

SCO 46334

Trust Jack Foundation  
Annual Report  
2024-2025



Website: [www.trustjackfoundation.org](http://www.trustjackfoundation.org)

Email: [tjackfoundation@gmail.com](mailto:tjackfoundation@gmail.com)

Where to find us: 42 King Street, Stonehouse, Larkhall, South Lanarkshire ML9 3EF  
Call us: 01698 793980

Putting Mental Health First

### Message from the Chair.

As chairperson of Trust Jack Foundation, I am honoured to be part of a mission that speaks to the heart of what it means to care for one another – supporting mental health with compassion, dignity and determination.

We live in a time when mental health challenges affect people of all ages, backgrounds and walks of life. Despite increasing awareness, stigma and barriers to care persist. That's why our work is so vital.

Every service we provide, every conversation we start and every life we touch moves us one step closer to a society where mental wellbeing is truly valued and protected.

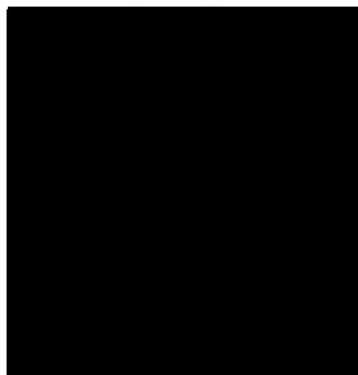
This past year has been one of both growth and learning. We have seen our volunteers, partners and stakeholders working together to ensure that no one feels left alone in their struggle. Your belief in our mission empowers us to reach further, advocate louder and care deeper.

Mental Health is not a luxury – it is a necessity. Yet far too many, it remains out of reach due to stigma, silence or a lack of accessible services. At Trust Jack Foundation we are determined to change that. Through our programmes, partnerships and the incredible efforts of our staff, volunteers and supporters, we are making progress – one conversation, one act of kindness and one life at a time.

As we look ahead, we know there is still much to do. Our work is far from over, but together, we are creating a world where mental health is prioritised, understood and supported.

Thank you for walking alongside us on this journey.

Warm Regards



Chairperson of Trust Jack Foundation.

## Our Trustees.

Chairperson [REDACTED]

Secretary: [REDACTED]

Treasurer: [REDACTED]



## Trustees

"Being a trustee of this charity is not just a role – it's a responsibility and a privilege. Mental health affects every one of us and I'm proud to stand with an organisation that brings compassion, support and hope to those who need it most."

[REDACTED] Trustee, Trust Jack Foundation.

## **Structure, Governance and Management**

Trust Jack Foundation is a Scottish Charitable Incorporated Organisation (SCIO) and was registered on 11<sup>th</sup> February 2016. Under our constitution the charity has a single tier structure and as such, the trustees are its sole members.

As the sole members of the charity, the board of trustees are responsible for appointing charity trustees. Trustees are elected at the Annual General Meeting and by way of a resolution passed by the majority vote at board meetings. There may be a minimum of three and a maximum of five trustees.

This report will look at what the charity has achieved and the outcome of its work over the last 12 months in the year ending 31<sup>st</sup> March 2025. It will look at the success of each activity/service and the benefits the charity has brought to those in which the charity was set up to help and support including our local community. This report will also help the trustees to ensure the charity's aims, objectives and activities remain focused on its stated purpose.

## **Vision, Mission and Values**

### **Vision**

Our vision is to create a world where mental health is as important as physical health, and all people can access the support they need free from judgement or discrimination.

### **Mission**

To be committed to the wellbeing of children, young people, their families and the community through prevention, intervention and education.

### **Values**

We are understanding, committed and hopeful.

The children and young people with whom we work with deserve to reach their full potential. We will do our utmost to be understanding, committed and hopeful to support these people to be the best versions of themselves.



## **Natter Group**

### **April – June**

During this time the group focused on activities that the group had chosen. This led to the group trying new skills such as mosaic and pin art. They finished May by working on personality boards, this activity ran over several weeks and allowed the group to use visuals to show then discuss the things that make up their personalities. They covered hobbies, likes and the kind of people they think they are. During June the group made the most of good weather by getting outside whenever possible. This allowed the group to try spray painting and engage in the local community. They made a box of polymer clay figures, keyrings and magnets which they then hid around the local park. The group then worked together to put a Facebook post online encouraging children to hunt for them and take them home. This was a fun way to get walking and gave the groups crafts a nice purpose.

### **July-August**

During this time, Natter closed to run some summer groups. Feedback obtained was that almost everyone missed the support of Natter and some young people said without Natter they had no social interaction with peers during this time.

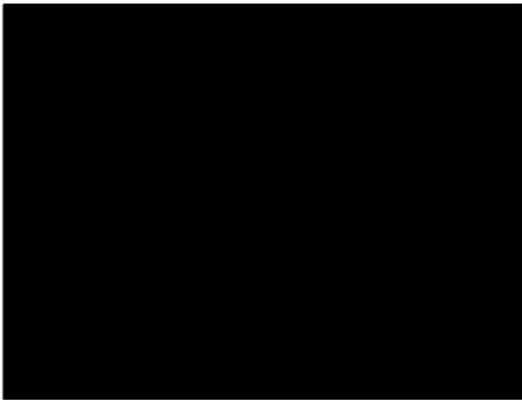
### **September-December**

After summer, group started back with park walks and catch ups. It was during these chats that the summer feedback came. The rest of the year the group took part in seasonal activities picked by the group members. Another craft was picked to hide in the local community garden.

### **January-March**

Two new members were enrolled into Natter during this period. This was a big change for existing members but discussions were had to ensure members were prepared and welcoming for new members. We had a "bucket list" activity, the end results were displayed proudly. The group took part in Children's Mental Health Week theme "Know yourself, Grow yourself" this led on nicely from the bucket lists and the group were keen to share their thoughts and opinions.

Photos from Natter



## Dungeons and Dragons

The Dungeons and Dragons has been an outstanding success, offering an engaging and immersive space for young people to explore creativity, teamwork and personal development. The group has dedicated participants, each bringing their unique strengths and enthusiasm to every session. The atmosphere is collaborative, imaginative and inclusive making it a valuable space for all involved.

The group has had an incredible impact on fostering social connections among the young people. Dungeons and Dragons encourages teamwork and problem solving in a fun and low-pressure environment allowing participants to bond over shared experiences. Through the game they have learned to collaborate effectively, communicate their ideas and support each other in overcoming challenges all of which have helped them build stronger friendships.

Dungeons and Dragons is an excellent platform for young people to step into different roles, develop their character traits and build self-confidence. The game encourages imagination and creative thinking allowing participants to make decisions, take risks and handle setbacks in a safe and supportive environment. We've seen significant growth in confidence as they become more comfortable taking on leadership roles within the game and sharing their ideas with the group.

One of the most inspiring aspects of this group is the commitment shown by the participants. Notably we have a member who travels over two hours to attend each session demonstrating the profound impact this group has on them and their determination to be part of something meaningful.

The success of the group owes much to the exceptional leadership of our dungeon master Ty. Ty has been instrumental in running the sessions, guiding the group through each adventure with creativity, enthusiasm and a deep understanding of the game. Their ability to create a welcoming, engaging and immersive experience is nothing short of incredible. Ty's leadership combined with the support from the youth worker has created an environment where the young people feel both challenged and supported, encouraging their growth and participation.

The Dungeons and Dragons group has proven to be an invaluable experience for the young people involved. Not only does it provide a space for creativity and fun, but it also offers significant personal growth opportunities in the areas of social connections, confidence building and emotional resilience.





## Gaming/Jackbox Group

The gaming group continues to thrive providing an engaging and inclusive space for young people to connect, collaborate and develop essential skills. Currently we have 10 young people signed up all of whom are actively participating and showing great enthusiasm for both the gaming sessions and social aspects of the group.

The gaming group has become an excellent platform for young people to engage with their peers. The group fosters a sense of belonging where they can come together, share experiences and make new friendships. Many members have mentioned how much they value the opportunity to meet others with similar interests and build stronger social connections.

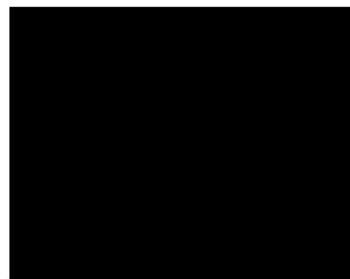
One of the key successes of the group has been in helping young people develop their confidence. Through team-based gaming activities and collaborative challenges, the members are learning to communicate effectively, solve problems together and celebrate each other's strengths. As a result, we've seen a noticeable increase in the participants self-assurance both within the group and outside of it.

Beyond gaming, the group has provided valuable opportunities for personal development. We've encouraged the young people to take on leadership roles during group activities allowing them to gain confidence in decision making and group facilitation. This has not only helped them improve their social skills but also their ability to work well as a team.

The group is built on principles of inclusivity and respect where everyone is encouraged to participate regardless of their gaming experience or background. This atmosphere has allowed every member to feel valued and supported in their journey of personal growth.

When looking to the future of the group, we should be looking at expanding participation. We hope to increase the number of young people involved in the group by continuing to provide a fun, supportive and enriching environment that appears to more individuals.

The gaming group has been a resounding success in providing a space for young people to come together, build relationships and develop confidence. The group has positively impacted the participants helping them work on essential life skills like teamwork, communication and self-assurance.



## Adult Groups

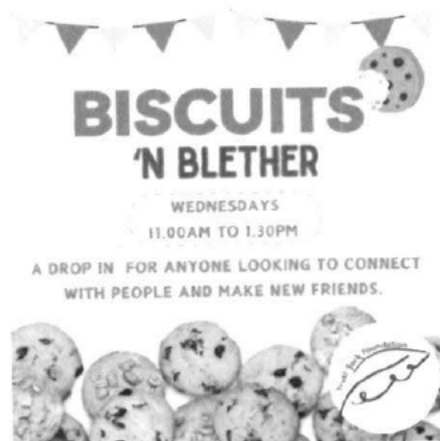
### **Ladies Group**

This group remains well attended with regular service users from the rural areas that surround us. The group enjoyed a night of oil painting, group taught by [REDACTED]. Everyone said that they were surprised that they had such a hidden talent. The group have requested [REDACTED] to come back to group to do embroidery as they enjoyed it the last time. This is booked to happen in May 2025. We are currently looking into printing posters to put in local shops to promote the group and posting on social media.



### **Biscuit and Blether**

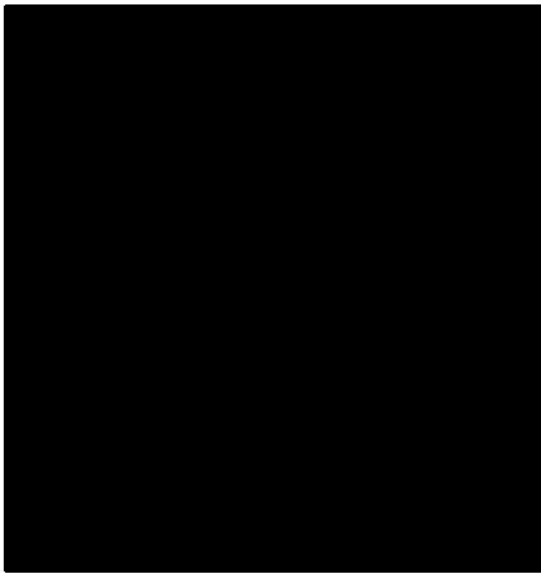
This is regularly attended by members of the community as a drop in, we have some people attending that have dementia and often have a sing song of the golden oldie songs. They all have some fantastic stories to tell of when they were young and how life is now. We provide a safe place for people to pop in for a chat and find out what else is happening in the community.



### **Knit and Natter**

This is by far, the most popular adult group. We have around 38-40 service users with 12-15 regularly attending each week. They are currently concentrating knitting for a local Art trail project which is being held in May 2025. After the event, the group will put all the creations up for adoption at the local gala day in June 2025.

Donations for the Warm Baby Project in Uganda continue to be knitted and sent. Looking onto the remainder of the year, the group will be increasing the number of poppies knitted for our Remembrance Display.

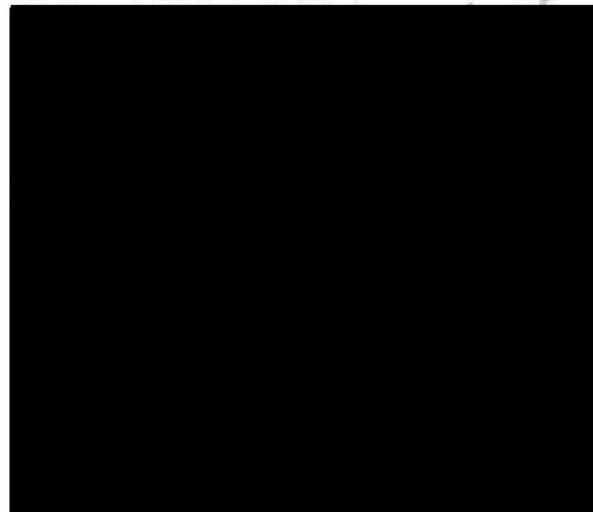
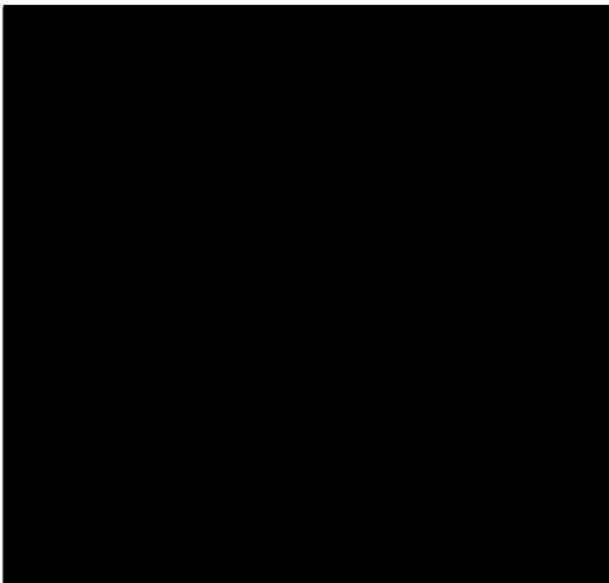
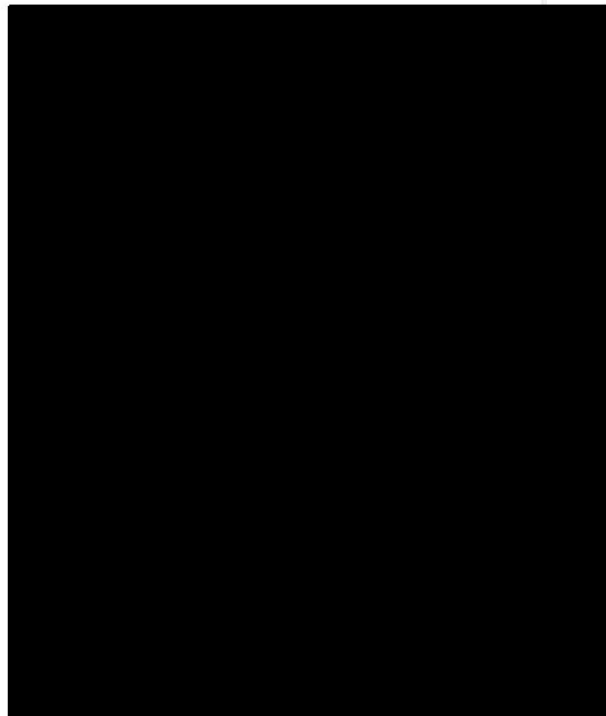


## All Things Scottish 2024

On 26<sup>th</sup> October 2024, we held an All-Things Scottish event in our local church hall.

We had some lovely entertainment from our Local Men's Shed whilst we enjoyed some Scottish stovies, oatcakes, teacakes, tablet and some Irn Bru!

A great day was had by all!

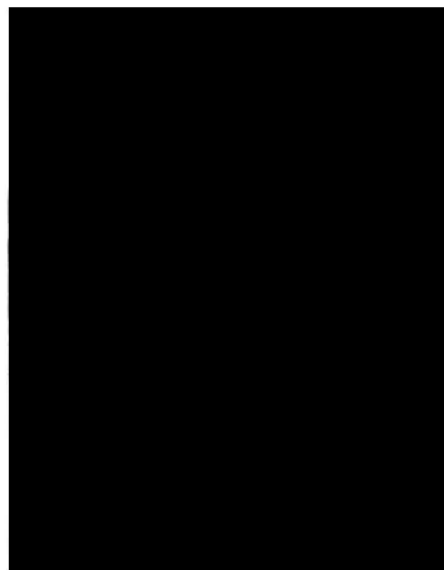


## Youth Advisory Board

The Trust Jack Foundation Youth Advisory Board started in February 2025 to allow young people to voice how and what they feel Trust Jack Foundation could be doing for the young people it supports. It was started when [REDACTED] and the team put out a call on Facebook for young people with a passion for change and creativity. We first met on 26<sup>th</sup> February at Jack's Hub and since then have been getting to know each other, plan fundraising events and discuss how the Youth Advisory Board can make a difference within Trust Jack Foundation.

