

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	2025	To	31	01	2026

Reference and administration details

Charity name	Reach Across
Other names charity is known by	
Registered charity number	SC046240
Charity's principal address	36 Guthrie Port
	Arbroath
	Angus
	Postcode DD11 1RN

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	Sandra Ramsay-Cargill	Chair		
2	Jim Ramsay	Treasurer		
3	Hazel Edward	Secretary		
4	Ryan Ramsay	Vice-Chair		
5	Karen Price			
6	Ian Wren			
7	Fraser Lindsay			
8	Donna Bow			
9	Ruairidh Campbell		May 2024	
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
0	

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

Sandra 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)	Sandra Ramsay-Cargill	
Position (e.g. Chair)	Chair	
Date	14/02/25	

Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	02	2025		31	01	2026

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	22,455				22,455	50,083
Legacies					-	-
Grants					-	23,000
Receipts from fundraising activities	22,226				22,226	15,488
Gross trading receipts	231				231	-
Income from investments other than land and buildings	1,057				1,057	1,568
Rents from land & buildings	1,122				1,122	1,218
Gross receipts from other charitable activities	298				298	1,449
					-	
A1 Sub total	47,389	-	-	-	47,389	92,806
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	47,389	-	-	-	47,389	92,806
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	44,465	750			45,215	73,972
Grants and donations					-	
Governance costs:						
Audit / independent examination	420				420	420
Preparation of annual accounts					-	
Legal costs					-	
Other					-	-
					-	
A3 Sub total	44,885	750	-	-	45,635	74,392
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	-
Purchase of investments					-	-
A4 Sub total	-	-	-	-	-	-
Total payments	44,885	750	-	-	45,635	74,392
Net receipts / (payments)	2,504	(750)	-	-	1,754	18,414
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	2,504	(750)	-	-	1,754	18,414

Section B Statement of balances

Categories	Details	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 £
B1 Cash funds	Cash and bank balances at start of year	153,787	750			154,537	136,123
	Surplus / (deficit) shown on receipts and payments account	2,504	(750)			1,754	18,414
						-	
						-	
	Cash and bank balances at end of year	156,291	-	-	-	156,291	154,537
	(Agree balances with receipts and payments account(s))						

Categories	Details	Fund to which asset belongs	Market valuation	Last year
			to nearest £	to nearest £
B2 Investments				
		Total	-	-

Categories	Details	Fund to which asset belongs	Cost (if available)	Current value (if available)	Last year
			to nearest £	to nearest £	to nearest £
B3 Other assets					
		Total	-	-	-

Categories	Details	Fund to which liability relates	Amount due	Last year
			to nearest £	to nearest £
B4 Liabilities				
		Total	-	-

Categories	Details	Fund to which liability relates	Amount due (estimate)	Last year
			to nearest £	to nearest £
B5 Contingent liabilities				
		Total	-	-

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

Signature

Print Name

Date of approval

Sandra Ramsay	SANDRA RAMSAY	12/3/26
Donna Bow	DONNA BOW	12/03/26

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

Type of activity or project supported

Individual / institution

Number of grants
made

f

[illegible]

X

Authority under which paid

£

NIL	

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Number of trustees

3

Sandra Ramsay		1,272
Jim Ramsay		28
Ryan Ramsay		15

Nature of relationship

Nature of transaction

Transaction
amount (£)

Balance
outstanding at
period end (£)

Nature of Relationship:		Nature of transaction:		period end (€)	

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	15,455				15,455	50,083
Arbroath Guildry	5,000				5,000	
Ladbroke's Coral Charity Donation	800				800	
Greig Matthews Donation	1,200				1,200	
Total	22,455	-	-	-	22,455	50,083

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
Morrisons Foundation Grant			-	8,000
			-	-
			-	-
Total	-	-	-	23,000

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
	-				-	1,449
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	1,449

reference error

reference error

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	22,649				22,649	30,100
Clothing	1,012				1,012	674
Rents	7,200				7,200	7,200
Training	2,726	750			3,476	14,527
Insurance	274				274	802
Repairs	1,576				1,576	12,325
Volunteer	266				266	1,527
Other	2,386				2,386	1,851
Cleaning	2,659				2,659	1,592
Advertising	240				240	-
Utilities	3,477				3,477	3,374
Total	44,465	750	-	-	45,215	73,972

Reach Across

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Additional analysis (2)

5 Breakdown of unrestricted funds


	Unrestricted fund 1 - enter name of fund below General Fund	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	22,455				22,455	50,083
Legacies					-	
Grants					-	-
Receipts from fundraising activities	22,226				22,226	15,488
Gross trading receipts	231				231	
Income from investments other than land and buildings	1,057				1,057	1,568
Rents from land & buildings	1,122				1,122	1,218
Gross receipts from other charitable activities	298				298	1,449
Sub total	47,389	-	-	-	47,389	69,806
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	47,389	-	-	-	47,389	69,806
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	44,465				44,465	51,722
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	420				420	420
Preparation of annual accounts					-	
Legal costs					-	
Other					-	-
Sub total	44,885	-	-	-	44,885	52,142
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	44,885	-	-	-	44,885	52,142
Net receipts / (payments)	2,504	-	-	-	2,504	17,664
Transfers to / (from) funds					-	
Surplus / (deficit) for year	2,504	-	-	-	2,504	17,664

Nature and purpose of funds

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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		Period start date					Period end date				
		Day	Month	Year		Day	Month	Year			
		01	02	2025	to	31	01	2026			
Set out on pages		01 to 05								(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. 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 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.									
Independent examiner's statement		In the course of my examination, no matter has come to my attention									
		1. which gives me reasonable cause to believe that in any material respect the requirements:									
		• to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and									
		• to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations									
		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:						Date:		05/03/2025			
Name:		Simon Wills									
Relevant professional qualification(s) or body (if any):		FCCA									
Address:		5a Dishlandtown Street									
		Arbroath									
		Angus									
		DD11 1QX									