

Ewen's Room

Scottish Charity Number SC048248

Annual Report and Financial Statements

For the year ended 31st March 2025

Trustees' Annual Report

For the year ended 31st March 2025

The trustees have pleasure in presenting their report together with the financial statements for the year to 31st March 2025.

Reference and Administrative Information

Charity Name

Ewen's Room

Address

[REDACTED]

Bankers

Royal Bank of Scotland, 6 High Street, Fort William, PH33 6AS
Virgin Money, 15 Academy Street, Inverness, IV1 1JN

Independent Examiner

[REDACTED] Voluntary Action Lochaber, An Drochaid, Claggan Road, Fort William,
PH33 6PH

Current Trustees

[REDACTED]

Constitution

Ewen's Room is a Scottish Charitable Incorporated Organisation (SCIO) - registered in its current legal form on 27th March, 2018. The organisation was previously an unincorporated association but changed its legal form. The assets of the unincorporated association were transferred to the SCIO on 27th March, 2018. At the AGM on 22nd July 2021, the aims and purposes of the Constitution were amended to reflect the widening geographical spread and focus of our work across Lochaber and beyond.

Objectives and Activities

Aims and Purposes

- 1) To offer support to people resident in Lochaber and the adjacent Western Highlands, who are experiencing difficulty as a result of mental health issues.
- 2) To raise awareness of mental health issues and counter the associated stigmas within the local community, particularly the young.
- 3) To identify local gaps in support provision in liaison with established NHS and third sector mental health groups and service users.

Charitable Purposes

- 1) The advancement of education.
- 2) The advancement of health.
- 3) The advancement of citizenship or community development.
- 4) The relief of those in need by reason of age, ill health, disability, financial hardship or other disadvantage.

Achievements and Performance

See Ewen's Room Trustees' Annual Review 2024-25 on pages 9 to 11..

Financial review

Total income for the year was £117,053. Expenditure for the same period was £88,702 resulting in a surplus of £28,351. Reserves at year end were £103,422 made up of £13,054 unrestricted funds and £90,367 restricted funds.

Reserves Policy

There is no requirement in the constitution to hold any reserves however the trustees intend to review this by the end of the financial year.

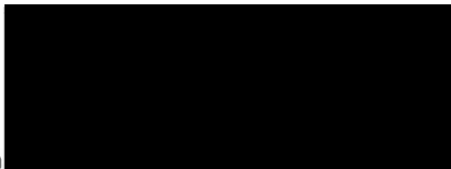
Exemptions from Disclosure

There are no exemptions from disclosure.

Funds held as custodian trustee on behalf of others

There are no funds held as custodian trustee on behalf of others.

This report was approved by the Trustees on 19th December 2025



Na

Date: 19th December 2025

Independent examiner's report to the trustees on the unaudited accounts of Ewen's Room.

I report on the accounts of the charity for the year to 31st March 2025 which are set out on pages 5 to 8.

Respective responsibilities of Trustee and Independent 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) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the 2006 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 view given by 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.

Date: - 19th December 2025
Finance Manager
Voluntary Action Lochaber
An Drochaid, Claggan Road
Fort William
PH13 6PH



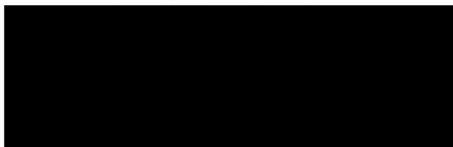
Ewen's Room
Receipts and Payments Accounts
For the year ended 31st March 2025
Scottish Charity Number SC048248

