

# The Alive and Kicking (SCIO)

Scotland · Charity number SC048582

## Details

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Known as	Alive & Kicking
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2018-07-26
Register	<a href="#">View on the OSCR register</a>

## Contact

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Address	Saracen House 139 Saracen Street Glasgow G22 5AZ
Website	<a href="http://www.aliveandkickingproject.com">www.aliveandkickingproject.com</a>

## Activities

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

**Purposes:** 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

**What the charity does:** To help older ones overcome the effects of social isolation and loneliness.

**Beneficiaries:** 'Older People', 'People with disabilities or health problems'

**Objectives:** The organisation's purposes are: 4.1 To counter the adverse effects of, and overcome, social isolation and loneliness among the elderly, and those with a physical disability, who reside in the Greater Springburn area of Glasgow 4.2 To provide relief from loneliness and isolation by the provision of a drop in Centre and the range of activities available therein 4.3 To contribute to the independence and self-reliance of elderly and disabled who are housebound by the provision of a Meals on Wheels service.

## Geography

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

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£131,561	£129,561	-	4
2024-03-31	£119,272	£119,543	-	4
2023-03-31	£170,262	£172,606	-	4
2022-03-31	£178,799	£176,060	-	5
2021-03-31	£208,712	£207,899	-	5

**The Alive and Kicking (SCIO)**

Scotland - Charity number SC048582

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# Accounts

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**THE ALIVE AND KICKING  
FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2025**

**SCIO NUMBER: SC048582**

**THE ALIVE AND KICKING**  
**REPORT OF THE TRUSTEES**

The trustees present their report together with the financial statements for the year ended 31 March 2025.

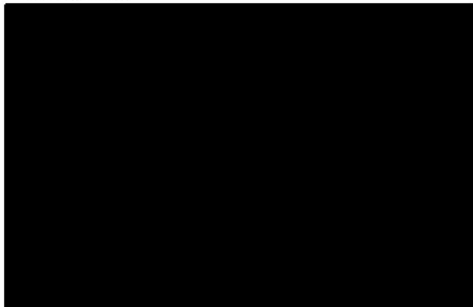
**Reference and Administrative Details**

**Charity number:** SC048582

**Principal address**

Saracen House  
139 Saracen Street  
GLASGOW  
G22 5AZ


**Trustees**



**Senior Staff Member**

AM Robertson – Principal Manager

**Independent Examiner**

  
O'Haras, Chartered Accountants  
Radleigh House  
1 Golf Road  
Clarkston  
GLASGOW  
G76 7HU

**Bankers**

Virgin Money  
30 St Vincent Place  
Glasgow  
G1 2HL

## THE ALIVE AND KICKING

### REPORT OF THE TRUSTEES

#### Objectives and Aims

The objects of the charity are to promote the welfare of the elderly and disabled (who do not require any element of personal care) without discrimination of any kind.

The main objectives and activities in this period continued to focus specifically on:

- The provision of accessible services for disabled people who suffer isolation and distress.
- To increase public awareness of the problems faced by disabled people.
- The provision of information to elderly and disabled members in relation to accessing mainstream services and social inclusion issues.

#### Achievements and Performance

The focus of the charity's work continues to be to reach out to the elderly and disabled by providing social and recreational activities, to combat the societal ills of social isolation and loneliness. Activities also include regular outings, supported holidays and bereavement support. The range of activities within the charity has made it possible for many individuals to develop their interests and talents. The value of this, for people who might otherwise have little or no social contact, cannot be overstated.

#### Financial Review

The charity's principal activities in this year have been supported by a core funding grant from GCC and from various other supporters. Total receipts in the year amounted to £131,561 (2024: £119,272). Expenditure amounted to £129,561 (2024: £119,543) which resulted in a net surplus for the year of £2,000 (2024: deficit of £271).

#### Investment Policy

All of the charity's funds require to be spent to maintain its services and activities therefore there were no funds available for long term investment.

#### Reserves Policy

The charity does not aim to accumulate substantial unrestricted funds but aims to cover its expenditure by income raised from charitable services, donations and other fundraising.

#### Future Plans

We will continue with the challenge of procuring new premises to establish a new base for our valuable work. We have been assisted by several local organisations who we have worked in partnership with to ensure that our past 36 years has not become a legacy. Going forward we believe that we can consolidate our new method of service delivery from several venues across the community and that this is actually increasing our membership, given our localised physical accessibility.

## **THE ALIVE AND KICKING**

### **REPORT OF THE TRUSTEES**

#### **Structure, Governance and Management**

The former Springburn Alive & Kicking Project charity was an ex-Urban Programme which was founded in the Springburn area of Glasgow in 1988 and obtained recognised Scottish Charity (number SCO 31756) status in June 2001. The charity then transferred its assets and activities to this present SCIO entity The Alive and Kicking, on 22 March 2019 and continues to provide services to promote the welfare of the elderly and disabled.

#### **Trustees / Management Committee**

In accordance with the governing document, the board consists of eight members of The Alive and Kicking and the Principal Manager. Board members receive training in committee and project management and meetings are chaired alternately by a member. All new board members are briefed on its objectives, strategic plans, finances and key activities. New and existing board members are encouraged to continue their development in all areas, to assist them in exercising their roles within the charity.

The board members and their families have had no interests in the charity throughout the period.

#### **Organisation**

The trustees have overall responsibility for the direction and administration of the charity. Day to day operations are managed by the Principal Manager who works closely with the trustees and shares responsibility for all operational matters.

#### **Related Parties**

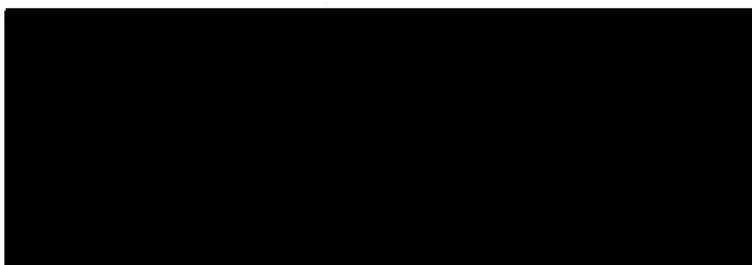
None of the trustees were paid any remuneration by the charity during the year. Expenses incurred by board members in the course of performing their duties as trustees have been reimbursed by the charity.

#### **Risk Management**

The trustees continually examine the major risks which the charity faces and act to ensure that the risks are effectively monitored and their impact mitigated as far as possible.

Approved by the board of trustees on

and signed on their behalf by :-



**INDEPENDENT EXAMINER'S REPORT TO  
THE TRUSTEES OF**

**THE ALIVE AND KICKING**

I have examined the financial statements of The Alive and Kicking for the year ended 31 March 2025, which are set out on pages 5 to 8.

**Respective responsibilities of the 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 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The 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 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 we 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.



O'Haras, Chartered Accountants  
Radleigh House  
1 Golf Road  
Clarkston  
Glasgow G76 7HU

24 February 2026

**THE ALIVE AND KICKING**  
**STATEMENT OF RECEIPTS AND PAYMENTS**  
**YEAR ENDED 31 MARCH 2025**

	Notes	Unrestricted Funds £	Restricted Funds £	2025 Total Funds £	2024 Total Funds £
<b><u>Receipts:</u></b>					
GCC core funding grant		-	109,275	109,275	105,675
Other grant awards	3	-	15,500	15,500	8,820
Smaller donations		3,287	-	3,287	2,122
		-----	-----	-----	-----
<b>Total grants &amp; donations</b>		3,287	124,775	128,062	116,617
Receipts from charitable activities	4	3,499	-	3,499	2,655
Bank overdraft facility		-	-	-	-
		-----	-----	-----	-----
<b>Total receipts</b>		<b>6,786</b>	<b>124,775</b>	<b>131,561</b>	<b>119,272</b>
		-----	-----	-----	-----
<b><u>Expenditure:</u></b>					
<b>Charitable activities:</b>					
Wages & salaries	5	-	97,177	97,177	91,353
Catering		-	22,701	22,701	5,473
Sessional costs & travel		-	-	-	12,800
Insurance		-	455	455	207
Heat & light		-	518	518	-
Repairs & maintenance		-	330	330	-
Telephone		-	2,772	2,772	2,590
Accountancy & independent examiner's fees	6	-	1,200	1,200	1,200
Office costs & training		-	3,495	3,495	4,001
Sundry expenses		-	913	913	1,919
Repay bank overdraft		-	-	-	-
		-----	-----	-----	-----
<b>Total</b>		<b>-</b>	<b>129,561</b>	<b>129,561</b>	<b>119,543</b>
		-----	-----	-----	-----
<b>Net receipts/(payments)</b>		<b>6,786</b>	<b>(4,786)</b>	<b>2,000</b>	<b>(271)</b>
<b>Transfer to/(from) funds</b>		<b>(4,786)</b>	<b>4,786</b>	<b>=</b>	<b>=</b>
<b>Net (deficit) / surplus</b>		<b>2,000</b>	<b>-</b>	<b>2,000</b>	<b>(271)</b>
		====	====	====	====

The accompanying notes form part of these financial statements.

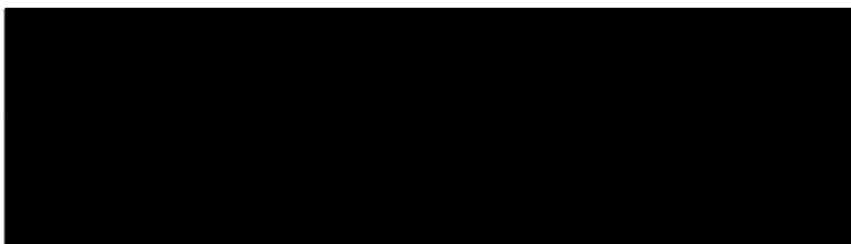
**THE ALIVE AND KICKING**  
**STATEMENT OF BALANCES**  
**31 MARCH 2025**

	Note	2025	2024
		£	£
<b>Cash &amp; bank</b>			
Opening funds		176	1,277
Deficit / surplus for year		24	(1,101)
		-----	-----
<b>Closing funds (unrestricted)</b>		<b>200</b>	<b>176</b>
		-----	-----
<b>Other assets</b>			
Stock		-	-
Debtors		-	-
		-----	-----
		-	-
		-----	-----
<b>Liabilities</b>			
Bank overdraft		5,752	7,728
PAYE & pensions creditor		31,285	30,582
Accrued costs		2,880	2,880
		-----	-----
		<b>39,917</b>	<b>41,190</b>
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Approved by the board of trustees on

20<sup>th</sup> Feb '26

and signed on their behalf by:-



The accompanying notes form part of these financial statements.

**THE ALIVE AND KICKING  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 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.

Restricted funds may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes. During this year, the charity received grants and donations of £124,775 (2024 - £114,495) which were fully spent.

The accounts exclude that the charity collected and fully spent £27,140 (2024 – £22,802) from members on holidays and trips throughout this year. At 31 March 2025 no such members' holiday monies were held by the charity.

3. **Donations & legacies income**

Except for small sundry donations, all grants and donations received by the charity were awarded to meet specific operating and activities costs.

Other grants and awards comprise :-

	2025	2024
	£	£
HFD Charity	4,500	-
Sported Foundation	2,000	-
The McCarthy and Stone Charitable	6,000	-
Edward Gostling	-	1,800
The Wood Foundation	2,500	-
Ross & Liddle	500	-
Age Scotland	-	2,500
Impact Funding	-	3,020
Hendrie	-	1,500
	-----	-----
Total	15,500	8,820
	=====	=====

**THE ALIVE AND KICKING  
NOTES TO THE FINANCIAL STATEMENTS  
YEAR ENDED 31 MARCH 2025**

**4. Charitable activities income £3,499 (2024 - £2,655)**

This includes members fees, meals services and sundry activities.

**5. Wages and Salaries**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Gross wages	91,940	92,052
Employer's national insurance	2,067	2,067
Pension contribution	2,420	807
	-----	-----
Total costs of employment (including sums unpaid)	96,427	94,926
	=====	=====

The average number of staff employed throughout the year was 4 (2024: 4). The trustees were not paid for their services during this year.

**6. Accountancy and Independent Examiner's fees**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Independent examiner's fee	1,200	1,200
	-----	-----
Total (including sums unpaid)	1,200	1,200
	=====	=====