


<b>Me Myself and I</b>									
February 2024 to December 2024 Assessment				Comments					
<b>Balance Sheet at 31st December 2024</b>		£							
<b>Current Assets</b>									
Bank	£5,907			Per Bank Statement at 31st December 2024					
Cash	£1			Per Petty Cash records at 31st December 2024					
	<u>£5,908</u>								
<b>Represented by</b>									
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									
									
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
<b>Total Income</b>		<b>£13,000</b>		<b>£7,050</b>
<b>Expenditure</b>				
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
<b>Total Expenditure</b>	<b>Total spent</b>	<b>£8,997</b>		<b>£5,973</b>
<b>Surplus</b>		<b>£4,003</b>		<b>£1,077</b>
I consider the above to be a fair representation of the financial statements of Me Myself and I at 31st December 2024				
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

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## 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

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## 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.

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## 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.

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## 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.

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## 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

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## 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**:

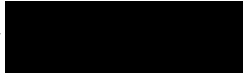


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## 10. Conclusion

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:

