

**Report of the Trustees and
Financial Statements for the Year Ended 31 October 2025
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 2025

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Healing for the Heart (SCIO)

Reference and Administrative Details for the Year Ended 31 October 2025

TRUSTEES

R Young (appointed March 25)
K Konkon (appointed October 25)
A Hilder (appointed December 25)
E Boyd (appointed December 25)
J Kerr (appointed January 26)
H B Berryman (appointed January 26)
A Gill (appointed March 25, resigned November 25)
N Campbell (appointed March 25, resigned December 25)
D Chestnutt (resigned February 25)
G Henderson (resigned March 25)
C Ogilvie (resigned February 25)
G Wilson (resigned March 25)
S Stirling (resigned May 25)
R Dhillon (resigned March 25)

PRINCIPAL ADDRESS

Europa Building
450 Argyle Street
Glasgow
G2 8LH

REGISTERED CHARITY NUMBER

SC048784

INDEPENDENT EXAMINER

David Nicholls FCCA
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 2025

The trustees present their report with the financial statements of the charity for the year ended 31 October 2025. 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.

Our Values

Our Christian faith underpins everything we do and our values reflect this:

- Integrity
- Vulnerability
- Kindness
- Compassion
- Commitment

We welcome everyone regardless of their faith, gender, sexual orientation or race, seeing intrinsic value and boundless potential in everyone.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Counselling and Psychotherapy

2024/25 proved to be a year of significant change for our community counselling service. In the final quarter of 2023/24, the Board and Senior Management Team (SMT) agreed a restructure for the counselling service, set to begin in January 2025. The aim of the restructure was to bring the cost of our service delivery down, but maintain the skills, experience and quality within our service to sustainably and adequately support clients, volunteers and staff.

By removing sessional work and redeploy our salaried counsellors in Clinical Development Worker roles, we have:

- developed more capacity to support trainees and volunteers. This in turn has increased the percentage of hours delivered by trainees and volunteers (59% of sessions).
- created a bigger clinical team supporting the newly created Clinical Manager post in holding clinical risk as well as bolstering the support structure for all our counsellors.
- boosted the capacity of our fast-track service, Kairos Counselling and Psychotherapy (KCP) with most sessional counsellors now operating as KCP counsellors.

For reference, KCP is a fixed £60 fee route to counselling with one of our qualified counsellors and offers greater flexibility to clients in terms of frequency and number of sessions. Half of the fee goes to Healing for the Heart meaning KCP helps to fund the community counselling service.

It should be noted that the decision to make these changes was not made lightly. For several staff members the new structure has meant taking a financial hit in challenging economic times. Nevertheless, the team have shown great resiliency and have worked hard to make the new structure work. Clients continue to come through our doors and leave having made choices which positively impact their lives.

Through the community counselling service, we have supported 267 people, a reduction from the previous year due to the staff changes outlined above, but we have seen more referrals come through KCP. We are therefore proud to say that our community service waiting list has remained stable with no client having to wait more than a than 3 months before starting sessions.

Healing for the Heart (SCIO)

Report of the Trustees for the Year Ended 31 October 2025

ACHIEVEMENT AND PERFORMANCE

Charitable Activities

Community Development

2024/25 has been an exciting year for the Community Development Department, seeing the team grow from two to four members, increasing the team's skillset, experience and expertise.

The aim of Community Development at Healing for the Heart:

To identify community needs across Glasgow and create, develop, and deliver projects that improve mental health and wellbeing, while strengthening supportive community networks that foster connection and resilience.

What we do:

Psychoeducational Community Group Work

We deliver group-based learning sessions that help community members build knowledge, skills, and confidence about mental health. Some of these groups happen weekly on a rolling basis, creating a stable presence in a community, building trust and connections. Other groups are offered as one-off sessions or set blocks to work with a specific community and address a specific need.

Training

We provide targeted training for community members and partners, including:

- Community Resilience Model (CRM)
- Addiction awareness and recovery
- Reflective practice
- Connection and relationship-building skills

Who we reach:

We support people across Glasgow, with a particular focus on communities most affected by socio-economic disadvantage and social inequality. We partner with schools, community centres, and organisations to reach:

- People in recovery
- Children and families who benefit from community groups and local support networks
- Grassroot community groups
- Asylum seekers and refugee communities

Our work is project-based and responsive, allowing us to build creative partnerships and connect with communities who face the greatest barriers to wellbeing.

