

# This Is Me Highland

Scotland · Charity number SC049114

## Details

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Status	Active
Legal form	Unincorporated association
Registered	2019-03-11
Register	<a href="#">View on the OSCR register</a>

## Contact

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Address	158 Culduthel Road Inverness IV2 4BH
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## 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:** We help neurodivergent children and young people and their families to break down barriers, by offering advice and support and arranging fun-filled events across the Highlands of Scotland.

**Beneficiaries:** 'Children or young people', 'People with disabilities or health problems'

**Objectives:** The Charity operates exclusively for charitable purposes as defined by Section 7 of the Charities and Trustee Investment (Scotland) Act 2005. 3.1 Relief of Need To relieve the needs of parents, carers, and families who are supporting a child with a neurodevelopmental condition, or undergoing assessment for such a condition, by addressing emotional, social, financial, and practical hardships arising from these additional needs. 3.2 Support for Families To bring together parents, carers, and families of children with neurodevelopmental conditions or in the assessment process. 3.3 Information & Guidance To provide support, information, advice, and guidance to families, and to direct them to appropriate services. 3.4 Activities & Events To provide, where possible, events, activities, and opportunities that meet the needs of our members.

## Geography

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- **Main operating location:** Highland
- **Geographical spread:** Wider, but within one local authority area

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£39,687	£39,661	-	0
2024-03-31	£32,277	£30,930	-	0
2023-03-31	£22,906	£23,516	-	0
2022-03-31	£12,759	£14,063	-	0
2021-03-31	£3,400	£1,733	-	0

**This Is Me Highland**

Scotland - Charity number SC049114

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# Accounts

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APPENDIX 1



Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	1	4	24	To	31	3	25

Office of the Scottish Charity Regulator

**Reference and administration details**

<b>Charity name</b>	This Is Me Highland
<b>Other names charity is known by</b>	
<b>Registered charity number</b>	SC049114
<b>Charity's principal address</b>	[REDACTED]

**Names of the charity trustees on date of approval of Trustees' Annual Report**

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]
2	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]
3	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]
4	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]
5	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]
6	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]
7	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]
8	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]
9	[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]
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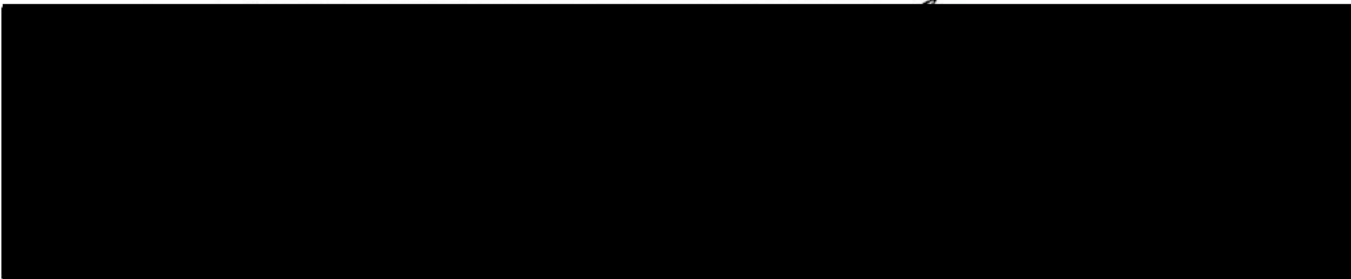
**APPENDIX 1**

**Other optional information**

**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees



<b>Position (e.g. Chair)</b>	<b>ChairPerson</b>	<b>Treasurer</b>
<b>Date</b>	<b>28/12/2025</b>	<b>28/12/2025</b>

**Reference and administration details**

**Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)**

Name	Dates acted if not for whole year

**Structure, governance and management**

**Type of governing document**

Charity Constitution

**Trustee recruitment and appointment**

**Objectives and activities**

**Charitable purposes**

**To bring together families with children diagnosed or waiting to be assessed through the NDAS process. We aim to provide support and organise activities which promotes socialisation and reducing isolation.**

**Summary of the main activities in relation to these objects**

**Throughout the year, we delivered a wide range of activities to our members. These included regular meet-ups at a local purpose built centre for adults and children with additional needs, alongside ongoing sessions such as football, softplay, swimming and a variety of other inclusive activities designed to support all ages and abilities within the group.**

**Our private facebook group continues to be the charities primary communication platform, providing members with up to date information on all events and activities. In addition we carried out regular member surveys to ensure our activities reflects the interests**

and needs of all members.

