

# The Recovery Life Cafe

Scotland · Charity number SC048136

## Details

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Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2018-02-13
Register	<a href="#">View on the OSCR register</a>

## Contact

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Address	c/o East Dunbartonshire Voluntary Action Units 4 & 5 18-20 Townhead Kirkintilloch Glasgow G66 1NL
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## Activities

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**Activities:** 'It carries out activities or services itself'

**Purposes:** '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:** Running since May 2013, the Recovery Life Café (RLC) offers an alcohol-free alternative to the local night-time economy in East Dunbartonshire. It allows people to spend time with their family in a supportive and alcohol-free environment. with the option to engage with recovery services at the same time. The initiative began in response to service user consultation in December 2012 which identified that people struggled with their substance misuse out with traditional service hours such as evenings and weekends. In 2018 we became a registered charity and since returning from COVID in 2023 we have opened our doors to all people especially those who have experienced isolation as well as other mental health issues. The evenings offer healthy homemade food, entertainment, information on local services and a chance to socialise in a 'safe' environment.

**Beneficiaries:** 'Children or young people', 'Older People', 'People with disabilities or health problems', 'People with a particular ethnic or racial origin', 'No specific group, or for the benefit of the community'

**Objectives:** 4.1 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. 4.2 The relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage.

## Geography

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- **Main operating location:** Glasgow City
- **Geographical spread:** A specific local point, community or neighbourhood

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-02-28	£8,309	£7,777	-	0
2024-02-28	£3,138	£2,073	-	0
2023-02-28	£0	£0	-	0
2022-02-28	£5	£0	-	0
2021-02-28	£85	£1,041	-	0

**The Recovery Life Cafe**

Scotland - Charity number SC048136

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# Accounts

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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	1	March	2024	To	28	February	2025

**Reference and administration details**

Charity name	The Recovery Life Cafe
Other names charity is known by	
Registered charity number	SC048136
Charity's principal address	c/o East Dunbartonshire Voluntary Action Units 4 & 5, 18-20 Townhead Kirkintilloch Glasgow
	Postcode: - G66 1NL

**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		Chairperson		
2		Treasurer		
3		Secretary		
4		Trustee		
5		Trustee		
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 Charity is a Scottish Charitable Incorporated Organisation (SCIO)

Trustee recruitment and appointment

Trustees are proposed and elected at the annual general meeting

## Objectives and activities

Charitable purposes

4.1 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. 4.2 The relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage

Summary of the main activities in relation to these objects

The main activity of the charity is to organize a monthly recovery café in Kirkintilloch for all residents of East Dunbartonshire, their families and carers, providing a safe environment for all of those undergoing a recovery process, from a myriad of causes.

## APPENDIX 1

### Achievements and performance

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

The Recovery Life Café has been going well since our return in September 2023 after 3 years off due to the Worldwide Covid pandemic.

Over the past year we have engaged with new organisations and charities in our community and asked them along to meet with the people who attend.

This has included Creative Sparks a local drama charity which supports a large group of children in our area.

We have also invited CAP (Christians Against Poverty) which supports people through debt management issues.

This year we have partnered with a new charity Beauty Bank which offers health and beauty products free to people throughout the UK that might be struggling to look after their health and hygiene due to financial pressures.

One of our new ventures this year was to deliver training in the community. To achieve this I have completed a Mental Health First Aid course and attended and updated my Suicide Prevention training, which will allow me to deliver SuicideTALK training in the community this September.

### Financial review

#### Brief statement of the charity's policy on reserves

We have no policy on reserves. All income is used to further our charitable purposes.

