

Me, Myself and I (SCIO)

Scotland · Charity number SC049590

Details

Known as	MM&I;
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2019-09-09
Register	View on the OSCR register

Contact

Address	PO Box 26965 Glasgow G1 9BW
Website	www.memyselfandi.org.uk

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended', 'the advancement of human rights, conflict resolution or reconciliation', 'the promotion of equality and diversity'

What the charity does: MM&I is set up to support and empower Asian, BAME, refugee, asylum-seeking and migrant women who face barriers such as domestic abuse, poverty, social isolation, language difficulties, and limited access to services and rights. We aim to improve their well-being, confidence, independence, and social inclusion while promoting equality, diversity, human rights, and community participation. We achieve this through culturally sensitive support, including, peer support, social and recreational activities, information sessions, and community outreach. We provide information on rights, wellbeing, legal and support services, helping women access appropriate assistance and make informed choices. We encourage participation in ESOL, education, training, apprenticeships, volunteering, and enterprise opportunities, supporting women to develop skills, build resilience, increase confidence, and achieve greater financial independence. Our services are co-designed with service.

Beneficiaries: 'People with a particular ethnic or racial origin'

Objectives: The provision and organisation of recreational facilities in Glasgow with the object of improving the conditions of life for women from the Asian community who are either suffering from, or at risk of suffering from, the effects of domestic violence from their partners or others. The advancement of human rights amongst women in Glasgow from the Asian community who are either suffering from, or at risk of suffering

from, the effects of domestic violence from their partners or others by raising awareness of their rights to justice under current human rights legislation and how they can secure the enforcement of these rights for themselves. The promotion of equality amongst women in Glasgow from the Asian community who are either suffering from, or at risk of suffering from, the effects of domestic violence from their partners or others through the provision of advocacy and counselling support.

Geography

- **Main operating location:** Glasgow City
- **Geographical spread:** More than one local authority area in Scotland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-09-30	£14,520	£10,348	-	1
2024-09-30	£13,000	£8,997	-	1
2023-09-30	£7,050	£5,973	-	1
2022-09-30	£10,063	£9,765	-	1
2021-09-30	£0	£0	-	0
2020-09-30	£0	£0	-	0

Me,Myself and I (SCIO)

Scotland - Charity number SC049590

Accounts

**Me Myself and I
January 2025 to December 2025 Assessment**

Balance Sheet at 31st December 2025

£

Comments

Current Assets

Bank	£9,786	Per Bank Statement at 31st December 2025
Cash	£293	Per Petty Cash records at 31st December 2025
	<u>£10,079</u>	

Represented by

Surplus generated in years to 31st December 2024	£5,908	Per last year balance sheet
Surplus generated year ending 31st December 2025	<u>£4,171</u>	Per Income and Expenditure at 31st December 2025
	<u>£10,079</u>	Total to 31st December 2025

I consider the above to be a fair representation of the financial statements of Me Myself and I at 31st December 2025 by Maureen Donaldson
Financial Officer
Community InfoSource Ltd
9th April 2026

M. Donaldson

Me Myself and I

Income and Expenditure over January 2025 to December 2025

Income Source	Total in Year	Income and Expenditure over February 2024 to December 2024
Robertson Trust	£4,000	£3,000
Fundraising	£20	£0
Glasgow Community Mental Health and Wellbeing Fund	<u>£10,500</u>	£10,000
Total Income	£14,520	£13,000
Expenditure		
Project Co-ordinator Payments	£2,874	£2,032
Refreshments	£1,423	£1,564
Travel	£790	£886
Venue Hire	£953	£705
Facilitators	£1,461	£660
Childcare	£1,036	£632
Project Running Costs	£339	£1,261
Office, IT and Administration Costs	£597	£788
Insurance	£369	£369
Office Hardware	£407	£0
Accounting	£100	£100
Total Expenditure	£10,348	£8,997
Surplus	<u>£4,171</u>	<u>£4,003</u>

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Financial Officer
Community InfoSource Ltd

9th April 2026

M. Donaldson

Me,Myself and I (SCIO)

Scotland - Charity number SC049590

Accounts

Me Myself and I		Comments
February 2024 to December 2024 Assessment		
Balance Sheet at 31st December 2024	£	
Current Assets		
Bank	£5,907	Per Bank Statement at 31st December 2024
Cash	£1	Per Petty Cash records at 31st December 2024
	<u>£5,908</u>	
Represented by		
Surplus generated to 31st January 2024	£1,905	
Surplus generated to 31st December 2024	<u>£4,003</u>	
	<u>£5,908</u>	Total to 31st January 2025
I consider the above to be a fair representation of the financial statements of Me Myself and I at 31st December 2024		
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6th March 2025		

Approved

28/4/2025

28/04/2025

Me Myself and I			
Income and Expenditure over February 2024 to 31st December 2024		Income and Expenditure over February 2024 to December 2024	
Income Source		Total in Year	last year
Robertson Trust		£3,000	£2,000
Foundation Scotland		£0	£5,000
Fundraising		£0	£50
Glasgow Community Mental Health and Wellbeing Fund		£10,000	£0
Total Income		£13,000	£7,050
Expenditure			
Project Co-ordinator Payments		£2,032	£960
Refreshments		£1,564	£452
Travel		£886	£232
Venue Hire		£705	£120
Facilitators		£660	£365
Childcare		£632	£0
Project Running Costs		£1,261	£450
Promotion		£10	£475
Office, IT and Administration Costs		£778	£707
Insurance		£369	£348
Office Hardware		£0	£1,714
Accounting		£100	£150
Total Expenditure	Total spent	£8,997	£5,973
Surplus		£4,003	£1,077
I consider the above to be a fair representation of the financial statements of Me Myself and I at 31st December 2024			
[Redacted Signature]			
6th March 2025			

Approved

28/4/25

28/04/2025

OSCR Annual Return Report

Reporting Period: April 2024 – March 2025

Organisation: Me, Myself and I (MM&I) – SCIO

1. Introduction

Me, Myself and I (MM&I) is a Scottish Charitable Incorporated Organisation (SCIO) registered with OSCR in September 2019. We are a community-led initiative officially launched on 3rd June 2022, comprising charity trustees, volunteers, and one temporary staff member.