| | | Year to 2025 Unrestricted £ | Year to 2025 Restricted £ | Year to 2025 Total £ | Year to 2024 Total £ |
|---|-------------|--------------------------------------|------------------------------------|-------------------------------|-------------------------------|
| Receipts | Note | | | | |
| Grants and Donations | | | | | |
| Grants | 4 | 25,000 | 64,872 | 89,872 | 41,338 |
| Donations | 5 | 18,166 | 1,000 | 19,166 | 27,371 |
| Bank interest received | | 1,456 | - | 1,456 | 639 |
| Fund Raising | | | | | |
| Gift Aid | | - | - | - | 632 |
| Counselling | | 6,557 | - | 6,557 | 5,398 |
| Other Income | | 3 | - | 3 | - |
| Total Receipts | | 51,181 | 65,872 | 117,053 | 75,378 |
| Payments | | | | | |
| Charitable Activities | | | | | |
| Charitable Expenditure | | 738 | 2,421 | 3,159 | 3,538 |
| Sub-Contractor | | 32,393 | 29,254 | 61,647 | 59,922 |
| Refreshments | | - | - | - | 288 |
| Bank Charges | | 69 | - | 69 | 150 |
| Payment Processing Fees | | 97 | - | 97 | 17 |
| Postage / Office Stationery | | 23 | 34 | 57 | 775 |
| Telephone & Fax | | 163 | - | 163 | 202 |
| Computer & Software | | 2,724 | - | 2,724 | 1,401 |
| Repairs & Renewals | | 23 | - | 23 | 14 |
| Vehicle Repairs & Servicing | | - | - | - | 124 |
| Mileage Claims | | 1,820 | 1,804 | 3,624 | 5,033 |
| Insurance | | 259 | - | 259 | 259 |
| Local Projects | | - | - | - | 80 |
| Room Hire | | 720 | 3,047 | 3,767 | 4,681 |
| Travelling | | 18 | 11 | 29 | 17 |
| Vehicle Hire | | - | 65 | 65 | - |
| Training Costs | | 844 | - | 844 | 365 |
| Subscriptions & Memberships | | 55 | - | 55 | 20 |
| Hotels | | - | 1,769 | 1,769 | 1,112 |
| Misc Purchases | | - | - | - | 366 |
| Advertising | | 126 | - | 126 | - |
| Rent | | 2,785 | - | 2,785 | - |
| Wages Costs | | 4,330 | 387 | 4,717 | - |
| Exchange Rate Variance | | 25 | - | 25 | - |
| Governance Costs | | | | | |
| Independent Examination | 7 | 480 | - | 480 | - |
| Accountancy Fees | | 2,220 | - | 2,220 | - |
| Total Payments | | 49,910 | 38,792 | 88,702 | 78,364 |
| Surplus/(Deficit) for the year before transfers | | 1,271 | 27,080 | 28,351 | (2,986) |
| Transfers between funds | 6 | (7,226) | 7,226 | - | - |
| Surplus/(Deficit) for the year | | (5,955) | 34,306 | 28,351 | (2,986) |

Ewen's Room
Receipts and Payments Accounts
For the year ended 31st March 2025
Scottish Charity Number SC048248

| | Year to 2025 Unrestricted | Year to 2025 Restricted | Year to 2025 Total | Year to 2024 Total |
|--|---------------------------------|-------------------------------|--------------------------|--------------------------|
| Statement of Balances - as at 31st March 2025 | | | | |
| Opening cash at bank and in hand | 19,009 | 56,061 | 75,071 | 78,057 |
| Add Income | 51,181 | 65,872 | 117,053 | 75,378 |
| | 70,190 | 121,933 | 192,124 | 153,435 |
| Less Expenditure | 49,910 | 38,792 | 88,702 | 78,364 |
| Transfers | 6 (7,226) | 7,226 | - | - |
| Closing cash at bank and in hand | 13,054 | 90,367 | 103,422 | 75,071 |
| Bank and Cash Balances | | | | |
| RBS Bank Account | 11,918 | 48,042 | 59,960 | 52,793 |
| Virgin Money Bank Account | - | 42,326 | 42,326 | 21,706 |
| Outstanding Lodgements | - | - | - | - |
| Outstanding Cheques | - | - | - | - |
| Creditors | (163) | - | (163) | - |
| Petty Cash | 29 | - | 29 | 10 |
| Paypal | 878 | - | 878 | 170 |
| Sum-Up Debit Card | 392 | - | 392 | 392 |
| 8 & 9 | 13,054 | 90,367 | 103,422 | 75,071 |

Signed on behalf of all Trustees:



Date: 19th December 2025

The notes on pages 7 to 8 form part of these financial statements

Ewen's Room
Scottish Charity Number SC048248
Notes to the accounts
For the year ended 31st March 2025

1 Basis of Accounting

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2 Nature and purpose of funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity. The trustees maintain a single unrestricted fund for the day-to-day running of the charity.

