

Conscious Edinburgh
Scottish Charity No – SC049488
Annual Report and Financial Statement
For the financial period 31/07/24 – 31/07/25

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Trustees' Annual Report

For the year ended 31st July 2025

The trustees have pleasure in presenting this report with the financial statements for the year ended 31st July 2025

Reference and Administrative Information:

Charity Name:

Conscious Edinburgh

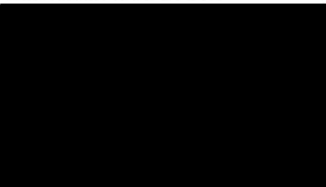
Charity No:

SC049488

Address:

23/3 Union Place, Edinburgh, EH1 3NQ

Current Trustees:



Structure, Governance and Management

Constitution:

The charity is a Scottish Charitable Incorporated Organisation (SCIO). It was registered in its current legal form on 30/07/2019. The charity was previously an unincorporated organisation but changed its legal form to a SCIO. The assets of the unincorporated organisation were transferred to the SCIO on 30/07/2019. It has a dual tier structure with trustees and a committee.

Appointment of trustees:

The committee consists of:

- Co-Presidents: [REDACTED]
- Secretary: [REDACTED]
- Treasurer: [REDACTED]
- Head of Social and Wellbeing: [REDACTED]
- Head of Charity: [REDACTED]
- Charity Team: [REDACTED]
- Heads of Logistics: [REDACTED]
- Events Team: [REDACTED]
- Publicity Team: [REDACTED]
- Sponsorship Team: [REDACTED]

Past and current presidents are automatically promoted to charity trustees unless they do not want this role. There must be a minimum of three trustees at all times.

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Objectives and Activities:

Charitable purposes:

1. To advance mental health education amongst the student population via information sessions, smaller group sessions and flyers.
2. To advance the health of the student population through the provision of safe spaces on campus for students to talk about mental health in an encouraging environment enabling peer support, the provision of fully-subsidised mental health first aid training to spot the signs of mental illness including suicidal thoughts, and the provision of partially-subsidised therapy with professional psychotherapists.
3. The provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the person for whom the facilities or activities are primarily intended by encouraging students to take part in activities such as yoga and other team building activities.

Initiatives:

Conscious Mental Health First Aid Courses

We have been able to run 3 courses this year, training 41 students in mental health first aid from a variety of different student clubs and societies! A huge thank you to [REDACTED] [REDACTED] for her continued support in delivering Scotland's mental health first aid courses to our students.

Conscious Edinburgh Peer Support Groups

Our peer support team has continued to help coordinate our valuable grief support groups, with special thanks to the University of Edinburgh's chaplaincy who run the sessions. Our team have also maintained the running of our ADHD peer support group, which was established last year, and this year have created and run two new support groups: one for students starting out at the University of Edinburgh and one for medical students.

Conscious Conversations

After training in mental health first aid, our conscious conversation team has developed a presentation to deliver informative mental health courses to various student societies and sports clubs.

Subsidised Therapy

September saw the launch of our Subsidised Therapy scheme. Having connected with the Clinical Psychology Collective, a team of psychotherapists who agreed to give us 10% off their sessions, we facilitated a 12-session course of therapy for seven people throughout the year. We subsidised £87 of each £103.50 session, leaving students to cover the remaining £16.50. We are proud to hence provide a full course for £198 per student, down from £1,242.



Wellbeing Activities:

Subsidised Puppy Yoga

We hosted two sessions in collaboration with Puppy Yoga Edinburgh, with bookings partially subsidised for students. These provided a space for students to de-stress and relax, while focusing on grounding themselves.

Pear Tree Run Club

We collaborated with local pub, The Pear Tree, on two run clubs which both had excellent turn-outs. The first was to celebrate Movember and therefore focussed specifically on raising awareness about men's mental health.

Wild Swimming

We held a wild swim at Portobello Beach in collaboration with the University of Edinburgh's Blue Tits Society, a wild swimming society, to encourage students to get outside. This was a great opportunity for those who came to meet like minded people and get involved in a community that prioritises wellbeing.

