

**Report of the Trustees and  
Financial Statements for the Year Ended 31 October 2024  
for  
Healing for the Heart (SCIO)**

Brett Nicholls Associates  
Herbert House  
24 Herbert Street  
Glasgow  
G20 6NB

## Healing for the Heart (SCIO)

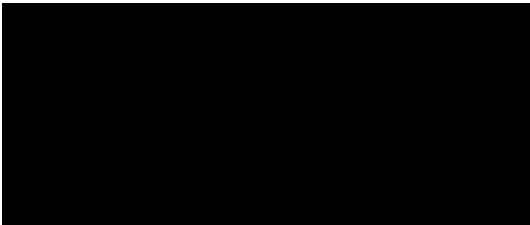
### Contents of the Financial Statements for the Year Ended 31 October 2024

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**Healing for the Heart (SCIO)**

**Reference and Administrative Details  
for the Year Ended 31 October 2024**

**TRUSTEES**



**PRINCIPAL ADDRESS**

Europa Building  
450 Argyle Street  
Glasgow  
G2 8LH

**REGISTERED CHARITY NUMBER**

SC048784

**INDEPENDENT EXAMINER**

  
Brett Nicholls Associates  
Herbert House  
24 Herbert Street  
Glasgow  
G20 6NB

**BANKERS**

CAF Bank Ltd  
25 Kings Hill Avenue  
Kings Hill  
West Malling  
ME19 4JQ

## Healing for the Heart (SCIO)

### Report of the Trustees for the Year Ended 31 October 2024

The trustees present their report with the financial statements of the charity for the year ended 31 October 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### OBJECTIVES AND ACTIVITIES

##### Objectives and aims

In line with our constitution, Healing for the Heart's purpose, motivated by our Christian faith, is the advancement of health:

- By provision of a low cost, affordable, holistic, therapeutic service to support those in need and to help people to improve their health.
- By ensuring the counselling service adheres to BACP and COSCA codes of ethics and good practice.
- By preventing ill health by raising awareness of mental health issues and resilience and reducing stigma.
- By pursuing partnerships with local and national organisations which have similar aims and purposes.

We believe that transformation is not only possible but is to be expected and so we continue to provide support and opportunities for individuals, communities and other organisations to realise their desired transformation through pursuing positive mental health and paying close attention to factors which impact wellbeing.

#### ACHIEVEMENT AND PERFORMANCE

##### Charitable activities

##### Counselling and Psychotherapy

During 2023/24 we continued to see a high demand for the service, driven by the continuing difficulty of accessing NHS assistance and the well documented mental health crisis in society. We have provided around 100 1:1 sessions per week, both in person and online, though this number fluctuated at the beginning of 2024 due to loss of staff, through moving on, health issues and maternity leave. For much of the period, the waiting list was around two thirds of the capacity of the service though this began to drop towards the end of the period as a result of staff returns and some new trainees beginning to work with us. The private referral service, introduced in October 2023 has steadily increased in numbers.

In January 2024 we took the decision to introduce an amended pricing structure, using price brackets rather than a sliding scale, in order to increase the income from the service to help our sustainability. Funding for clinical sessions has been difficult to find so ensuring the sustainability of the service is vital for its continued existence. The new price brackets removed paying less than £10 as an option, although this can be done at the discretion of the management team in exceptional circumstances. This change to the pricing structure initially made a significant difference before plateauing back down, still at a higher level than before the changes were made but not at a high enough level for sustainability.

As a result, in the final quarter of the period the Board and Senior Management Team (SMT) agreed a restructure for the counselling service, set to begin in 2025, which will reduce the capacity of the counselling service and therefore reduce the number of hours we need to pay for the delivery of it. It is hoped that this, along with the change in capacity and an increase in the private referral service introduced in 2022/23, will secure the future of the counselling service by making it considerably more sustainable and therefore less reliant on funding.

##### Community Development

Our community development work continues to provide support for local communities across Glasgow who want to explore mental health and wellbeing. During 2023/24 we worked in the North West and North East of the city to offer a number of groups and activities, coming alongside other organisations who are based in particular geographic communities, to support the people they were already working with.

