

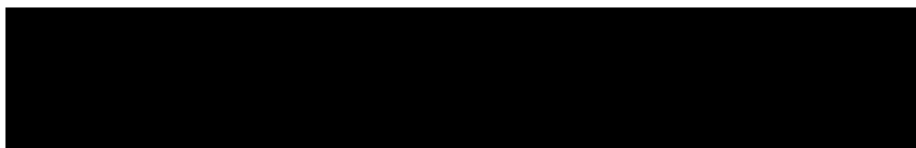


The Lade Centre
Trustees' Annual Report
April 2024 to March 2025

Charity contact information

The Lade Centre

Scottish Charity Number: SC048255



Telephone number:



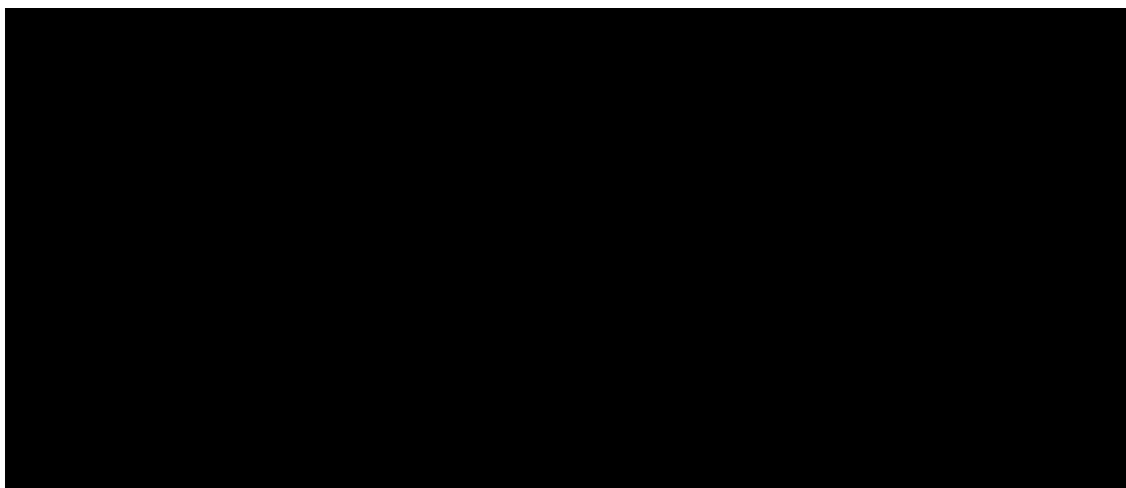
Facebook:

The Lade Centre

Website:

www.theladecentre.com

Charity Trustees for period 24/25



Objectives and activities

The Lade Centre is a community project, wholly run by volunteers, which aims to support people who have, or care for people with life-limiting illnesses or long-term conditions. It also aims to reduce social isolation through group activity.

The Centre has three main objectives:

1. To create a drop-in centre where people can socialise and relax, combating isolation and providing social support.
2. To provide professional support to people with long-term conditions and their carers; this work is led by A&B HSCP MacMillan Nurse and supported by a team of therapists.
3. To reduce social isolation through the provision of an increasing range of activities to improve quality of life.

Structure, governance and management

Type of governing document

The charity is governed by a constitution which has been approved by OSCR. There is a Board which presently comprises a Chairman, Treasurer and Secretary. The latter two roles are combined at present. There is also a committee on which the members of the Board sit together with volunteers from the centre and representatives from NHS Highland.

Committee meetings are generally held on a bimonthly basis and are used to deal with correspondence received, any issues which may have arisen, financial reviews, updates regarding use of the centre and to review policies and procedures. All meetings are face to face.

Trustee recruitment and appointment

We have six trustees. Two new trustees were appointed in this year.

Trustee training. No specific trustee training took place in this session.

Training for volunteers

Each new volunteer is given an induction session with Alison Cowan in line with the Volunteer Policy.

Achievements and performance

Building on the successful re-start of our programmes of activities after the pandemic we were able to offer a full range of activities in our halls and rooms.

