



Stand Easy is a Scottish Charitable Incorporated Organisation
Scottish charity registration number: SC045309

Stand Easy: Charity Number SC045309

Annual Report: 1st January – 31st December 2024.

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Reference and Administrative information

Charity Name: Stand Easy

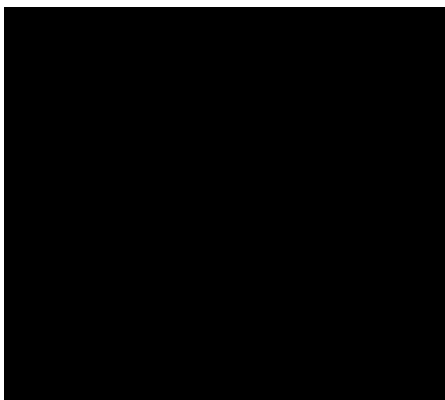
Charity Number: SC045309

Charity Address:

51 Wemyss Place
,South Road
Cupar
KY15 5JQ

Trustees

The following have served as trustees of Stand Easy Productions from 1st January 2024 to the date of signing the accounts unless otherwise stated.



Trustees Recruitment and Appointment.

The structure of the organisation consists of the charity trustees who are also the organisation's only members and comprise the organisation's board. Vacancies may be filled by the trustees on nominations from individuals or organisations at any time or nominations to the AGM.

Staff

The only salaried member of staff is our Development Manager Morag Greaney. Her salary and employers costs (£19,087.97) are drawn from management/overhead contributions included in the budgets of grants awarded. All other staff are self-employed freelancers as noted in the accounts.

Volunteers

Our volunteer base is constructed from students from Dundee and Angus College, Edinburgh College and Edinburgh University. No students receive any remuneration except for travel expenses.

Bankers: Virgin Money
7/8 High Street
Dundee DD1 1SS

Independent Examiner



Reference and Administrative information

Reserves Policy.

Our Policy, is to build up to the value of 3 months operating costs as a reserve against future unexpected contingencies and we are gradually building that reserve, by aiming to develop unrestricted income and contributions.

Structure Governance and Management

Governing Document.

The Charity was established with a constitution and became a Scottish Charitable incorporated Organisation (SCIO) on the 19th December 2014.

Purposes, Aims & Beneficiaries.

Purposes.

The purposes of the organisation are the:

- a) Advancement of health;
- b) Relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage, and;
- c) Advancement of education.

Aims.

We achieve these purposes by:

- a) Using drama activities as a therapeutic tool to improve the mental health of participants;
- b) Developing drama skills to enable participants to have a voice, to share their experiences and their feelings with an audience;
- c) Involving participants in other related activities that may improve their mental health, whether doing so ourselves or together with partner organisations, and;
- d) Involving participants in educational activities that may improve their life chances, whether doing so ourselves or together with partner organisations.

Beneficiaries.

We serve beneficiaries who are predominantly:

- a) Wounded, Injured or Sick (WIS) Forces personnel, both ex-Forces, and serving including those personnel who are experiencing mental health difficulties such as Post Traumatic Stress Disorder, are experiencing difficulties in reconnecting with a working or a civilian life, are suffering from isolation or are suffering from any condition which disadvantages them from connecting with ordinary civilian life,
- b) Emergency Service personnel, whether serving or retired, who have been injured or who are experiencing mental health difficulties such as Post Traumatic Stress Disorder, and;
- c) All family members of the above.

TRUSTEES' ANNUAL REPORT

The Trustees have pleasure in presenting their report together with the accounts and the independent examiner's report for the period ended 31st December 2024.

OVERVIEW: 2024 was a less busy year for Stand Easy in respect of actually delivering projects; it was not through a lack of trying, merely obstacles being put in our way that were entirely out with our control. [REDACTED] was appointed as Development Manager in October 2021 and is still in position. [REDACTED] is our Committee Chairperson. We have approximately eight consistent professional freelancers who deliver our projects as and when needed, and we have additional recently graduated actors who are employed to work on our annual devising project. 2024 saw one of our main freelancers, [REDACTED] off on maternity leave which meant that we could not present as many projects as we usually do in a year. We also had an internal dispute which was pretty much ongoing for a vast part of 2024, (thankfully now resolved).

January 2024: On January 18th our weekly workshops began after the Christmas break. The workshops are run by [REDACTED] [REDACTED]. They continue to be the backbone of the work that we do. We managed to recruit some new participants to our Tuesday group, and they continue to have fun and continued support and company on a weekly basis.

Our founder [REDACTED] devised a series of podcasts entitled 'Community Theatre-Who needs it?' Below is the link to listen to the participants of the Tuesday afternoon veterans' group in Dundee. It shows how important the group is to them.

https://mcdn.podbean.com/mf/web/izbcg5qfuv8qv83d/Stand_Easy_final_cut_MP39j407.mp3



On January 26 we attended The SVWA Next Steps Conference at Edinburgh Napier university to discuss the next future steps within the alliance and our VPPP funding application.