Restricted funds may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes.

3 Related party transactions

No remuneration was paid to the trustees or any connected persons during the period (2024: £NIL).

4 Grants

| | Unrestricted Funds | Restricted Funds | Total 2025 | Total 2024 |
|---|-----------------------|---------------------|---------------|---------------|
| Corra Foundation | - | - | - | 5,700 |
| The Wood Foundation | - | - | - | 3,000 |
| Foundation Scotland | - | 7,950 | 7,950 | 3,237 |
| The Highland Council | - | 22,000 | 22,000 | 13,901 |
| British Science Association | - | 14,922 | 14,922 | - |
| Tesco Groundworks UK | - | - | - | 500 |
| Highland Third Sector Interface | - | 10,000 | 10,000 | 15,000 |
| Bank of Scotland Foundation | 25,000 | - | 25,000 | - |
| Highland Whole Family Wellbeing Programme | - | 10,000 | 10,000 | - |
| | <u>25,000</u> | <u>64,872</u> | <u>89,872</u> | <u>41,338</u> |

5 Donations

| | Unrestricted Funds | Restricted Funds | Total 2025 | Total 2024 |
|----------------|-----------------------|---------------------|---------------|---------------|
| Misc Donations | 18,166 | 1,000 | 19,166 | 27,371 |
| | <u>18,166</u> | <u>1,000</u> | <u>19,166</u> | <u>27,371</u> |

6 Transfers between funds

The total of £7,225.52 was transferred between funds during the period (2024: £2,576).

£4,546.31 from unrestricted funds to Open Doors - Fort William to clear spend.

£1,346.13 from unrestricted funds to Open Doors - Strontian to clear spend.

£1,333.08 from unrestricted funds to Open Doors - Acharacle to clear spend.

7 Governance Costs

| | Unrestricted Funds | Restricted Funds | Total 2025 | Total 2024 |
|-------------------------|-----------------------|---------------------|--------------|------------|
| Independent Examination | 480 | - | 480 | - |
| Accountancy Fees | 2,220 | - | 2,220 | - |
| | <u>2,220</u> | <u>-</u> | <u>2,220</u> | <u>-</u> |

8 Unrestricted Funds

| | At 1st April 2024 | Incoming | Outgoing | Transfers | At 31st March 2025 |
|--------------------|----------------------|----------|----------|-----------|-----------------------|
| Unrestricted Funds | 19,009 | 51,181 | (49,910) | (7,226) | 13,054 |
| | 19,009 | 51,181 | (49,910) | (7,226) | 13,054 |

9 Restricted Funds

| | At 1st April 2024 | Incoming | Outgoing | Transfers | At 31st March 2025 |
|---|----------------------|----------|----------|-----------|-----------------------|
| Wellbeing Champions | - | 5,450 | (3,221) | - | 2,229 |
| Wellbeing Heroes | 18,500 | 10,500 | (5,912) | - | 23,088 |
| Green Health / Spaces | 9,708 | 2,200 | (4,506) | - | 7,402 |
| Open Doors - Fort William | - | - | (4,546) | 4,546 | - |
| Open Doors - Arisaig, Kinlochleven, Mallaig | 10,817 | - | (8,617) | (2,200) | - |
| Open Doors - Strontian | - | - | (1,346) | 1,346 | - |
| Open Doors - Acharacle | - | - | (1,333) | 1,333 | - |
| Open Doors - Mallaig | - | - | - | 2,200 | 2,200 |
| FriendsDay Wednesday / FunDay Monday | 3,983 | 6,660 | (1,992) | - | 8,650 |
| Building Natural Capital | 6,058 | 14,922 | (3,033) | - | 17,947 |
| Community Wellbeing Champions | 6,997 | - | (1,081) | - | 5,916 |
| Healthy Young Minds | - | - | (497) | - | (497) |
| Walk & Talk / Whatever the Weather Walks | - | 1,100 | (339) | - | 761 |
| Rugby | - | 3,360 | (470) | - | 2,890 |
| Book Bug | - | 3,140 | (190) | - | 2,950 |
| Creative Therapies | - | 15,000 | (1,620) | - | 13,380 |
| General Costs | - | 1,840 | (89) | - | 1,751 |
| Open Doors - Lochaline | - | 1,700 | - | - | 1,700 |
| | 56,061 | 65,872 | (38,792) | 7,226 | 90,367 |