An example of a month of activities is shown at appendix 1 and a full and up to date programme of activities can be found on our website: theladecentre.com

This year we continued to pursue our objectives of alleviating of stress and hardship due to the cost-of-living crisis. We aimed do this in two ways. Firstly, by ensuring the centre was open for all adults to drop-in, publicising the centre as a comfortable and warm space. Secondly, we

aimed to increase our provision of mental health counselling activities, details of which can be found in the counselling and grief support section on page 6

We also hoped to encourage younger people to use the centre and would look for opportunities to do this.

In October again we began to provide soup lunches on a Monday and Wednesday each week. These lunches were free to all adults and proved extremely popular. Over the six months period we served around 1,500 lunches. This



complemented the regular bacon roll brunches we provide on a Friday morning with between 10 and 15 servings daily. In total we provide on average 2,000 meals in the six month period over winter. The Friday morning bacon rolls continue all year round.

The provision of lunches also brought an increase in the number of people attending other events at the centre. In particular we saw extra number attending our sing-a-long sessions and our afternoon board games activity. In addition to the provision of warmth and nourishment we were pleased to notice that after the lunches stopped in March people opted to bring their own lunch and meet up with friends in the drop-in area.

During the year, a local dance teacher began weekly classes for young people. This has proved very successful, with over 50 young people each week ranging from tots to teens enjoying the classes.

Other more physical events such as chair yoga are also held led by volunteers from the charity Versus Arthritis, amongst others. We hire out the main hall on a regular basis for activities like these.



Sosa fitness dance and Power yoga form men were introduced to the classes available.

On Thursday afternoons we hold a writer's group which has been successful in encouraging writers of all abilities to develop their craft in a relaxed environment. This group has grown over the years and is now a firm event in our weekly calendar.

Blending these events into the continual availability of the drop-in area has proved a very successful.

Fund Raising

Quiz fundraiser, Robert McKirdy Quiz sheet, Christmas raffle, Argyll Lottery and various local donations.

Palliative, counselling and well-being activities

Counselling and grief support:

We were pleased to be able to continue this activity throughout the year. It has its own brand, which is known as The Listening Service. We



enable two professional counsellors working as self-employed practitioners to assist adult clients on Bute who suffer from mild to moderate anxiety and depression. The counselling support is provided from our dedicated quiet room in the centre or via telephone or zoom.

During the year, we resourced in excess of 300 free sessions of counselling. This has assisted around 60 people with their mental health and well-being over the year. This service is the costliest element of the support we enable and amounted to £13827 in this year.

Complementary therapy: Many of our individual complimentary therapies have moved to being delivered in the clients home. The individual therapists, as independent practitioners report that clients

remain reluctant to attend the Centre due to the perceived ongoing risk of Covid transmission in the community.

All the complementary services delivered in the centre are funded by the NHS Highland Palliative fund.

Financial review

Income

Income during the year, from donations, grant, and other activities remained strong, and enabled the Centre to continue to provide a wide range of activities to support the individuals using the facilities.

One fundraising activity was the daily availability of a sales table, which has proved to be very successful.

The Trustees are most grateful for the support from across the island community towards the operation of the Centre.

Expenditure

As mentioned in the activities section above our greatest expenditure arises from the therapy and counselling services we enable. Utilities cost was well controlled this year as we benefited from fixed price contracts for the year.

The contribution of our dedicated volunteers to keeping our costs to a minimum is gratefully acknowledged.

Major works. Nil in this year

Details of any deficit

There is no deficit in funding at present.

Statement of the charity's policy on reserves

A reserve is held in agreement with the management committee for two purposes. Firstly, as bridging funding between grant awards to

enable the smooth running of the charity. Secondly, as non-restricted funds to allow consideration of long-term solutions to venue costs, either for purchase of buildings or long-term lease/rent.

Donated facilities and services

The Lade Centre continues to benefit enormously from the donation of its halls and therapy rooms. Mr G Hanson, the benefactor, leased the building, rent free, to the charity. This gift, which has been extended until 2024, allows The Lade Centre to operate readily.

Sustainability of the Centre and the charity are dependent on securing a long-term solution to the use of the building.

Financial governance

A financial controls policy is in place and reviewed in June 2022. A review date is set in financial year 25/26 as a new Treasurer has been appointed following the passing of Malcolm Alexander. This review will focus on ensuring there is appropriate risk mitigation in place for expenditure across the organisations operations.