Across all our Community Development projects:

- 81% of participants said their awareness about mental health has increased
- 78% of participants said their self-esteem has increased
- 73% of participants said their confidence has improved
- 68% of participants appreciated how we provided a safe and friendly space
- 63% of participants said their feelings of isolation has decreased

Premises

Following the move to the Europa Building on Argyle Street in July 2024, we have made the space our own and transformed it into a peaceful, trauma informed and person-centred space to meet clients and staff where they are at. Throughout the year, we have sought to expand group sessions, training and other events on site, to capitalise on the location's excellent accessibility.

Staffing

As outlined above, 2024/25 proved a period of significant change for all departments within the organisation. Alongside the restructure of the counselling service and its clinical staff team, as well as the growth of the Community Development Department, we also wished a happy retirement to our founder and CEO Shona Stirling. Following a stint as interim CEO, Stefan Meens took on the permanent position as CEO from June 2025.

The Board of Trustees and the entire staff team wish to extend their gratitude to Shona for all her energy and commitment. She has worked tirelessly to sustain the organisation from its inception, through the challenges posed by the Covid pandemic, up until the move into the Europa Building.

Healing for the Heart (SCIO)

Report of the Trustees for the Year Ended 31 October 2025

ACHIEVEMENT AND PERFORMANCE

Key statistics

| 2024 | 2025 | Outcome |
|-------|-------|--|
| 4,000 | 3,500 | 1:1 Counselling & psychotherapy sessions |
| 14 | 19 | Trainee counsellors undertaking training |
| 8 | 14 | Employees |
| 28 | 32 | Counsellors delivering sessions |
| 12 | 15 | Community Groups Delivered |

Volunteer support

Volunteers are an invaluable part of what we do at Healing for the Heart. Almost 60% of our community counselling sessions are provided by volunteers. In addition, volunteers form a crucial part of making our work in the community happen. Throughout 2025, we have evaluated and updated our volunteer support structures and procedures to reflect how much we value our volunteers.

FINANCIAL REVIEW

Financial position

For the year ended 31 October 2025, the charity generated a surplus of £101,813 (2024: £1,765). At 31 October 2025, total reserves stood at £323,569 (2024: £221,756) of which £105,843 (2024: £85,114) were unrestricted, free reserves and £152,334 (2024: £71,250) were restricted.

The charity also holds a separate designated clinical continuation fund of £65,392 (2024: £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
2025 - £108,000 reserves

The current unrestricted reserves, excluding designated reserves, of £105,843 is slightly 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

Following the substantial changes implemented in 2024/25, we will look to reshape the medium- and longer-term strategy that connects the mission, the staff team, and the charity's future direction to ensure stability and sustainability for years to come, despite the many (financial) challenges that the Scottish Third Sector faces.

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 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Key management remuneration

In the opinion of the Trustees, the Key Management of the charity comprises Chief Executive. Total employer costs relating to these posts for the year ended 31 October 2025 were £55,821 (2024: £28,303). The CEO took a three month sabbatical with an interim CEO taking their place. Upon their return, they decided to leave the organisation and gradually reduced their hours. The board opted to keep the interim CEO in post alongside the other CEO which is why there is an increase in the key management remuneration.

14/04/2026

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



31330000-7E75-7243-C942-08DE90A6FAB5

R Young - Trustee

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

I report on the accounts for the year ended 31 October 2025 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.

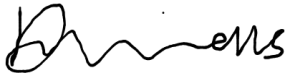
Independent examiner's statement

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.



31330000-7E75-7243-C953-08DE90A6FAB5

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

14/04/2026

Date: 31330000-7E75-7243-C953-08DE90A6FAB5

Healing for the Heart (SCIO)

