



## Trauma Treatment & Recovery

### Trustees' Annual Report

1 April 2024 to 31 March 2025



*“Every collaboration helps you grow” – Pelé*





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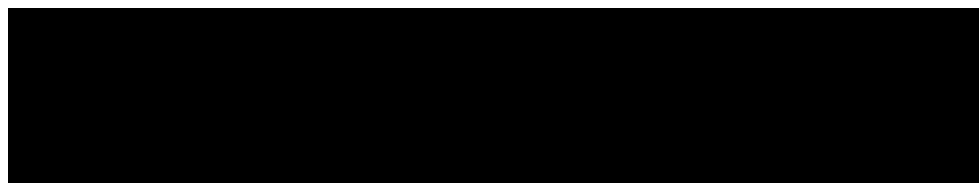
## Reference and Administrative Information

**Registered Charity Name:** MINDSET

**Charity Registration Number:** SC048581

**Principal address:** 9 Broom Gardens, Lenzie, Glasgow, G66 4EH

**Charity Trustees**



**Names of other trustees during this period:**

■■■■■ stepped down as a board member on the 13<sup>th</sup> of June 2024.

**Independent examiner:**



## Structure, governance, and management

Mindset is a Scottish Charitable Incorporated Organisation (SCIO), incorporated in July 2018 and governed by our constitution.

### Trustee recruitment and appointment

Appointments to the Board of Trustees are by invitation not election and will reflect the needs and aims of the SCIO.

The prospective trustees should be able to demonstrate that they have specialist skills, knowledge or experience to assist with the management of the SCIO and that they subscribe to the purposes of the SCIO.

This financial year has seen some changes to the board of trustees. This has been about improving governance and preparing to move Mindset forward in our desire to seek other sources of funding, to reach more people in need of trauma treatment and support.

■■■■■ stepped down as a board member at last year's AGM on 13 June 2024.

■■■■■ agreed to take up the role of Chairperson at the same AGM.

## Charitable Purposes

As set out in the 'Constitution' and 'The Charities and Trustee Investments (Scotland) Act 2005' the purpose(s) of Mindset SCIO are:

The advancement of health through the provision of brief, effective therapeutic services, in particular:

The SCIO shall provide psychotherapy to the community improving the overall mental health and well-being, taking a flexible and innovative approach to provision of mental health support services in the community.

The SCIO will work to bring psychological support within everyone's reach, using creative therapies to improve mental health and emotional wellbeing within community settings.

The SCIO shall seek alternative, flexible and sustainable methods of alleviating psychological distress, openly collaborate with others to enhance inclusion, build on resilience, and advance the use of proactive, preventative and early intervention approaches to improving mental health.

The advancement of education through the provision of self-help tools in an online setting.

To advance and promote other similar charitable activities and purposes.

## Objectives

**Mindset exists to make effective trauma and PTSD treatment more widely available.**

**We aim to work in partnership with other support services to bring effective trauma treatment within the reach of more people in our communities.**

**By working in partnership with other agencies we aim to reach more people and provide more effective and lasting change to the lives of those we help.**

 **yfe, Founder and Chief Executive of Mindset**

Having spent most of my 30 year career in the charity sector, providing support services to people with often challenging and chaotic lives, I've seen firsthand the effects trauma can have on people's ability to move their lives forward in a positive and lasting way.

So often services, such as employability and personal development, provide huge amounts of support to help build the confidence and skills of service users and match them up with opportunities, only for persistent mental health barriers, such as anxiety, disturbed sleep and panic attacks to resurface and render all the support put in place ineffective.

By partnering with Mindset, a wide range of support services can now include trauma treatment and support from qualified, experienced psychotherapists in their offer to service users. This provides more effective, wrap around support, increasing the impact of stretched resources and achieving more positive, sustained outcomes for their existing service users.



## Activities, Achievements & Performance for 2024-25

Most of this year's activity was fulfilling commercial contracts with The Princes Trust, now The King's Trust, and Glasgow City Council's On Route project. These contracts provide group sessions and 1to1 mental health support for their young people.

