



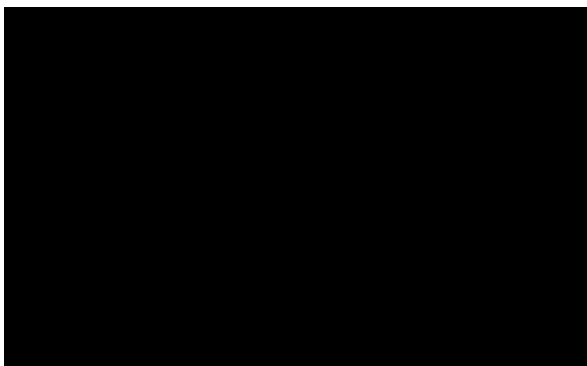
Annual Report 2024 - 2025

Address: 15 Bannatyne Street, Lanark, ML11 7JR



Facebook: <https://www.facebook.com/ESTEEM.Clydesdale>

Trustees:

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Volunteers

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Esteem Clydesdale is a small grass roots mental health charity based in Lanark continuing to support people in the local community and rural Clydesdale struggling with their mental health.

We are 100% peer lead; our aims continue to be, stopping the stigma surrounding mental health and reducing the incidence of suicide.

New for 2024/2025

 stepped down as trustee in April 2025

- New Volunteer: 
- New Group: Tuesday Night Crochet Group

- New Funding: Race Night, Charity FC Fundraising

Achievements

Despite cost-of-living pressures, Esteem has continued to provide essential support, warmth, food, and connection. Key achievements include launching the Crochet Group, continuing the Men's and Women's Groups, counselling services, and delivering complementary therapies.

Groups & Services

- Drop-In: Tuesdays, Thursdays, Fridays 10am–3pm.
- Men's Group: Wednesday evenings, 7pm – 9pm.
- Women's Group: Thursday evenings, 7pm – 9pm.
- NEW: Tuesday Night Crochet Group, 7pm – 8.30pm.
- Counselling and Coaching: Tuesdays and Fridays, plus support at Men's Group.
- Complementary Therapies: Reiki, Reflexology, Massage, KCR.

1379 people used our services this year.

166 attended the men's group, 248 attended the women's group "Esteem Ladies", 105 complementary therapy sessions, 111 counselling sessions.

Fundraising & Events

- Race Night
- Charity FC Fundraising Event
- YPI
- CHOICES
- TESCO
- WIND FARM (SOUTH LANARKSHIRE COUNCIL)

Esteem Clydesdale continues to help and support people struggling with their mental health, it continues to be very encouraging to witness all the positive changes that happen in people's lives, seeing them grow, develop and reach their full potential despite the challenges associated with their mental health and the current issues of the cost of living pressures and the challenges of the last few year's.

Despite all the challenges we have continued to offer a good quality service.

Some of which are:

- Keeping all our services available, providing a quality service to all our clients
- Successfully gaining funding for existing and new projects.
- Being more involved in the community
- Increasing our staff numbers

- Providing comfort, warmth, food, tea, and coffee to those who need it.
- Counselling
- Complementary therapies
- Men's Group
- Women's Group
- Crochet
- Group

We continue to provide a warm space, tea/coffee, biscuits and a safe space to chat for local people struggling with the cost-of-living crisis.

Funding received from South Lanarkshire Council was used to install new cupboards in the kitchen and in two of the rooms upstairs to give us more storage.

Gardening Group

The Gardening group has been very productive this year. We have used most of the produce grown was used for lunches and any surplus was given out to service users.

The numbers have reduced in the last few months, but we still have a core group who help keep the garden. 15 people were involved in the garden throughout the year.

Men's Group

Esteem Clydesdale - Men's Group 2025

Esteem Clydesdale Men's Group has seen another rewarding year in 2025. Our 4th year facilitating a men focused support group every Wednesday evening from 7pm till 9pm. The group has once again proven to be a vital outlet and support not only to regular attendees since the inception, but also new members who have joined the group in 2025. Our weekly meetings not only facilitate a safe, confidential and welcoming environment to discuss and share issues surrounding mental health. They offer the outlet for men to be able to open up about mental health issues without the fear of prejudice or judgment. Such an environment is vital in the fight against mental health stigma also to encourage a section of society which has traditionally struggled to talk openly on matters of mental health, to open up and talk.

Social interaction and developing social skills, team building, continuous learning, trying new things. Are some of the outlets that we encourage to help facilitate building confidence, self esteem and the strength needed to combat mental health. During the year we held cooking demonstrations allowing members to take part and learn to prepare and produce healthy home cooked meals. Summer time BBQs in our own garden allowing our groups to take place outdoors in a fresh environment. We also learned new skills such as bush craft, wood carving. Survival skills such as learning how to safely start and maintain our own outdoor fire. On two occasions the group took part in an outdoor woodland excursion where group activities took place such as archery, bush craft and learning about nature. The support group and above activities were able to take place due to the skills and expertise the volunteers bring to the group. Also, the additional support from the volunteers who offer their own time and extensive experience to Esteem Clydesdale during

the daytime throughout the week. Without their help and support we would not be able to facilitate many of our additional activities.

Going into 2026 we aim to diversify our additional activities and we are able to do this thanks to a charitable donation from TESCO in Carlisle through their community charity fundraising. We were grateful to be awarded £1000 which will go towards the promotion of our physical health and wellbeing. Activities and classes which will promote and highlight the importance of keeping fit, healthy and focused when managing our mental health.

As we look forward to a new year we can look back at the great work, help and support we have offered as a whole group, volunteers and service users both. We can look back with pride as one of our regulars who took a big step forward in his life. When he decided to relocate to another part of the country. The words of gratitude from him and the thanks he gave for the help and support he had received from the group and Esteem as a whole, was a great indicator of the importance of our efforts. We also look back with sadness as we unfortunately lost a member of the men's group who passed away in 2025 after a long battle with illness. We have him and his family in our thoughts.

Women's Group

The Esteem Clydesdale Women's Group continues to grow in confidence, connection and community. This year the group has remained one of our most popular services, offering women a safe, welcoming and supportive space to come together.

Our outdoor forest days have been especially well-loved, giving members the chance to relax, learn new skills and enjoy the therapeutic benefits of nature. These sessions have encouraged confidence, resilience and a deeper sense of calm and wellbeing.

The chair-based yoga sessions have also been a highlight, providing gentle movement accessible to all abilities while supporting both physical and mental relaxation.

One of the greatest strengths of the Women's Group has been the natural peer support that has developed. The genuine sense of community, kindness and understanding among members has created a place where women feel heard, valued and supported by one another.

The group continues to make a meaningful difference in the lives of the women who attend and we're proud to see it thriving.

Counselling

Counselling is provided by [REDACTED]; this is free of charge every Friday. 111 free counselling sessions this year.

I am a volunteer like my colleagues and deal with all the other aspects of daily activity that don't require a counselling session. I also provide other complementary treatments such as Reiki, other energy therapies and massage etc.

The counselling sessions continue to be well received and there has been lots of direct very positive feedback from people and I have witnessed some significant improvements in many. I see a wide range of people with some just needing an occasional opportunity to talk to help them sort things out in their head, and others needing regular open-ended support.

Types of issues I see include Anxiety, depression, alcohol problems, abuse in all its forms, bereavement, relationship problems, physical illnesses etc. I am proud to be part of a very supportive and caring team.

Complementary Therapy Sessions

We have delivered 105 free complementary therapy sessions:

Massage

Reiki

Reflexology

Volunteers

Our team of volunteers have given 300 days.

INCOME/EXPENDATURE
Esteem Clydesdale 24/25

RECEIPTS (Incoming)		UNRESTRUCTURED		RESTRICTED
GRANTS (FUNDING)				5000.00
DONATIONS		1489.10		
FUNDRAISING		1809.00		
REFUNDS				
TOTAL RECEIPTS				8339.07
PAYMENTS (out going)				
PETTY CASH		100.00		
WORKSHOPS/OUTINGS				2920.05
EQUIPMENT		209.27		5363.56
ADMIN COSTS		1030.15		
FUNDRAISING COSTS		28.30		
INSURANCE		303.93		
RENT		4925.00		
UTILITIES		1359.74		
PHONE/INTENET		1133.43		
CONSUMABLES		1044.52		448.43
TRAVEL EXPENSES				
SALARIES				2760.00
EXPENSES (REIMBUREMENT)				
TOTAL PAYMENTS		10134.34		11492.04
SURPLUS/(DEFICIT)				
STATEMENT OF BALANCES				21626.38
OPENING BALANCE				27800.76
INCOME				8339.07
SURPLUS/(DEFICIT)				21626.38
CLOSING BALANCE				14513.45

OSCR

Scottish Charity Regulator

Independent examiner's report on the accounts v2

Report to the Charity name trustees/members of

ESTHER CLYDESDALE Registered charity sc

number On the accounts of the charity for the period 2024 ear Day Month Year to

(remember to include the page numbers of additional sheets)

Set out on pages

Respectiv e 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.

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

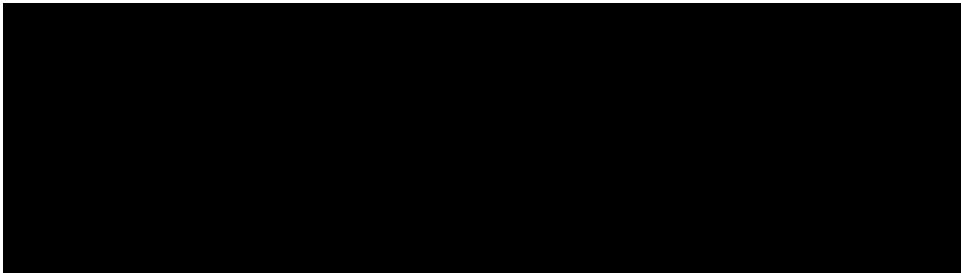
Independent examiner's statement

Period start date
Period end date

Day

- 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.

25/8/25



*Please delete the yards 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