Wellbeing Champions programme consists of sessions that teach participants self regulation and resilience building tools that they can use for themselves and share with their peers.

Wellbeing Heroes is a play based programme to provide support for younger children with anxiety and behaviour problems.

Open Doors drop in sessions are weekly drop-in chat sessions which provide a friendly and relaxed atmosphere for people to socialise and to chat about anything on their mind.

FriendsDay Wednesday / FunDay Monday offers an after school club for primary school pupils.

Green Health / Spaces & Building Natural Capital / Healthy Young Minds provides mentoring and empowers young people to make use of their natural environment to improve their emotional wellbeing and mental fitness.

Community Wellbeing Champions programme is a peer support network based in schools, colleges and workplaces set up to improve levels of emotional and mental health of individuals and general wellbeing.

Book Bug outreach provision in partnership with Highland Council Libraries in the furthest outlying communities.

Creative Therapies provides funding for Music Therapy and Family Wellbeing Sessions in Schools across Lochaber.

Whatever the Weather Walks hosts group walks in Spean Bridge, Mallaig and Kinlochleven.

Youth Rugby sessions in Mallaig.

10 Volunteers and Supporters

The trustees would like to record their heartfelt thanks to everyone who has contributed to the ongoing success of Ewen's Room and expansion of our activities over the year.

Our gratitude is extended to all the others, in the local communities and beyond, who have volunteered, helped our work in other ways, donated to our funds, and fundraised for us.

Ewen's Room Trustees' Annual Review 2024 -25

1.1. OVERVIEW

The Trustees of Ewen's Room are very pleased to report that we have been able to further expand and extend our services across Lochaber over the course of the last year. This has been achieved following recruitment of a new part time Manager and consolidation of our team of education officers.

The strategy of combining our Fort William administration office with home-based programme delivery staff spread across the rural corners of the area continues to be crucial for providing cost effective and locally relevant support to our service users, both young and old.

Following appointment of our new manager [REDACTED] in October 2024 on a self-employed contract, we were delighted to be able to confirm her position with the issue of our first fixed term employment contract, providing improved conditions and security for this crucial role. This significant progress was made possible by a combination of local fundraising, the winning of additional project funding and being awarded multi annual grants in support of our ongoing administration and development – providing a sound basis for future growth.

1.2. PROGRAMME DELIVERY

Our programmes to promote wellbeing and good mental health have continued to concentrate on early intervention to build individual resilience in our young people, while also providing essential counselling for those in urgent need of help. Through the Whole Family Wellbeing Programme, Ewen's Room now offers services that span all age ranges, including play and music therapy, reaching children and families collectively.

Ewen's Room also provides ongoing wellbeing support and encouragement for adults through weekly drop-in sessions in six venues across the district. and other regular events to help those in our local communities with long term emotional needs.

1.3. Support Programme - Children & Young People

1.3.1. Afterschool and Youth Clubs

The weekly after-school FriendsDay Wednesday sessions for pupils of Acharacle Primary continued to attract some 15 – 20 youngsters who thoroughly enjoy the healthy snacks and wellbeing enhancing activities organised for them.

Youth Club in Mallaig is run as a Ewen's Room collaboration and continues to be well received by the young people. Our Youth Rugby in the village also enjoys community support and sponsorship (Jac-O-Bites) and a number of the kids were able to visit an international Rugby Match at Murrayfield Stadium.