Some of the surplus achieved in previous reporting periods, fulfilling similar, but now closed commercial contracts, have been used this year to provide 1to1 therapy for individuals who do not fit the criteria for these commercial contracts.

This model of income and delivery is allowing us to grow the charity and widen our reach.

### In the year from 1 April 2024 to 31 March 2025 Mindset provided:

**Services to 173 beneficiaries**

**Group sessions to 94 individuals**

**1to1 therapy to 79 individuals**

**87 new referrals were received for 1to1 support**

**91% of new referrals engaged in 1to1 support**

**scheduled 656 separate 1to1 sessions**

**88% of clients who attended a 1<sup>st</sup> appointment returned for a 2<sup>nd</sup> appointment**

**82% reported an improvement in their mental wellbeing**

**13 individuals received 1to1 therapy funded by cash reserves**

## Client Testimonials from 2024/25

### Client 1

*Honestly Mindset helped me in ways I didn't think it would be able to. Things that bothered me and I couldn't wrap my head around were explained so clearly to me and it made me able to understand my emotions and how to deal with them a lot better than before. It was a fantastic help, and I genuinely appreciate it so much.*

### Client 2

*When my life was falling apart, Mindset, through The King's Trust helped me move forward with my life and provided a safe space to explore my thoughts and feelings. This service developed my self-awareness and gave me the tools to build a healthier, more balanced lifestyle.*

*This is a service young people in their twenties struggle to find elsewhere in Glasgow. I think particularly in impoverished areas, services like these make a huge impact and help young people. I am now an active, positive part of my community thanks to help with my mental health from Mindset.*

## Freelance Staff:

### **Senior Psychotherapist & Project Manager**

██████████ is the founder of Mindset.

He has spent almost 30 years working for charities, supporting clients with trauma, anxiety, addictions, homelessness, and involvement in the criminal justice system.

He passed his Diploma in Human Givens counselling and psychotherapy with distinction in 2014, then passed his Practitioner Diploma in 2018.

### **Supervisor**

██████████ has spent the last fifteen years working as a psychotherapist both in the NHS and private practice. In that time, he has also been a manager and supervisor within the NHS as part of the Combined Mental Health and Social Care Team.

He passed his Diploma in Human Givens Psychotherapy in 2008, then went on to complete an MA in Human Givens Psychotherapy in 2012.

██████████ also delivers training in Managing Client Suicide Risk for The Human Givens Institute, where he also provides supervision for other Human Givens therapists.

### **Senior Psychotherapist**

██████████ has over 22 years of experience working as a holistic therapist, and now practices as a Human Givens psychotherapist.

She passed her Human Givens Diploma in August of 2020 with merit and went on to complete her post graduate diploma in Human Givens Psychotherapy in 2021.

### **Psychotherapist – Mindset**

██████████ has worked with children and families for over 20 years in an educational setting and now works as a Human Givens Psychotherapist/Counsellor with people of all ages affected by trauma.

██████████ achieved her Human Givens diploma in 2021 and then went on to qualify in her practitioner diploma with Human Givens Psychotherapy and Counselling in 2022. She has recently achieved a first-class honours BSc in Psychology with Counselling.

## Financial review 2024/25

Full details of our finances for this reporting period can be found in Receipts and Payments accounts, (appendix 2) submitted to OSCR.

Keeping overheads low by using freelance staff and delivering services in the premises of partner organisations, reduces financial risk to the charity and ensures as much of the budget as possible is spent on direct service provision.

This allows Mindset to stay flexible and respond to changing circumstances such as the coronavirus pandemic and changes in contract and delivery levels.

Moving forward we now intend to use this model to seek new projects and strengthen referral routes from across the community, to embed our support deeper into communities who can benefit significantly from trauma treatment and recovery support.

