstly, we work with healers, coaches and wellbeing businesses across Scotland, providing a platform for them to reach a wider audience, helping them sustain their livelihood in a challenging arena for small business owners.

Secondly, we help people across all ages and demographics with mental, physical, emotional and spiritual issues; from terminal diagnosis, long term, chronic ailments, and mental health issues to those who just want more energy or connection with like-minded souls. The people we attract are those ready and willing to make changes, to reconnect to nature and to take action for their own health and wellbeing. Not everyone is ready or understands the electromagnetic/energetic aspect of the body but those who do are the ones who contact us for help and love our festivals, events, education, and inspiration.

We get daily feedback and are building a wider audience via our Circle community. Our long-term aim is to put the power with the people, creating on and offline communities to reach wider demographics and for those who are stuck in their homes for health and practical reasons.

What was done (outputs)

Heal Inn

In January 2025 we ran our first pop up Heal Inn where we ran 14 back-to-back educational retreats which attracted 150 attendees, plus thousands more on our live broadcasts.

Festivals

2025 saw us hosting five festivals the length and breadth of Scotland (Tarbert, Skye, Nairn, Strontian, and Aberfeldy) with 320 attendees. While these numbers may appear small, we get phenomenal feedback on our festivals, and people leave feeling lighter, happier, and inspired, many going on to become paying members and attending more events.

Other Events

We also ran three Retreats for the Vaccine Injured and two Goddess Gatherings to end the year. The festivals, retreats, and other events bring business to small communities and are an opportunity for local therapists and coaches (many who continue to work with us, supporting our bigger vision) to show up and connect with members of the public who are looking for inspiration, thus helping build stronger communities across Scotland.

Through these events and our online presence we educate on a wide variety of topics, skills and practical protocols that can help people feel empowered, take action, and feel better.

Heal Scotland SCO43378

We offer discounted tickets for those on low income and we utilise the events we run to create community networks all across Scotland.

Breathwork Training

After observing the impact that breathwork had on people at our events, we developed and launched our own breathwork and letting go training, **Wild Energy breathwork**, in order to reach more people**.

** To date 10 people have been trained and they are now working at Heal Scotland events, as well as delivering their own events in their local communities. We ran a large event in Saltcoats where we had 150 people breathing together, receiving excellent feedback from participants.

Heal Scotland Social Network Platform on Circle

We launched our own social network platform which gives our followers a safe space to ask questions and be part of a supportive community. We run monthly panels on different subjects, past subjects include Cancer Journey; Faith, Jesus, and God; Autism. To make it accessible we charge £5 a month for customers and £12 for coaches, therapists and well-being businesses.

Online Presence

We have a strong online presence with the Help Yer Cells Podcast and regular live broadcasts on social media which help funnel members into Circle.

Addiction Recovery

We are working with recovery groups and are looking to expand this work when we move to the land we have been gifted on a long term lease.

What was achieved? (outcomes)

We've reached over 1000 people in person across all our events in 2025 and thousands more online.

We have a growing database of healers, leaders, and teachers around Scotland and beyond that share our vision for improving Scotland's health trajectory, with our business members currently standing at 58 and 105 community member (this number is growing each week). This is a strong foundation that will help when we open our training academy.

What difference was made? (impact)

Feedback shows that our festivals and events have a non-judgmental atmosphere and people feel really comfortable, many feeling safe to come alone. Many are repeat guests, but we also see new people turning up at each event.

Our events forge deep bonds between participants, existing communities are brought together and brand new communities are arising.

We are also seeing expansion in businesses connecting and collaborating to create their own events and cross referrals from coaches and therapists.

Testimonies

"that festival changed my life"

"Your videos keep me sane in a mad world"

"I have made such progress because of Heal Scotland"

"I have learned so much since following you"

Our mission to educate, inspire and support is going well considering the size and manpower we have, the movement has grown massively

Heal Scotland SCO43378

For the period from 1 April 2024 to 31 March 2025

Heal Scotland Scottish Charity No. SCO43378

Financial Statements

Receipts and Expenses Accounts

Receipts	Unrestricted	Restricted	Total	2024_25
Donations	-	-	-	440
Trading Receipts;			-	-
Events	52,333		52,333	46,597
Membership	3,930		3,930	2,423
Other Charitable Receipts	575		575	520
Total Trading Receipts	56,838	-	56,838	49,540
Other Receipts			-	-
Total Receipts	56,838	-	56,838	49,980
Payments				
Charitable Costs:				
Events	34,324		34,324	22,228
Membership	4,957		4,957	2,697
Other Charitable Costs	27,115		27,115	17,312
Total Charitable Payments	66,396	-	66,396	42,237
Donations				
Sub Total	66,396	-	66,396	42,237
Payments relating to asset and investment movements				
Purchases of fixed assets	2,657		2,657	
Sub Total	2,657		2,657	
Total Payments	69,053	-	69,053	42,237
Net Receipts/(Payments)	(12,215)	-	(12,215)	7,743
Transfers to (from) Funds				
Surplus/(Deficit) for Year	(12,215)	-	(12,215)	7,743

Heal Scotland SCO43378

Statement of Balances As at 31 March 2025

	Unrestricted	Restricted	Total	Total
Tangible Assets				
Opening Balance	13,118		13,118	10,618
Purchased in year	2,657		2,657	2,500
Disposals			-	-
Closing Balance	15,775	-	15,775	13,118
Current Assets				
Cash in Hand				
Opening Balance	15,561	-	15,561	10,318
Surplus/(Deficit)	(12,215)	-	(12,215)	5,243
Closing Balance ⁽¹⁾	3,346	-	3,346	15,561
Trustee Loan				
Loan Repayment				
Closing Balance				
Reserves Balance	19,121	-	19,121	28,679

Note 1: On 31 March 2025:

Bank Account	3,019
Stripe Account	57
Cash	270
Total Cash in Hand	3,346

Board Approval and Examination

These Financial Statements were approved by the Board of Trustees on 27 November 2025 and were examined by Eleanor Bell, .

[Redacted Signature]

[date]

23/12/2025

Trustee

Heal Scotland SCO43378

Notes to the Accounts to 31 March 2025

1. **Accounting Reference Date:** The Trust's accounting year runs from 1st April to 31st March in the following year.
2. **Comparison:** These accounts cover the full year of Heal Scotland and the comparison figures relate to the year 1st April 2023 to 31st March 2024.
3. **Basis of Accounting:** These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).
4. **Related Party Transactions:** Apart from the re-imbursement of approved expenses, the following remuneration was paid to the trustees or to any connected person during the year to 31 March 2025;

[REDACTED]	Retreat Fees	£920 (2004: nil)
------------	--------------	------------------
5. **Restricted Funds:** Restricted funds are monies that have been donated or collected for a specific purpose. OSCR requires that restricted funds are accounted for separately from unrestricted funds, which can be spent on anything within the Trust's aims. There are no restricted funds in 2024-25 or comparative years.

Heal Scotland SCO43378

Respective responsibilities of trustees and examiner

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

Basis of independent examiner's statement

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

Independent examiner's statement

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

1. which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