Policy reviews

The Volunteer policy and the Financial Control policy were both approved following minor changes to wording.

Future plans

The main focus for the coming year must remain the alleviation of stress and hardship due to the cost-of-living crisis. We will do this by ensuring we open for all adults to drop-in, and publicising the centre as a comfortable and warm space.

Our other key task for the coming year is to raise funds to purchase the building we use. We will look at a range of options in fundraising and grant aided support.

If possible, we would also like to develop partnerships with other charities on the island to broaden impact. We would particularly like to develop joint working that is aimed at providing space for men.

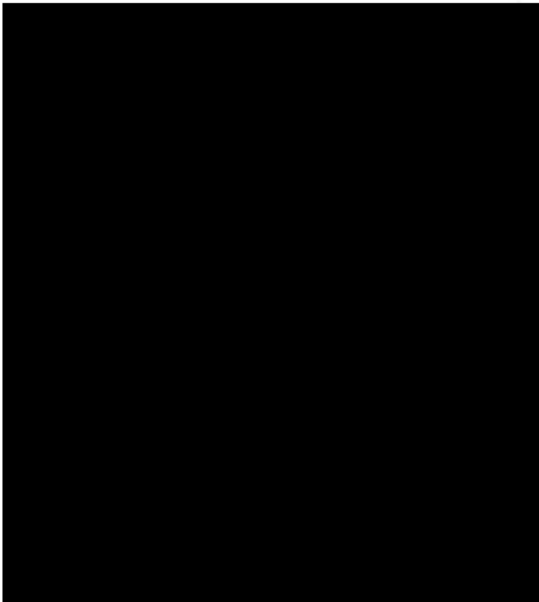
Risks

Our key financial risk for the coming year remains the effect of energy prices on our financial viability. These prices are now fixed at a rate that is at least twice the previous years cost and may prove to be more.

Our other financial risk comes from the need to secure grant funding for the counselling support we enable. In the current year we have been able to contain the costs within our income stream. We will attempt to mitigate the financial risk by seeking further grant aid specifically for this service.

Declaration

Signed on behalf of the charity trustees:



Appendix 1

Example month of activities

Drop-in area: All welcome pop in for a chat and cuppa Monday
Thursday 10:00 - 16:00 Friday 10:00 - 14:00

Main Hall:

Monday: Morning - Boccia Mondays 10.00 to 11.00 next session 29 January, fortnightly thereafter Feb 12, 26 Mar 11, 25 why not come along and give it a go. For adults and sessions are free. [REDACTED]

Fun Strum 11.15 -12.30 weekly. Fun strum Ukuleles and Guitars. No Uke we will lend you one. Don't like to strum come for the singing. Beginners welcome

Every Monday lunchtime between 12:00 and 14:00 we've got soup and roll to warm you up. Donations gratefully received.

Afternoon - Weekly Word/Board/Card Games 13:00 -16:00 all welcome.
Evening -The Chloe Aiken School of Dance. Tartan tots (2-3years) 16:30 -17:00.
Beginners Highland (4-7 years) 17:00 -18:00 contact 07435 215 898.

Tuesday:

Morning - Weekly Gentle Movement 11:00 -12:00 max 8 by referral **class full**.

Afternoon – Main Hall ...Weekly Rothesay Bridge Club 14:00 -17:00 members only.

Evening - Weekly Pilates 17:30 18:30 Class full.

Wednesday:

Morning –

Every Wednesday lunchtime between 12:00 and 14:00 we've got soup and roll to warm you up. Donations gratefully received.

Afternoon - 13:30 - 14:30 Sing - along weekly all welcome.

Evening - The Chloe Aiken School of Dance 18:00 -19:00 for more information contact 07435 215 898

Thursday:

Morning – Booking pending 10:00 -11:00 to be confirmed.

Chair yoga 11:30 -12:30 cost £3.00 or donation. All welcome.

Afternoon - Weekly Writers Group 13:15 -15:00 All welcome.

Evening - Weekly Rothesay Bridge Club 18:45 - 21:45 members only

Friday Morning Uke 10:00 -13:00.

