

APPENDIX 1



Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
From	Day	Month	Year	To	Day	Month	Year
	31	01	2024		31	01	2025

Reference and administration details

Charity name
Other names charity is known by
Registered charity number
Charity's principal address

HOPE WELLBEING

(previously was HOPE Counselling and Wellbeing)

SC049898

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		TRUSTEE		
2		TRUSTEE		
3		TRUSTEE		
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

HOPE Wellbeing Constitution

Trustee recruitment and appointment

New Trustees are appointed by nomination from existing HOPE Wellbeing Trustees.

Objectives and activities

Objectives of HOPE Wellbeing - Improve emotional wellbeing in individuals living in South Ayrshire by offering wellbeing spaces (group and 1:1) that provide accessible and free / affordable support. Offer safe spaces where 'its ok not to be ok' and people can receive help during bereavement, mental health issues and social isolation.

Activities –

- Hope Wellbeing re-located to St Andrews Church hall in Ayr Town Centre in January 2024 due to ongoing issues with previous building. The service continues to offer drop-in sessions and group work over 4 days a week. Bereavement Café, Creative Wellbeing Space, Renew Wellbeing Space and Men's Group.
- We offer a programme called Peaced Together - a 10 week course for women using arts and crafts as a means of building self-esteem and promoting recovery from trauma and mental health issues. We are currently building up the team again after the loss of the 2 facilitators from the service.

- We received funding from the Community Mental Health and Wellbeing Fund and have used this funding to employ one part-time (24 hour) employee who is the Centre Co-ordinator and she oversees the daily running of the centre and manages the volunteer team. This will be her 3rd year in post.
- We have a male volunteer for Men's wellbeing with a focus on developing a Men's Wellbeing group and linking in with other local services addressing mens' mental health and wellbeing.
- We have approx. 70 volunteers as the team continues to grow.
- We continue to offer counselling services and offer counselling placements to trainees. Several training organisations wish to send students to the Hope Wellbeing Centre as students find this a positive experience. This has grown significantly over the last year and we have also developed and launched a Listening Service with trained listeners offering 1:1 confidential support.
- Over this last year we have had the opportunity to develop fantastic partnership working and strengthen existing partnerships and we have future plans to continue on this pathway. We are becoming more integrated into the local network of support.

1.1 The advancement of health : HOPE

Wellbeing is a Christian organisation that regards each individual as unique and valuable, with the potential to heal and grow. We believe that when hope is rebuilt and renewed then individuals have the capacity to overcome the greatest of challenges in life

HOPE Wellbeing will offer listening, befriending, counselling support to individuals irrespective of financial status, gender, sexual orientation, religion or ethnic background. The service will offer 1:1 support, group sessions, wellbeing workshops etc.

HOPE Wellbeing will offer emotional support to individuals experiencing emotional and psychological difficulties that are impacting upon daily life. These difficulties may arise as a result of a loss or change in an individual's life or a situation that they are struggling to cope with. It may be underlying feelings of anxiety, anger or low mood that are making life harder to manage. We aim to offer compassionate and empathic support that builds hope and resilience in individuals and coping skills to improve mental health and emotional wellbeing. This service will be delivered by a team of people with a passion and a vision to serve the local community by using their gifts and professional skills. The team have a significant level of professional experience working in mental health services and counselling services.

1.2 The relief of those in need: HOPE

Wellbeing is a service that recognises the growing issue of poor mental health in our community and the alarming suicide rates. The service acknowledges that this has put significant pressure on the NHS and there is increasing demand for services to offer counselling and emotional support and therefore increasing waiting lists. HOPE Wellbeing aims to offer affordable and accessible support whilst working alongside other service statutory and third sector to address the growing need in our community.

Summary of the main activities in relation to these objects

- Counselling and listening Sessions – approximately 35 sessions / week carried out by qualified and trainee counsellors and trained listeners
- Weekly bereavement café offers support to those who are bereaved offering 1:1 listening spaces and information. approx. 6-8 attendees per week.
- Weekly Men's group – core group of 5 men who meet weekly to support each other socially and emotionally
- Weekly Creative Wellbeing Space – a space to create, learn new skills and build self-esteem whilst making friends. approx. 15 attendees per week
- Weekly Renew Wellbeing Space – every Friday – 'a safe space where its ok not to be ok', offering activities and informal support to improve emotional wellbeing. Approx 10-12 attendees
- 'Peaced Together' –10 week programme for women building self-esteem and coping skills. We are planning to run another programme and are building the team to facilitate this.
- We started a bereavement support group for young adults called Shining Light
- Volunteer group have all been trained, PVG's completed etc.
- New volunteers recruited with different skills to support the Trustees and overall service eg, finance, admin, co-ordination.

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Achievements and performance

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

HOPE Wellbeing continues to develop the Listening and Counselling service and we continue to offer placements to students from different training organisations. This service has seen considerable growth over 2024-2025.

The drop-in sessions are now well established with an increasing number of people accessing these sessions.

The Men's group is now well established with a core group of men attending.

The volunteer team of around 70 people now are very reliable and experienced and we are keen to invest in ongoing support and training. We have introduced group supervision sessions to offer more support to our volunteers. The volunteers have been extremely dedicated, consistent and supportive over the last year.

More volunteers have been recruited and PVG's were carried out. They are trained in Bereavement Support / Active Listening/ Counselling Skills, Child Protection, Adult Protection, Suicide Prevention.

We are building stronger partnership relationships within statutory and third sector organisations.

We are utilising social media well and increasing our advertising.

Fundraising and awareness raising activities were carried out successfully

Evaluation – excellent feedback from our clients – clients report a sense of safety and belonging, feeling cared for and well supported and an overall improvement in mental health and emotional wellbeing. Clients being able to move into voluntary work or return to paid work and take steps forward in positive ways.

Positive working relationships within NHS and third sector organisations have been established and referrals to the Hope Wellbeing Listening Service are increasing significantly from GP practices (MHPs and CLPs).

Financial review

Brief statement of the charity's policy on reserves

The Trustees have agreed that a reserve of £3000 is ring fenced to cover any emergencies etc.

Details of any deficit

n/a

Donated facilities and services (if any)

n/a

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Other optional information

HOPE Wellbeing has continued to benefit from the use of St Andrews Church premises in Ayr Town Centre to deliver the services to the community laid out in the constitution.

The Listening and Counselling service has seen significant growth with a team of 17 now. We have secured funding from South Ayrshire Health and Social Care Partnership which we plan to use to employ an administrator for a few hours a week. This will be extremely helpful in co-ordinating and managing referrals that mainly now come from the NHS.

We benefit hugely from a very committed team of volunteers who give generously of their time and talents and many 'Partners of Hope' who give financially on a monthly / regular basis to the work of Hope Wellbeing. Unfortunately this year, our centre co-ordinator (only employee) was off work for several months therefore some service developments did not happen. Despite this, we continued to offer the majority of our services and other areas of the service grew (such as the Listening Service) so we are grateful to the volunteer team who have continued to carry this work faithfully.

Our other priority is to secure / purchase a building for Hope Wellbeing from which to develop and expand the services that the charity offers. We have identified a building within the local area that would be suitable for the growing needs of the charity and are in discussion / communication with those who are currently overseeing the future sell of this building.

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Position (e.g. Chair) CHAIR

Date 15/05/24

Receipts and payments accounts

For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	February	2024		31	January	2025

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 £
A1 Receipts						
Donations	45,696				45,696	45,159
Legacies					-	
Grants					-	32,000
Gross trading receipts					-	
Income from investments other than land and buildings	1,310				1,310	530
Rents from land & buildings					-	
Gross receipts from other charitable activities SCF and SAC	58				58	4,496
Energy refund		7,191			7,191	
A1 Sub total	47,064	7,191	-	-	54,256	82,186
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	47,064	7,191	-	-	54,256	82,186
A3 Payments						
Start Up Expenses					-	
phone/internet usage	1,000				1,000	1,181
Postage and stationery	1,069				1,069	1,814
Rent & insurance	6,935				6,935	2,403
service expenses (W café, CC, brunch)		677			677	1,357
Cleaning	528				528	1,100
Repairs and replacements	2,446				2,446	4,012
Heat and light		1,548			1,548	906
Training	1,731				1,731	1,239
Events	788				788	2,580
Gift donations	100				100	495
Governance costs:					-	
Wages/HMRC/Pensions		23,811			23,811	21,952
Audit / independent examination					-	-
Preparation of annual accounts	1,200				1,200	1,440
Legal costs					-	-
Other	896				896	1,450
A3 Sub total	16,693	26,037	-	-	42,729	41,928
A4 Payments relating to asset and investment movements						
Purchases of fixed assets/Furniture	-				-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	16,693	26,037	-	-	42,729	41,928
Net receipts / (payments)	30,372	(18,845)	-	-	11,526	40,258
A5 Transfers to / (from) funds					-	
Surplus / (deficit) for year	30,372	(18,845)	-	-	11,526	40,258