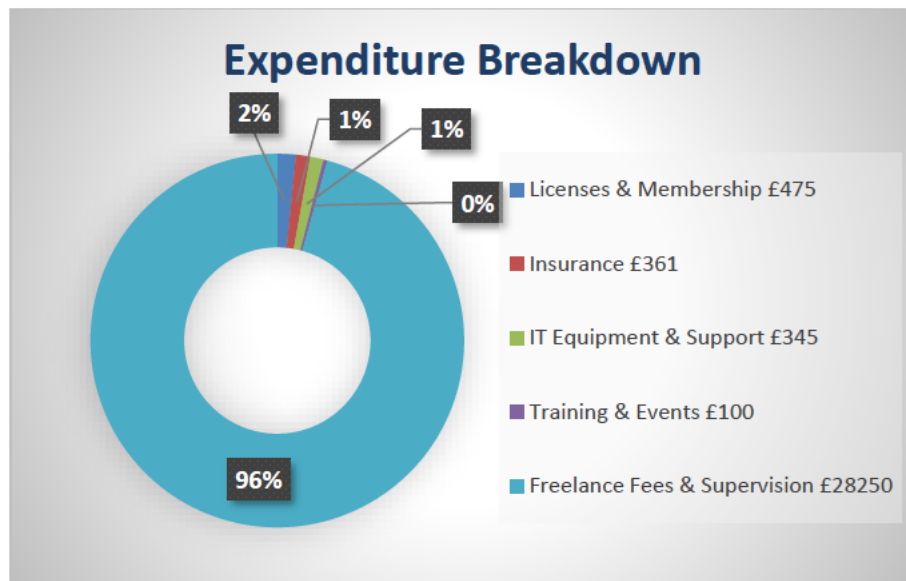
## Receipts & Payment Account Year Ending March 2025

Full details of our accounts can be found in Appendix 2, Mindset R&P accounts

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total April 2024- March 2025 to nearest £
<b>Receipts</b>			
Gross trading receipts	-	51,660	51,660
<b>Total receipts</b>	-	51,660	51,660
<b>Payments</b>			
Gross trading payments	3,600	25,931	29,531
<b>Total payments</b>	3,600	25,931	29,531
<b>Net receipts / (payments)</b>	(3,600)	25,729	22,129

## Statement of Balances

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Total April 2024- March 2025 to nearest £
Cash and bank balances at start of year	14,094	24,621	38,715
Surplus / (deficit) shown on receipts and payments account	(3,600)	25,729	22,129
<b>Cash and bank balances at end of year</b>	<b>10,494</b>	<b>50,350</b>	<b>60,844</b>



Overheads are kept low to reduce financial risk to the charity and to ensure as much of the budget as possible is spent on direct service provision.

## Statement on Mindset's policy on reserves

Mindset is still a small charity. Therapists work on a freelance basis and are only committed where funds are already in place, to minimise financial risks to the charity.

There is still no need for a large sum of money held in reserve.

At the end of this reporting period Mindset had a balance of £10.5K in unrestricted reserves, which represents 32% of this year's expenditure.

It is not our intention to maintain reserves of more than 30% of our annual expenditure going forward. Spending some of these reserves on otherwise unfunded work will keep reserves on or below our stated policy.


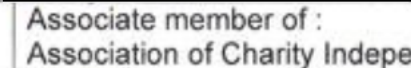
Our policy on reserves will be reviewed during the next financial year, to take account of changing costs and delivery levels as the charity grows.

## Details of deficit

There was a deficit of £3,600 in unrestricted reserves. This was funds spent on providing one to one support to individuals who did not fit the criteria of our commercial contracts with The Kings Trust or Glasgow City Council.

It is our intention to continue to spend some surplus gained from these commercial contracts on trauma treatment within communities and to further strengthen referral routes from other community services. Any unrestricted funds spent on this will be carefully balanced against our financial stability and only committed once the amount of any surplus available to spend can be clearly defined.