#### Details of any deficit

None

#### Donated facilities and services (if any)

APPENDIX 1

Other optional information

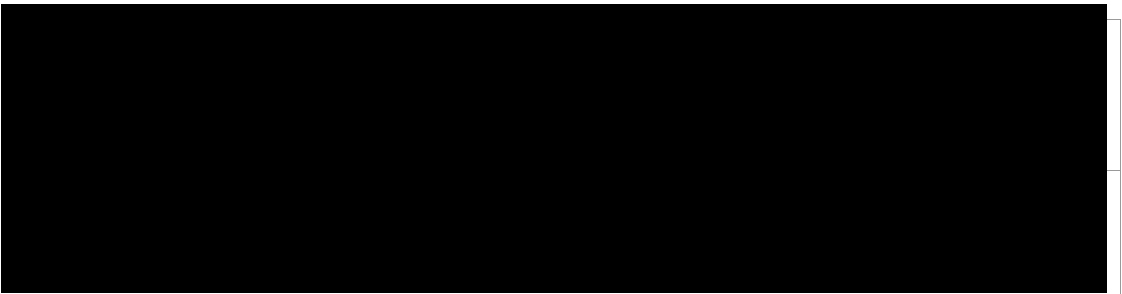
Declaration

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

Treasurer

Date

10/07/2025

11/07/2025

## The Recovery Life Cafe

## Receipts and payments accounts

For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	03	2024		28	02	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	1,509				1,509	138
Legacies					-	
Grants	1,800	5,000			6,800	3,000
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>A1 Sub total</b>	<b>3,309</b>	<b>5,000</b>	<b>-</b>	<b>-</b>	<b>8,309</b>	<b>3,138</b>
<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>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>3,309</b>	<b>5,000</b>	<b>-</b>	<b>-</b>	<b>8,309</b>	<b>3,138</b>
<b>A3 Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	809	6,818			7,627	1,973
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	150				150	100
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
<b>A3 Sub total</b>	<b>959</b>	<b>6,818</b>	<b>-</b>	<b>-</b>	<b>7,777</b>	<b>2,073</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>959</b>	<b>6,818</b>	<b>-</b>	<b>-</b>	<b>7,777</b>	<b>2,073</b>
<b>Net receipts / (payments)</b>	<b>2,350</b>	<b>(1,818)</b>	<b>-</b>	<b>-</b>	<b>532</b>	<b>1,065</b>
<b>A5 Transfers to / (from) funds</b>						
					-	
<b>Surplus / (deficit) for year</b>	<b>2,350</b>	<b>(1,818)</b>	<b>-</b>	<b>-</b>	<b>532</b>	<b>1,065</b>

**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	£
East Dunbartonshire Council	Institution	2	6,800
<b>Total</b>			<b>6,800</b>

**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)	<b>X</b>
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**C3b Trustee remuneration - details**

Authority under which paid	£

**C4a Trustee expenses**

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	<b>X</b>
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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**

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**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 £
<b>B1 Cash funds</b>	Cash and bank balances at start of year	1,718	1,333			3,051	
	Surplus / (deficit) shown on receipts and payments account	2,350	(1,818)			532	
						-	
						-	
	Cash and bank balances at end of year	4,068	(485)	-	-	3,583	
	(Agree balances with receipts and payments account(s))						
		1,986					
		1,065					
		3,051					

<b>B2 Investments</b>	Details	Fund to which asset belongs	Market valuation	Last year
			to nearest £	to nearest £
		Total		

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

<b>B4 Liabilities</b>	Details	Fund to which liability relates	Amount due	Last year
			to nearest £	to nearest £
		Total		

<b>B5 Contingent liabilities</b>	Details	Fund to which liability relates	Amount due (estimate)	Last year
			to nearest £	to nearest £
		Total		

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

Signature

Print Name

Date of approval

[Redacted Signature]

11/07/2025



**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 received	1,509				1,509	138
					-	
					-	
<b>Total</b>	<b>1,509</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>1,509</b>	<b>138</b>

**2 Grants**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
EDC	1,800	5,000	6,800	3,000
			-	
			-	
<b>Total</b>	<b>1,800</b>	<b>5,000</b>	<b>6,800</b>	<b>3,000</b>

**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 £
					-	
					-	
					-	
					-	
<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

**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 £
Advertising	601				601	306
Consumables		5,266			5,266	1,177
IT & computer						130
Rent		1,135			1,135	360
Insurance	32				32	
Training and events		416			416	
Other	176				176	
<b>Total</b>	<b>809</b>	<b>6,818</b>	<b>-</b>	<b>-</b>	<b>7,627</b>	<b>1,973</b>

reference error



Nature and purpose of funds

The Recovery Life Cafe

SC048136

**Additional analysis (3)**

6 Breakdown of restricted funds

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
<b>Receipts</b>						
Donations					-	
Legacies					-	
Grants	5,000				5,000	3,000
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>5,000</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>5,000</b>	<b>3,000</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>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>5,000</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>5,000</b>	<b>3,000</b>
<b>Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	6,818				6,818	1,667
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
<b>Sub total</b>	<b>6,818</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>6,818</b>	<b>1,667</b>
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>6,818</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>6,818</b>	<b>1,667</b>
<b>Net receipts / (payments)</b>	<b>(1,818)</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>(1,818)</b>	<b>1,333</b>
<b>Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	<b>(1,818)</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>(1,818)</b>	<b>1,333</b>

**Nature and purpose of funds**  
Hall hire, Catering and Training.

**APPENDIX 3**



**Report to the trustees/members of**  
**Registered charity number**  
**On the accounts of the charity for the period**  
**Set out on pages**

Independent examiner's report on the accounts							v2
Charity name							
<b>The Recovery Life Cafe</b>							
Registered charity number							
<b>SC048136</b>							
Period start date				Period end date			
Day	Month	Year		Day	Month	Year	
01	March	2024	<b>to</b>	29	February	2025	
Appendix 2						(remember to include the page numbers of additional sheets)	

**Respective responsibilities of trustees and examiner**  
**Basis of independent examiner's statement**  
**Independent examiner's statement**

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.

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

- 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
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Signed:** [Redacted]  
**Name:** [Redacted]

**Date:** 11/07/2025

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

[Redacted]

**Address:**

[Redacted]