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 £
B1 Cash funds	Cash and bank balances at start of year	61,653	44,728			106,381	66,123
	Surplus / (deficit) shown on receipts and payments account	30,372	(18,845)			11,526	40,258
						-	
						-	
	Cash and bank balances at end of year	92,025	25,883	-	-	117,907	106,381
	(Agree balances with receipts and payments account(s))						

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

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

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

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

Signed by one or two trustees
on behalf of all the trustees

Signature

Print Name

Date of
approval

27/5/25

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

Our restricted funds are funds that have come from Grants and Trusts, such as the SA Wellbeing fund, which are used to fund specific projects within Hope Wellbeing.

Our unrestricted funds are funds that have come from Donations, Counselling Session Donations, Regular Giving and from our various Fundraising Events & Activities. The Trustees decide where these funds are needed most within the work of the whole charity, such as saving for our own Hope Centre.

C2 Grants

[illegible]

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)

C3b Trustee remuneration - details

Authority under which paid	£
E Hough received payment for temporary emergency staff cover	1,055

C4a Trustee expenses

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

C4b Trustee expenses - details

	Number of trustees	£

C5 Transactions with trustees and connected persons

[illegible]

C6 Other information

There were no Trustee remunerations made or Trustee expenses claimed/made in this financial year.

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Additional analysis (1)

Analysis of receipts and payments

1 Donations

	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 £
Various	45,696				45,696	45,159
					-	
					-	
					-	
					-	
Total	45,696	-	-	-	45,696	45,159

■ ■ ■ ■

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
VASA			-	32,000
			-	
			-	
			-	
Total	-	-	-	32,000

3 Gross receipts from other charitable activities

	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 £
Various	58				58	4,496
					-	
					-	
					-	
					-	
					-	
					-	
Total	58	-	-	-	58	4,496

4 Payments relating directly to charitable activities

[illegible]

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Additional analysis (2)

5 Breakdown of unrestricted funds

	2	3	4		Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations	45,696				45,696	45,160
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings	1,310				1,310	530
Rents from land & buildings					-	
Gross receipts from other charitable activities	58				58	4,496
Sub total	47,064	-	-	-	47,064	50,186
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	47,064	-	-	-	47,064	50,186
Payments						
Expenses for fundraising activities	14,496				14,496	14,328
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations	100				100	495
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts	1,200				1,200	1,440
Other professional costs	896				896	1,450
					-	
Sub total	16,692	-	-	-	16,692	17,713
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	16,692	-	-	-	16,692	17,713
Net receipts / (payments)	30,372	-	-	-	30,372	32,473
Transfers to / (from) funds					-	
Surplus / (deficit) for year	30,372	-	-	-	30,372	32,473
Nature and purpose of funds						

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Additional analysis (3)

5 Breakdown of restricted funds

	2022-23	2021-22	2020-21	2019-20	Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants SAC					-	
Grants VASA					-	32,000
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					-	
Sub total	-	-	-	-	-	32,000
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	-	-	-	-	-	32,000
Payments						
Expenses for fundraising activities	18,845				18,845	24,215
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					-	
Sub total	18,845	-	-	-	18,845	24,215
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	18,845	-	-	-	18,845	24,215
Net receipts / (payments)	(18,845)	-	-	-	(18,845)	7,785
Transfers to / (from) funds					-	
Surplus / (deficit) for year	(18,845)	-	-	-	(18,845)	7,785
Nature and purpose of funds						

APPENDIX 3



		Independent examiner's report on the accounts						v2
Report to the trustees/members of	Charity name	HOPE WELLBEING						
Registered charity number		SC049898						
On the accounts of the charity for the period	Period start date				Period end date			
	Day	Month	Year		Day	Month	Year	
	01	02	2024	to	31	01	2025	
Set out on pages								(remember to include the page numbers of additional sheets)

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) 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.

Basis of independent examiner's statement

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.

Independent examiner's statement

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:
 - 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 comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

Signed
Name
Relevant professional
qualification(s) or body
(if any)
Address



*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.