Statement of Financial Activities for the Year Ended 31 October 2025

| | Notes | Unrestricted funds £ | Restricted funds £ | 2025 Total funds £ | 2024 Total funds £ |
|--|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Donations and legacies | 2 | 44,532 | 237,564 | 282,096 | 195,526 |
| Charitable activities | 5 | | | | |
| Mental and emotional health support | | 107,914 | - | 107,914 | 93,000 |
| Other trading activities | 3 | 8,043 | - | 8,043 | 5,557 |
| Investment income | 4 | 2,392 | - | 2,392 | 732 |
| Other income | 6 | <u>8,734</u> | <u>-</u> | <u>8,734</u> | <u>5,000</u> |
| Total | | <u>171,615</u> | <u>237,564</u> | <u>409,179</u> | <u>299,815</u> |
| EXPENDITURE ON | | | | | |
| Raising funds | 7 | 11,660 | - | 11,660 | 10,800 |
| Charitable activities | 8 | | | | |
| Mental and emotional health support | | <u>139,226</u> | <u>156,480</u> | <u>295,706</u> | <u>287,250</u> |
| Total | | <u>150,886</u> | <u>156,480</u> | <u>307,366</u> | <u>298,050</u> |
| NET INCOME | | <u>20,729</u> | <u>81,084</u> | <u>101,813</u> | <u>1,765</u> |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | <u>150,506</u> | <u>71,250</u> | <u>221,756</u> | <u>219,991</u> |
| TOTAL FUNDS CARRIED FORWARD | | <u>171,235</u> | <u>152,334</u> | <u>323,569</u> | <u>221,756</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 2025

| | Notes | 2025 £ | 2024 £ |
|--|-------|----------------|----------------|
| CURRENT ASSETS | | | |
| Debtors | 15 | 6,767 | 5,895 |
| Cash at bank | | <u>330,211</u> | <u>230,449</u> |
| | | 336,978 | 236,344 |
| CREDITORS | | | |
| Amounts falling due within one year | 16 | (13,409) | (14,588) |
| | | <u>323,569</u> | <u>221,756</u> |
| NET CURRENT ASSETS | | | |
| | | <u>323,569</u> | <u>221,756</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | | |
| | | <u>323,569</u> | <u>221,756</u> |
| NET ASSETS | | | |
| | | <u>323,569</u> | <u>221,756</u> |
| FUNDS | 18 | | |
| Unrestricted funds: | | | |
| General fund | | 105,843 | 85,114 |
| Clinical Continuation Fund | | <u>65,392</u> | <u>65,392</u> |
| | | <u>171,235</u> | <u>150,506</u> |
| Restricted funds | | <u>152,334</u> | <u>71,250</u> |
| TOTAL FUNDS | | <u>323,569</u> | <u>221,756</u> |

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

J / K

31330000-7E75-7243-C94C-08DE90A6FA85

07/04/2026

.....
J Kerr - Trustee

**Notes to the Financial Statements
for the Year Ended 31 October 2025**

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 2025**

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

| | 2025 | 2024 |
|-----------|----------------|----------------|
| | £ | £ |
| Donations | 29,937 | 8,156 |
| Gift aid | 4,095 | 1,256 |
| Grants | <u>248,064</u> | <u>186,114</u> |
| | <u>282,096</u> | <u>195,526</u> |

Included within donations is £15,000 received from Probe Test Solutions Ltd who provided a monthly donation that is unrestricted.

Healing for the Heart (SCIO)

Notes to the Financial Statements - continued for the Year Ended 31 October 2025

2. DONATIONS AND LEGACIES - continued

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

| | 2025 £ | 2024 £ |
|----------------------------------|----------------|----------------|
| Glasgow City Council | 36,964 | 17,182 |
| National Lottery | 45,000 | 45,000 |
| GCVS Health & Wellbeing | 10,500 | 10,000 |
| Foundation Scotland | 500 | - |
| The Corra Foundation | 50,000 | 50,000 |
| The Robertson Trust | 30,000 | 30,000 |
| Benefact Trust | - | 6,500 |
| Henry Duncan | 8,000 | 8,000 |
| Hugh Fraser Foundation | 3,000 | 3,000 |
| PWP | - | 6,432 |
| The Endrick Trust | 2,000 | 3,000 |
| Pumphouse Trust | - | 2,000 |
| Thomas Wall Trust | - | 5,000 |
| NHS Greater Glasgow and Clyde | 40,000 | - |
| St James Place Trust | 10,000 | - |
| Volant | 5,000 | - |
| Children's Lottery | 1,000 | - |
| Stafford Trust | 3,000 | - |
| The Paristamen Charity | 2,000 | - |
| The Trades House Commonweal Fund | 1,100 | - |
| | <u>248,064</u> | <u>186,114</u> |

3. OTHER TRADING ACTIVITIES

| | 2025 £ | 2024 £ |
|---------------|--------------|--------------|
| Fundraising | 4,356 | 4,480 |
| Rental Income | <u>3,687</u> | <u>1,077</u> |
| | <u>8,043</u> | <u>5,557</u> |

4. INVESTMENT INCOME

| | 2025 £ | 2024 £ |
|---------------|--------------|------------|
| Bank Interest | <u>2,392</u> | <u>732</u> |

Healing for the Heart (SCIO)

Notes to the Financial Statements - continued for the Year Ended 31 October 2025

5. INCOME FROM CHARITABLE ACTIVITIES

| | 2025 | 2024 |
|-----------------------|----------------|---------------|
| | £ | £ |
| Counselling income | 55,073 | 70,915 |
| KCP Service | 34,460 | 11,240 |
| Supervision | 4,840 | 5,485 |
| Training Services | 1,441 | 4,312 |
| Event Income | - | 1,048 |
| Business Partnerships | 12,100 | - |
| | <u>107,914</u> | <u>93,000</u> |

6. OTHER INCOME

| | 2025 | 2024 |
|----------------------|--------------|--------------|
| | £ | £ |
| Employment Allowance | <u>8,734</u> | <u>5,000</u> |

7. RAISING FUNDS

Raising donations and legacies

| | 2025 | 2024 |
|-------------------|---------------|---------------|
| | £ | £ |
| Fundraising Costs | <u>11,660</u> | <u>10,800</u> |

8. CHARITABLE ACTIVITIES COSTS

| | Direct Costs (see note 9) | Support costs (see note 10) | Totals |
|-------------------------------------|---------------------------------|-----------------------------------|----------------|
| | £ | £ | £ |
| Mental and emotional health support | <u>284,138</u> | <u>11,568</u> | <u>295,706</u> |

9. DIRECT COSTS OF CHARITABLE ACTIVITIES

| | 2025 | 2024 |
|-------------------------------|----------------|----------------|
| | £ | £ |
| Staff costs | 191,240 | 185,681 |
| Charitable Donations | - | 1,200 |
| Sessional Counsellor Payments | 30,246 | 28,038 |
| Bank Fees | 1,525 | 982 |
| Insurance | 1,466 | 1,055 |
| Printing and Stationery | 470 | 1,082 |
| Professional Fees | 7,966 | 3,467 |
| Rent | 27,487 | 26,088 |
| IT Software and Consumables | 5,243 | 4,492 |
| Staff Training | 1,403 | 3,180 |
| Telephone & Internet | 6,291 | 6,424 |
| Volunteer Expenses | 75 | 312 |
| Repairs & maintenance | 721 | 2,254 |
| Marketing | 4,206 | 7,482 |
| Office Equipment | 2,559 | 3,292 |
| Refreshments | 40 | 317 |
| Travel | 617 | 414 |
| Sundries | 545 | 398 |
| Sessional Admin | 2,038 | - |
| Depreciation | - | 1,312 |
| | <u>284,138</u> | <u>277,470</u> |

**Notes to the Financial Statements - continued
for the Year Ended 31 October 2025**

10. SUPPORT COSTS

| | 2025 | 2024 |
|---|----------------------|---------------------|
| | £ | £ |
| Preparation of Accounts & Independent Examination | 1,650 | 1,500 |
| Accountancy Fees | <u>9,918</u> | <u>8,280</u> |
| | <u><u>11,568</u></u> | <u><u>9,780</u></u> |

11. TRUSTEES' REMUNERATION AND BENEFITS

During the year, Trustee Shona Stirling, who is also employed as the CEO of the charity received a total remuneration of £13,357 (2024: £28,303). Shona resigned as CEO and a trustee in May 2025.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 October 2025 nor for the year ended 31 October 2024.

12. STAFF COSTS

| | 2025 | 2024 |
|-----------------------|-----------------------|-----------------------|
| | £ | £ |
| Wages and salaries | 170,934 | 167,657 |
| Social security costs | 13,892 | 10,988 |
| Other pension costs | <u>6,414</u> | <u>7,036</u> |
| | <u><u>191,240</u></u> | <u><u>185,681</u></u> |

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

| | 2025 | 2024 |
|---------------|------------------|-----------------|
| | | |
| Project Staff | <u><u>14</u></u> | <u><u>8</u></u> |

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

Notes to the Financial Statements - continued
for the Year Ended 31 October 2025

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted funds £ | Restricted funds £ | Total funds £ |
|--|----------------------------|--------------------------|---------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Donations and legacies | 25,844 | 169,682 | 195,526 |
| Charitable activities | | | |
| Mental and emotional health support | 93,000 | - | 93,000 |
| Other trading activities | 5,557 | - | 5,557 |
| Investment income | 732 | - | 732 |
| Other income | <u>5,000</u> | <u>-</u> | <u>5,000</u> |
| Total | <u>130,133</u> | <u>169,682</u> | <u>299,815</u> |
| EXPENDITURE ON | | | |
| Raising funds | 10,800 | - | 10,800 |
| Charitable activities | | | |
| Mental and emotional health support | <u>167,666</u> | <u>119,584</u> | <u>287,250</u> |
| Total | <u>178,466</u> | <u>119,584</u> | <u>298,050</u> |
| NET INCOME/(EXPENDITURE) | (48,333) | 50,098 | 1,765 |
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | <u>198,839</u> | <u>21,152</u> | <u>219,991</u> |
| TOTAL FUNDS CARRIED FORWARD | <u>150,506</u> | <u>71,250</u> | <u>221,756</u> |

14. TANGIBLE FIXED ASSETS

| | Computer equipment £ |
|--|----------------------------|
| COST | |
| At 1 November 2024 and 31 October 2025 | <u>5,585</u> |
| DEPRECIATION | |
| At 1 November 2024 and 31 October 2025 | <u>5,585</u> |
| NET BOOK VALUE | |
| At 31 October 2025 | <u>-</u> |
| At 31 October 2024 | <u>-</u> |

Healing for the Heart (SCIO)

Notes to the Financial Statements - continued for the Year Ended 31 October 2025

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2025 | 2024 |
|-----------------|--------------|--------------|
| | £ | £ |
| Trade debtors | 600 | 3,710 |
| Digital Wallets | 4,029 | 47 |
| Accrued income | <u>2,138</u> | <u>2,138</u> |
| | <u>6,767</u> | <u>5,895</u> |

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2025 | 2024 |
|------------------|---------------|---------------|
| | £ | £ |
| Trade creditors | 1,720 | 2,497 |
| Other creditors | 2,039 | 2,591 |
| Accrued expenses | 1,650 | 1,500 |
| Deferred income | <u>8,000</u> | <u>8,000</u> |
| | <u>13,409</u> | <u>14,588</u> |

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

| | 2025 | 2024 |
|------------------|----------------|--------------|
| | £ | £ |
| At 1 November | 8,000 | - |
| Deferred in year | 8,000 | 8,000 |
| Released in year | <u>(8,000)</u> | <u>-</u> |
| At 31 October | <u>8,000</u> | <u>8,000</u> |

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

| | Unrestricted funds | Restricted funds | 2025 Total funds | 2024 Total funds |
|---------------------|--------------------|------------------|------------------|------------------|
| | £ | £ | £ | £ |
| Current assets | 184,644 | 152,334 | 336,978 | 236,344 |
| Current liabilities | <u>(13,409)</u> | <u>-</u> | <u>(13,409)</u> | <u>(14,588)</u> |
| | <u>171,235</u> | <u>152,334</u> | <u>323,569</u> | <u>221,756</u> |

| | 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 | <u>(14,588)</u> | <u>-</u> | <u>(14,588)</u> | <u>(6,982)</u> |
| | <u>150,056</u> | <u>71,250</u> | <u>221,756</u> | <u>219,991</u> |

Healing for the Heart (SCIO)