## Independent Examiners Report

	<b>Independent Examiner's Report on the Financial Statements</b>	
<b>Report to the trustees/members of</b>	Mindset SCIO	
<b>Registered charity number</b>	SC048581	
<b>On the accounts of the charity for the year ended</b>	31 <sup>st</sup> March 2025	
<b>Respective responsibilities of trustees and examiner</b>	<p>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 ('the 2005 Act') and the Charities Accounts (Scotland) Regulations 2006(as amended) ('the 2006 Accounts regulations' ) 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 2005 Act and to state whether particular matters have come to my attention.</p>	
<b>Basis of independent examiner's statement</b>	<p>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 accounts.</p>	
<b>Independent examiner's statement</b>	<p>In the course of my examination, no matter has come to my attention :</p> <p>1. which gives me reasonable cause to believe that in any material respect the requirements:</p> <ul style="list-style-type: none"> <li>• to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and</li> <li>• to prepare accounts with accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations have not been met, or</li> </ul> <p>2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to</p>	
<b>Signed:</b>		<b>Date:</b> 12 <sup>th</sup> September 2025
<b>Name:</b>		
<b>Relevant professional qualification</b>	Associate member of : Association of Charity Independent Examiners (ACIE)	
<b>Address:</b>	The Dell East End Gordon Berwickshire TD3 6JS	



## Future Plans

In this reporting period [REDACTED] has stepped down as a trustee. Separating all trustee and freelance therapist roles is a significant step forward in our governance and ability to seek funding from trusts and foundations to expand our delivery beyond our current commercial contracts and any limited surplus achieved.

These commercial contracts have allowed us to build a solid foundation for Mindset, both in setting up and embedding effective policies and procedures and becoming more financially stable.

Using surplus from our commercial contracts has allowed us to reach out into communities and take on more trauma treatment for individuals who do not fit these commercial contracts. Seeking further funding from other sources, such as trusts and foundations, will allow us to grow faster and provide trauma treatment to more individuals within our communities than using commercial contracts surplus alone.

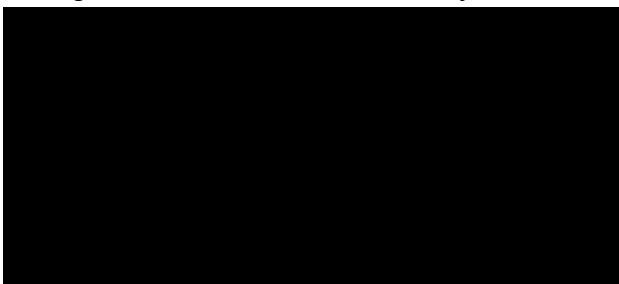
We continue to use only Human Givens trained, qualified and registered therapists. This gives us a range of effective treatments, techniques and a quality of support across a wide range of mental health issues. It also allows us to provide specific treatment for trauma and PTSD, which most other mental health organisations cannot.

We know that many other charities providing counselling state they cannot provide treatment for PTSD. Feedback from partner organisations and communities tells us the effects of trauma are becoming more widely recognised. A notable increase in 'trauma informed' practice within other services is to be commended, however, our feedback and experience tells us that real, lasting benefit to all those suffering the effects of trauma lies in providing fast, effective trauma treatment which does, in most cases, stop symptoms such as panic attacks, flashbacks, nightmares, poor sleep and ongoing anxiety and hyper vigilance.

Getting to this stage in the development of Mindset has taken a great deal of work from the trustees and freelance staff providing the service. It is now our intention to use this solid foundation to move forward with more trauma specific treatment alongside referral partners based in communities most in need of effective and accessible trauma treatment. This specific area of mental health support is where we believe our resources can provide the biggest impact and benefit to the communities we want to serve.

## Declaration

Signed on behalf of the charity trustees:

A large black rectangular box redacting the signature of the charity trustee.