## APPENDIX 1

### Achievements and performance

**Summary of the main achievements of the charity during the financial period**

**This year we have received a grand total of £2807.2 in grant awards.**

**We also received donations £10253.63 including a £6509 donation from NFU in April.**

**Members also got involved highly with fundraising including raffles, scratchcards and quiz nights. The grand total of fundraising was £7716.41**

### Financial review

**Brief statement of the charity's policy on reserves**

**We don't have a policy on reserves but all financial contributions go straight back into organising activities.**

**Details of any deficit**

**The charity had a surplus of £43 as our outgoings were a lot higher and getting grants awarded was more difficult.**

**Donated facilities and services (if any)**

**The charity has not put out any donations fo the year.**

Receipts and payments accounts							
For the period from	01/04/24			to	31/03/25		
	Day	Month	Year		Day	Month	Year

### 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	10,254				10,254	
Legacies					-	
Grants	2,807				2,807	
Receipts from fundraising activities	7,716				7,716	
Gross trading receipts	18,909				18,909	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
					-	
<b>A1 Sub total</b>	<b>39,687</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>39,687</b>	<b>-</b>
<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>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>39,687</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>39,687</b>	<b>-</b>
<b>A3 Payments</b>						
Expenses for fundraising activities	2,027				2,027	
Gross trading payments	338				338	
Investment management costs					-	
Payments relating directly to charitable activities	37,279				37,279	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
<b>A3 Sub total</b>	<b>39,643</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>39,643</b>	<b>-</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>39,643</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>39,643</b>	<b>-</b>
<b>Net receipts / (payments)</b>	<b>43</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>43</b>	<b>-</b>
<b>A5 Transfers to / (from) funds</b>						
					-	
<b>Surplus / (deficit) for year</b>	<b>43</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>43</b>	<b>-</b>

**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 £
<b>B1 Cash funds</b>	Cash and bank balances at start of year	3,502				3,502	
	Surplus / (deficit) shown on receipts and payments account	43				43	
						-	
						-	
	<b>Cash and bank balances at end of year</b>		<b>3,545</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>3,545</b>
	(Agree balances with receipts and payments account(s))	-	0	-	-	-	0

<b>B2 Investments</b>	Details	Fund to which asset belongs	Market valuation	Last year
			to nearest £	to nearest £
<b>Total</b>			-	-

<b>B3 Other assets</b>	Details	Fund to which asset belongs	Cost (if available)	Current value (if available)	Last year
			to nearest £	to nearest £	to nearest £
<b>Total</b>			-	-	-

<b>B4 Liabilities</b>	Details	Fund to which liability relates	Amount due	Last year
			to nearest £	to nearest £
<b>Total</b>			-	-

<b>B5 Contingent liabilities</b>	Details	Fund to which liability relates	Amount due (estimate)	Last year
			to nearest £	to nearest £
<b>Total</b>			-	-

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)

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**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)	
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**C3b Trustee remuneration - details**

Authority under which paid	£

**C4a Trustee expenses**

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	
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**C4b Trustee expenses - details**

	Number of trustees	£

**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 (2)**

**5 Breakdown of unrestricted funds**

	Unrestricted fund 1 - enter name of fund below	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					-	
buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
<b>Sub total</b>					-	
					cross ref error	
<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>					-	
					cross ref error	
<b>Payments</b>						
Expenses for fundraising activities					-	
Gross trading payments					-	
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>					-	
					cross ref error	
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>Sub total</b>					-	
<b>Total payments</b>					-	
<b>Net receipts / (payments)</b>					-	
					cross ref error	
<b>Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>					-	
					cross ref error	
<b>Nature and purpose of funds</b>						

**Additional analysis (3)**

**6 Breakdown of restricted funds**

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted 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					-	
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>	-	-	-	-	-	-
<b>Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>Sub total</b>	-	-	-	-	-	-
<b>Total payments</b>	-	-	-	-	-	-
<b>Net receipts / (payments)</b>	-	-	-	-	-	-
<b>Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	-	-	-	-	-	-

<b>Nature and purpose of funds</b>	

**APPENDIX 3**



<b>Report to the trustees/members of</b>  <b>Registered charity number</b>  <b>On the accounts of the charity for the period</b>  <b>Set out on pages</b>	<b>Independent examiner's report on the accounts</b> <span style="float: right;">v2</span>					
	Charity name <p style="text-align: center; font-size: 1.2em;"><b>This Is Me Highland</b></p>					
	Registered charity number <b>SC 049114</b>					
	Period start date			Period end date		
Day	Month	Year	to	Day	Month	Year
<b>01</b>	<b>04</b>	<b>2024</b>		<b>31</b>	<b>03</b>	<b>2025</b>
1/1					(remember to include the page numbers of additional sheets)	

<b>Respective responsibilities of trustees and examiner</b>	The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). 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 Act and to state whether particular matters have come to my attention.		
<b>Basis of independent examiner's statement</b>	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 view given by the accounts.		
<b>Independent examiner's statement</b>	In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]  1. which gives me reasonable cause to believe that in any material respect the requirements: <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 which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations</li> </ul> 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.		
<b>Signed**:</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%; height: 20px; background-color: black;"></td> <td style="width: 40%; text-align: right;"><b>Date:</b> 08/12/2025</td> </tr> </table>		<b>Date:</b> 08/12/2025
	<b>Date:</b> 08/12/2025		
<b>Name:</b>	background-color: black;">		
<b>Relevant professional qualification(s) or body (if any):</b>			
<b>Address:</b>	background-color: black;">		

\*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.  
 \*\*OSCR will accept digital or typed signatures.

## APPENDIX 3

### Disclosure section

Only complete if the examiner needs to highlight material problems.

**Give here brief details of any items that the examiner wishes to disclose**