

Finding Your Feet

Scotland · Charity number SC044572

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2014-01-09
Register	View on the OSCR register

Contact

Address	St James House 25 St James Street Paisley PA3 2HQ
Website	www.findingyourfeet.net

Activities

Activities: 'It carries out activities or services itself'

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

What the charity does: To improve facilities and lives by those affected by amputee

Beneficiaries: 'People with disabilities or health problems', 'Other charities or voluntary bodies'

Objectives: 4. The organisation's purposes are:- 4.1 The relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage. 4.2 The advancement of health. 4.3 The provision of recreational facilities or the organisation of recreational activities.

Geography

- **Main operating location:** Renfrewshire
- **Geographical spread:** Operations cover all or most of Scotland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£630,284	£589,487	-	13
2024-03-31	£568,919	£565,509	-	13
2023-03-31	£553,264	£534,541	-	10
2022-03-31	£473,605	£497,019	-	14
2021-03-31	£402,799	£256,021	-	11

Accounts



Trustees' Annual Report & Financial Statements for the year ended 31st March 2025



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This year has been all about finding our feet again. After a period of challenge and change, 2024 to 2025 saw us stepping forward with more strength, more focus and a renewed sense of purpose.

It was also a year of celebration. Finding Your Feet turned 10, a major milestone and the perfect opportunity to recognise everything we've achieved together. We marked it with a packed calendar of events and fundraisers, including a hugely successful Inca Trail trek where the two of us, along with 27 others raised over £60,000.

We're pleased to report a surplus this year thanks to careful planning, smart decisions and a whole lot of hard graft from our brilliant team. Every penny was counted and every decision was made with our Troopers in mind.

One of the highlights has been the transformation of our Charity Hub garden. Thanks to dedicated grant support, including our biggest single award to date, we've turned it into a beautiful, fully accessible space for clubs, events, quiet moments and connection. What was once overgrown and underused is now full of life, colour and people coming together...and it's only just getting started.

Our Day Hub continues to be a big part of what we do but we've had to look at it with fresh eyes. We've moved from individual day lets to longer-term tenants, reducing staff hours and cutting costs. Two rooms are still available, but the new setup is already helping us run the building more efficiently without compromising what we offer.

Clubs continue to be the beating heart of FYF.

Our Trooper community has grown to over 1,500. That's more than 200 new people in the past year. Many of these new connections came through NHS staff, families and good old word of mouth. It's a reminder that our message is getting out there and that people know where to turn when they need support. From a chat and a cuppa at our 'Ampu-Teas' club to online sessions, swimming to singing, they're how Troopers connect, stay active and support each other. Over the year we increased the number of clubs we run by 12%, shaped by direct feedback from our Troopers. That effort is paying off. 95% of Troopers told us their emotional well-being has improved since joining.

We've also worked hard to remove barriers like travel and anxiety by offering a growing range of online clubs and emotional support sessions. It's made a real difference. Last year, 16% of Troopers said travel was a barrier to joining in, and 19% struggled with anxiety about attending in person. This year, both of those figures, from our annual survey, dropped to 0%. We're excited to keep building on that progress.

Volunteers remain vital to our work.

We now have 39 regularly supporting us and another 70 ready to step in when needed. Many check in with Troopers who are struggling or unable to attend clubs, making sure no one misses out on support. Others host clubs, drive, garden and more. Their time and energy help us reach more people and keep the FYF spirit alive.

Our team is stronger than ever. We said goodbye to one staff member and welcomed two others, each bringing fresh ideas and energy. The biggest strength though, is how well the whole team works together. We have the right people in the right roles, doing what they do best.

What really sets the team apart is the care they show for our Troopers and each other.

Whether it's offering extra support, stepping in when needed or simply making time for a chat, their commitment goes beyond the day-to-day. That shared drive and compassion continue to shape the culture of FYF and the quality of support we provide.

We also want to take a moment to acknowledge the 33 Troopers we lost this year. They were part of our family, and they're deeply missed by staff, volunteers and fellow Troopers. Their loss is felt across clubs and conversations, and we'll continue to honour their memory in all we do.

■■■■ says: We also took a moment this year to recognise the latest in a long list of a personal achievements. ■■■■ would never shout about it herself, so I'll do it for her. In September, she was awarded the Self Management Champion Award by the Health and Social Care Alliance Scotland. It's a huge honour and a well-deserved one. Her honesty, strength and lived experience continue to shape FYF and inspire everyone around her.

Looking ahead to 2025 to 2026 our focus is on doing what we do even better. We'll keep listening, learning and making meaningful changes. We've come a long way and we're not done yet.

■■■■
■■■■
on behalf of the Management Team

Our year in numbers

How we stood strong together in 2024–25

1,500+

people affected by
amputation or limb
absence supported

890

physical fitness sessions

360

social meet ups

158

emotional well-being
sessions

137

counselling sessions

93

skills development
workshops

2,182

1:1 and outreach calls
made

93

amputees met by Peer
Support Volunteers at
hospital visits

472

support plans created with
Troopers

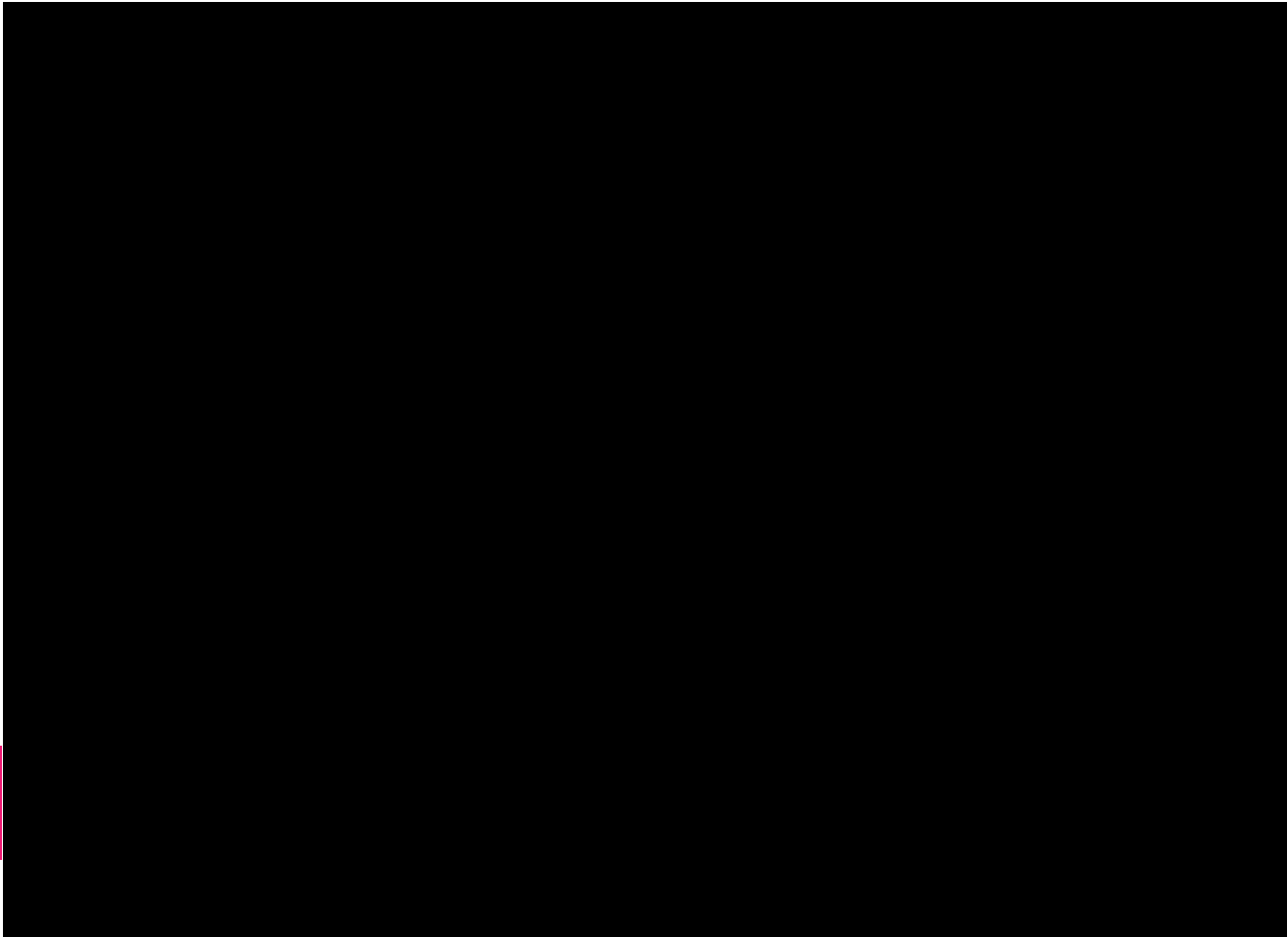
■■■■■ lost her leg to cancer over 25 years ago, when she was just a child. For years, she had no access to peer support, something she now realises would have made a huge difference. That's why, when she found FYF, everything changed.

"Finding Your Feet changed my life in so many ways," she says. "I will be forever grateful for what they've given me back - myself, and a sense of purpose to help others."

■■■■■ is now a Peer Support Volunteer, visiting new amputees in hospital and offering encouragement in those early, often overwhelming, days. She also attends regular clubs and has become a much-loved part of the community.

Becoming a mum was another big turning point. Her son is now a lively toddler, and ■■■■■ says parenthood has been one of the most fulfilling and eye-opening, experiences of her life.

"At first I was constantly thinking, am I holding him right? Am I doing this right? Am I being the mum he needs? I quickly learned that, no matter my amputation, all I had to do was approach everything with the love and care I feel for him and it would be okay and it was. At the end of the day, being an amputee doesn't really come into it. I'm just his mum."



After losing his leg in 2023 due to vascular issues, [REDACTED] felt like he had lost everything. The physical challenges were tough, but the emotional ones hit even harder. He became isolated, struggling to see a way forward, and admits he didn't think he'd still be here if it wasn't for FYF.

[REDACTED] came along to one of our Amputees sessions and was immediately struck by how friendly and welcoming everyone was.

It was the first time he'd spoken to people who genuinely understood what he was going through. From there, he started attending regularly - not just to our social meet-ups, but to bowling and other clubs too. Slowly, things started to change.

One of the biggest turning points for Andy was reaching out to our Well-being Team for counselling. He said the support helped him open up in a way he hadn't been able to before. With time, he began to feel more in control and more like himself again.

In his own words, he went from **"hiding away and doing nothing" to getting back out in the world**. He's lost weight, moved from a wheelchair to walking with a stick, and has even found the confidence to share his story in the hope it helps someone else. He's passionate about encouraging more men to talk about mental health and says he'll never stop telling people what a difference FYF made to him.

Reference and administrative details

Charity name: Finding Your Feet
Charity registration number: SC044572
Legal form: SCIO
Governing document: SCIO Constitution
Office & registered address: [REDACTED]
Management team: [REDACTED]
Banks: Charities Aid Foundation (CAF), RBS, Flagstone (savings platform)
Statutory Auditor: Consilium Audit Limited, 169 West George Street, Glasgow G2 2LB

Structure, governance and management

Finding Your Feet is a Scottish Charitable Incorporated Organisation (SCIO), governed by a Board of Trustees, who are also the charity's only members. We operate under our Constitution, first adopted on 26 November 2014 and last updated on 27 July 2020.

New Trustees can be proposed by the Founder, CEO or Trustees, with appointments confirmed by majority vote at a Board meeting. Each year, one third of Trustees (those who have served the longest since their last election) retire by rotation. Retiring Trustees are eligible for immediate re-election, and there is no limit to the number of terms they may serve. Trustees may resign at any time.

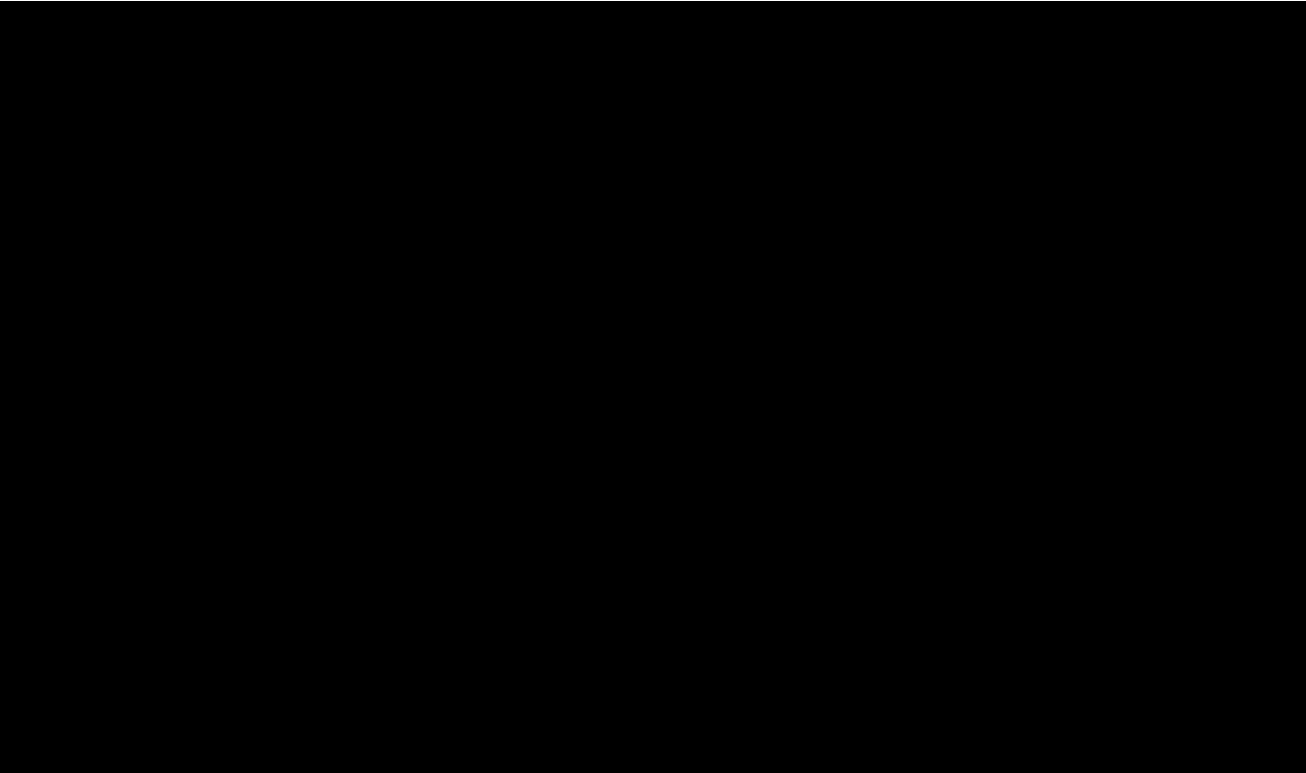
The Board has overall responsibility for the charity's governance and strategy. Day-to-day operations are delegated to the Management Team, which comprises the Founder, CEO and one Trustee. Trustees receive regular updates and reports, and the Board meets quarterly as well and at the AGM.

Troopers are at the centre of everything we do, and their input helps shape the delivery and development of our services and projects.

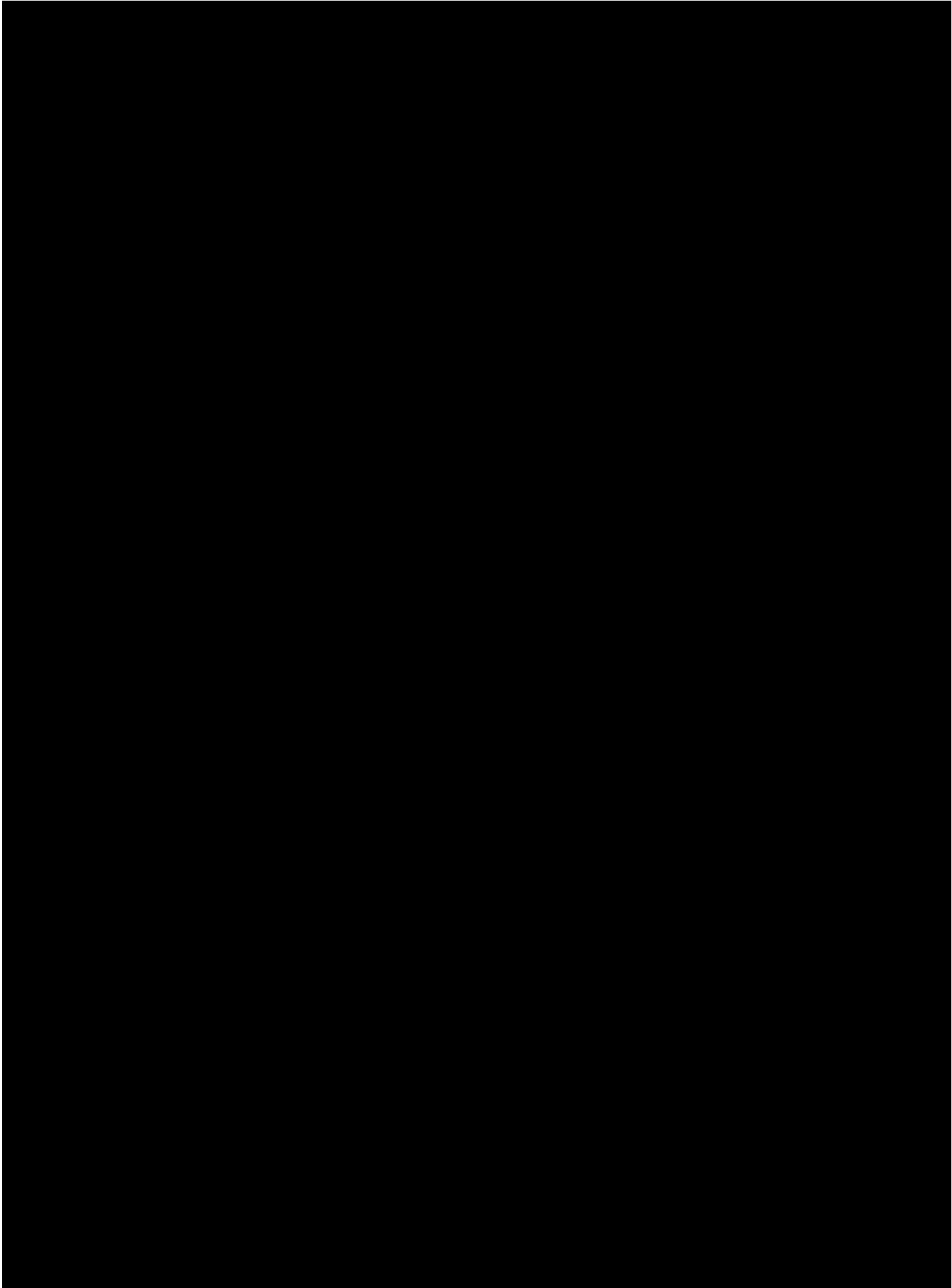
Risk management

We review charity risks regularly as part of a monthly review by the Founder & CEO, and annually by the Board. These reviews cover financial security, sustainability and governance. All policies, procedures and our risk register are reviewed on a regular basis and approved by Trustees.

Board of Trustees



Amp-bassadors

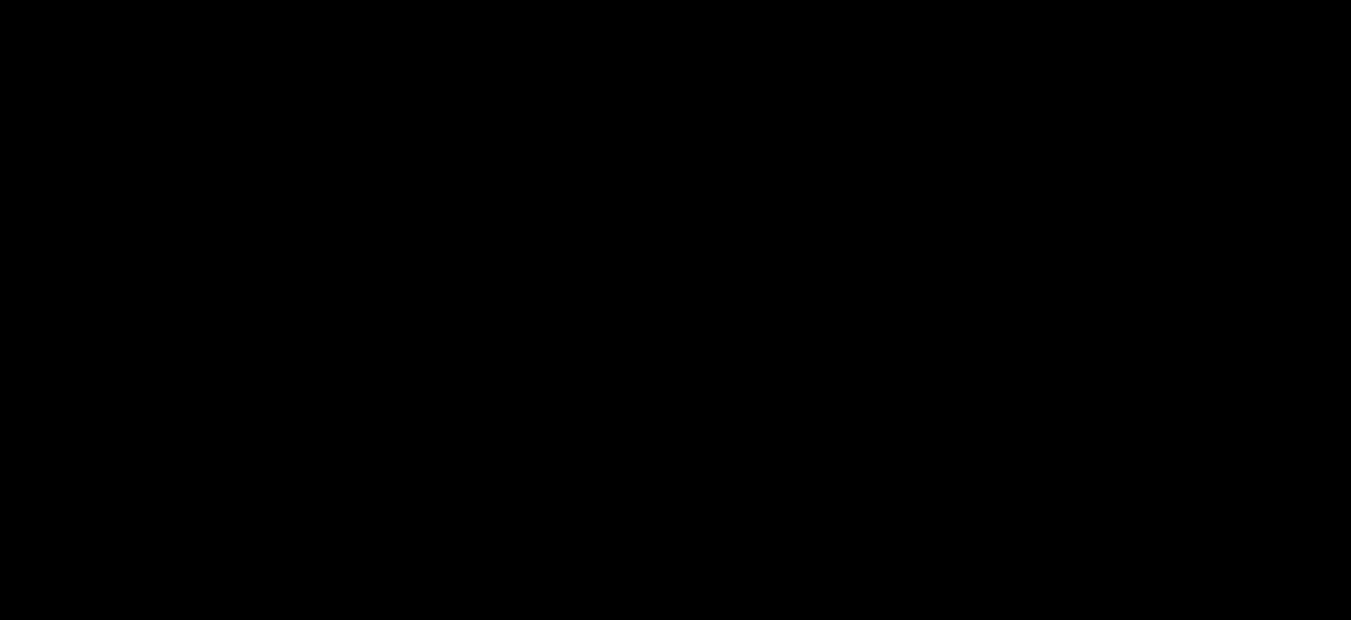


Staff and training

This year we said goodbye to our Fundraising Co-ordinator [redacted] and thank her for everything she brought to Finding Your Feet during her time with us.

We also welcomed two new faces to the team [redacted] joined as our Fundraising Manager, bringing fresh energy, valuable experience and big plans to grow our fundraising. Jamie came on board as Grants Officer and has already secured funding from the applications he submitted. Both are focused on keeping the income coming in so we can keep supporting the people who need us.

Training remained a priority across the year, with staff completing 55 courses in total. This included health and safety, well-being, IT and more. The higher number this year was mainly due to a



In June 2013, Cor was given a 5% chance of survival after sepsis and pneumonia led to the amputation of her hands and legs below the knee. Just four months later, she was walking on prosthetic legs. A single mum with no peer support around her, Cor realised that while the NHS could help with her recovery, it couldn't offer support for the emotional and social side of life after limb loss.

So in 2014, she founded Finding Your Feet, a charity built on community, connection and lived experience.

The name says it all. It's not just about learning to walk or adapt physically, but about rebuilding confidence, identity and a sense of purpose after amputation or limb absence. FYF began as a small group of 3 or 4 amputees meeting for coffee. Today, we support more than 1,500 Troopers (our name for the amputees we support) and their families across Scotland with clubs, counselling, peer support and well-being services.

Our aim is simple. We want to make sure no amputee in Scotland ever feels alone. We fill

the emotional and social gaps that statutory care often can't, helping people feel like themselves again.

We now run clubs in Aberdeen, Ayrshire, Dumfries, Dundee, Edinburgh, Fife, Glasgow, Inverness, North Lanarkshire, Paisley, South Lanarkshire and Stirlingshire. These range from swimming, gym sessions and yoga to having a cuppa and a chat at Ampu-Teas. We also offer 1:1 support, emotional well-being sessions and 24/7 peer support through our online forums.

Beyond direct support, we work to shift how society sees amputees. We run campaigns and deliver education around topics like sepsis, organ donation, diabetes and mental health, helping the wider public understand the realities of limb loss. Our sepsis campaign with the Scottish Government increased awareness of the condition by 77%, helping people spot the signs early and, in many cases, saving lives.

Over the years, we've reached some incredible milestones. In 2018, Cor was the first female quadruple amputee to summit Mount Kilimanjaro. In 2020, she became the first Scottish recipient of a double hand transplant, a moment that raised national awareness of life after amputation. In 2021, we opened the FYF Charity Hub in the heart of Paisley. It gave us a place to call our forever home and provided a shared space for other charities, social enterprises and community organisations too - It's an incredibly vibrant centre, an important resource in the heart of Paisley, supporting collaboration, peer learning and resource sharing between vital charitable organisations in Renfrewshire.

In 2024, Cor was awarded an MBE for her ongoing advocacy and impact, receiving the honour from Princess Anne. That same year, we celebrated 10 years of FYF. A whole decade of standing strong together.

We're proud of how far we've come, but our story is far from over. We continue to grow our support, strengthen our team and reach more people affected by limb loss.

“

“If it wasn't for FYF I wouldn't be here, plain and simple! They saved my life!”

Principal aims and delivery of support

We welcome all amputees and individuals with limb absence, regardless of age, background, religion, ethnicity, disability, gender, sexuality or political belief. Our support is rooted in friendship, understanding and knowing exactly how it feels - because we've been there too. While our core areas for face-to-face services include Aberdeen, Ayrshire, Dumfries, Dundee, Edinburgh, Fife, Glasgow, Inverness, North Lanarkshire, Paisley, South Lanarkshire and Stirlingshire, geography is never a barrier to accessing our support. If you can't get to a group in person, you're still very much part of the FYF family. Our online sessions, phone support and digital activities mean we can reach amputees wherever they are in Scotland. Whether it's peer support, counselling, or just a friendly chat, we'll make sure you're not facing things alone.

Everything we do is guided by some simple but important aims:

1

Provide accessible support to anyone in Scotland affected by amputation or limb absence.

Change perceptions about disability and how people see those with limb difference

2

3 **Lead by example** and inspire our Troopers to push boundaries.

Be the leading national charity supporting amputees and people with limb absence from all walks of life.

4

5 **Offer emotional, physical and social support**, all under one roof.

Help people stay connected to their communities, reduce isolation and build confidence and independence.

6

7 **Champion inclusion and accessibility** in everyday life.

Support progress in prosthetic research and development.

8

Isolation is a huge challenge for many amputees. Studies have shown that without strong social connections, quality of life and even life expectancy can be much lower.

As many as 30% of vascular amputees don't survive the first year after amputation, and sadly that figure rises to 50% within two years.*

We're determined to change that. The right support can be life-changing, whether it's a chat over a cuppa or a steady hand on the first swim back. That's why we offer a mix of services to suit different needs. They help people feel less alone, more confident and more like themselves again. Through our Well-being Team, we offer 1:1 emotional and practical support shaped by what each person needs. That might mean listening without judgement, guiding someone to other services, arranging peer support or providing access to counselling. However we help, every bit of support is free of charge.

*Research by [REDACTED] mith PhD, 2018

Key outputs



Building a **positive community** where amputees can share experiences and support each other.



Reaching more amputees **early on in their journey** through our outreach work.



Helping people **feel heard, valued and more confident** through a strong support network.



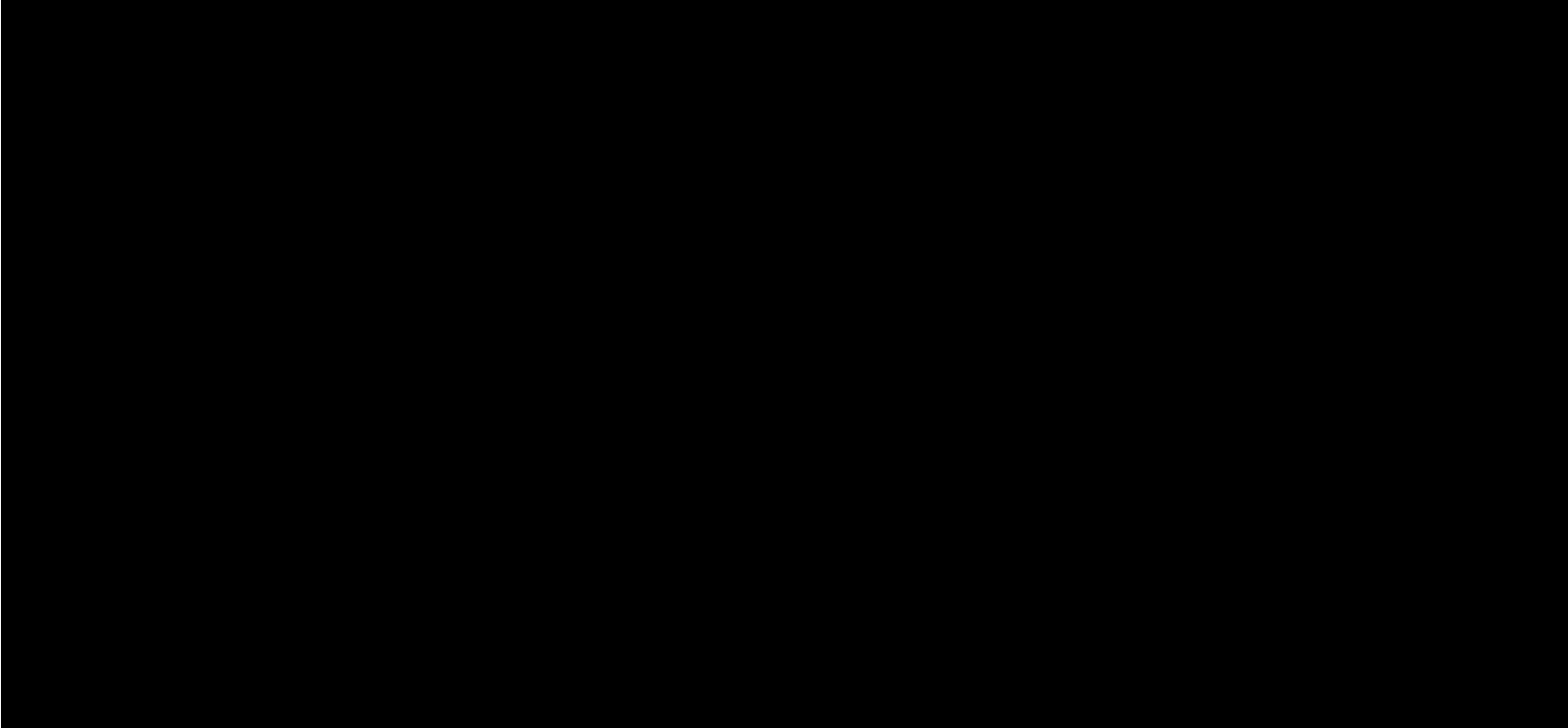
Reducing isolation and **making it easier to socialise** by offering free clubs and activities.



Raising awareness and **challenging perceptions** of amputation through community engagement, giving amputees a stronger voice.



Breaking down barriers so more amputees can take part in physical activity.



In the past year, 220 new amputees joined the FYF family. We're now supporting nearly 1,550 Troopers and their families across Scotland. But given that over 800 amputations take place in Scotland each year we want this number to grow, and we are actively working on this. A new project focused on further strengthening relationships with NHS teams is already underway. By building closer links with more healthcare professionals, we hope to raise awareness of the support we offer and encourage more direct and indirect referrals.

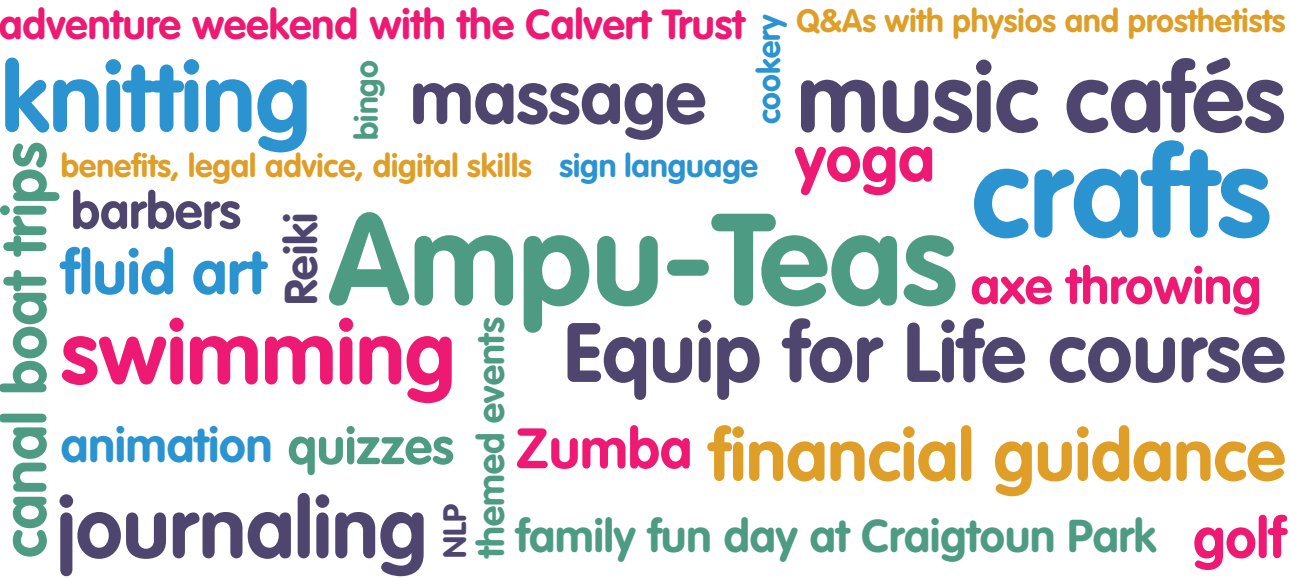
We've also continued to grow the support that we offer. The number of clubs we run has increased by 12%, with a total of 17,495 attendances, a 15% rise on last year. Our new feedback forms are helping us tailor activities more closely to what our Troopers want, and we're already seeing the benefits.

Emotional support has been a key focus. We've increased the number of emotional well-being sessions by 31%, which has led to a 15% rise in attendance for those clubs alone.

Most categories have grown, reflecting the feedback we've received and the ongoing changes we've made to meet the needs of the people we support. We're confident this will increase attendance for the year ahead.

Activity type	24 – 25 Sessions	% increase On 23 - 24	24 – 25 Engagement	% increase On 23 - 24
Physical Fitness	890	17%	7,757	19%
Social Activities	360	3%	2,796	3%
Emotional Well-being	158	31%	6,055	15%
Skills Development	93	-12%	700	18%
Information Sessions	9	-10%	187	15%
Total	1,510	12%	17,495	14%

Our activities this year gave our Troopers the chance to try new activities, build confidence and feel part of a community. Every club, chat and cuppa played its part in helping our Troopers feel more connected, more confident and more themselves.



Trooper survey results

Each year, we ask our Troopers to share their thoughts on what's working well and where we can do better. This helps us keep the charity Trooper-led and make sure we're offering the right support in the right way.

The responses were full of insight and ideas, and they're already helping to shape what we do next.

Here are some of the highlights





Online clubs

Awareness is up

Only 2% said they didn't know about online clubs, down from 9% last year.

Access is better

No one reported issues with equipment or internet being barriers, compared to 7% last year.

Fewer unsure responses

23% gave another reason for not attending, down from 40% last year.

Face-to-face clubs

Travel barriers are down

Travel barriers dropped to 0%, down from 16% last year.

Anxiety is down

Anxiety about attending in person also fell to 0%, down from 19% last year.

More people are attending

Only 5% gave another reason for not attending, down from 52% last year.

Awareness has improved

0% said they didn't know about these clubs, compared to 7% last year.



These results show that our emotional and peer support is making a real difference. Troopers are feeling more confident, more connected and more able to take part. We'll keep building on this progress, especially in digital areas. That includes expanding our online workshops, offering extra guidance for those who need a hand accessing the calendar, and creating short, helpful videos for anyone unsure how to get involved. We want every Trooper to feel confident navigating the support on offer, both in person and online, so no one is left out.

Well-being support

Well-being is at the heart of everything we do. Our support is shaped by what Troopers tell us they need, and this year that's meant adapting quickly to new challenges. We created **472 new support plans** over the course of the year, up 252% on last year. It shows not just an increase in the support we've delivered, but also in the need we're responding to.

Much of that need centres around mental health, housing, benefits, grants, phantom pain, legal issues, prosthetics, wheelchair advice, isolation, digital support, driving, accessibility and the cost-of-living crisis.

The issues are real and often complex, but we've worked hard to meet them with practical solutions, emotional support and a listening ear.

We've grown our 1:1 support, offering tailored advice and guidance, and expanded our information sessions to cover key concerns raised by Troopers - from prosthetics and legal advice to digital safety and getting online. We know the cost-of-living challenges are still hitting hard, so we're supporting Troopers with easy-to-follow info sheets, social media content, free activities and 1:1 support calls from our Well-being Team. Mental health remains a core focus, with regular check-ins, counselling sessions and well-being calls helping Troopers feel heard, understood and less alone.

In the last year, our volunteers made **797 peer support calls**. On top of that, our team made 323 well-being calls, 222 welcome calls to new Troopers and 71 check-in calls to regulars who'd missed a club. With support from CX Services, owned by one of our Trustees, we also carried out 840 extra club calls to encourage involvement. That's a total of 2,182 calls, a 253% increase on the previous year. Our Peer Support Volunteers also visited 93 people in hospital, offering encouragement and showing new amputees there's life after limb loss.

We're also proud to see more Troopers stepping up to become volunteers themselves.

Our recent survey highlighted a growing interest in getting involved, and we're excited to keep growing this incredible team.

With NHS waiting lists for mental health support at an all-time high, our in-house counselling service has become more important than ever. Last year we delivered **137 counselling sessions** by phone, video and in person. Feedback has been incredibly positive, and it's clear this support is making a real difference. We've seen a rise in female Troopers accessing the service, with 58% of sessions for women and 42% for men. To help shift that balance, we plan to create more targeted content encouraging male Troopers to reach out. Since introducing our counselling agreement and improving how we collect feedback, no-shows and cancellations have also reduced.

Registering for clubs remains a challenge. Our Trooper Agreement has helped slightly, but there's still work to do. We continue to encourage everyone to register so we can plan safely and effectively. We've also introduced a monthly email to anyone attending without registering, explaining why it matters and offering support for those finding it tricky.

Our Ampu-Teas sessions in Paisley remain a firm favourite; full days packed with activities and workshops based on what Troopers ask for. Thanks to Tesco donating fruit, we're nudging healthier habits, and we always make sure no one goes hungry. Lunch is free, and there's always plenty of tea, coffee and cake thanks to our brilliant volunteers.

While Paisley is our largest and most active Ampu-Teas, we also host regular meet-ups across Aberdeen, Ayrshire, Dumfries, Dundee, Edinburgh, Fife, Glasgow, Inverness, North Lanarkshire, Paisley, South Lanarkshire and Stirlingshire.

These sessions focus on bringing people together over a cuppa and conversation, offering a consistent space for connection and

We also ran our third Family Fun Day, this time at Craigtoun Park, with another planned this July at the Scottish Deer Centre, kindly sponsored by Persimmon Homes. These days are a brilliant chance for Troopers and their families from across Scotland to come together, make memories and enjoy a proper day out.

Our second adventure weekend with the Calvert Trust was another highlight. It was packed with firsts, encouragement and friendship, not just between our Troopers but also with Amputation Foundation, another amputee charity from England. That shared experience was powerful. Everyone came away with new confidence, stronger bonds and a few stories to tell. Our third trip is already booked for September 2025, and thanks to National Lottery funding, more people can take part without financial barriers getting in the way.

We also took a big step forward this year with our Equip for Life programme. Thanks to a three-year grant from the Health and Social Care Alliance's Self Management Fund, we ran two courses at the FYF Hub in Paisley between October 2024 and March 2025. Each group of five Troopers took part in a coach-led, peer-informed journey of self-management. The course was co-produced with our Troopers and volunteers, designed specifically for amputees to rebuild emotional resilience, reconnect with identity and form habits that support mental well-being. Feedback has been incredible. Participants told us it gave them back a sense of control, purpose and hope. We're now developing an online version to make the course accessible to more people across Scotland and beyond.

"The Equip for Life course has made me feel that I am worthy and not hopeless."

"It has made a difference in how I look at my self worth. I feel more confident about myself and this will in turn help me deliver to others through my volunteering."

"I feel totally different about myself, like a completely different person. My husband always says he wishes I could see myself through his eyes, now I'm beginning to, I never thought that would happen."

"I have really benefited from the course, my mental health has vastly improved and I'm looking forward to a brighter future."

"Really enjoyed the course. It has changed my mindset and made me more positive about myself."

"Big growth in self-awareness and focus for my goals, while being kinder to myself, especially when things get tough."

We're proud of the impact this work is having. It's proof that with the right support, the right people and a whole lot of heart, life after amputation can be full of connection, confidence and community.

Trooper feedback

Our Trooper Forum continues to grow and plays a big part in making sure we stay Trooper-led. It helps us listen, learn and take action across all areas of our work. Following a suggestion from our most recent survey, we're now planning to assign a named staff member to each region so that Troopers have a clear point of contact. This will help us better meet local needs and expectations, both for individuals and groups.

We've also launched a new feedback form for our clubs, which goes out every fortnight to Troopers who've recently attended a session. It gives us regular insight into what's working, what could be improved and what new clubs people would like to see.

All of this feedback helps shape the way we work. It lets us know if a club needs tweaking, if something new might be possible, or if there's a better way to do things. It also strengthens our grant applications by giving us real voices and stories to share, showing the difference FYF makes to people's lives.



"Finding your feet is everything to me, FYF changed so many things in my life my mental health, physical health and avoiding the loneliness"



"FYF is whatever you want it to be, you can take as much of the help and support you need or as little, it's your choice."



"Finding Your Feet feels like a life jacket under the seat in an aeroplane. You know it's there, and if you need it you can use it quickly, safely and easily and can be confident that it will provide you with the help you need at that time. I just don't need it yet because I'm still flying high."



"This really is a life changing charity. All the opportunities that FYF offer has changed my life for the better. You guys' rock!"



"FYF are providing great social, physical & well-being support. Fantastic opportunities to get together with other amputees where we can support one another and have fun together."



"Knowing FYF are there is a huge comfort, they have also been very inclusive, welcoming and I've had opportunities to do things as an amputee which I know I wouldn't have had without their support"



"When I became an amputee, there was nothing, no info, no groups, no social network etc. I think it's wonderful to now have FYF to look out for amputees."



"Thanks, FYF for everything you do for amputees. We are all different people facing various challenges, but many difficulties can be overcome by the support and kindness of other amputees who have experienced the same or similar situations."



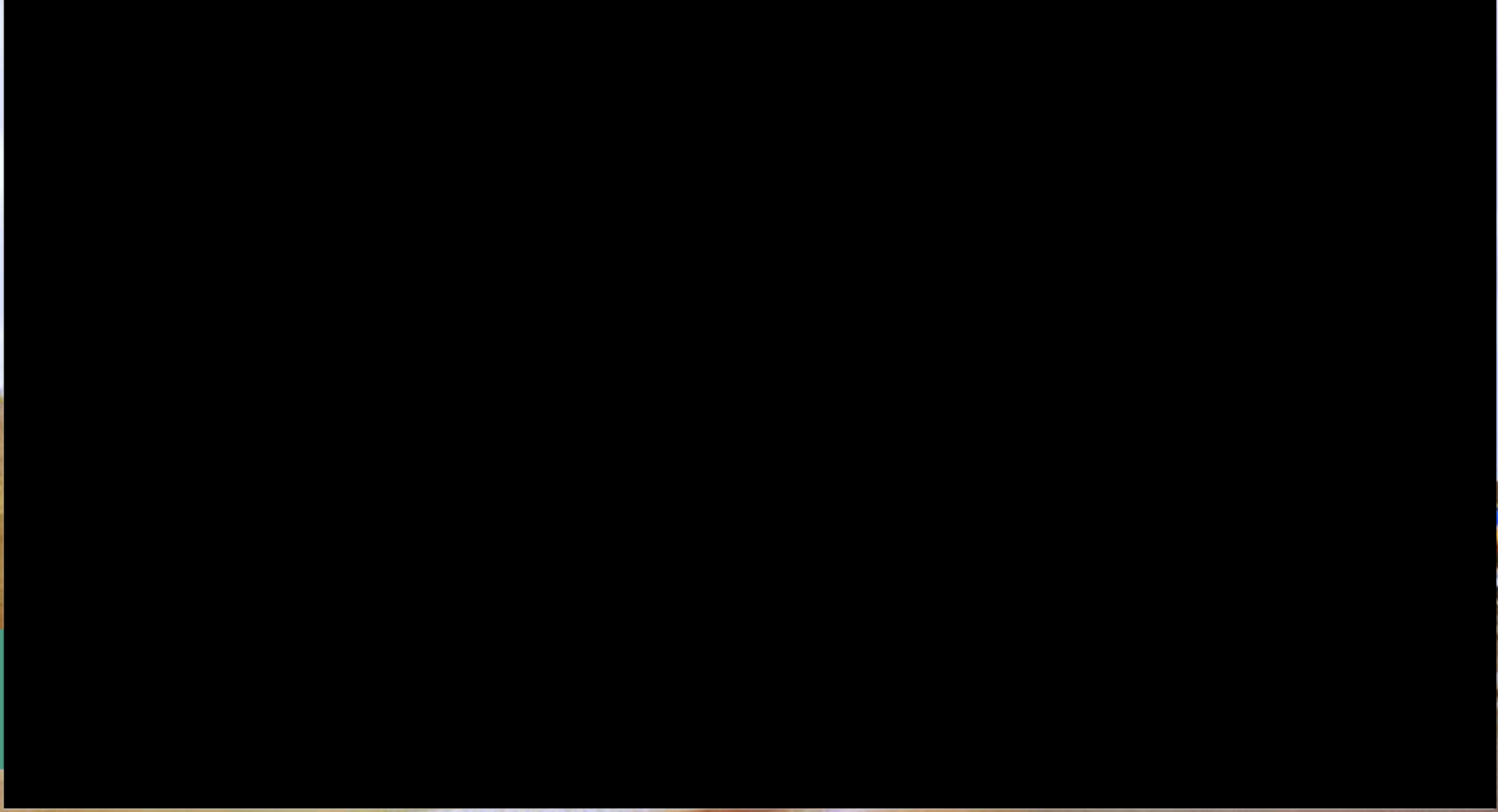
"I'd be lost without my weightlifting session every week! Thank you FYF! And Cor's journey has been a huge inspiration for me; I'll be forever grateful for her support during the early days of my amputations."



"Finding Your Feet are brilliant and without them new amputees would have no direction in their lives. FYF can help you with those first confusing steps which can make or break a person's life when they have had life changing surgery."



"Running a charity can't be easy and probably feels like a thankless task at times. But keep up the good work. The work you do is critically important and is absolutely changing many lives for the better. You guys have my deepest, sincerest level of respect and thanks for that."



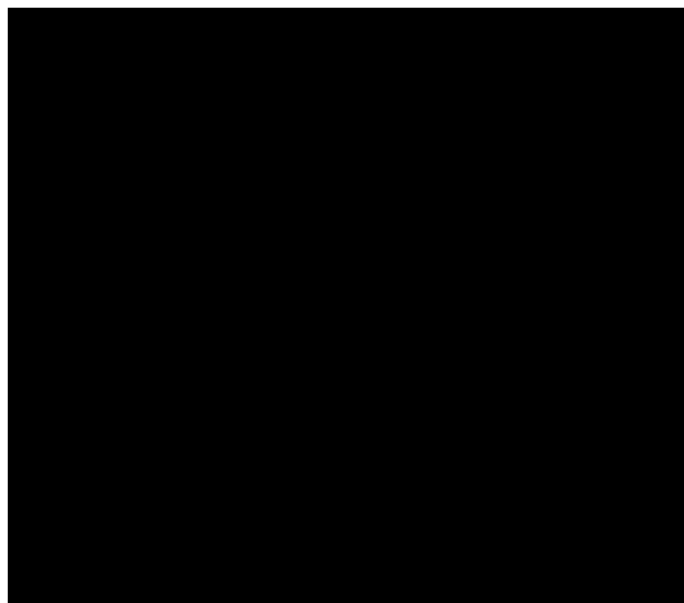
Our Charity Hub in Paisley continues to be a central part of life at Finding Your Feet. It's a welcoming base for our team, a safe and social space for our Troopers, and a shared home for other charities and organisations we work alongside.

Over the past year, we've made a few changes to help manage the space more sustainably. We've moved away from one-off day lets, which were time-intensive for staff, and focused instead on securing longer-term tenants. Most of the second floor is now let, with just two rooms still available. We're continuing to prioritise permanent arrangements that keep things running smoothly and support the wider sector.

These changes have helped us make the best use of the space and keep the heart of FYF open to everyone who needs it. The rental income from the Hub provides a steady stream of support that helps underpin the charity's long-term sustainability.

On our ground floor, Ampu-Teas area remains a vibrant, flexible space used not only by us for clubs, counselling, drop-ins and events, but also by other organisations based within

the Hub and across the third sector. We regularly host community meetings, training sessions and collaborative events, supporting stronger connections and shared learning across the local voluntary sector. Outside, the garden has become a much-loved part of the Hub. With accessible paths, Wi-Fi, colourful murals and a new podcast studio funded through recent grants and donations, it offers a welcoming and creative space for Troopers, staff, volunteers, and visitors. It is increasingly used by other local groups for well-being sessions, gardening activities and informal get-togethers, helping foster a sense of community throughout the Hub.



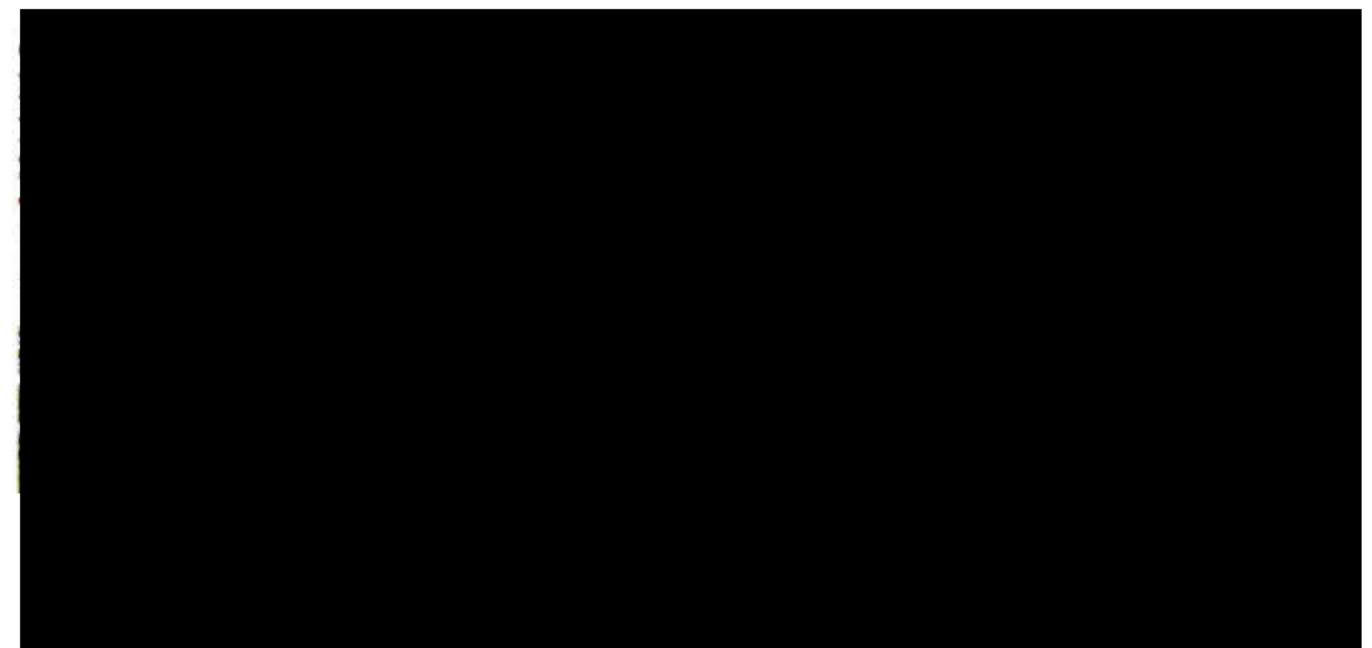
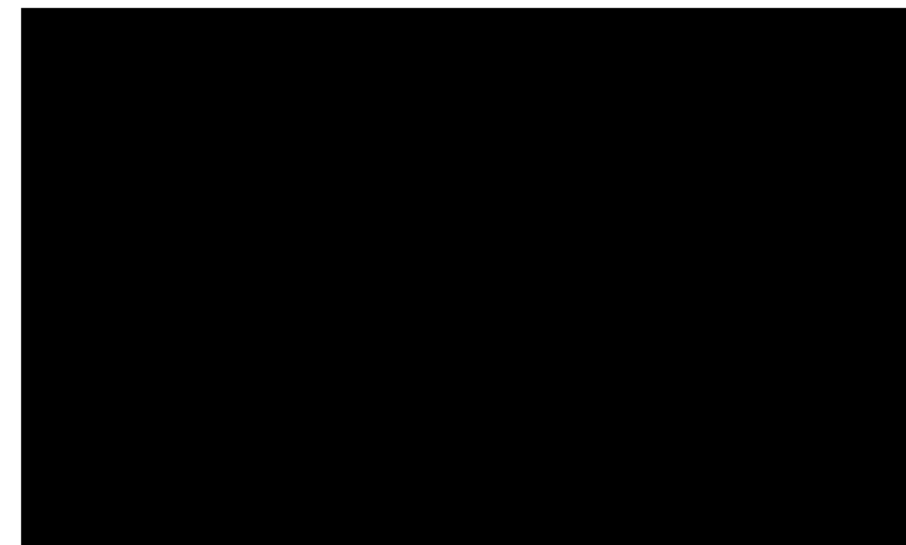
Press coverage

We continue to have a strong relationship with the media, helping us share the story of FYF and the people we support. Coverage across online platforms, newspapers, radio, television and podcasts has played a big part in raising awareness of limb loss and the work we do across Scotland.

Recent highlights include Cor completing the Inca Trail to Machu Picchu, a powerful segment on ITV's This Morning featuring the sister of Cor's hand donor which was also shared by the Press Association, and Trooper Andy's story which formed the heart of our Christmas campaign. These moments help us reach new audiences and remind people why this work matters.

In total we had 34 pieces of coverage across articles, interviews, mentions or podcasts. Every one of these helped raise awareness of amputation, share our Troopers' stories and show the vital role FYF plays across Scotland.

Story Highlights



Online awareness and social following

Alongside media coverage, we continued to build awareness through our social channels. While our follower numbers remained steady, we focused on meaningful engagement and sharing more of the FYF story online.

Over the coming year, we’re reviewing our approach across platforms and planning content that helps more people connect with the charity. That includes expanding further into TikTok and YouTube to share community stories, behind-the-scenes moments and the real impact of our work.

Platform	March 2024	March 2025
Facebook	14,993	15,244
X	2,909	2,808
LinkedIn	1,136	1,225
Instagram	1,715	1,816
Youtube	364	367
Mailing List	3,592	4,367
Web hits (average per month)	3,069	4,833

Grant funding

This year saw strong progress in our grant fundraising. We increased our capacity and consistency, which allowed us to apply for a wider range of grants, large and small, while keeping on top of all the reporting that comes with success.

We submitted 60 applications and were awarded 21 successful grants, raising £159,552 for programme costs and surpassing our annual target (however £84,873 of this will be spent in 2025-2026). We also secured a total of £97,041 in additional grants which were outwith our programme costs target.

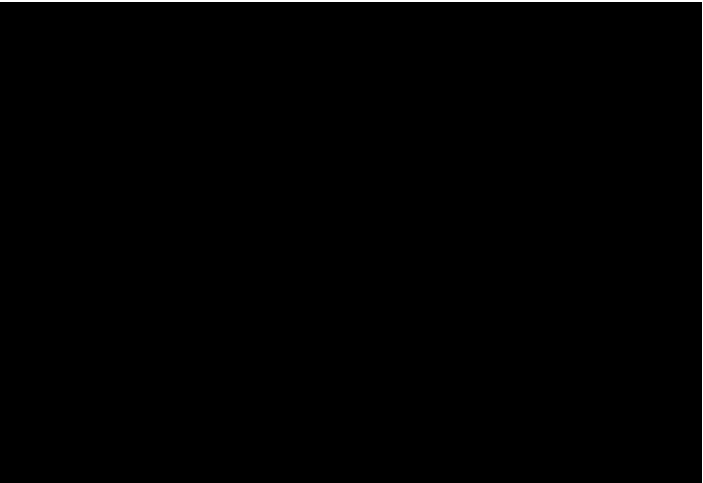
A major highlight was receiving support from every Third Sector Interface we applied to for Scottish Government Communities Mental Health and Well-Being Funding. These included Engage Renfrewshire, Glasgow CVS, Edinburgh VOC, Aberdeen CVO, TACT Ayrshire, DVVA Dundee and Highland TSI. This consistent backing from Third Sector Interfaces across Scotland highlights the growing recognition of the positive impact FYF is making at a local level and reflects the trust placed in us to deliver meaningful support in communities across the country.

Other supporters included

Agnes Hunter Trust, Alexander Moncur Trust, Bruce Wake Charitable Trust, Global’s Make Some Noise, Health and Social Care Alliance Scotland, HFD Foundation, Hugh Fraser Foundation, Mazars Charitable Trust, National Lottery Community Fund Scotland, People’s Health Trust, People’s Postcode Trust, Renfrewshire Council Leisure Grants, Shell, Souter Charitable Trust, Sported, Stagecoach, St James’s Place Foundation, Swarco, The Meikle Foundation and The Screwfix Foundation.

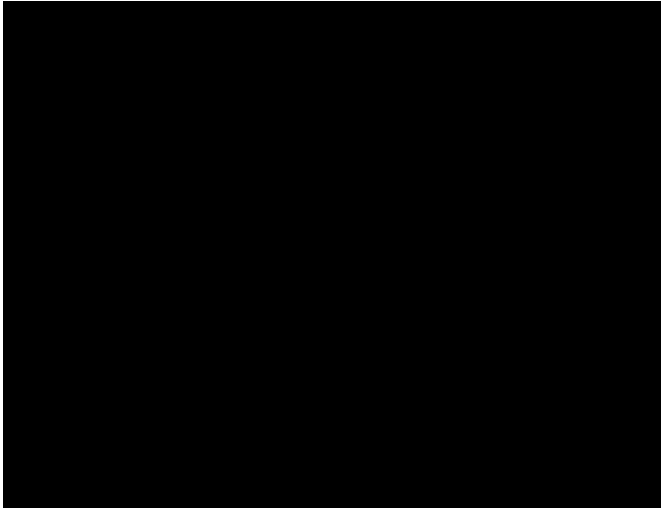
A standout achievement was securing our biggest single award to date. A grant of £92,245 from Renfrewshire Council’s Sustainable Communities Fund supported the transformation of our Hub garden, however a small portion of this will be completed in 2025-2026. This funding allowed us to build on the work we began in 2022 to reclaim the derelict space behind the building. It’s been a true team effort, shaped by ideas from our Troopers and the 11 other charities based at the Hub.

We’ve made the garden fully accessible with wheelchair-friendly paths, planting areas and seating, added power and Wi-Fi to each archway, and introduced features to encourage wildlife and create a calming, welcoming space. A new podcast and tech studio, funded by a generous £15,000



donation from [redacted] has opened up creative opportunities for young Troopers and tenant organisations alike.

The space is now full of life, colour and community, and is being used for outdoor clubs, creative sessions and well-being activities that offer something a little different. As a stand-alone project, this funding sits separately from our programme costs. We’re also hugely grateful to Network Rail for providing us with the garden space at a peppercorn rent, which made this transformation possible.



In a tough funding climate, we’re proud of what we’ve achieved. It’s not just about the income raised. It’s about broadening our reach, building trust with new funders, and delivering support that reflects the needs and ideas of our community.

Fundraising is what keeps our work going. Every event, donation and challenge taken on in our name helps us support people living with amputation or limb absence across Scotland.

This year, we raised a total of £84,087 through FYF-organised events and campaigns. Supporters and partners who took the initiative to run their own fundraisers raised an additional £30,917. Personal donations totalled £18,043 and corporate donations added another £42,891.

Over 200 Gifts in Kind were donated, ranging from services to prizes and physical goods. Items that directly supported our running costs, where a cash value was known, amounted to £9,859. A further £7,914 came from donated prizes and other contributions that, while not reducing our costs, were invaluable for fundraising events. The true value was much greater, though - these gifts helped us develop the garden, raise funds, and support our Troopers.

Our events and campaigns

£7,709

Christmas Campaign

Thanks to a heartfelt video from Trooper Andy, plus support from corporate fundraisers, a festive raffle and a prize auction, this was our strongest festive campaign yet.

£7,118

Kiltwalks

Troopers, staff and supporters laced up their boots and raised thousands at Kiltwalk events across the country.

£4,606

Step Superheroes Challenge

In February, fundraisers stepped, wheeled or walked their way to this brilliant total.

£4,541

It's A Knockout

Our fun-filled corporate team challenge was a massive hit. With teams diving headfirst into the spirit of the day, it was a brilliant mix of competition, camaraderie and chaos.

£2,193

Bucket Collections

A big thank you to Tesco Linwood and Braehead for welcoming us in store. These collections raised vital funds and awareness.

£2,010

Cold Water Challenge

Trooper Lisa Denmark and our founder Cor braved freezing waters to raise money and spark conversations.

£1,880

Summer Raffle

Thanks to everyone who donated prizes or bought tickets. Every entry helped us support more amputees across Scotland.

Corporate support

We're hugely thankful to all the businesses who supported us this year. A special shoutout to those who donated £1,000 or more:



Supporter fundraisers

A huge thank you to everyone who took on a challenge or organised their own fundraiser for FYF this year. It means so much when Troopers and their families and friends choose to raise money to support others living with amputation or limb absence. We can't list every single name here, but we are truly grateful for every effort and every pound raised.

A few highlights include:

- Aberdeen Troopers raised £3,297 through their Swimathon and Race Night
- [REDACTED] raised £3,095 at her April charity night in support of her mum, one of our brilliant Troopers
- [REDACTED] pub quiz brought in £1,280
- [REDACTED] ed £1,896 with a wild swim and Amazonia challenge in memory of his uncle, a much-loved Trooper
- Troope [REDACTED] sed £556 through the sale of his stunning diamond art, each piece takes weeks to complete and gives him a real sense of purpose
- Amp-bassado [REDACTED] eilidh raised £1,000
- Our marathon and half marathon runners brought in more than £3,000
- Volunteers [REDACTED] raised £590 with their Bingo Tea fundraiser

We remember fondly our Troopers who sadly passed away in the last year and their family and friends who kindly wished to hold collections in their memory, raising £3,791. They live on through your generosity and support for other amputees.

Individual donors

Individual donors continue to provide a vital foundation for everything we do. We're grateful for the 94 regular donors who contributed £6,700 over the year, along with one-off personal donations totalling £12,600.

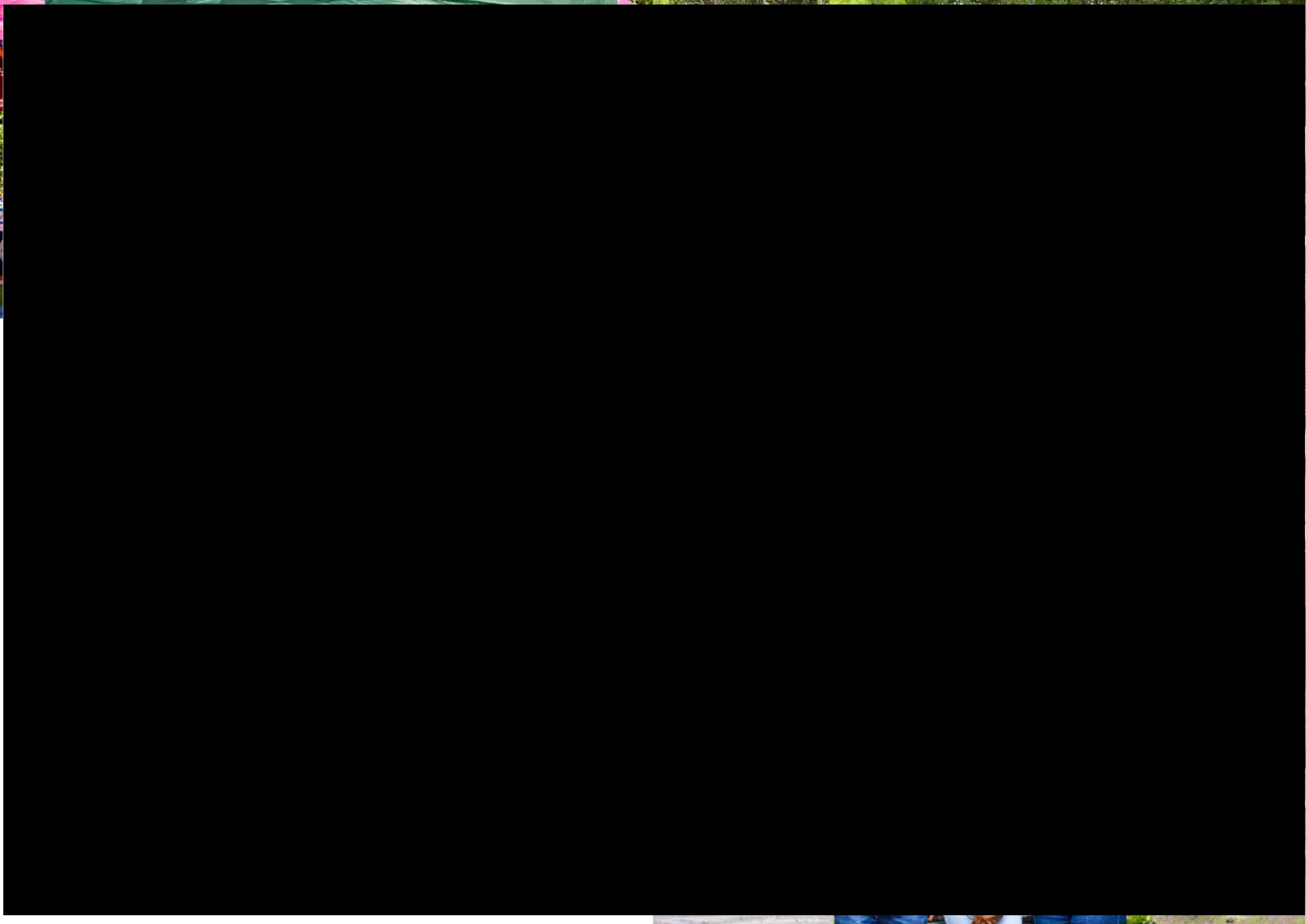
Schools and young supporters

It's always brilliant to see young people getting involved in fundraising and raising awareness of the issues amputees face. A huge thank you to The Wood Foundation for supporting the Youth Philanthropy Initiative (YPI) and helping connect us with passionate pupils across Scotland.

Highlights this year included:

- Trinity High School pupils winning £3,000 for FYF through the Youth Philanthropy Initiative
- The High School of Glasgow raised £2,273 during their fundraising week
- St Columba's School in Kilmacolm donated £530
- Castlehead High School students gave their time to volunteer in our garden

Thanks to everyone who played a part from cake bakers to mountain trekkers, raffle prize donors to corporate teams. Every penny helps us stand strong together, supporting more amputees.



Membership organisations

We are currently members of the Renfrewshire Chamber of Commerce, The Scottish Council for Voluntary Organisations (SCVO) and the Association of Chief Officers of Scottish Voluntary Organisations (ACOSVO).

Financial review

We ended the financial year in a strong and stable position, even with some challenges along the way. While fundraising and supporter contributions didn't quite hit target, our grant income came in over 30% above what we'd planned. In today's competitive funding world, that's no small thing. It shows the trust funders have in our work and the difference they believe we make.

That success, alongside careful budgeting, solid governance and the ongoing support of our donors, volunteers and partners, means we're in a good place as we head into 2025 to 2026.

Some of our income streams took a dip this year. Fundraising was 24% below target, after being ahead the year before. Supporter-led fundraising was also lower than we'd hoped, down 52%. The good news is personal donations and Gift Aid stayed steady and our corporate donations more than doubled, giving us a real boost when we needed it.

Income from our Day Hub was down around 11%, mainly because permanent tenancies bring in less than the one-off bookings we relied on before. One short-term tenant left just before a new one started, so we also lost a month's income. But with lower staff costs and two rooms still to let, we're hopeful this will pick up again soon.

Grants remain our biggest source of funding, making up around 40% of our total turnover. We brought in over 30% more than expected this year, boosted by two project grants, one for the restoration of the garden and another for the new studio space.

We kept a close watch on spending all year and came in £7,000 under budget. That surplus might seem small, but it's worth noting that around £80,000 in restricted grants is being carried forward into 2025/2026. These funds are tied to specific projects we'll deliver in the months ahead. It all comes down to smart decisions, strong systems, and careful financial planning.

Reserves

At the end of the financial year, our total reserves stood at £263,374 (2024: £222,577). Of that, £2,500 is restricted, leaving £260,874 in free reserves. These funds give us a stable foundation going into 2025 to 2026 and will help us continue delivering our core programme of support for Troopers and their families.

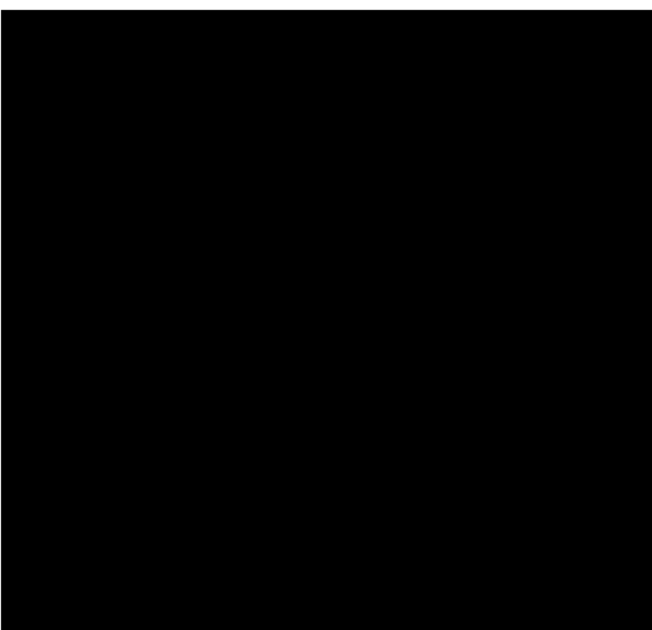
We know costs are rising and the fundraising landscape is shifting. That's why we're keeping a close eye on spending while continuing to grow our income streams. This includes building new grant relationships, developing corporate partnerships, encouraging regular giving and launching our new referral partner programme.

Our reserves policy helps protect the long-term stability of the charity. Trustees review reserve levels on a regular basis to make sure we can respond to whatever comes our way. We aim to hold enough in free cash reserves to cover at least four months of operating costs. Any change to this approach would require written approval from the full Board of Trustees.

Going concern

The Trustees are not aware of any other circumstances which would lead to the winding up of Finding Your Feet, and thus are confident in its status as a going concern.

Declaration

 the Trustees' report above. It is signed

FINDING YOUR FEET

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF FINDING YOUR FEET

Opinion

We have audited the financial statements of Finding your feet (the 'Charity') for the year ended 31 March 2025 which comprise the statement of financial activities, the balance sheet and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2025 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the Charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' (who are also the directors of the company for company law purposes) use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The Trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

FINDING YOUR FEET

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF FINDING YOUR FEET

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' report; or
- proper accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of Trustees

As explained more fully in the statement of Trustees' report responsibilities, the Trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the Charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- We ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations.
- We identified the laws and regulations applicable to the company through discussions with directors and management and from our knowledge of the regulatory environment relevant to the company.
- We assessed the extent of compliance with laws and regulations through making enquiries of management and inspecting legal correspondence.
- We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by making enquiries of management as to where they considered there was susceptibility to fraud and their knowledge of actual, suspected and alleged fraud.
- To address the risk of fraud through management bias and override of controls, we tested journal entries to identify unusual transactions, we assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias and we investigated the rationale behind significant or unusual transactions.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

FINDING YOUR FEET

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE TRUSTEES OF FINDING YOUR FEET

Other matters

Your attention is drawn to the fact that the charity has prepared financial statements 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)" (as amended) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

This has been done in order for the financial statements to provide a true and fair view in accordance with current Generally Accepted Accounting Practice.

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

for and on behalf of Consilium Audit Limited

Statutory Auditor

Date: 8 October 2025

Consilium Audit Limited is eligible for appointment as auditor of the Charity by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.

FINDING YOUR FEET

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2025

		Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	Notes	2025	2025	2025	2024	2024	2024
		£	£	£	£	£	£
Income and endowments from:							
Donations and legacies	3	81,470	-	81,470	54,930	-	54,930
Charitable activities	4	33,522	223,071	256,593	20,233	172,770	193,003
Other trading activities	5	276,263	-	276,263	306,537	-	306,537
Investments	6	9,052	-	9,052	2,585	-	2,585
Other income	7	6,906	-	6,906	11,864	-	11,864
Total income		407,213	223,071	630,284	396,149	172,770	568,919
Expenditure on:							
Raising funds	8	59,004	4,533	63,537	65,914	-	65,914
Charitable activities	9	244,354	281,596	525,950	327,638	171,957	499,595
Total resources expended		303,358	286,129	589,487	393,552	171,957	565,509
Net incoming/(outgoing) resources before transfers		103,855	(63,058)	40,797	2,597	813	3,410
Gross transfers between funds		(3,644)	3,644	-	(5,237)	5,237	-
Net movement in funds		100,211	(59,414)	40,797	(2,640)	6,050	3,410
Fund balances at 1 April 2024		160,663	61,914	222,577	163,303	55,864	219,167
Fund balances at 31 March 2025		260,874	2,500	263,374	160,663	61,914	222,577

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

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

The notes on pages 22 to 34 form part of these financial statements.

FINDING YOUR FEET

BALANCE SHEET
AS AT 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Fixed assets					
Tangible assets	13		70,963		85,296
Current assets					
Stocks	14	2,539		1,934	
Debtors	15	18,582		36,596	
Cash at bank and in hand		315,168		205,644	
		336,289		244,174	
Creditors: amounts falling due within one year	16	(118,826)		(74,850)	
Net current assets			217,463		169,324
Total assets less current liabilities			288,426		254,620
Creditors: amounts falling due after more than one year	17		(25,052)		(32,043)
Net assets			263,374		222,577
Income funds					
Restricted funds	21	2,500		61,914	
Unrestricted funds		260,874		160,663	
		263,374		222,577	

The notes on pages 22 to 34 form part of these financial statements.

Approved by the Trustees on 07.10.2025

FINDING YOUR FEET

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Charity information

Finding Your Feet is a Scottish Charitable Incorporated Organisation and registered with the Office of Scottish Charity Regulator with charity number SC044572. The registered office is St James House, St James Street, Paisley, PA3 2HQ.

1.1 Accounting convention

The financial statements have been prepared in accordance 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) (effective 1 January 2019)". The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate 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.

1.3 Charitable funds

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

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the Charity is legally entitled to it after 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.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

FINDING YOUR FEET

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies (Continued)

1.5 Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and equipment	20% Reducing Balance
Fixtures and fittings	20% Reducing Balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.9 Cash and cash equivalents

Cash and cash equivalents 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.

1.10 Financial instruments

The Charity has elected to apply the provisions of Section 11 ‘Basic Financial Instruments’ and Section 12 ‘Other Financial Instruments Issues’ of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity’s balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

FINDING YOUR FEET

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies (Continued)

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 the 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.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity’s contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee’s services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the Charity’s accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount 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.

FINDING YOUR FEET

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

3 Donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations and gifts	61,175	37,479
Legacies receivable	20,295	17,451
	<u>81,470</u>	<u>54,930</u>

4 Charitable activities

	Grant income 2025 £	Grant income 2024 £
Other income	<u>256,593</u>	<u>193,003</u>
Analysis by fund		
Unrestricted funds	33,522	20,233
Restricted funds	<u>223,071</u>	<u>172,770</u>
	<u>256,593</u>	<u>193,003</u>

5 Other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising events	276,114	305,495
Shop income	<u>149</u>	<u>1,042</u>
Other trading activities	<u>276,263</u>	<u>306,537</u>

FINDING YOUR FEET

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

6 Investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	<u>9,052</u>	<u>2,585</u>

7 Other income

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Deposit income	<u>6,906</u>	<u>11,864</u>

8 Expenditure on raising funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Fundraising and publicity						
Subscriptions and memberships	10,330	1,420	11,750	12,354	-	12,354
Staging fundraising events	<u>48,674</u>	<u>3,113</u>	<u>51,787</u>	<u>53,560</u>	<u>-</u>	<u>53,560</u>
	<u>59,004</u>	<u>4,533</u>	<u>63,537</u>	<u>65,914</u>	<u>-</u>	<u>65,914</u>

FINDING YOUR FEET

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

9 Charitable activities

	Delivery of services 2025 £	Staff costs 2025 £	Total 2025 £	Delivery of services 2024 £	Staff costs 2024 £	Total 2024 £
Staff costs	213,236	46,427	259,663	194,965	74,017	268,982
Property costs	177,071	-	177,071	113,812	-	113,812
Other charitable costs	16,407	-	16,407	15,499	-	15,499
Depreciation	14,332	-	14,332	16,386	-	16,386
Trooper activities	48,477	-	48,477	76,816	-	76,816
	<u>469,523</u>	<u>46,427</u>	<u>515,950</u>	<u>417,478</u>	<u>74,017</u>	<u>491,495</u>
Share of governance costs (see note 10)	10,000	-	10,000	8,100	-	8,100
	<u>479,523</u>	<u>46,427</u>	<u>525,950</u>	<u>425,578</u>	<u>74,017</u>	<u>499,595</u>
Analysis by fund						
Unrestricted funds	204,721	39,633	244,354	304,985	22,653	327,638
Restricted funds	274,802	6,794	281,596	120,593	51,364	171,957
	<u>479,523</u>	<u>46,427</u>	<u>525,950</u>	<u>425,578</u>	<u>74,017</u>	<u>499,595</u>

10 Support costs

	Support costs £	Governance costs £	2025 £	Support costs £	Governance costs £	2024 £
Audit fees	-	10,000	10,000	-	8,100	8,100
	<u>-</u>	<u>10,000</u>	<u>10,000</u>	<u>-</u>	<u>8,100</u>	<u>8,100</u>
Analysed between:						
Charitable activities	-	10,000	10,000	-	8,100	8,100
	<u>-</u>	<u>10,000</u>	<u>10,000</u>	<u>-</u>	<u>8,100</u>	<u>8,100</u>

Governance costs includes payments to the auditors of £10,000 (2024- £8,100) for audit fees.

11 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

FINDING YOUR FEET

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

12 Employees

Number of employees		
The average monthly number of employees during the year was:		
	2025 Number	2024 Number
Administration	13	13
	<u>13</u>	<u>13</u>
Employment costs	2025 £	2024 £
Wages and salaries	259,663	268,982
	<u>259,663</u>	<u>268,982</u>
There were no employees whose annual remuneration was more than £60,000.		

13 Tangible fixed assets

	Plant and equipment £	Fixtures and fittings £	Total £
Cost			
At 1 April 2024	116,823	204	117,027
At 31 March 2025	116,823	204	117,027
Depreciation and impairment			
At 1 April 2024	31,528	204	31,732
Depreciation charged in the year	14,332	-	14,332
At 31 March 2025	45,860	204	46,064
Carrying amount			
At 31 March 2025	70,963	-	70,963
At 31 March 2024	85,296	-	85,296

14 Stocks

	2025 £	2024 £
Clothing stock	2,539	1,934

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

15 Debtors			2025	2024
			£	£
Amounts falling due within one year:				
Trade debtors			3,524	7,247
Prepayments and accrued income			15,058	29,349
			<u>18,582</u>	<u>36,596</u>
16 Creditors: amounts falling due within one year			2025	2024
		Notes	£	£
Bank loans		18	6,991	6,991
Deferred income		19	100,342	62,272
Trade creditors			8,429	-
Other creditors			957	722
Accruals and deferred income			2,107	4,865
			<u>118,826</u>	<u>74,850</u>
17 Creditors: amounts falling due after more than one year			2025	2024
		Notes	£	£
Bank loans		18	25,052	32,043
18 Loans and overdrafts			2025	2024
			£	£
Bank loans and overdraft			32,043	39,034
Payable within one year			6,991	6,991
Payable after one year			25,052	32,043
19 Deferred income			2025	2024
			£	£
Other deferred income			100,342	62,272
20 Retirement benefit schemes				
			The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.	

FINDING YOUR FEET

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

21 Restricted funds						
			The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.			
			At 1 April 2024	Incoming resources	Resources expended	Transfers
			£	£	£	£
						At 31 March 2025
						£
Mazars			-	12,840	(12,833)	-
Global			-	27,000	(27,577)	577
HFD Charitable Trust			-	10,000	(10,008)	8
Engage			6,205	1,459	(7,589)	-
Health and Social Care Alliance						
Scotland			-	15,990	(17,560)	1,570
National Lottery			-	31,820	(31,843)	23
Douglas Bader			10,000	-	(10,222)	222
The Agnes Hunter Trust			-	22,500	(22,666)	166
TSI Highland			6,690	-	(6,710)	20
Baillie Gifford			27,500	-	(27,582)	82
Sustainable Grant			-	76,645	(76,545)	-
TACT Ayrshire			5,820	-	(6,420)	600
Scottish Government - South						
Lanarkshire			-	9,416	(9,422)	6
Other			5,699	15,401	(19,152)	370
			<u>61,914</u>	<u>223,071</u>	<u>(286,129)</u>	<u>3,644</u>
						<u>2,500</u>

FINDING YOUR FEET

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

21	Restricted funds	(Continued)				
	Previous year:	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
		£	£	£	£	£
	National Lottery - Coronation Fund	10,000	-	(10,000)	-	-
	Edward Gostling Foundation	5,000	-	(5,000)	-	-
	National Lottery Community Fund - Improving Lives	15,732	50,075	(65,807)	-	-
	Engage	13,013	-	(13,013)	-	-
	Health and Social Care Alliance Scotland	3,375	17,164	(20,539)	-	-
	People's Health Trust	6,929	9,582	(16,511)	-	-
	Hospital Saturday	-	5,000	(5,000)	-	-
	Douglas Bader	-	15,000	(5,000)	-	10,000
	The Agnes Hunter Trust	-	7,500	(7,500)	-	-
	Hedley Grant	-	3,000	(3,000)	-	-
	Merchant House	-	2,500	(2,500)	-	-
	TSI Highland	-	6,690	-	-	6,690
	Baillie Gifford	-	30,000	(2,500)	-	27,500
	Cash for Clubs	-	2,000	-	-	2,000
	P&G	-	3,000	-	-	3,000
	TACT Ayrshire	-	5,820	-	-	5,820
	VASLAN Lanarkshire	-	6,205	-	-	6,205
	Other	1,815	9,234	(15,587)	5,237	699
		55,864	172,770	(171,957)	5,237	61,914

FINDING YOUR FEET

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

21	Restricted funds	(Continued)
	Details of the Restricted Funds received and spent during the year are noted below.	
	<u>National Lottery Coronation Fund</u> This was a grant received to arrange Coronation events throughout Scotland for Troopers to commemorate the King's Coronation between April and July.	
	<u>Edward Gostling Foundation</u> This was a grant received to contribute towards the general running costs of the charity, and including physical and mental health events, and counselling.	
	<u>National Lottery Improving Lives</u> This was funding received from the National Lottery to fund a portion of the costs relating to our 'Social Programme' which includes physical and mental health events, counselling and social events.	
	<u>Engage Renfrewshire</u> This was funding received from the Engage Renfrewshire to fund a portion of the costs relating to our 'Social Programme' which includes physical and mental health events, counselling and social events.	
	<u>Health and Social Care Alliance Scotland – Self Management Fund</u> This was funding received from the Health and Social Care Alliance Scotland to fund a programme designed to provide tailored support to encourage Troopers to remain independence and self manage.	
	<u>People's Health Trust</u> This was funding received from the National Lottery to fund a portion of the costs relating to our online programme which includes physical and mental health events, counselling and social events.	
	<u>Hospital Saturday</u> This was funding received from the Hospital Saturday Fund to cover the core programme costs.	
	<u>Douglas Bader</u> This was funding received from the Douglas Bader Foundation to fund a portion of the costs to provide swimming activities.	
	<u>The Agnes Hunter Trust</u> This was funding received from the Agnes Hunter Trust to fund a portion of the costs relating to the emotional wellbeing and physical fitness programme.	
	<u>Hedley</u> This was funding received to cover the training costs, particularly in relation to Peer & Volles and the garden.	
	<u>Merchant House</u> This was funding received from the Hospital Saturday Fund to cover the core programme costs.	
	<u>TSI Highland</u> This was funding received from the Scottish Government to provide community health and wellbeing support in Inverness.	
	<u>Baillie Gifford</u> This was funding received from the Baillie Gifford Fund to cover the core programme costs.	
	<u>Cash for Clubs (Sported)</u> This was Sported funding received to provide sports clubs in Glasgow.	
	<u>P&G (Sported)</u> This was Sported funding received to cover the core programme costs.	

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

21 Restricted funds (Continued)

<u>TACT Ayrshire</u> This was funding received from the Scottish Government to provide community health and wellbeing support in Ayrshire.
<u>VASLAN Lanarkshire</u> This was funding received to provide community health and wellbeing support in Lanarkshire.
<u>Mazars</u> Awarded to build and kit out a sound and vision studio in the hub garden.
<u>Global Make Some Noise</u> Provided a grant to contribute towards the physical activity programme and core costs of the charity.
<u>HFD Charitable Trust</u> This grant contributed 50% of the Wellbeing Coordinator's salary to enable our programme delivery.
<u>Health and Social Care Alliance Scotland</u> Self Management for Life Award is to let us run Equip for Life courses over 3years building self confidence, independence and quality of life.
<u>National Lottery</u> This grant was awarded to fund a large proportion of our programme costs, delivering physical and emotional wellbeing activities throughout Scotland.
<u>Sustainable Grant</u> Awarded to let us create an accessible outside community garden with services and security , opportunities to grow trees, herbs, plants and flowers, as well as creating natural spaces for wildlife.
<u>Scottish Government - South Lanarkshire</u> Contributing towards one Wellbeing Coordinator and activities in the region.
<u>Other</u> This is made up of a number of smaller donations to be used for the provision of specific services.

22 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	2025	2025	2025
	£	£	£
Fund balances at 31 March 2025 are represented by:			
Tangible assets	49,735	21,228	70,963
Current assets/(liabilities)	236,191	(18,728)	217,463
Long term liabilities	(25,052)	-	(25,052)
	<u>260,874</u>	<u>2,500</u>	<u>263,374</u>

FINDING YOUR FEET

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

22 Analysis of net assets between funds (Continued)

	Unrestricted funds	Restricted funds	Total
	2024	2024	2024
	£	£	£
Fund balances at 31 March 2024 are represented by:			
Tangible assets	58,761	26,535	85,296
Current assets/(liabilities)	133,945	35,379	169,324
Long term liabilities	(32,043)	-	(32,043)
	<u>160,663</u>	<u>61,914</u>	<u>222,577</u>

23 Operating lease commitments

At the reporting end date the Charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2025	2024
	£	£
Within one year	89,066	81,316
Between two and five years	12,822	101,888
	<u>101,888</u>	<u>183,204</u>

The operating leases represent property leases of £101,888 to third parties. The leases are negotiated over terms of 10 years and rentals are fixed for 10 years. All leases include a provision for five-yearly upward rent reviews according to prevailing market conditions. There are no options in place for either party to extend the lease terms.

24 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2025	2024
	£	£
Aggregate compensation	<u>66,056</u>	<u>64,634</u>