Other Conscious-organised wellbeing activities:

- Beach Bonfire in collaboration with Edinburgh Nursing Society
- Gingerbread decorating at The Old Bell Inn
- Rounders in collaboration with Edinburgh University Rounders Club
- Study and Coffee Sessions with Conscious
- A free cinema night at Brass Monkey
- Candle decorating at 32 Below

Fundraising Events:

A Night with Conscious: an Art Exhibition

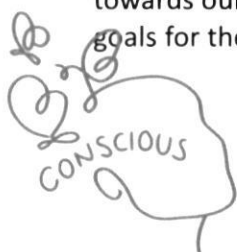
Our largest fundraiser of the year celebrated the arts, with almost 200 attendees. Talented students from the Edinburgh College of Art displayed their work on the upstairs level of the Biscuit Factory, while dancers from Edinburgh University Modern Dance Society performed downstairs followed by band, The Rockettes. A silent auction helped us to further boost funds raised, and the night ended with an afterparty at nightclub Freddy's.

Valentine's Ceilidh

Like the previous year, we collaborated with Edinburgh Charity Fashion Show to host a Valentine's-themed Ceilidh for almost 250 guests to fundraise and raise awareness for both our charities. A raffle helped us to further boost funds raised at the event.

Pub Quiz

Our first fundraiser was held during the University of Edinburgh's Welcome Week at 32 Below. It was a fun night, with attendees filling the space and raising over £100 to put towards our initiatives. Importantly, it gave us an opportunity to talk about our charity and goals for the year.



Sponsorship:

Edinburgh University Modern Dance Society

We were very grateful to be this society's chosen charity partner this year. This wonderful team raised £366.88 for us throughout the year, publicised our work and performed at our fundraising event, A Night with Conscious.

Edinburgh University Singers

This society hosted their annual 'Carols on the Canal' event at Boroughmuir High School which fundraised for local initiatives including for us! We very kindly received £169.33 in donations from their Just Giving pages.

Live and Drive Edinburgh

We appreciate Live and Drive, an interactive video game concert held at The Argyle Cellar Bar, choosing to partner with us for their tournament. A raffle and afterparty, held at Paradise Palms, successfully led to us raising £124.21 that night.

Edinburgh Student Fight Night

As fight night's charity sponsor this year, we very kindly received £500 from them in November.

Reserves Account:

The trustees policy is to retain a minimum of £500 for the new financial year, beginning on the 1st August 2021 and on every subsequent 1st August. This is to cover any expenditure for events that the new committee may want to host prior to fundraising events.

As of the 31st July 2024, the Reserve Account had a balance of £1978.75. On the 1st July 2025, this balance was £2004.31. This increase was due to interest alone.



Current Account:

Statement of Receipts and Payments for 31/07/24 – 31/07/25

Incomings:

Date	Description	Money In (£)
24/09/2024	SQUARE - Pub Quiz	£110.98
27/09/2024	FIXR - Puppy Yoga	£440.00
11/11/2024	██████████ - Raffle	£45.00
11/11/2024	██████████ - Christmas Dinner	£20.00
12/11/2024	██████████ - Raffle	£18.00
12/11/2024	FIXR - Art Exhibition	£6675.00
12/11/2024	FIXR - Afterparty	£126.00
12/11/2024	██████████ - Raffle	£52.00
12/11/2024	██████████ - Raffle	£56.00
12/11/2024	██████████ - Raffle	£17.00
13/11/2024	██████████ Christmas Dinner	£20.00
13/11/2024	██████████ - Christmas Dinner	£20.00
13/11/2024	██████████ - Raffle	£50.00
13/11/2024	██████████ - Christmas Dinner	£20.00
14/11/2024	██████████ - Christmas Dinner	£20.00
15/11/2024	██████████ - Christmas Dinner	£20.00
15/11/2024	██████████ - Christmas Dinner	£20.00
18/11/2024	██████████ AR - Raffle	£8.00
19/11/2024	██████████ - Christmas Dinner	£9.00
19/11/2024	██████████ - Christmas Dinner	£20.00
19/11/2024	██████████ - Christmas Dinner	£20.00
19/11/2024	SQUARE - Run club	£48.11
19/11/2024	██████████ - Photography Refund	£80.00
21/11/2024	██████████ MYA - Raffle	£20.00
21/11/2024	██████████ - Raffle	£20.00
25/11/2024	Student Fight Night	£500.00
27/11/2024	██████████ - Subsidised Therapy	£33.00
02/12/2024	Just Giving - EU Singers	£9.20
02/12/2024	Lyons ER - Christmas Dinner	£30.00
16/12/2024	Just Giving - EU Singers	£100.59
23/12/2024	Just Giving - EU Singers	£59.54
30/12/2024	██████████ - Subsidised Therapy	£16.50