Our mission is to empower women, particularly those from underrepresented backgrounds, to value their well-being, build confidence, and develop resilience. The charitable purposes of MM&I include:

- The provision of recreational facilities or activities
- The advancement of human rights, conflict resolution, or reconciliation
- The promotion of equality and diversity

2. Objectives and Activities

Resilience and Mindfulness Project

The flagship project of 2024–2025, *Resilience and Mindfulness*, was developed to promote emotional well-being, social inclusion, and women's empowerment through engaging, community-based activities.

Planned Events (2024–2025)

- Spring Celebration
- Summer Festival
- 5th Anniversary Celebration
- Diwali and Christmas Ceilidh
- International Women's Day

These events were carefully designed to address issues of social isolation, particularly among Asian women in Glasgow. Through inclusive and accessible gatherings, women connected over shared experiences, building community bonds and emotional resilience.

Key Activities

- Guided meditation and mindfulness activities
- Mental wellness discussion and information
- Digital inclusion sessions
- Music, dance, games, and cultural food experiences
- Inspirational talks by professionals on equality and empowerment
- Childcare and travel reimbursement provided to remove participation barriers

These activities fostered emotional strength, created safe and welcoming spaces, and equipped women with tools for personal and communal empowerment.

3. Volunteer Engagement and Organisational Capacity

Volunteer Contributions

We gratefully acknowledge the support of nine volunteers, whose dedication was vital to the success of our activities. Their contributions ranged from logistics and event coordination to participant support and community outreach.

Three participants have now volunteered to support future events, demonstrating a powerful cycle of engagement and empowerment.

Team & Structure

Our operational team included six regular volunteers and one sessional staff member. Their commitment ensured efficient delivery and smooth event execution, while promoting leadership and ownership within the community.

4. Partnerships and Collaboration

We have built meaningful partnerships with the following organisations, enhancing the reach and quality of our services:

- Interfaith Scotland
- Amina
- Hemat Gryffe
- Women's Federation for World Peace Glasgow
- Community InfoSource
- Ahmadiyya Muslim Community Women's Group
- Asian Christian Fellowship
- Desi Bravehearts

These collaborations enriched our events by introducing diverse perspectives, expanding access to resources, and encouraging active community participation.

5. Outcomes and Impact

Social Inclusion and Emotional Resilience

- Reduced isolation and increased social interaction
- Strengthened peer support networks through group activities
- Personal growth through storytelling, shared experiences, and confidence-building

Access to Support Services

- Enhanced awareness of and access to legal aid, counselling, and healthcare
- Stronger community referrals and navigation of local support services

Empowerment and Advocacy

- Increased knowledge of rights and entitlements
 - Opportunities for skill development and public expression through showcase events
 - Support for survivors of domestic abuse through advocacy and peer solidarity
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6. Lessons Learned and Strategic Development

Key Insights

- **Community Engagement:** Strategic partnerships significantly enhanced outreach and overall impact.
- **Sustainability:** Implementing paperless systems streamlined operations and reduced environmental impact.
- **Resource Management:** Careful budgeting and effective negotiations maximised resources and value.
- **Staffing and Capacity:** Dependence on dedicated volunteers fostered resilience and strengthened community trust.
- **Technology Integration:** Leveraging digital tools improved communication, coordination, and service delivery.

Improved Practices

- Evaluation tools have been refined for better outcome tracking.
 - Increased community visibility and local recognition.
 - Strategic planning has positioned MM&I to access larger funding streams.
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7. Financial Overview

Funding Secured (2024)

- The Robertson Trust (Wee Grant): £3,000 (unrestricted)
- Glasgow Community Mental Health & Wellbeing Fund (GCVS): £10,000

Total Funding: £13,000

Total Spend: £8,997

Remaining Surplus (as of 31/12/2024): £4,003

Reserves Policy

Unrestricted funds are retained as per our reserves policy to:

- Offset potential income shortfalls
- Cover unforeseen essential costs
- Support strategic investment with trustee approval

8. Looking Ahead (2025–2026)

Confirmed Funding

- GCVS: £10,500 (secured)

Planned Events (All Saturdays)

- Easter & Eid Party
- Volunteer's Day (2025)
- MM&I 6th Anniversary Celebration
- Christmas & Diwali Celebration
- New Year Celebration
- International Women's Day

To meet growing participant demand, we plan to expand our services by offering regular online yoga and dance sessions, providing accessible and consistent opportunities for well-being and connection.

Priorities

- Diversify funding streams to ensure financial sustainability
- Strengthen digital engagement and eco-friendly practices
- Deepen community co-design and feedback mechanisms
- Build organisational capacity through training and leadership development

9. Communication and Visibility

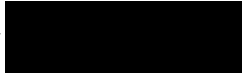
Event photos, participant stories, and project updates are regularly shared on our **Facebook page**:



10. Conclusion

The *Resilience and Mindfulness* project has significantly advanced MM&I's core mission: empowering women, strengthening community ties, and promoting mental well-being. With growing partnerships, volunteer leadership, and renewed funding, MM&I is poised for continued growth and impact in the years to come.

Submitted by



Signed:

