

Step Ahead Aberdeen

Scotland · Charity number SC044783

Details

Status	Active
Legal form	Unincorporated association
Registered	2014-04-01
Register	View on the OSCR register

Contact

Address	66A North Deeside Road Aberdeen AB15 9DT
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Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health'

What the charity does: To provide specialized physiotherapy classes for stroke survivors. We provide suitable exercise facilities supervised by qualified and experienced neuro physiotherapists. In addition we organize social activities in support of the wellbeing of members

Beneficiaries: 'People with disabilities or health problems'

Objectives: The purpose of the group is to advance and maintain the health of stroke survivors by:-
Providing regular opportunities for stroke survivors to attend organised exercise after stroke classes
Offering the opportunity to socialise with others in similar circumstances
Raising funds to maintain the functions of the group

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£0	£0	-	0
2025-03-31	£26,197	£19,870	-	0
2024-03-31	£25,962	£27,362	-	0
2023-03-31	£30,103	£31,520	-	0
2022-03-31	£15,759	£10,879	-	0

Accounts



Receipts and payments accounts

For the period from				to			
	1	April	2024		31	March	2025

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations	1,403				1,403	
Legacies					-	
Grants	5,000				5,000	
Receipts from fundraising activities	1,714				1,714	
Gross trading receipts	15,819				15,819	
Income from investments other than land and buildings - Interest	479				479	
Rents from land & buildings					-	
Gross receipts from other charitable activities - Social Events	1,782				1,782	
					-	
A1 Sub total	26,197	-	-	-	26,197	-
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	26,197	-	-	-	26,197	-
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments - Physio classes and RGU fees	17,694				17,694	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs					-	
Audit : independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other - Social & Equipment	2,176				2,176	
					-	
A3 Sub total	19,870	-	-	-	19,870	-
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	19,870	-	-	-	19,870	-
Net receipts / (payments)	6,327	-	-	-	6,327	-
A5 Transfers to / (from) funds					-	
Surplus / (deficit) for year	6,327	-	-	-	6,327	-

B1 Cash funds

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
Cash and bank balances at start of year	32,430				32,430	
Surplus / (deficit) shown on receipts and payments account	6,325				6,325	
					-	
					-	
Cash and bank balances at end of year	38,755	-	-	-	38,755	-

(Agree balances with receipts and payments account(s))

B2 Investments

[illegible]

B3 Other assets

[illegible]

B4 Liabilities

[illegible]

B5 Contingent liabilities

	Total	to nearest ¢	to nearest ¢

Signed by one or two trustees
on behalf of all the trustees

Signature*

Print Name

Date of approval

12/12/25

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

To run the Charity in line with the objectives and generate sufficient funds / surplus to continue to operate for the long term in a sustainable manner.

Type of activity or project supported	Individual / institution	Number of grants made	£
We only received a grant and did not support any institutions			
Total			

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)

X

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)

Y

	Number of trustees	£

[illegible]

Analysis of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Ben Nevis Climb	1,714				1,714	
Donations	1,403				1,403	
					-	
					-	
Total	3,117	-	-	-	3,117	-
	reference	-	-	-	reference	-

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
The Murgitroyd Grant	5,000		5,000	
			-	
			-	
			-	
Total	5,000	-	5,000	-

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Fees from Step Ahead members for cost of classes at	15,819				15,819	
Cost of Social activities incl xmas dinner	1,782				1,782	
Interest on c/a	479				479	
					-	
					-	
					-	
					-	
					-	
Total	18,080	-	-	-	18,080	-
	reference error	-	-	-	reference error	

[illegible]

APPENDIX 1

OSCR

Scottish Charity Regulator

Office of the Scottish Charity Regulator

Trustees' Annual Report for the period

Period start date				Period end date			
Day	Month	Year		Day	Month	Year	
From	1	Apr	24	To	31	Mar	25

Reference and administration details

Charity name Step Ahead Aberdeen

Other names charity is known by

Registered charity number SC 44783

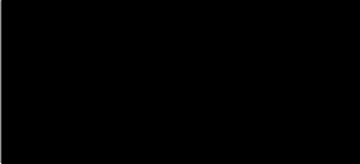
Charity's principal address 66A North Deeside Road

Aberdeen

Postcode

AB15 9DT

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

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

Reference and administration details

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

Name

Dates acted if not for whole year

Structure, governance and management

Type of governing document

Constitution Of Step Ahead Aberdeen

Trustee recruitment and appointment

The Management Committee

Objectives and activities

Charitable purposes

We run a charity who's aim is to provide rehab after a stroke. Our members have long term disabilities and the classes set up by the charity provide physical exercises to improve mobility, speech and language skills, social interaction and improve wellbeing and confidence. In addition we organise social events to promote the wellbeing of our members.

Summary of the main activities in relation to these objects

We organise weekly exercise classes for our members that are run by specially qualified neuro physiotherapists. The classes are held in RGU sports centre and operated by SPEAR Physiotherapy. We seek funding from grants, donations and fundraising activities which helps to keep costs at a reasonable level for our members.

APPENDIX 1

Achievements and performance

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

Our main achievement has been to grow the awareness in

- printing and distributing information leaflets
- liaising with the Chest Heart and Stroke Scotland
- word of mouth

Also we offered more social activities which are very impor

Fundraising has been important, as we have fixed costs for

Securing a grant of £5000 from the The Murgitroyd Found

Also [REDACTED] Step Ahead Chairperson. raised £1700 fr

Financial review

Brief statement of the charity's policy on reserves

Our policy is to sustain our reserves so that we can keep costs for our members at a reasonable level in the face of the high annual inflationary levels we are seeing in our activities. In addition the reserves will help us in the event of a decline in the number of members or other unforeseen events.

Details of any deficit

Donated facilities and services (if any)

APPENDIX 1

Other optional information

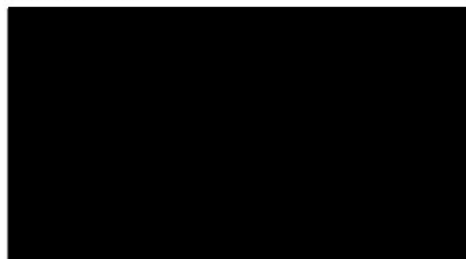
Declaration

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

Signed on behalf of the charity's trustees

Signature(s)
*OSCR will accept
digital or typed
signatures*

Full name(s)



Position (e.g. Chair)

Treasurer

Date

12/12/2025

APPENDIX 3

Scottish Charity Regulator

Independent examiner's report on the accounts

v2

Report to the
trustees/members of

Charity name

Step Ahead Aberdeen

Registered charity
number

SC 44783

On the accounts of the
charity for the period

Period start date

Day Month Year

1 April 2024 to

Period end date

Day Month Year

31 March 2025

Set out on pages

(remember to include the page
numbers of additional sheets)

Respective
responsibilities of
trustees and examiner

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

Basis of independent
examiner's statement

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

Independent examiner's
statement

In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]

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

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed**:

Name: David Gair

Date: 15.11.25

Relevant professional
qualification(s) or body
(if any):

Address:

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

**OSCR will accept digital or typed signatures.

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of
any items that the
examiner wishes to
disclose