

Return to Life SCIO

Scotland · Charity number SC047494

Details

Known as	R2L
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2017-06-08
Register	View on the OSCR register

Contact

Address	18 Queen street Flat 2/3 Paisley Renfrewshire PA1 2TU
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Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health','the provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended','the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: Return To Life is a charity based in Paisley that supports people living with chronic kidney disease, those on dialysis, people who have had a kidney transplant, and their families. Many people facing kidney illness feel frightened, isolated, and overwhelmed, especially when dealing with long-term treatment and major life changes. Our charity exists to make sure no one has to face this journey alone. We do this by providing friendly, peer-to-peer support from people with lived experience who understand the physical, emotional, and practical challenges of kidney disease. We offer a safe and welcoming space where individuals can talk openly, share experiences, access information, and receive encouragement. Alongside emotional support, we help people better understand their condition, navigate services, and feel more confident managing their health and wellbeing.

Beneficiaries: 'Children or young people','Older People','People with disabilities or health problems','No specific group, or for the benefit of the community'

Objectives: The organisation's purposes are: 4.1 To support people, including young people, suffering from kidney disease. 4.2 To support the families of people suffering from kidney disease. 4.3 To support kidney donors. 4.4 To provide mentors, advocacy, and opportunities to improve physical fitness and mental well-being, before, during and after transplants.

Geography

- **Main operating location:** Renfrewshire
- **Geographical spread:** Wider, but within one local authority area

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£6,422	£6,351	-	1
2024-04-30	£6,058	£6,894	-	1
2023-04-30	£11,505	£15,251	-	0
2022-04-30	£18,738	£14,646	-	0
2021-04-30	£19,060	£24,031	-	1

Accounts

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	April	2024	To	31	May	2025

Reference and administration details

Charity name	Return To Life SCIO
Other names charity is known by	RTL
Registered charity number	SC049474
Charity's principal address	
	Postcode

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		CEO	Whole Year	
2		Chairman	Whole Year	
3		Secretary	01/07/25 till present	
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
[REDACTED]	Resigned 01/07/2025

Structure, governance and management

Type of governing document

Any trustee we appoint would need to provide the following: -

- 1, Police background check via Disclosure Scotland, website.
- 2, Credit history check via Experian web site
- 3, Proof of identity, Passport, driving licence
- 4, Proof of residence, A letter posted top address such as utility bill

Trustee recruitment and appointment

CEO [REDACTED] is responsible for Trustee appointment, it is vital that candidates have the knowledge, experience and empathy qualities at hand to be able to communicate with those who suffer chronic illness such as Chronic Kidney disease.
Due to the complex sensitivities involved, it is imperative that Trustee candidates have real life experience via themselves or through a loved one.

Objectives and activities

Charitable purposes

R2L is Scotland's ONLY Walk in Renal Charity Centre and plays a vital part in Renal patient support service.
Support kidney transplanted and prospective donors, before and after transplant operations by providing, mentoring relationships, opportunities for physical exercise and activities (within their capabilities), counselling, structure and routine, family advice, general advocacy, health advice and preparedness for forthcoming life changes.
Promote organ donation awareness as well as Chronic Kidney disease awareness and life as a renal patient receiving Dialysis treatment

Summary of the main activities in relation to these objects

R2L is Scotland's only walk in Renal Charity centre that provides patient and family support which currently lacks within the NHS.
1, Priority was to create charity awareness, this we achieved with investing in pull up banners, posters which we pinned onto the renal wards over Central Scotland and Edinburgh.
2, We did several Media interviews in local and national Newspapers.
3, World transplant surgeon Mr [REDACTED] agreed to become charity ambassador.
4, Applying for Grants and arranging fundraising activities
6, Supporting patients

APPENDIX 1**Achievements and performance**

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

Awareness has been the key identifier when it comes to this charity progress, as most realise it is incredibly difficult to make any progress with our Objectives as an unknown small local charity. Through endless campaigning, networking, circulating via social media, visiting various renal hospitals around Scotland and a combination of hard work and dedication, Return To Life has now been recognised by the Scottish NHS and government as a main Renal Support Charity. Through our involvement within the Renal environment and out with we have been fortunate to collaborate with huge network range such as, Universities, NHS Blood and transplant units across Scotland, Media outlets, whereby we offer public talks and presentations regards life on Dialysis, pre transplant and post-transplant to: -

- 1, NHS Staff
- 2, NHS Renal Staff
- 3, NHS Medical students
- 4, Secondary School pupils
- 5, University Students
- 6, Primary Schools for careers Day
- 7, Local companies surrounding Greater Glasgow
- 8, Sporting Events we have been part incorporated
- 9, Regular elite cycling Time Trial Events within the West of Scotland and Newcastle Upon Tyne.
- 10, Home visits to Renal patients to explain the reality of Life on dialysis and potential transplant.

Patient interaction has increased dramatically, this has allowed us to communicate with them as well as family's friends to explain what it is like to undergo Dialysis, medications, side effects, symptoms they are likely to endure.

Furthermore, offer external contacts to other Renal Charities who may be able to offer alternative support. We have been very grateful for the support we received from ALL who donated to us. Special mention has to go to the cycling community and Mackenzies construction, Glasgow.

