

APPENDIX 1



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	01	02	2024	To	31	01	2025

Reference and administration details

Charity name
Other names charity is known by
Registered charity number
Charity's principal address

Reach Across
SC046240

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				
2				
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

The structure of the organisation consists of the charity trustees who are appointed by Board members who attend any members meetings and appoint those who serve on the Board of Trustees.

Minutes of meeting are recorded. Decision making is completed during these meetings including any decisions to the constitution itself.

Supported people, over eighteen years of age, are consulted also.

Trustee recruitment and appointment

A written application must be submitted to the Board for anyone wishing to become a Trustee and the application will be considered by the Board. Trustees' membership once accepted lasts for three years.

There is no formal induction and training programme in place for new trustees – however this is a point of action currently being undertaken and hope to secure in the coming months.

Objectives and activities

Charitable purposes

The objects and activities are:

To support adults and groups who are affected by, or are experiencing suicidal thoughts, experience anxiety, depression and grief.

To promote opportunities for people who have disabilities, physically or mentally, to learn and develop creative skills and use them within their local communities,

The relief of those in need by reason of age, ill health, disability, financial crisis or any other disadvantage, using a person-centred approach at all times.

To undertake more 1:1 needs led sessions.

Summary of the main activities in relation to these objects

Reach Across is a not for profit charity created following the suicide of a family member of the Trustees and the main activities are to reduce the impact of all issues appertaining to completed suicides, suicide ideation and anxiety. Work is undertaken to reduce the stigma surrounding the aforementioned. To accomplish this, we facilitate weekly women's group, walking, social, art therapy group, two men's groups and a monthly grief group. We fund raise to provide professional counselling, hypnotherapy and holistic therapies. We have 100 plus people walk through our doors weekly. Support is free of charge.

Our premises open weekdays and by appointment for people in crisis to come to. We provide various training events to supported people and the public, including the SCQF Level 5 in Mental Health and Well Being.

Reach Across has continued excellent collaboration with other agencies, statutory and from the voluntary sector. We offer our premises to other agencies, such as a Menopause group where, for example, referrals for support have been made. We receive positive feedback such as "Thank you, you have saved my life", and "I would not be here if I had not walked through your doors on the way to the cliffs to take my life".

Achievements and performance

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

VOLUNTEERS

█████ gave up paid employment to concentrate on the management of Reach Across, such were the growing demands being placed upon the charity. Volunteers have come forward and PVG's continue to be applied for. Reach Across receives referrals, primarily by word of mouth, via Facebook, charity webpage or the Carers Centre. We will initially meet with individuals at The Haven with Reach Across and will work in collaboration with the person to assess how best Reach Across can support the person. Since our opening hours have been extended we have noticed a large increase in drop ins – people who are in distress and in need of timeous support – not to be put on a lengthy waiting list. We are proud that our groups are primarily Volunteer and Supported People led, with supervision, care and information provided as required. We currently have 20 volunteers, some of whom have been supported by us in the past.

SUICIDE

Suicide in Arbroath and Angus is still occurring and we continue to support those affected. Many are now being in receipt of professional counselling from us or in other ways such as 1:1 support.

COVID

Sadly, the negative impact of the COVID lockdown continues to impact upon our Supported People. We continue to issue food parcels and to encourage people to join in activities to enhance their well-being, improve mental health and importantly, reduce social isolation, particularly with older adults.

GROUPWORK

Reach Across invests a lot of time in facilitating our weekly groups and has been able to continue to fund these. A good example is the weekly women's group. On average 18 women attend and feedback is very positive. One lady commented "I love it and it is so much better than what I was offered from the Community Mental Health Team. I feel valued and my mental health has improved so much, I am much more positive. The activities and visiting speakers are great."

PREMISES

Reach Across has been refurbished this year as we were awarded funding from Morrisons and using funding raised by the public, supported people and Board members. Reach Across continues to operate from its premises and we have recently added another counselling room. Our garden was extended also is an area we can use more now that we have longer opening hours. The approximate cost to run the premises is £1,000 monthly and is wholly funded by our own fundraising efforts and kind donations. We fund therapies from these donations. It is to be noted that as the charity has thrived, more people are coming forward, particularly the men most at risk of dying by suicide, seeking support and the costs of providing free support is rising. Peer support is a large part of our ethos and watching friendships develop naturally is beautiful to witness.