So far, the Youth Advisory Board have been working on setting up our own sponsored walk to raise money and awareness for Trust Jack Foundation which we are planning on doing in the summer. We have also discussed setting up a social media account for the Youth Advisory Board. We have also discussed what groups, activities or programmes we could get funding for to help the young people in the community.

We continue to meet once a month over zoom then quarterly in person. We will be focusing on what we can bring to the new project of working with young people who are school refusers and we shall be finalising plans for our sponsored walk.



### Who are we helping?

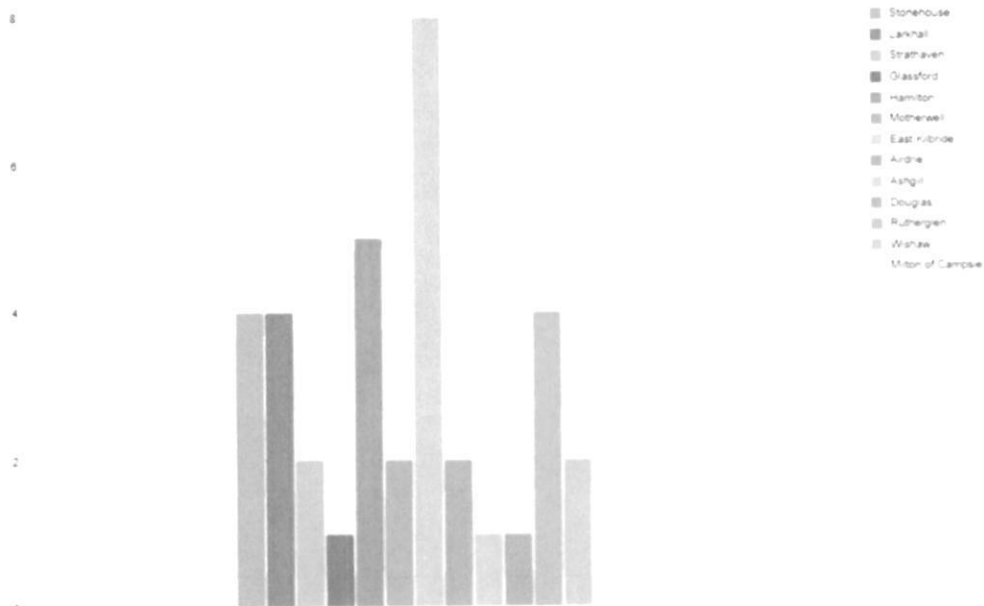
01/04/2024 – 21/03/2025

Footfall: 4394

Volunteer  
Hours: 1498

1-2-1:  
156

Mental Health  
Assessment:  
111



Geographical Areas 1<sup>st</sup> April 2024 – 31<sup>st</sup> March 2025

## Thank you to Staff and Volunteers

On behalf of Trust Jack Foundation and the entire board, I want to express my deepest gratitude for the incredible dedication, compassion and time you have given to support our mission to improve mental health and wellbeing in our community.

In a world where mental health still comes with stigma, your service is not only a gift – it is an act of courage and hope. Thank you for standing with us, for believing in the power of kindness and for helping us build a more compassionate and mentally healthy community.

In a world that often moves too fast to notice quiet acts of kindness, you show up, listen, care and give without asking for anything in return. You are the reason someone felt less alone, you are the reason hope was restored.

Volunteering in the mental health space requires more than just time – it takes empathy, patience and a genuine commitment to making a difference in the lives of others. Whether you have offered a listening ear, supported our events, helped behind the scenes or contributed in countless other ways, your efforts have not gone unnoticed.

You are the heartbeat of the organisation.

On behalf of all of us, thank you for standing beside us for showing up for others and for reminding us all of what community truly means.



Trust Jack Foundation

Annual Accounts April 2024 to March 2025

Receipts (Incoming)

	Unrestricted £	Restricted £
Grants		23939.20
Donations		7881
Fundraising		17.62
Fees		140
Total Receipts		31978.18

Payments (Outgoing)

Petty Cash	237.97
Workshops/outings	853.55
Equipment	3534.42
Admin Expenses	670.74
Fundraising Costs	1000
Insurance	285.70
Rent	3900
Utilities	1993.53
Phone/Internet	972.20
Consumables	2126.39
Travel Expenses	848.62
Salaries	76000
Expenses (reimbursement)	899.04
Fees	6354.48



Total payments	99676.64
Surplus/(deficit)	-67698.50

#### Statement of Balances

Opening Balance	88381
Surplus/(Deficit)	-67698.50
Closing Balance	20682.54

Receipts and payments accounts						
For the period from				to		
	01	04	2024		31	03 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 £
<b>A1 Receipts</b>						
Donations		7881.00			7881.00	6139.00
Legacies					-	
Grants		23,939.00			23,939.00	123,190.00
Receipts from fundraising activities		18.00			18.00	2,922.00
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities		140.00			140.00	240.00
					-	
<b>A1 Sub total</b>	-	31,978.00	-	-	31,978.00	132,491.00
<b>A2 Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>A2 Sub total</b>	-	-	-	-	-	-
<b>Total receipts</b>	-	31,978.00	-	-	31,978.00	132,491.00
<b>A3 Payments</b>						
Expenses for fundraising activities		1000.00			1000.00	659.00
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities		92,322.00			92,322.00	40,864.00
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other		6,354.00			6,354.00	52,822.00
					-	
<b>A3 Sub total</b>	-	99,676.00	-	-	99,676.00	94,345.00
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>A4 Sub total</b>	-	-	-	-	-	-
<b>Total payments</b>	-	-	-	-	-	-
<b>Net receipts / (payments)</b>	-	-	-	-	-	-
<b>A5 Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	-	99,676.00	-	-	99,676.00	94,345.00

## Section B Statement of balances

Categories	Details	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 £
B1 Cash funds	Cash and bank balances at start of year		88,381.00			-	50,150.00
	Surplus / (deficit) shown on receipts and payments account		(67,698.00)			-	38,231.00
						-	
						-	
	Cash and bank balances at end of year	-	20,682.00	-	-	-	88,381.00
	(Agree balances with receipts and payments account(s))						

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

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

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

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

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

Signature\*

Print Name

Date of approval



11/07/25.  
11/07/25.

\* Please note - OSCR will accept digital or typed signatures

## Section C Notes to the Accounts

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

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### C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
GARDEN INITIATIVE		1	4897.00
GROUP		2	4700.00
BUILDING COSTS		2	13,842.00
COMMUNITY EVENT		1	500.00
Total			23,939.00

### C3a Trustee remuneration

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)	
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Authority under which paid

### C3b Trustee remuneration - details


### C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	
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### C4b Trustee expenses - details

	Number of trustees	£

### C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

### C6 Other information

--

### Analysis of receipts and payments

SC

**Additional analysis (2)****5 Breakdown of unrestricted funds**

					Total unrestricted funds	Total unrestricted funds last period
<b>Receipts</b>						
Donations					-	
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
<b>Sub total</b>		-	-	-	-	-
<b>Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>Sub total</b>		-	-	-	-	-
<b>Total receipts</b>		-	-	-	-	-
<b>Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
<b>Sub total</b>		-	-	-	-	-
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>Sub total</b>		-	-	-	-	-
<b>Total payments</b>		-	-	-	-	-
<b>Net receipts / (payments)</b>		-	-	-	-	-
<b>Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>		-	-	-	-	-

**Nature and purpose of funds**

- SC

**Additional analysis (3)****6 Breakdown of restricted funds**

					Total restricted funds	Total restricted funds last period
<b>Receipts</b>						
Donations					-	
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
<b>Sub total</b>		-	-	-	-	-
<b>Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>Sub total</b>		-	-	-	-	-
<b>Total receipts</b>		-	-	-	-	-
<b>Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
<b>Sub total</b>		-	-	-	-	-
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>Sub total</b>		-	-	-	-	-
<b>Total payments</b>		-	-	-	-	-
<b>Net receipts / (payments)</b>		-	-	-	-	-
<b>Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>		-	-	-	-	-

**Nature and purpose of funds**

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# APPENDIX 3



## Independent examiner's report on the accounts

v2

Report to the trustees/members of

Charity name

Registered charity number

SC

On the accounts of the charity for the period

Period start date

Day

Month

Year

Period end date

Day

Month

Year

Set out on pages

TRUST JACK FOUNDATION

046334

1

4

2024 to 2025

31

13

3

2025

(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:

Date:

27/6/25

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