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14/01/2025	■■■■■ - Subsidised Therapy	£33.00
31/01/2025	■■■■■ - Subsidised Therapy	£33.00
05/02/2025	■■■■■ - Subsidised Therapy	£16.50
06/02/2025	■■■■■ - Subsidised Therapy	£49.50
07/02/2025	■■■■■ - Subsidised Therapy	£49.50
07/02/2025	■■■■■ Subsidised Therapy	£49.50
07/02/2025	■■■■■ Subsidised Therapy	£17.50
10/02/2025	■■■■■ Subsidised Therapy	£16.50
12/02/2025	■■■■■ Subsidised Therapy	£16.50
14/02/2025	SQUARE - Raffle	£120.28
17/02/2025	FIXR - Ceilidh	£3315.00
26/02/2025	FIXR - Puppy Yoga	£208.00
11/03/2025	SQUARE - Run Club	£16.68
17/02/2025	■■■■■ - Subsidised Therapy	£49.50
02/04/2025	SQUARE - Paradise Palms Event	£97.21
07/04/2025	■■■■■ - Raffle	£27.00
20/05/2025	Edinburgh University Modern Dance Society	£366.88
27/05/2025	■■■■■ - Subsidised Therapy	£16.50
28/05/2025	■■■■■ - Subsidised Therapy	£66.00
03/06/2025	■■■■■ - Subsidised Therapy	£66.00
04/06/2025	■■■■■ - Subsidised Therapy	£115.50
09/06/2025	■■■■■ - Subsidised Therapy	£66.00

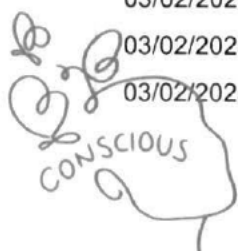
TOTAL IN: £13,515.97

Outgoings:

Date	Description	Money Out (£)
06/09/2024	Mail Boxes	-£190.00
16/09/2024	Puppy Yoga	-£605.00
16/10/2024	Event eats deposit	-£250.00
16/10/2024	■■■■■ - Civs Pizza Social Repayment	-£144.90
18/10/2024	■■■■■ - Pub Quiz Prizes Repayment	-£8.25
23/10/2024	■■■■■ - Mental Health First Aid Courses	-£1200.00
23/10/2024	■■■■■ - Fliers Repayment	-£81.000
23/10/2024	Biscuit Factory	-£2520.00
28/10/2024	■■■■■ - Prosecco Repayment	-£122.00
04/11/2024	EUSO Strings - String Orchestra	-£225.00

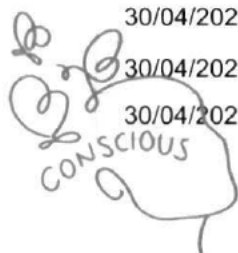
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05/11/2024	████████ Amazon Decorations Repayment	-£81.94
06/11/2024	██████████ - Brochures	-£223.00
07/11/2024	Tesco	-£71.50
08/11/2024	Tesco	-£92.00
08/11/2024	Anything Plus - Clothes Hangers for Changing Room	-£38.50
14/11/2024	Biscuit Factory	-£405.00
15/11/2024	ECFS - Afterparty	-£63.00
15/11/2024	██████ - Photographer	-£150.000
15/11/2024	Amazon	-£9.99
15/11/2024	Policybee LTD - Insurance	-£85.48
18/11/2024	██████ - Bonfire Repayment	-£14.50
18/11/2024	██████ - Rockettes Band	-£400.00
18/11/2024	██████	-£125.00
20/11/2024	Christmas Dinner	-£229.00
22/11/2024	Poppy Hobbs - Picture Frames	-£191.20
26/11/2024	Subsidised Therapy	-£103.50
26/11/2024	Subsidised Therapy	-£103.50
26/11/2024	Subsidised Therapy	-£103.50
28/11/2024	██████ - Christmas Dinner Service	-£22.00
02/12/2024	██████ - Gingerbread Decorating Repayment	-£54.15
09/12/2024	Subsidised Therapy	-£103.50
16/12/2024	Subsidised Therapy	-£103.50
16/12/2024	Subsidised Therapy	-£103.50
27/12/2024	Subsidised Therapy	-£103.50
27/12/2024	Subsidised Therapy	-£103.50
27/12/2024	Subsidised Therapy	-£103.50
06/01/2025	Subsidised Therapy	-£103.50
13/01/2025	Subsidised Therapy	-£103.50
20/01/2025	Subsidised Therapy	-£103.50
20/01/2025	Subsidised Therapy	-£103.50
29/01/2025	Subsidised Therapy	-£103.50
29/01/2025	Subsidised Therapy	-£103.50
29/01/2025	Subsidised Therapy	-£103.50
03/02/2025	Subsidised Therapy	-£103.50
03/02/2025	Subsidised Therapy	-£103.50
03/02/2025	██████ - Ceilidh	-£430.000
03/02/2025	Amazon	-£21.97