February 2024: Our weekly workshops continued throughout February and as a staff we started planning our upcoming projects for the year.

March 2024: Four of our freelancer staff attended a two-day ASSIST training course which was delivered by SAMH at The Thistle Foundation in Edinburgh on 7/8 March.

April 2024: Stand Easy works in partnership with a number of organisations, including Cyrenians, Veterans Tribe Scotland, Reading Force and The Haven at Vanguard, to deliver Family Days. These days usually include a range of activities, these have previously included arts and crafts, animation, pony meet and greet, circus skills. As part of the events, we deliver filmmaking workshops and offer family-friendly promenade performances. The family days take place at various locations including the Cyrenians Farm in Kirknewton and The Haven in Strathaven. Have a look at some of the films we've made recently with young people attending a family day at Cyrenians Farm.

On 6 April Stand Easy worked with our partners to present a Family Farm day at The Cyrenians Farm in Lothian.

Since 2020, Stand Easy has been working with Emergency Responders; we now run a yearly devising project for retired Emergency Responders. This project usually happens in March or April and runs for 3 weeks., it is a chance for retired Emergency Responders to get together with like-minded folk, share their stories and try something new. The project culminates in the performance of a piece created by the group. The project is about coming together and having fun, those who have taken part previously tell us they feel more confident, happier and more positive about the future.

A participant's perspective – [REDACTED] <https://www.standeasyproductions.org/news/a-participants-perspective-gerry>

Here's an account of the project from our Lead Artist, [REDACTED]
<https://www.standeasyproductions.org/news/where-now>

In April 2024 we delivered our Retired Emergency Responder's Devising Project from 1st-18th at Perth Riverside Church. The piece was titled "Where Do We Go From Here?"

Please enjoy our Retired Emergency Responder's Project 2024: "What Do We Do Now?"

<https://vimeo.com/948267530?share=copy>

<https://1drv.ms/v/c/f80ac566a3d3acf1/EYjGCHwlqDIGkF5BUkTta3YBVYIfpb8vXmR9CdM9BvJmeA?e=AbP7iq>

https://1drv.ms/v/c/f80ac566a3d3acf1/EXryCZeN_LhLnbm3YwtpOEsBa5x4Z286ZHI8ctWjFJb-oQ?e=HbflLa

Also, in April we reached out to [REDACTED] the Governor of Perth Prison to see if we could deliver our prison project to veteran inmates and although [REDACTED] was keen to instigate the project it did not come to fruition.

May 2024: We were to return to the beautiful Cambo Estates to deliver our third retreat for the NHS Health and Social Care staff and volunteers, unfortunately our funding did not allow us to do so. We had two dates pencilled in 6-8 May or 13-15 May. It was most unfortunate that we could not return to Cambo as it really is a well-received retreat as described by one of our facilitators:

'I am finding some spare time today to reflect on the Cambo retreat. It is such a privilege and a pleasure to work with you all, and I am still reeling from this week's experience. I felt that the work was fast-paced and highly successful in meeting objectives, additionally, it was also a real pleasure and highly educational to support. I am still greatly moved by the level of engagement, courage, candidness, and overall response and feedback from participants. With so many on the waiting list, it is an exciting prospect to me, to be part of providing this level of service.' - [REDACTED]

June 2024: We continued with our weekly workshops, and as we were not running a veteran's Devising Project this year, we took our veterans out for weekly coffee trips during June.

July 2024: On July 27 we went to The Haven at Vanguard to help host their Summer Family Day as part of The Live Life Partnership.

Another great day Thank you to The Haven at Vanguard for allowing us to preen and dress the mini Shetlands, [ACVC HUB](#) organising arts and crafts, [Stand Easy Productions](#) and [REDACTED] for an amazing Treasure Hunt and Tom from [The Treeline Outdoor](#), making popcorn and Pizza over the fire. Also, some impromptu archery lessons from [REDACTED], one of the veterans attending the event.

August 2024: We were certainly having a very trying year!

Family event Saturday 3rd August



Linburn Walled Garden

Sadly, due to a low uptake of the family event, this is now cancelled.

We will have events running in the future. Details of our Halloween themed event will be posted nearer the time.
Hopefully see you there.

On 13 August we attended a SVWA event at Napier College Edinburgh for Scottish Veterans Wellbeing Alliance - Development of our strategic plan.

September 2024: We were back at The Haven at Vanguard on 21 September to help host a Creative Family Day.

*"Thank you to The Haven at Vanguard for hosting the family day along with **Stand Easy Productions** , **ACVC HUB** and Tom Gold - The Tree Line, also a chance for a new experience to see the Archery Re-Enactment from [REDACTED] Lots of happy faces enjoying all the activities."*

Also, in September we visited The Dundee Therapy Garden on 25 September for an open day. Our veterans thoroughly enjoyed their day and vowed to return.