FUND RAISING

Reach Across continues to be wholly funded by the generosity of local people who undertake all sorts of fundraising activities, including annual challenges, sponsorships, charity running etc. We are very fortunate to be able to provide supporting services to our supported people at no cost to them. Reach Across has an excellent reputation with the local area and this results in people fundraising for the charity, in particular those who have lost family and friends to suicide.

KINGS AWARD

Reach Across was nominated and were successful in being awarded the first King's Award n Angus this year. We are very proud of this achievement – a true team effort which I believe is the equivalent of an MBE for charities.

Financial review

Brief statement of the charity's policy on reserves

Reach Across has grown considerably in the last year and the time has come to employ an admin worker/PA to the Service Manager. The charity has now built up reserves to a level which will provide assurance that it can continue to provide its services for the next two to three years. Work has commenced by a sub group to learn about how to recruit paid staff.

Details of any deficit

The charity has no deficits and is currently purely funded from donations.

Donated facilities and services (if any)

The redecoration and fittings within our new premises were completed solely by work and donations from volunteers.

APPENDIX 1

Other optional information

AIMS FOR THE FUTURE

To continue to support those affected by suicide and anxiety and to find new ways of supporting people who experience anxiety so that it prevents a suicide as our statistics demonstrate that this is crucial.

To continue to fill the gap people advise us of, for example, to provide support where they have been advised they have been placed on lengthy waiting lists from the NHS.

To seek funding for a paid member of staff. This is monumental for the charity.

To expand on the services of other professionals, such as qualified counsellors, within the budgets available.

To continue to identify need and provide support to meet this need adopting a person-centred approach.

Work is currently being undertaken to ensure policies and procedures are updated as appropriate.

Reach Across has become a trusted place to for many adults. We do not want to change this and to continue to be able to provide timeous support.

To continue to provide training and workshops relative to identified need, for example, many referrals are about people experiencing anxiety.

Declaration

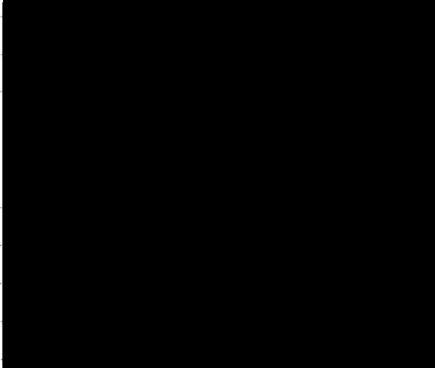
The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (e.g. Chair)	Chair	
Date	14/02/25	

OSCr

Office of the Scottish Charity Regulator

	Independent examiner's report on the accounts										v2																									
Report to the trustees/members of	Reach Across																																			
Registered charity number	SC046240																																			
On the accounts of the charity for the period	<table><tr><th colspan="4">Period start date</th><th></th><th colspan="4">Period end date</th></tr><tr><th>Day</th><th>Month</th><th>Year</th><th></th><th></th><th>Day</th><th>Month</th><th>Year</th></tr><tr><td>01</td><td>02</td><td>2024</td><td>to</td><td></td><td>31</td><td>01</td><td>2025</td></tr></table>											Period start date					Period end date				Day	Month	Year			Day	Month	Year	01	02	2024	to		31	01	2025
Period start date					Period end date																															
Day	Month	Year			Day	Month	Year																													
01	02	2024	to		31	01	2025																													
Set out on pages	01 to 05 (remember to include the page numbers of additional sheets)																																			
Respective responsibilities of trustees and examiner	<p>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. 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.</p>																																			
Basis of independent examiner's statement	<p>My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. 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 accounts.</p>																																			
Independent examiner's statement	<p>In the course of my examination, no matter has come to my attention</p> <ol style="list-style-type: none">which gives me reasonable cause to believe that in any material respect the requirements:<ul style="list-style-type: none">to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, andto prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations <p>have not been met, or</p> <ol style="list-style-type: none">to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.																																			
Signed:						Date:	05/03/25																													
Name:																																				
Relevant professional qualification(s) or body (if any):																																				
Address:																																				