Notes to the Financial Statements - continued for the Year Ended 31 October 2025

18. MOVEMENT IN FUNDS

| | At 1/11/24 £ | Net movement in funds £ | At 31/10/25 £ |
|----------------------------------|--------------------|----------------------------------|---------------------|
| Unrestricted funds | | | |
| General fund | 85,114 | 20,729 | 105,843 |
| Clinical Continuation Fund | <u>65,392</u> | <u>-</u> | <u>65,392</u> |
| | 150,506 | 20,729 | 171,235 |
| Restricted funds | | | |
| Glasgow Communities Fund | - | 15,401 | 15,401 |
| National Lottery | 33,750 | - | 33,750 |
| The Corra Foundation | 25,000 | 8,000 | 33,000 |
| GCVS Health & Wellbeing | - | 3,500 | 3,500 |
| The Robertson Trust | 12,500 | 2,500 | 15,000 |
| The Endrick Trust | - | 2,000 | 2,000 |
| NHS Greater Glasgow and Clyde | - | 40,000 | 40,000 |
| St James Place Trust | - | 3,333 | 3,333 |
| Volant | - | 2,250 | 2,250 |
| Stafford Trust | - | 3,000 | 3,000 |
| The Trades House Commonweal Fund | <u>-</u> | <u>1,100</u> | <u>1,100</u> |
| | <u>71,250</u> | <u>81,084</u> | <u>152,334</u> |
| TOTAL FUNDS | <u>221,756</u> | <u>101,813</u> | <u>323,569</u> |

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

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|----------------------------------|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 171,615 | (150,886) | 20,729 |
| Restricted funds | | | |
| Glasgow Communities Fund | 36,964 | (21,563) | 15,401 |
| National Lottery | 45,000 | (45,000) | - |
| The Corra Foundation | 50,000 | (42,000) | 8,000 |
| GCVS Health & Wellbeing | 10,500 | (7,000) | 3,500 |
| The Robertson Trust | 30,000 | (27,500) | 2,500 |
| Hugh Fraser Foundation | 3,000 | (3,000) | - |
| The Endrick Trust | 2,000 | - | 2,000 |
| NHS Greater Glasgow and Clyde | 40,000 | - | 40,000 |
| St James Place Trust | 10,000 | (6,667) | 3,333 |
| Volant | 5,000 | (2,750) | 2,250 |
| Children's Lottery | 1,000 | (1,000) | - |
| Stafford Trust | 3,000 | - | 3,000 |
| The Trades House Commonweal Fund | <u>1,100</u> | <u>-</u> | <u>1,100</u> |
| | <u>237,564</u> | <u>(156,480)</u> | <u>81,084</u> |
| TOTAL FUNDS | <u>409,179</u> | <u>(307,366)</u> | <u>101,813</u> |

Healing for the Heart (SCIO)

Notes to the Financial Statements - continued for the Year Ended 31 October 2025

18. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

| | At 1/11/23 £ | Net movement in funds £ | At 31/10/24 £ |
|----------------------------|--------------------|----------------------------------|---------------------|
| Unrestricted funds | | | |
| General fund | 133,447 | (48,333) | 85,114 |
| Clinical Continuation Fund | <u>65,392</u> | <u>-</u> | <u>65,392</u> |
| | 198,839 | (48,333) | 150,506 |
| Restricted funds | | | |
| 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 | <u>4,000</u> | <u>(4,000)</u> | <u>-</u> |
| | <u>21,152</u> | <u>50,098</u> | <u>71,250</u> |
| TOTAL FUNDS | <u>219,991</u> | <u>1,765</u> | <u>221,756</u> |

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

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 130,133 | (178,466) | (48,333) |
| Restricted funds | | | |
| 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 | <u>3,000</u> | <u>(3,000)</u> | <u>-</u> |
| | <u>169,682</u> | <u>(119,584)</u> | <u>50,098</u> |
| TOTAL FUNDS | <u>299,815</u> | <u>(298,050)</u> | <u>1,765</u> |

19. RELATED PARTY DISCLOSURES

During the previous year, the partner of Trustee Shona Stirling, who was also employed as the CEO in the year, made a monthly donation of £200, totalling £2,400 for the year. Shona resigned as CEO and a trustee in May 2025.

There were no other related party transactions for the year ended 31 October 2025.

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

GCVS Health & Wellbeing - Funding for Specific project costs

The Robertson Trust - Funding for Specific project costs

Bellahouston Bequest Fund - Funding for Specific project costs

The Albert Hunt Trust - Funding for Specific project costs

Hugh Fraser Foundation - Funding towards Counselling Sessions

The Endrick Trust - Funding for Specific project costs

NHS Greater Glasgow and Clyde - Funding towards Counselling Sessions & Calm Waters

St James Place Trust - Funding towards Children's Counselling Sessions

Volant - Funding towards Counselling Sessions

Children's Lottery - Funding towards Children's Counselling Sessions

Stafford Trust - Funding towards Counselling Sessions

The Trades House Commonweal Fund - Funding towards Counselling Sessions