

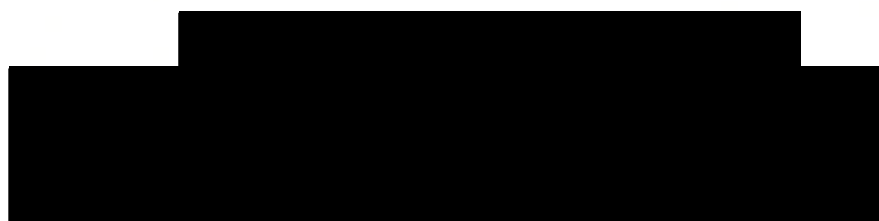
**Feeling Strong**

Scottish Charity No: SC048394

## **Annual Report & Financial Statements**

For the Year ended

**31 March 2021**



## **Feeling Strong**

### **Annual Report & Statement of Account**

For year ended 31 March 2021

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## **Feeling Strong**

### **Trustees' Annual Report**

For year ended 31 March 2021

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The charity trustees present their report together with the financial statements and the Independent Examiner's report for the year ended 31 March 2021

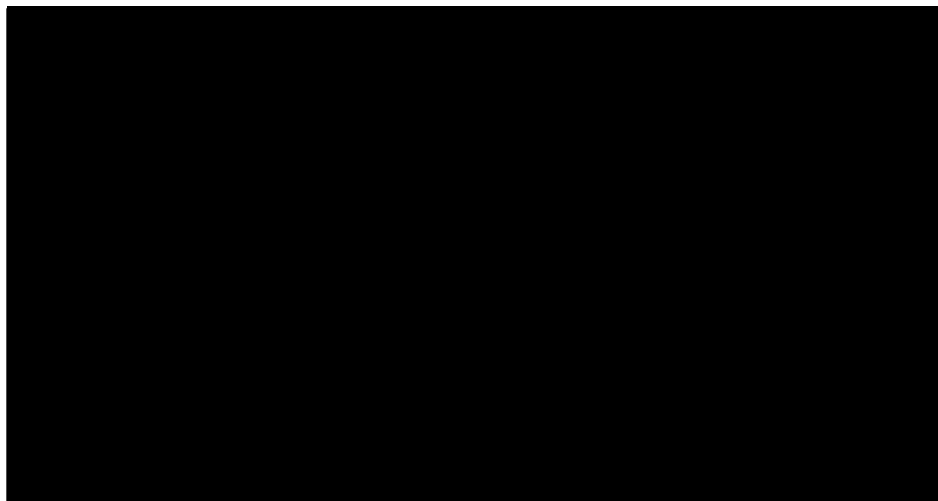
### **Reference & Administrative Information**

**Charity Name:** Feeling Strong

**Charity Number:** SC048394

**Principal Address:** Block 5, Seabraes Lane, Dundee DD1 4NX

**Trustees:**



**Independent Examiner:**



### **Structure, Governance & Management**

Feeling Strong is a unincorporated voluntary association governed by its constitution.

Trustees are appointed by the members of the organisation at the AGM, and in the interim vacancies are co-opted by agreement at a meeting of the board.

## **Feeling Strong**

### **Trustees' Annual Report**

For year ended 31 March 2021

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### **Objectives & Activities**

The charitable objects of Feeling Strong are:

1. The advancement of health.
2. The advancement of citizenship or community development (including rural or urban regeneration).
3. The promotion of equality and diversity.
4. The relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage

For our beneficiaries:

1. Children / young people
2. People with disabilities or health problems
3. Other defined groups

Our activities are to ensure that every young person in Dundee who has experienced a mental health or wellbeing challenge is supported to reach their full potential. We deliver projects, services and campaigns in the community to tackle stigma, build confidence, develop resources, create networks and most importantly support the positive recovery journey of our young people.

### **Achievements & Performance**

In 2021 Feeling Strong had the challenge to provide mental health support to young people more than ever before during a global pandemic. At the end of December 2020, we were faced with another nationwide lockdown for four months which negatively impacted the mental health of young people within Dundee.

As the lockdown began, we were faced with a similar challenge in 2020, therefore adapting to this new way of working from home, however, some projects and face-to-face projects were postponed. Despite these challenges, we were able to launch new projects that followed the Covid 19 lockdown restrictions. Our regular service deliveries were pushed back until it was deemed safe for charities to restart their work services again in May/June. Since then we have brought our projects back to the public with new safety measures in place, as well as finding new ways of campaigning and fundraising while keeping everyone safe from the spread of Covid-19. This year we have proved to ourselves that we can adapt to any changes and be there for young people when they need us the most.