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

Receipts and payments accounts


For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	02	2024		31	01	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	50,083			-	50,083	26,732
Legacies					-	-
Grants		23,000			23,000	6,000
Receipts from fundraising activities	15,488				15,488	27,816
Gross trading receipts					-	-
Income from investments other than land and buildings	1,568				1,568	614
Rents from land & buildings	1,218				1,218	1,184
Gross receipts from other charitable activities	1,449				1,449	379
					-	-
A1 Sub total	69,806	23,000	-	-	92,806	62,725
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	-
Proceeds from sale of investments					-	-
A2 Sub total	-	-	-	-	-	-
Total receipts	69,806	23,000	-	-	92,806	62,725
A3 Payments						
Expenses for fundraising activities					-	-
Gross trading payments					-	-
Investment management costs					-	-
Payments relating directly to charitable activities	51,722	22,250			73,972	48,157
Grants and donations					-	-
Governance costs:					-	-
Audit / independent examination	420				420	420
Preparation of annual accounts					-	-
Legal costs					-	-
Other					-	-
					-	-
A3 Sub total	52,142	22,250	-	-	74,392	48,577
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	-
Purchase of investments					-	-
A4 Sub total	-	-	-	-	-	-
Total payments	52,142	22,250	-	-	74,392	48,577
Net receipts / (payments)	17,664	750	-	-	18,414	14,148
A5 Transfers to / (from) funds					-	-
Surplus / (deficit) for year	17,664	750	-	-	18,414	14,148

[illegible]

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



£

[illegible]

X

	X
--	---

£

NIL	

1,444

	1,444
--	-------

£

		trustees	
			599
			467
			114
			264

**Balance
outstanding at
period end (£)**

Nature of relationship	Nature of transaction	period end (2)	

Reach Across

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Additional analysis (1)

Analysis of receipts and payments

1 Donations

	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 £
Donations	50,083				50,083	26,732
					-	
					-	
					-	
Total	50,083	-	-	-	50,083	26,732

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
Local Improvement Grant		15,000	15,000	5,000
Morrisons Foundation Grant		8,000	8,000	1,000
			-	-
			-	-
Total	-	23,000	23,000	6,000

3 Gross receipts from other charitable activities

	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 £
	1,449				1,449	379
					-	
					-	
					-	
					-	
					-	
					-	
Total	1,449	-	-	-	1,449	379

4 Payments relating directly to charitable activities

	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 £
Client Support	30,100				30,100	32,015
Clothing	674				674	3,120
Rents	7,200				7,200	7,670
Training	277	14,250			14,527	-
Insurance	802				802	314
Repairs	4,325	8,000			12,325	-
Volunteer	1,527				1,527	2,060
Other	1,851				1,851	-
Cleaning	1,592				1,592	
Rosfest	-				-	2,978
Utilities	3,374				3,374	
Total	51,722	22,250	-	-	73,972	48,157

Reach Across

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Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations	50,083				50,083	50,083
Legacies					-	-
Grants					-	-
Receipts from fundraising activities	15,488				15,488	15,488
Gross trading receipts					-	-
Income from investments other than land and buildings	1,568				1,568	1,568
Rents from land & buildings	1,218				1,218	1,218
Gross receipts from other charitable activities	1,449				1,449	1,449
Sub total	69,806	-	-	-	69,806	69,806
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	-
Proceeds from sale of investments					-	-
Sub total	-	-	-	-	-	-
Total receipts	69,806	-	-	-	69,806	69,806
Payments						
Expenses for fundraising activities					-	-
Gross trading payments					-	-
Investment management costs					-	-
Payments relating directly to charitable activities	51,722				51,722	48,167
Grants and donations					-	-
Governance costs:					-	-
Audit / independent examination	420				420	420
Preparation of annual accounts					-	-
Legal costs					-	-
Other					-	-
Sub total	52,142	-	-	-	52,142	48,577
Payments relating to asset and investment movements						
Purchases of fixed assets					-	-
Purchase of investments					-	-
Sub total	-	-	-	-	-	-
Total payments	52,142	-	-	-	52,142	48,577
Net receipts / (payments)	17,664	-	-	-	17,664	21,229
Transfers to / (from) funds					-	-
Surplus / (deficit) for year	17,664	-	-	-	17,664	21,229

Nature and purpose of funds