1.3.2. WellBeing Heroes

As one of Ewen's Room's flagship programmes, we worked hard to get Wellbeing Heroes into as many primary schools as possible this year. The programme either has been, or is scheduled to be delivered in 11 schools and 12 classes.

1.3.3. WellBeing Champions

This year we achieved our goal of being invited by all five Lochaber high schools to deliver our WellBeing Champions resilience training to appropriate pupil groups in each school. In three locations (Ardnamurchan, Mallaig and Kinlochleven), a cohort of WellBeing champions meets weekly with various levels of involvement from our team.

1.3.4. BookBug & Stories around the Fire

Funding from the Children and Young People Mental Health and WellBeing Fund has enabled us to provide BookBug outreach in partnership with the Highland Council Libraries in some of the furthest outlying communities, like Knoydart. This spring also saw the return of Stories around the Fire.

1.3.5. Building Natural Capital and Healthy Young Minds

We continue to be a research partner of the University of South Wales in two projects. Building Natural Capital trains young people to be peer-researchers in understanding how natural spaces contribute to well-being, community connections, and environmental health.

As a subcontractor for Healthy Young Minds, Ewen's Room teams have been travelling to 6 schools across the wider Highland Region to deliver workshops that encourage High School students to design early mental health interventions.

1.3.6. Free Counselling for Young People

Ewen's Room is an approved supplier of school counselling under the Highland Council's Framework for the five high school clusters across Lochaber. However, due to long travel distances, our counsellor tends to work mainly with Mallaig and Ardnamurchan High Schools, where she is well known and highly respected by the school staff and students.

We also continue to offer free counselling for children and young people under the age of 25 that do not come through the schools. This service is used by 1 to 2 individuals a month, though greater advertising is likely to increase this number.

1.3.7. Creative Therapies

At the end of 2024 we were successful in applying for funding from the Whole Family Wellbeing Fund which is paying for Music Therapy and Family Wellbeing Sessions in Schools across Lochaber.

1.4. Support Programme - Adults

1.4.1. 'Open Doors'

We continued to host our weekly informal drop-in sessions in Fort William and five widely scattered villages across the District. Each Open Doors venue is very different, and our team run the sessions in a variety of ways. In Kinlochleven, Open Doors is a connection point between students, teachers and the community in

an informal setting in the library. In Arisaig, a well established circle of largely retired individuals enjoy regular meet-ups, writing workshops, and memoir discussions. Acharacle seems to be a hot bed of baking and Strontian has strong input from volunteers to lead the sessions.

1.4.2. Workshops for Wellbeing

This year's series of Workshops for Wellbeing in Kinlochleven was extremely well received, and has enabled people to discuss and improve their mental health in creative ways – writing, drawing, and even cross-stitch.

The concept was replicated successfully in Lochaline, and also in Mallaig where Jenny's experience of using pets for therapy led to the development of 'Pawsitivity' sessions that improve mental health of adults in care homes, the library and on regular walks.

1.4.3. Whatever the Weather Walks

Initially a continuation of the Walk & Talk January campaign, these hosted group walks in Spean Bridge, Mallaig and Kinlochleven attracted a steady crowd of regulars who benefitted enormously from the outdoors, the movement and the company.

1.5. THANK YOU!

We'd again like to record our heartfelt thanks to everyone who has contributed to the ongoing success of Ewen's Room, and further expansion of our activities over the past year.

The staff team members have all been working brilliantly on every aspect of our ongoing programme and we are hugely indebted to them for their enthusiasm and dedication to our cause over the course of the year. Our grateful best wishes are also extended to our outgoing Manager, [REDACTED] and also our Education Officer [REDACTED] whom we hope to welcome back after her maternity leave. We are particularly indebted to our Trustees and other volunteers for their valuable expertise, time and input, contributed generously to meetings, events and ongoing projects. Special thanks and very best wishes for the future go out to [REDACTED] [REDACTED] our two highly treasured Trustees who retired this year after many years of service and contribution to our work – we will miss them!

We also wish to note our gratitude to all the others, too many to name, in local communities and beyond, who have volunteered, helped our work in other ways, donated to our funds, and fundraised for us.