## **Feeling Strong**

### **Trustees' Annual Report**

For year ended 31 March 2021

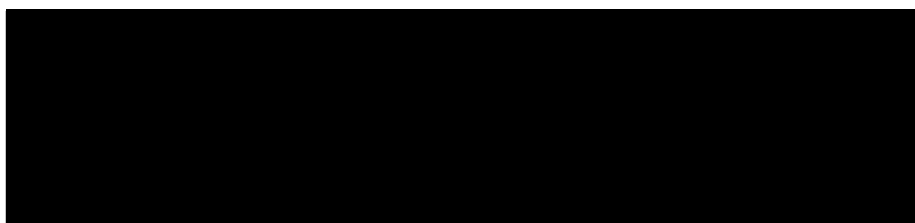
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#### **Financial Review**

With income of £201,437, principally from grants and donations, and expenditure of £97,771 Feeling Strong had a surplus for the year of £103,666. The surplus was added to funds brought forward from the previous year so that at the 31 March 2021 the charity held total funds of £114,095. The total funds consisted of £43,564 in the unrestricted fund and £70,531 in restricted funds.

It is the policy of the charity to hold three months operating costs in reserves. With unrestricted reserves of £43,564, equivalent to 5 months running costs, the charity had met its target.

This report was approved by the charity trustees on ..23/12/21..... and signed on their behalf by:



## Feeling Strong

### Independent Examiner's Report

For year ended 31 March 2021

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I report on the accounts of Feeling Strong for the year ended 31 March 2021, which are set out on pages 7 to 12.

#### Responsibilities and basis of report

The charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 ("the 2005 Act") and the Charities Accounts (Scotland) Regulations 2006 ("the 2006 Regulations").

I have satisfied myself that the charity is not subject to audit under Regulation (10)(1)(d) of the 2006 Regulations and is eligible for independent examination. I have therefore examined the charity's accounts as required under section (44)(1)(c) of the 2005 Act and Regulation 11 of the 2006 Regulations. In carrying out my examination I have followed the guidance issued to independent examiners by the Office of the Scottish Charity Regulator (OSCR).

My role is to state whether any material matters have come to my attention giving me cause to believe that:

1. the accounting records were not kept as required by section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Regulations; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Regulation 9 of the 2006 Regulations; or
4. there is further information needed for a proper understanding of the accounts.

#### Independent examiner's statement

I have completed my examination and I have no concerns in respect of any of the above and I have found no other matters that require drawing to your attention.



Date: 26/12/21

## Feeling Strong

### Statement of Receipts & Payments

For year ended 31 March 2021

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	<u>Note</u>	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>2021 Total</u>	<u>2020 Total</u>
		£	£	£	£
<b>Receipts</b>					
Donations	4	76,389	109,603	185,992	58,465
Charitable activities	5	15,445	-	15,445	4,221
<b>Total receipts</b>		<u>91,834</u>	<u>109,603</u>	<u>201,437</u>	<u>62,686</u>
<b>Payments</b>					
Charitable activities	6	<u>51,964</u>	<u>45,807</u>	<u>97,771</u>	<u>66,061</u>
<b>Total payments</b>		<u>51,964</u>	<u>45,807</u>	<u>97,771</u>	<u>66,061</u>
Surplus/(deficit)		<u>39,870</u>	<u>63,796</u>	<u>103,666</u>	<u>(3,375)</u>

## Feeling Strong

### Statement of Balances

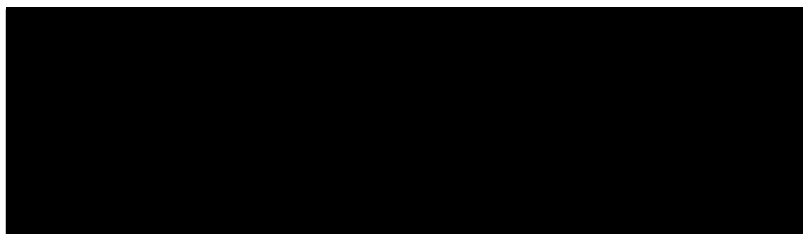
At 31 March 2021

	Unrestricted Funds	Restricted Funds	2021 Total	2020 Total
	£	£	£	£
Opening bank & cash balances	3,694	6,735	10,429	13,804
Surplus/(deficit)	39,870	63,796	103,666	(3,375)
Closing bank and cash balances	43,564	70,531	114,095	10,429

#### Assets

		£
iPads	Unrestricted	660
Office furniture	Unrestricted	1,500

Approved by the charity trustees on 23/12/21 ..... and signed on their behalf by:





## **Feeling Strong**

### **Notes to the Financial Statements**

For year ended 31 March 2021

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#### **1. The Basis of preparation and accounting policies**

1.1 These accounts have been prepared on the receipts & payments basis in accordance with:-

- (a) The Charities & Trustee Investment Act (Scotland) Act 2005, and
- (b) The Charities Accounts (Scotland) Regulations 2006 (as amended).

1.2 The basis for the preparation of the accounts has changed from accruals to receipts and payments, as such the comparator figures for the previous year have been restated on the receipts and payments basis.

1.3 Income and expenditure is recognised when received or disbursed.

The Charity maintains:-

- (a) A general unrestricted fund for the day-to-day running of the charity which is expendable at the discretion of the management committee in furtherance of the charity's objects, and
- (b) A number of restricted funds that consist of monies received from sponsors which relate to a specific project and are donated to fund a particular purpose (see note 3).

#### **2. Trustee Remuneration & Expenses**

No remuneration was paid to trustees or connected persons during the year.

No expenses were paid to trustees during the year.

#### **3. Restricted Funds**

##### **3.1 Restricted Funds**

During the year the charity maintained the following restricted income funds:

Community Hub - Feeling Strong's Community Hub project is to provide young people in Dundee a safe space to come and talk about their challenges with trained peer supporters, access information and signposting for other services.

Turn Up the Heat - Turn Up the Heat is a cooking education workshop project to help tackle health inequalities among young people with mental health and wellbeing challenges in Dundee as well as promoting self-care, the importance of nutrition and building communities of shared interest around therapeutic activities.

## **Feeling Strong**

### **Notes to the Financial Statements**

For year ended 31 March 2021

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Young Person's Guide to Feeling Strong - This project was about pulling together Dundee specific physical and digital resources, working with young people to identify their needs through surveys and workshops.

Make Your Mark - Make Your Mark was a skills development programme working with young people who face additional barriers to achieving positive destinations by fostering skills, confidence and attitudes.

Wellbeing Matters - Wellbeing Matters is a film project in which groups of local young people were able to create a documentary about mental health and learn basic skills in film production.

Making Waves – is a project of outdoor activities for young people to experience the environment.

Dundee Safety Net – is a project to deliver a recovery-focused mental health service for young people in Dundee.

Know Your Stuff – Developed an information booklet on Covid-19 for young people and distributed it throughout Dundee.

Food & Care Packages – A project to deliver food care packages and drop in sessions.

Live & Learn/Craft It On – This project was a skills development project designed to give young people confidence, however due to the second lockdown with agreement from the funder it became an art project focused on creating connections.

Dundee Youth Network - This project will be to deliver six-week peer supporter development projects in schools across Dundee.

## Feeling Strong

### Notes to the Financial Statements

For year ended 31 March 2021

#### 3.2 Movement in Restricted Funds

Fund	Opening balance	Income	Expenditure	Transfers	Closing balance
	£	£	£	£	£
Young Person's Guide to feeling Strong	749	-	-	-	749
Make your Mark	1,283	-	-	-	1,283
Wellbeing Matters	4,703	-	4,382	-	321
Making Waves	-	9,743	9,743	-	-
Dundee Safety Net	-	73,157	10,601	-	62,556
Know your Stuff	-	8,720	8,720	-	-
Food & Care Packages	-	4,800	4,552	-	248
Live and Learn	-	9,318	7,809	-	1,509
Dundee Youth Network	-	3,865	-	-	3,865
Total	6,735	109,603	45,807	-	70,531

#### 4. Donations

	Unrestricted Funds	Restricted Funds	2021 Total	2020 Total
	£	£	£	£
Grants	45,000	109,603	154,603	26,911
Donations	31,389	-	31,389	31,554
	76,389	109,603	185,992	58,465

#### 5. Receipts from Charitable Activities

	Unrestricted Funds	Restricted Funds	2021 Total	2020 Total
	£	£	£	£
Courses and seminars	1,250	-	1,250	4,221
HMRC Furlough scheme	6,633	-	6,633	-
Community Jobs Scheme	6,669	-	6,669	-
Other income	893	-	893	-
Total	15,445	-	15,445	4,221

## Feeling Strong

### Notes to the Financial Statements

For year ended 31 March 2021

#### 6. Payments on Charitable Activities

	Unrestricted Funds	Restricted Funds	2021 Total	2020 Total
	£	£	£	£
Project costs	7,296	20,180	27,476	30,433
Advertising	671	-	671	3,799
Insurance	506	-	506	315
Staff Salaries	40,968	25,627	66,595	30,250
General office costs	560	-	560	-
Post & stationery	888	-	888	385
Governance costs	122	-	122	72
Travel costs	123	-	123	241
Other expenses	-	-	-	566
Professional fees	720	-	720	-
Events & catering	110	-	110	-
Total	51,964	45,807	97,771	66,061