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07/02/2025	Subsidised Therapy	-£103.50
07/02/2025	Subsidised Therapy	-£103.50
10/02/2025	Puppy Yoga	-£598.00
12/02/2025	██████ - Ceilidh Decorations Repayment	-£105.00
13/02/2025	V Hotel	-£1225.00
13/02/2025	██████	-£80.00
14/02/2025	Subsidised Therapy	-£103.50
14/02/2025	Subsidised Therapy	-£103.50
14/02/2025	Subsidised Therapy	-£103.50
14/02/2025	██████████ - Fliers repayment	-£17.50
14/02/2025	VIRGIN Hotels - Prosecco	-£67.50
17/02/2025	██████ - Valentine's ceilidh repayment	-£75.00
17/02/2025	V Hotels	-£110.00
19/02/2025	Subsidised Therapy	-£103.50
19/02/2025	ECFS	-£673.75
10/03/2025	Subsidised Therapy	-£207.00
10/03/2025	Subsidised Therapy	-£207.00
10/03/2025	Subsidised Therapy	-£103.50
10/03/2025	Subsidised Therapy	-£103.50
10/03/2025	██████ - Mental Health First Aid Course	-£600.00
13/03/2025	Amazon	-£31.02
17/03/2025	Subsidised Therapy	-£103.50
17/03/2025	Subsidised Therapy	-£103.50
17/03/2025	Subsidised Therapy	-£103.50
01/04/2025	Subsidised Therapy	-£103.50
01/04/2025	Subsidised Therapy	-£103.50
01/04/2025	Subsidised Therapy	-£103.50
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01/04/2025	Subsidised Therapy	-£103.50
22/04/2025	Subsidised Therapy	-£103.50
22/04/2025	Subsidised Therapy	-£103.50
22/04/2025	Subsidised Therapy	-£103.50
30/04/2025	Subsidised Therapy	-£103.50
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30/04/2025	Subsidised Therapy	-£103.50
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27/05/2025	Subsidised Therapy	-£103.50
04/06/2025	Subsidised Therapy	-£103.50
25/06/2025	Subsidised Therapy	-£103.50
04/07/2025	Subsidised Therapy	-£103.50
04/07/2025	Subsidised Therapy	-£103.50
04/07/2025	Subsidised Therapy	-£103.50
04/07/2025	Subsidised Therapy	-£103.50
04/07/2025	Subsidised Therapy	-£103.50
TOTAL OUT:		£18,488.10

As of the 1st July 2024, the Current Account had a balance of £15,776.50. On the 1st July 2025, this balance was £11,445.32. This was due to a difference of £4,331.18 between total outgoings and total incomings over that time period.



External Review of Annual Report and Financial Statement

Conscious Edinburgh

Charity number: SC049488

Basis of Independent Examiner's statement:

I have reviewed the accounting records of Conscious Edinburgh for the period of 31st July 2024 to 31st July 2025 and my inspection has covered any unusual items or disclosures in the accounts and explanations from the management committee.

Independent Examiner's Statement:

No matter has come to my attention which, in my opinion, should be highlighted in order to reach a correct understanding of the accounts.

Signed

Date: 16/09/2025

Name: [REDACTED]

Contact Details: [REDACTED]