I am pleased to present this Chairman's Report for Return To Life and to reflect on a year that has been both challenging and deeply meaningful for our charity. Return To Life was established to support people living with chronic kidney disease, those undergoing dialysis, transplant recipients, and their families. Kidney failure is a life-changing condition that affects every aspect of daily living, yet it is still not widely recognised as a serious long-term illness. Many people do not fully understand the realities of dialysis treatment, organ transplantation, or the ongoing physical and emotional impact of renal failure. This lack of awareness continues to be a significant challenge for the renal community. This year, our work has been delivered against a backdrop of serious financial hardship. A lack of available grant funding has had a direct impact on the charity, making it increasingly difficult for small organisations like ours to sustain and develop services. Despite these pressures, Return To Life has remained committed to supporting those most in need, responding practically and compassionately where possible. One example of this has been the purchase of electrical blankets for renal patients. People living with kidney failure often suffer from severe cold sensitivity due to the loss of red blood cells, which can occur even during warmer months. Being constantly cold has serious consequences for comfort, wellbeing, and overall health. Providing these blankets has offered practical relief and demonstrated our commitment to listening to and responding to lived experience. We are incredibly grateful for the continued and unwavering support of the racing cycling community. In particular, I would like to thank the GTR-Return To Life cycling team, whose dedication and commitment have helped raise awareness of our charity at top-level cycling events. Their efforts have played a vital role in increasing the visibility of Return To Life, sharing our message with new audiences, and helping to challenge misconceptions around renal disease. I would also like to sincerely thank our trustees, volunteers, supporters, partners, and funders. Your time, generosity, and belief in our mission enable us to continue our work in difficult circumstances. Most importantly, I want to recognise the strength and resilience of the people living with kidney disease who inspire everything we do. Looking ahead, Return To Life remains focused on raising awareness, strengthening support networks, and advocating for

Financial review

Brief statement of the charity's policy on reserves

We have successfully maintained all out going expenditure covering the daily bills, such as telecommunications, internet and travel costs.

Although funds are depleting and not always easily to recover in grant funding, 2026 onwards will be a pressure year to get in as much funding as possible.

Details of any deficit

None To Report

Donated facilities and services (if any)

Zero

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APPENDIX 1

Other optional information

We would like to thank: -

- 1, [REDACTED] for completing our accounts.
- 2, NHS Blood and transplant units
- 3, NHS Renal staff who have contributed
- 4, DR [REDACTED] for his continued support in awareness, fundraising and offering his time
- 5, GTR/Return To life Cycling Team for endless effort to raise funds at open cycle race events.
- 6, Cycling Community for their continued efforts to support us via awareness and donations
- 7, Foundation Scotland, Cora Foundation, National Lottery, Linston Housing for all funding contributions.
- 8, All our volunteers
- 9, Special Mention to Mark Tweedy for his outstanding contribution of Art and design projects
- 10, THANK YOU ALL.

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)	CEO	
Date	30/01/2026	



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
Return to Life

On accounts for the year
ended

30/04/2025

Charity no
(if any)

SC047494

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/04/2025.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination..

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Date: 20/01/2026

Name:

Relevant professional
qualification(s) or body
(if any):

CIMA – Chartered Institute of Management Accounts.

Address:

Home –

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

No matters of concern to raise in the accounts for the year ending 30/04/2025.

Return to Life

SC047494



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	05	2024		30	04	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	2,622				2,622	205
Legacies	-				-	-
Grants	3,800				3,800	5,000
Receipts from fundraising activities	-				-	853
Gross trading receipts	-				-	-
Income from investments other than land and buildings	-				-	-
Rents from land & buildings	-				-	-
Gross receipts from other charitable activities	-				-	-
	-				-	-
A1 Sub total	6,422	-	-	-	6,422	6,058
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets	-				-	
Proceeds from sale of investments	-				-	
A2 Sub total	-	-	-	-	-	-
Total receipts	6,422	-	-	-	6,422	6,058
A3 Payments						
Expenses for fundraising activities	4,851				4,851	3,033
Gross trading payments	-				-	-
Investment management costs					-	
Payments relating directly to charitable activities	1,500				1,500	3,565
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	6,351	-	-	-	6,351	6,598
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	296
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	296
Total payments	6,351	-	-	-	6,351	6,894
Net receipts / (payments)	71	-	-	-	71	(836)
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	71	-	-	-	71	(836)

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	(52)				(52)	784
	Surplus / (deficit) shown on receipts and payments account	71				71	(836)
						-	-
						-	-
	Cash and bank balances at end of year	19	-	-	-	19	(52)
(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	TURBO TRAINER				296
		Total	-	-	296

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

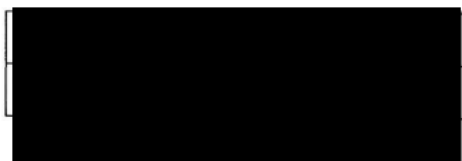
	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities				
		Total	-	-

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

Signature

Print Name

Date of
approval

Section C Notes to the Accounts

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

C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
The Robertson Trust		1	3,800
Total			3,800

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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Number of trustees

£

C4b Trustee expenses - details

C5 Transactions with trustees and connected persons

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

C6 Other information