<https://www.dundeetherapygarden.org/>

October 2024: On 27 October we were back at The Cyrenians Farm for a spooky Creative Halloween Event:

*"What a fantastic day! Scary baked potatoes, Treasure Hunt, Halloween mini Shetland Ponies, children's books and Halloween party bags. Thank you **Cyrenians Farm** for allowing us to have the event at the farm, together with The Haven at Vanguard **Stand Easy Productions Reading Force Veterans Tribe Scotland** Tribe, and Tom@Tree Line"*

<https://www.facebook.com/photo/?fbid=578125764778380&set=pcb.578126104778346>

November 2024: November found us winding down with the years' projects, but we were still delivering the weekly Tuesday workshops at Showcase the Street in Dundee.

December 2024: Our last event of the year was a Family Farm Day on 14 December at The Cyrenians Farm.

Christmas lunch with our participants on 17 December.

[REDACTED] Chairperson 30.09.2025

Independent Examiners Report to the trustees of Stand Easy

I report on the accounts of the charity for the year ended 31 December 2024 which are set out on pages 8 to x

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) (a) to (c) 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.

The report is made to the trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might state to the trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the trustees for my work or for this report.

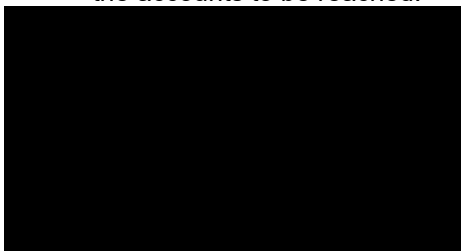
Basis of independent examiner's statement

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

Independent examiner's statement

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

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - to prepare accounts which accord with the accounting records and comply with Regulation 8 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.



30 September 2025

Stand Easy: Charity Number SC045309

Profit and Loss Account for Year Ended 31st December 2024

Income

Source	Notes	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
DVVA		-	-	-	10,323.00
SCVO		-	8,000.00	8,000.00	-
Corra Foundation		-	-	-	2,840.10
National Lottery Improving Lives		40,144.00	-	40,144.00	39,357.00
SVWA (Armed Forces Covenant Trust)		-	-	-	8,000.00
Veterans Foundation		-	10,000.00	10,000.00	-
The Robertson Trust		1,000.00	-	1,000.00	10,000.00
Corra Foundation / Comic Relief		-	-	-	4,934.00
Corra Foundation / ██████████		8,000.00	-	8,000.00	8,000.00
Totals		49,144.00	18,000.00	67,144.00	83,454.10

Expenditure:

Source	Notes	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
Weekly Workshops and Expenses		222.92	10,000	10,222.92	16,279.39
Management Costs		8,322.58	-	8,322.58	9,017.72
Salary and Pension		19,087.97	-	19,087.97	15,877.76
Insurance		481.60	-	481.60	459.00
June Project		-	-	-	26,312.24
Family Creative Weekend/Farm Days		1,828.98		1,828.98	16,229.83
RPOAS Project		13,114.39	-	13,114.39	8,117.43
DVVA (NHS Retreats)		-	-	-	9,100.35
Scottish Parliament Project		-	-	-	1,845.06
Workshop Support Staff Costs		7,308.01	8,000.00	15,308.01	14,178.34
Miscellaneous		1,055.35	-	1,055.35	447.68
Totals	(4)	51,421.80	18,000.00	69,421.80	117,864.80

BALANCE SHEET 31 December 2024

	2024	2023
Funds 1 st January	54,295.83	88,633.43
Surplus / Deficit for year	-2,277.80	-34,337.60
Funds Carried Forward 31 December	52,018.03	54,295.83

Represented by

Bank Balances	52,018.03	54,295.83
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Chairperson.

30 September 2025

1. Basis of Accounting.

These accounts have been prepared on the receipts and Payment's basis in accordance with the Charities and Trustees Investment (Scotland) Act 2005 and the charities Accounts Scotland Regulations 2006 (as amended).

2. Related Party Transactions.

No remuneration was paid to the trustees or any connected persons during the year.

No travelling expenses were paid to any trustees during the year.

3. Income.

All of our income is raised through grants, some of which are restricted to particular costs, activities and client groups and the balance are unrestricted and may be spent across our costs, activities and client groups. The grants are listed in the Income Statement of Financial Activities.

4. Expenditure

All expenditure for the year was directly related to deliver and support the projects named in the report and sourced from the grants received either directly in the year or carried forward at the beginning of the year.

5. Reserves

Our Policy is to build up to the value of 3 months operating costs as a reserve against future unexpected contingencies and we are gradually building that reserve, by aiming to develop unrestricted income and contributions.

6. Assets.

The charity holds no fixed or tangible assets, nor does it have expendable and permanent endowment funds.