Date: 15/09/2025

SCO48581



## Receipts and payments accounts

For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	04	2024		31	03	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					-	
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts	-	51,660			51,660	29,700
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
					-	
<b>A1 Sub total</b>	-	51,660	-	-	51,660	29,700
<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>Total receipts</b>	-	51,660	-	-	51,660	29,700
<b>A3 Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments	3,600	25,931			29,531	40,965
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
<b>A3 Sub total</b>	3,600	25,931	-	-	29,531	40,965
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>A4 Sub total</b>	-	-	-	-	-	-
<b>Total payments</b>	3,600	25,931	-	-	29,531	40,965
<b>Net receipts / (payments)</b>	(3,600)	25,729	-	-	22,129	(11,265)
<b>A5 Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	(3,600)	25,729	-	-	22,129	(11,265)

## 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	14,094	24,621			38,715	49,980
	Surplus / (deficit) shown on receipts and payments account	(3,600)	25,729			22,129	(11,265)
						-	
						-	
	Cash and bank balances at end of year	10,494	50,350	-	-	60,844	38,715
	(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					
		Total	-	-	-

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities	Freelance Fees March 2025	GCC On Route	670	
		New King's Trust Contract	1,725	
		Unrestricted Funds	55	
	Independent Examiners fee	Unrestricted Funds	150	
		Total	2,600	-

	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	£
<b>Total</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)	
--	--

Authority under which paid

£

**C3b Trustee remuneration - details**

Stuart Fyfe received payments for freelance psychotherapy sessions and training delivery to deliver Mindset contracts while on the board of trustees. Stuart stepped down from the board on 13th of June 2024, less than 3 months into this reporting period, in order to strengthen governance by separating trustee and freelance roles.	<b>3,660</b>

**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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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**

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## 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 £
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-
	-	-	-	-	-	-

#### 2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £			Total current period to nearest £	Total last period to nearest £
					-	
					-	
					-	
					-	
Total	-	-			-	-
	-	-			-	-

#### 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 £
					-	
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-
	-	-	-	-	-	-

#### 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 £
					-	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-
	-	-	-	-	-	-

## Additional analysis (2)

### 5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below  Unrestricted Funds	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
<b>Receipts</b>						
Donations					-	
Legacies					-	
Grants					-	
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>Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Total receipts</b>	-	-	-	-	-	-
<b>Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments	3,600				3,600	22,385
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
<b>Sub total</b>	3,600	-	-	-	3,600	22,385
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Total payments</b>	3,600	-	-	-	3,600	22,385
<b>Net receipts / (payments)</b>	(3,600)	-	-	-	(3,600)	(22,385)
<b>Transfers to / (from) funds</b>					-	32,382
<b>Surplus / (deficit) for year</b>	(3,600)	-	-	-	(3,600)	9,997

#### Nature and purpose of funds

Unrestricted funds accrued over the past four years of commercial contract delivery to The Princes Trust and Glasgow City Council, and moved into unrestricted funds at the end of the last reporting period, are now being used to deliver one to one support to individuals who do not fall within the criteria of those ongoing commercial contracts. This allows us to widen our offer of support beyond these commercial contracts and into surrounding communities. No additional funds were moved into unrestricted funding this reporting period, which is why this spend appears as a deficit in this reporting period.



Independent Examiner's Report on the Financial Statements	
Report to the trustees/members of	Mindset SCIO
Registered charity number	SC048581
On the accounts of the charity for the year ended	31 <sup>st</sup> March 2025
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) Act 2005 ('the 2005 Act') and the Charities Accounts (Scotland) Regulations 2006(as amended) ('the 2006 Accounts regulations' ) 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 2005 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 accounts.
Independent examiner's statement	<p>In the course of my examination, no matter has come to my attention :</p> <p>1. which gives me reasonable cause to believe that in any material respect the requirements:</p> <ul style="list-style-type: none"> <li>to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and</li> <li>to prepare accounts with accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations have not been met, or</li> </ul> <p>2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to</p>
Signed:	<div style="display: flex; align-items: center;"> <div style="background-color: black; width: 150px; height: 40px; margin-right: 10px;"></div> <div style="border: 1px solid black; padding: 5px;"> <b>Date:</b> 12<sup>th</sup> September 2025 </div> </div>
Name:	
Relevant professional qualification	Associate member of : Association of Charity Independent Examiners (ACIE)
Address:	The Dell East End Gordon Berwickshire TD3 6JS