10:00 -12:30 hot filled rolls (bacon or sausage) available donations gratefully received

Evening - The Chloe Aiken School of Dance Senior highland (8 years +) 17:15--19:15 for more information contact 07435 215 898.

<u>Total Income 2024-2025</u>													
	April	May	June	July	August	September	October	November	December	January	February	March	Totals
Cash Donation Box and other donations	30.00	1,988.39	4,858.00	2,859.50	1,385.00	220.00	2,759.87	440.00	2,537.27	368.00	2,040.00	1,087.00	20,573.03
Grant Funding								14,984.09					14,984.09
Hall Hire	857.00	822.50	415.00	760.00	645.50	697.50	680.00	383.00	10,385.00	602.50	540.00	724.10	17,512.10
Lottery	30.00	36.50	26.00	26.00	32.50	26.00	32.50	26.00	26.00	32.50	22.00	17.50	333.50
Fund Raising	154.00							120.00					274.00
Refunds		640.00										90.00	730.00
Total Income	1,071.00	3,487.39	5,299.00	3,645.50	2,063.00	943.50	3,472.37	15,953.09	12,948.27	1,003.00	2,602.00	1,918.60	54,406.72

Total Expenditure 2024-2025**Utilities and licence costs**

	<u>April</u>	<u>May</u>	<u>June</u>	<u>July</u>	<u>August</u>	<u>September</u>	<u>October</u>	<u>November</u>	<u>December</u>	<u>January</u>	<u>February</u>	<u>March</u>	<u>Totals</u>
Insurances	30.08	30.08	319.71								685.55		1,065.42
Gas	214.94	326.80	177.27	155.22	14.87	113.42	165.74	292.89	403.59	529.04	539.93	481.90	3,415.61
Electricity	122.64	189.72	227.60	165.88	163.38	196.12	177.71	212.14	268.39	189.99	244.61	220.94	2,379.12
Phone/WIFI	70.19	69.67	69.67	69.67	75.66	75.73	75.73	75.73	75.73	75.73	75.73	80.98	890.22
Licences									162.00				162.00
Building costs													-
Total Core costs	437.85	616.27	794.25	390.77	253.91	385.27	419.18	580.76	909.71	794.76	1,545.82	783.82	7,912.37

Expenses

	<u>April</u>	<u>May</u>	<u>June</u>	<u>July</u>	<u>August</u>	<u>September</u>	<u>October</u>	<u>November</u>	<u>December</u>	<u>January</u>	<u>February</u>	<u>March</u>	<u>Totals</u>
Sundries various (Alison)	230.90	131.81	76.67	176.30	171.89	161.48	73.57	153.55	187.99	114.62	202.82	345.53	2,027.13
Hanson Building repairs		623.76	78.58	15.72									718.06
Thomson Court													-
Interloch Transport					152.00	74.00		86.00		16.00			328.00
Electric Bakery	7.30	30.72	38.40		61.44	38.40	30.72		163.84	81.92	85.70	168.46	706.90
Counsellor Invoices	1,424.50	1,384.50	1,024.50	864.50	1,203.00	1,214.50	1,213.00	1,196.00	664.50	1,213.00	630.00	1,795.00	13,827.00
Therapist Invoices	595.00	110.00	520.00	120.00	810.00		860.00	120.00		200.00	235.00	120.00	3,690.00
Garden							300.00						300.00
Total Expenses	2,257.70	2,280.79	1,738.15	1,176.52	2,398.33	1,488.38	2,477.29	1,555.55	1,016.33	1,625.54	1,153.52	2,428.99	21,597.09
Total Expenditure	2,695.55	2,897.06	2,532.40	1,567.29	2,652.24	1,873.65	2,896.47	2,136.31	1,926.04	2,420.30	2,699.34	3,212.81	29,509.46

Info from Bank statements

Balance as at 31/03/2024	58,650.61
Income 2024/2025	54,406.72
Expenditure 2024/2025	29,509.46
Balance as at 31/03/2025	£ 83,547.87

APPENDIX 3



Independent examiner's report on the accounts

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

Charity name THE LADE CENTRE						
Registered charity number SC0448255						
Period start date				Period end date		
Day	Month	Year	to	Day	Month	Year
01	04	2024		31	03	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:

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.