In addition to our long-standing partnership working with the North West Recovery Community, providing several weekly mental health and wellbeing groups for people in recovery, we worked with groups of people in Partick and Maryhill who took part in our personal development programme, Made 4 More. The feedback from these groups was overwhelmingly positive with positive outcomes including the improvement of mental and physical health, social relations as well as growing confidence and self-worth. Several participants also emphasised how the groups provided a space to talk about mental health and address the stigmas associated with the topic.

## Healing for the Heart (SCIO)

### Report of the Trustees for the Year Ended 31 October 2024

#### ACHIEVEMENT AND PERFORMANCE

We have begun to roll out Community Resiliency Model (CRM) training to communities across Glasgow and to plan for a learning community which will create a network of resilient communities across Glasgow who will be able to offer support to each other. The training has been very popular and very well received, giving people the tools to self-manage their own stress responses.

Our weekly creative writing group, which has been supporting people all over Scotland since lockdown, continued to grow with the addition of both online and in person participants. Group members report greatly increased feelings of wellbeing and of connection with others which positively impacts their overall mental health. Writing has become for them an outlet to express feeling which might otherwise have remained inside. The group is publishing a poetry bundle in time for Christmas!

Building on the success of Creative Writing, we have piloted 'Express Yourself', a group in which participants connect mental health and wellbeing in a creative way.

Through several workshops, using prompts to encourage creative expression, participants were able to gain clarity, release pent up emotions and relieve stress, build meaningful connections within a group setting, improve communication skills (whether written or spoken) and build self-awareness and resilience in individuals.

The group ran at the Adelphi Centre in the Gorbals. The pilot was a success with participants providing the following feedback:

- 100% reported a more positive outlook
- 83% felt more able to manage triggers
- 67% felt more confident around their mental health
- 75% reported a greater sense of connection.

Our inner healing team continue to provide spiritual support for people for whom that is important. They have continued, throughout 2024 to provide up to 5 appointments per month for individuals. The team has grown from seven to eleven volunteers and support for this team has been part of our whole volunteering processes audit and a regular pattern of social gatherings has been established to keep the team connected.

#### Premises

Having spent some time looking at leasing or buying more permanent space in the city centre, we decided that, for the time being anyway, this was not a viable option. Following that decision, we continued conversations with other organisations to pursue a beneficial space arrangement as part of a partnership with the Clutha Trust Consortium of charities.

These conversations have led to a move in July into a space at the Europa Building on Argyle Street. The new space offers more flexibility to host groups, training and other events and is based in the City Centre offering great accessibility for those using public transport.

#### Staffing

In June 2024 we wished our office administrator a happy retirement, after having served the organisation with great diligence and expertise since its inception as a SCIO. We are delighted that our administration assistant has stepped up into the position of office administrator and has executed the administration side of the organisation with great skill and efficiency.

In addition, we continue to employ a freelance fundraiser, who has worked with us since 2023. She continues to secure vital funding and has raised in excess of £180k during her second year working with us.

Some of the additionally secured funding has enabled us to hire two part-time Community Development workers in October. We are excited to see what the additional skill and expertise working with a variety of communities across Glasgow will bring in the years to come.

#### Key Statistics

2023	2024	Outcome
5,000	4,000	1:1 Counselling and pyschotherapy session
14	14	Trainee counsellors undertaking training
7	8	Employees
25	8	Counsellors delivering sessions
12	12	Community groups delivered

## **Healing for the Heart (SCIO)**

### **Report of the Trustees for the Year Ended 31 October 2024**

## **ACHIEVEMENT AND PERFORMANCE**

### **Volunteer support**

Volunteers donate 40 hours per week of time to the service and are an invaluable part of what we do. In our continued efforts to provide the best support for our volunteers we are evaluating and updating our volunteer support structures and procedures. The changes to our support structure will be rolled out at the start of 2025.

In addition, we are developing a new volunteer project we started mid-2024, called the Outreach Team. The Outreach team consist of volunteers who provide listening support to clients linked with Healing for the Heart. Volunteers will bridge the gap between commencing counselling/community development projects or support with transition in moving on from Healing for the Heart services.

## **FINANCIAL REVIEW**

### **Financial position**

For the year ended 31 October 2024, the charity generated a surplus of £1,765 (2023: deficit of £47,483). At 31 October 2024, total reserves stood at £221,756 (2023: £219,991) of which £85,114 (2023: £133,447) were unrestricted, free reserves. The charity also holds a separate designated clinical continuation fund of £65,392 (2023: £65,392). Given the nature of our work, should there be a sudden termination of funding this sets aside six months of clinical costs while other funds are sought.

### **Reserves policy**

Our reserves target remains static at £108,000 in order to preserve the ability to wind down the clinical service over 6 months.

2020 - £60,000 reserves

2021 - £108,000 reserves

2022 - £108,000 reserves

2023 - £108,000 reserves

2024 - £108,000 reserves

The current unrestricted reserves, excluding designated reserves, of £85,114 is below this target. The trustees are aware that their reserves policy is not currently being met and are working towards increasing the unrestricted reserves of the charity.

## **FUTURE PLANS**

### Sustainability

The Trustees have continued to develop a plan for sustainability for the charity by implementing measures to reduce expenditure as well as to increase income.

In addition to the counselling service restructure outlined above, we have decided to reduce the Senior Management Team (SMT) from three posts to one in an effort to reduce core costs.

To secure additional income, the Board have also approved the hiring of a Marketing Consultant who will market our Wellbeing Partnerships and training to local businesses and other third sector organisations.

Training, equipping and supporting other organisations continues to be a growing income stream for the charity. As such we are hopeful the push to market our services as well as the streamlining of our Senior Management Team will increase profit for the coming year.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

As Healing for the Heart is a SCIO, the official governing document we operate under is our constitution.

Our senior management team, comprising of the CEO, Clinical Director and Operations Manager, meet regularly to manage operations and work with the board to develop vision and strategy.

### **Recruitment and appointment of new trustees**

Our Board of Trustees meet quarterly and hold, not only the DNA of the organisation but the oversight of all that is happening. With the current increased demand for services and the cost of living crisis hitting not only individuals but also organisations, they have the interests of both staff and service users to consider. It's become clear that, for the size the organisation has grown to, our board are small in number. A recent skills audit indicates areas where there are gaps. A recruitment and interview process is currently underway to help us to expand both skills and networks.

**Healing for the Heart (SCIO)**

**Report of the Trustees  
for the Year Ended 31 October 2024**

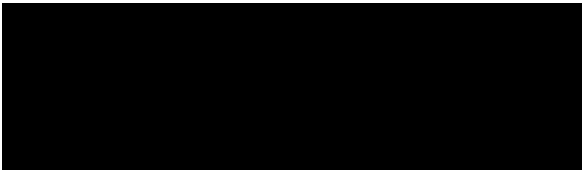
**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Key management remuneration**

In the opinion of the Trustees, the Key Management of the charity comprises S Stirling, Chief Executive. Total employer costs relating to these posts for the year ended 31 October 2024 were £28,303 (2023: £28,303).

24/03/2025

Approved by order of the board of trustees on ..... and signed on its behalf by:



Independent Examiner's Report to the Trustees of  
Healing for the Heart (SCIO)

I report on the accounts for the year ended 31 October 2024 set out on pages seven to eighteen.

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 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) 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 the independent examiner's report

My examination was 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 seeking explanations from you as 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 connection with 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 to comply with Regulation 8 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.

  
Fellow of The Association of Chartered Certified Accountants  
Brett Nicholls Associates  
Herbert House  
24 Herbert Street  
Glasgow  
G20 6NB

Date: .....



## Healing for the Heart (SCIO)

### Statement of Financial Activities for the Year Ended 31 October 2024

		Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
	Notes				
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	25,844	169,682	195,526	191,458
<b>Charitable activities</b>	5				
Mental and emotional health support		93,000	-	93,000	64,536
Other trading activities	3	5,557	-	5,557	4,626
Investment income	4	732	-	732	752
Other income	6	<u>5,000</u>	<u>-</u>	<u>5,000</u>	<u>5,000</u>
<b>Total</b>		<u>130,133</u>	<u>169,682</u>	<u>299,815</u>	<u>266,372</u>
<b>EXPENDITURE ON</b>					
Raising funds	7	10,800	-	10,800	-
<b>Charitable activities</b>	8				
Mental and emotional health support		<u>167,666</u>	<u>119,584</u>	<u>287,250</u>	<u>313,855</u>
<b>Total</b>		<u>178,466</u>	<u>119,584</u>	<u>298,050</u>	<u>313,855</u>
<b>NET INCOME/(EXPENDITURE)</b>		<u>(48,333)</u>	<u>50,098</u>	<u>1,765</u>	<u>(47,483)</u>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>198,839</u>	<u>21,152</u>	<u>219,991</u>	<u>267,474</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>150,506</u>	<u>71,250</u>	<u>221,756</u>	<u>219,991</u>

#### CONTINUING OPERATIONS

This statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities in both years.

Comparative figures for the previous year by fund type are shown in Note 13.

Healing for the Heart (SCIO)

Balance Sheet  
31 October 2024

	Notes	2024 £	2023 £
<b>FIXED ASSETS</b>			
Tangible assets	14	-	1,312
<b>CURRENT ASSETS</b>			
Debtors	15	5,848	3,807
Cash at bank		230,496	221,854
		<u>236,344</u>	<u>225,661</u>
<b>CREDITORS</b>			
Amounts falling due within one year	16	(14,588)	(6,982)
		<u>221,756</u>	<u>218,679</u>
<b>NET CURRENT ASSETS</b>			
		<u>221,756</u>	<u>218,679</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		221,756	219,991
<b>NET ASSETS</b>		<u>221,756</u>	<u>219,991</u>
<b>FUNDS</b>	18		
Unrestricted funds:			
General fund		85,114	133,447
Clinical Continuation Fund		65,392	65,392
		<u>150,506</u>	<u>198,839</u>
Restricted funds		<u>71,250</u>	<u>21,152</u>
<b>TOTAL FUNDS</b>		<u>221,756</u>	<u>219,991</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 18th March 2025  
and were signed on its behalf by:



## 1. ACCOUNTING POLICIES

### General

Healing for the Heart (SCIO) ("the charity") is a Scottish Charitable Incorporated Organisation and governed by its constitution. It was registered as a charity in Scotland (registered number SC048784) on 24 October 2018. Its registered address is Princes House, 51 West Campbell Street, Glasgow, G2 6SE.

### Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities and Trustee Investment (Scotland) Act 2005. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value.

The financial statements are prepared on an accruals basis, and on a going concern basis, in accordance with:

- the Charities and Trustee Investment (Scotland) Act 2005;
- Regulation 8 (Statement of account - Fully accrued accounts) of The Charities Accounts (Scotland) Regulations 2006;
- the Financial Reporting Standard applicable in the UK and Republic of Ireland, published in March 2018 ("FRS 102"), to the extent that it applies to small entities and public benefit entities;
- 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland, published in October 2019 (FRS 102)' ("the Charities SORP");
- UK Generally Accepted Accounting Practice; and
- the historical cost convention.

The charity meets the definition of a public benefit entity under FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value, unless otherwise stated in the relevant accounting policy.

The financial statements are presented in UK sterling, which is the charity's functional currency, and rounded to the nearest pound.

There have been no changes to the basis of preparation this financial year or to the previous financial year's financial statements.

### Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

### Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

### Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

### Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

### Financial instruments

The charity has financial assets and financial liabilities that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

**Notes to the Financial Statements - continued  
for the Year Ended 31 October 2024**

**1. ACCOUNTING POLICIES - continued**

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

All assets costing more than £500 are capitalised. Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer Equipment - 25% straight line

**Taxation**

Healing for the Heart (SCIO) is a charity within the meaning of Section 467 of the Corporation Tax Act 2010. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 of Part 11 of the Corporation Tax Act 2010 and section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that such income or gains are applied for charitable purposes only.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**2. DONATIONS AND LEGACIES**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Donations	8,156	29,933
Gift aid	1,256	-
Grants	186,114	161,525
	<u>195,526</u>	<u>191,458</u>

## Healing for the Heart (SCIO)

### Notes to the Financial Statements - continued for the Year Ended 31 October 2024

#### 2. DONATIONS AND LEGACIES - continued

Grants received, included in the above, are as follows:

	2024	2023
	£	£
Glasgow City Council	17,182	49,553
National Lottery	45,000	-
GCVS Health & Wellbeing	10,000	10,000
Glasgow Chamber of Commerce	-	6,222
St James Place Trust	-	1,750
Bellahouston Bequest Fund	-	5,000
Foundation Scotland	-	5,000
The Albert Hunt Trust	-	4,000
The Corra Foundation	50,000	50,000
The Robertson Trust	30,000	30,000
Benefact Trust	6,500	-
Henry Duncan	8,000	-
Hugh Fraser Foundation	3,000	-
PWP	6,432	-
The Endrick Trust	3,000	-
Pumphouse Trust	2,000	-
Thomas Wall Trust	5,000	-
	<u>186,114</u>	<u>161,525</u>

#### 3. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Fundraising	4,480	4,626
Rental Income	1,077	-
	<u>5,557</u>	<u>4,626</u>

#### 4. INVESTMENT INCOME

	2024	2023
	£	£
Bank Interest	<u>732</u>	<u>752</u>

#### 5. INCOME FROM CHARITABLE ACTIVITIES

	2024	2023
	£	£
Counselling income	70,915	64,536
KCP Service	11,240	-
Supervision	5,485	-
Training Services	4,312	-
Event Income	1,048	-
	<u>93,000</u>	<u>64,536</u>

## Healing for the Heart (SCIO)

### Notes to the Financial Statements - continued for the Year Ended 31 October 2024

#### 6. OTHER INCOME

	2024	2023
	£	£
Employment Allowance	5,000	5,000

#### 7. RAISING FUNDS

##### Raising donations and legacies

	2024	2023
	£	£
Fundraising Costs	10,800	-

#### 8. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 9)	Support costs (see note 10)	Totals
	£	£	£
Mental and emotional health support	277,470	9,780	287,250

#### 9. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2024	2023
	£	£
Staff costs	185,681	190,716
Art Therapist	-	3,120
Direct Expenses	-	21,563
Charitable Donations	1,200	3,220
Sessional Counsellor Payments	28,038	27,277
Bank Fees	982	783
Insurance	1,055	828
Printing and Stationery	1,082	322
Professional Fees	3,467	2,408
Rent	26,088	24,420
IT Software and Consumables	4,492	3,804
Staff Training	3,180	13,967
Telephone & Internet	6,424	4,704
Volunteer Expenses	312	50
Repairs & maintenance	2,254	178
Marketing	7,482	4,311
Office Equipment	3,292	1,669
Refreshments	317	151
Travel	414	172
Sundries	398	-
Depreciation	1,312	1,396
	277,470	305,059

**Notes to the Financial Statements - continued  
for the Year Ended 31 October 2024**

**10. SUPPORT COSTS**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Independent Examination	1,500	1,500
Accountancy Fees	<u>8,280</u>	<u>7,296</u>
	<u>9,780</u>	<u>8,796</u>

**11. TRUSTEES' REMUNERATION AND BENEFITS**

During the year, Trustee [REDACTED], who is also employed as the CEO of the charity received a total remuneration of £28,303 (2023: £28,303).

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 October 2024 nor for the year ended 31 October 2023.

**12. STAFF COSTS**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Wages and salaries	167,657	178,365
Social security costs	10,988	5,981
Other pension costs	<u>7,036</u>	<u>6,370</u>
	<u>185,681</u>	<u>190,716</u>

The average monthly number of employees during the year was as follows:

	<b>2024</b>	<b>2023</b>
Project Staff	<u>8</u>	<u>7</u>

No employees received emoluments in excess of £60,000.

Notes to the Financial Statements - continued  
for the Year Ended 31 October 2024

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	31,683	159,775	191,458
<b>Charitable activities</b>			
Mental and emotional health support	64,536	-	64,536
Other trading activities	4,626	-	4,626
Investment income	752	-	752
Other income	5,000	-	5,000
<b>Total</b>	<u>106,597</u>	<u>159,775</u>	<u>266,372</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Mental and emotional health support	<u>166,097</u>	<u>147,758</u>	<u>313,855</u>
<b>NET INCOME/(EXPENDITURE)</b>	(59,500)	12,017	(47,483)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	258,339	9,135	267,474
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>198,839</u>	<u>21,152</u>	<u>219,991</u>

14. TANGIBLE FIXED ASSETS

	Computer equipment £
<b>COST</b>	
At 1 November 2023 and 31 October 2024	<u>5,585</u>
<b>DEPRECIATION</b>	
At 1 November 2023	4,273
Charge for year	<u>1,312</u>
At 31 October 2024	<u>5,585</u>
<b>NET BOOK VALUE</b>	
At 31 October 2024	<u>-</u>
At 31 October 2023	<u>1,312</u>



## Healing for the Heart (SCIO)

### Notes to the Financial Statements - continued for the Year Ended 31 October 2024

#### 15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	3,710	1,026
Accrued income	2,138	2,666
Prepayments	-	115
	<u>5,848</u>	<u>3,807</u>

#### 16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	2,497	1,871
Other creditors	2,591	3,611
Accrued expenses	1,500	1,500
Deferred income	8,000	-
	<u>14,588</u>	<u>6,982</u>

Deferred income comprised income received for projects which the charity was not entitled to until the following year.

	2024	2023
	£	£
At 1 November	-	-
Deferred in year	8,000	-
Released in year	-	-
	<u>8,000</u>	<u>-</u>

#### 17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds	Restricted funds	2024 Total funds	2023 Total funds
	£	£	£	£
Fixed assets	-	-	-	1,312
Current assets	165,094	71,250	236,344	225,661
Current liabilities	(14,588)	-	(14,588)	(6,982)
	<u>150,506</u>	<u>71,250</u>	<u>221,756</u>	<u>219,991</u>

	Unrestricted funds	Restricted funds	2023 Total funds	2022 Total funds
	£	£	£	£
Fixed assets	1,312	-	1,312	2,708
Current assets	204,509	21,152	225,661	272,157
Current liabilities	(6,982)	-	(6,982)	(7,391)
	<u>198,839</u>	<u>21,152</u>	<u>219,991</u>	<u>267,474</u>

## Healing for the Heart (SCIO)

### Notes to the Financial Statements - continued for the Year Ended 31 October 2024

#### 18. MOVEMENT IN FUNDS

	At 1/11/23 £	Net movement in funds £	At 31/10/24 £
<b>Unrestricted funds</b>			
General fund	133,447	(48,333)	85,114
Clinical Continuation Fund	65,392	-	65,392
	<u>198,839</u>	<u>(48,333)</u>	<u>150,506</u>
<b>Restricted funds</b>			
Glasgow Communities Fund	7,152	(7,152)	-
National Lottery	-	33,750	33,750
The Corra Foundation	-	25,000	25,000
The Robertson Trust	-	12,500	12,500
Foundation Scotland	5,000	(5,000)	-
Bellahouston Bequest Fund	5,000	(5,000)	-
The Albert Hunt Trust	4,000	(4,000)	-
	<u>21,152</u>	<u>50,098</u>	<u>71,250</u>
<b>TOTAL FUNDS</b>	<u>219,991</u>	<u>1,765</u>	<u>221,756</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	130,133	(178,466)	(48,333)
<b>Restricted funds</b>			
Glasgow Communities Fund	17,182	(24,334)	(7,152)
National Lottery	45,000	(11,250)	33,750
The Corra Foundation	50,000	(25,000)	25,000
GCVS Health & Wellbeing	10,000	(10,000)	-
The Robertson Trust	30,000	(17,500)	12,500
Foundation Scotland	-	(5,000)	(5,000)
Bellahouston Bequest Fund	-	(5,000)	(5,000)
The Albert Hunt Trust	-	(4,000)	(4,000)
Thomas Wall Trust	5,000	(5,000)	-
Hugh Fraser Foundation	3,000	(3,000)	-
Benefact Trust	6,500	(6,500)	-
The Endrick Trust	3,000	(3,000)	-
	<u>169,682</u>	<u>(119,584)</u>	<u>50,098</u>
<b>TOTAL FUNDS</b>	<u>299,815</u>	<u>(298,050)</u>	<u>1,765</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 October 2024

18. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/11/22 £	Net movement in funds £	At 31/10/23 £
<b>Unrestricted funds</b>			
General fund	192,947	(59,500)	133,447
Clinical Continuation Fund	65,392	-	65,392
	<u>258,339</u>	<u>(59,500)</u>	<u>198,839</u>
<b>Restricted funds</b>			
Glasgow Communities Fund	5,589	1,563	7,152
National Lottery	2,699	(2,699)	-
GCVS Health & Wellbeing	847	(847)	-
Foundation Scotland	-	5,000	5,000
Bellahouston Bequest Fund	-	5,000	5,000
The Albert Hunt Trust	-	4,000	4,000
	<u>9,135</u>	<u>12,017</u>	<u>21,152</u>
<b>TOTAL FUNDS</b>	<u>267,474</u>	<u>(47,483)</u>	<u>219,991</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	106,597	(166,097)	(59,500)
<b>Restricted funds</b>			
Glasgow Communities Fund	49,553	(47,990)	1,563
National Lottery	-	(2,699)	(2,699)
The Corra Foundation	50,000	(50,000)	-
Glasgow Chamber of Commerce	6,222	(6,222)	-
GCVS Health & Wellbeing	10,000	(10,847)	(847)
The Robertson Trust	30,000	(30,000)	-
Foundation Scotland	5,000	-	5,000
Bellahouston Bequest Fund	5,000	-	5,000
The Albert Hunt Trust	4,000	-	4,000
	<u>159,775</u>	<u>(147,758)</u>	<u>12,017</u>
<b>TOTAL FUNDS</b>	<u>266,372</u>	<u>(313,855)</u>	<u>(47,483)</u>

**Notes to the Financial Statements - continued  
for the Year Ended 31 October 2024**

**19. RELATED PARTY DISCLOSURES**

During the year, the partner of Trustee Shona Stirling, who is also employed as the CEO, made a monthly donation of £200, totalling £2,400 for the year (2023: Two trustees donated a total of £50 towards the charity).

There were no other related party transactions for the year ended 31 October 2024.

**20. PURPOSE OF FUNDS**

General Fund - The unrestricted, 'free reserves' of the charity

Clinical Continuation Fund - Sets aside funds to cover clinical costs while new income is sought, if current funding was to be withdrawn.

Glasgow Community Fund - Funds specific salary and project costs.

National Lottery - Funds specific salary and project costs.

The Corra Foundation - Funding for Specific project costs

Glasgow Chamber of Commerce - Funding for a paid work placement

GCVS Health & Wellbeing - Funding for Specific project costs

The Robertson Trust - Funding for Specific project costs

Foundation Scotland - Funding for Specific project costs

Bellahouston Bequest Fund - Funding for Specific project costs

The Albert Hunt Trust - Funding for Specific project costs

The Benefact Trust - Funding towards the Community Development Co-ordinator post

Hugh Fraser Foundation - Funding towards Counselling Sessions

PWP - Funding for a paid work placement

The Endrick Trust - Funding for Specific project costs

The Thomas Wall Trust - Funding for Specific project costs