

THE FLOURISHING WELL

RECEIPTS & PAYMENTS FOR THE COMMENCEMENT PERIOD 30TH APRIL 2025

Charity No SC049989

Kelly Christie
12 College Hall Cottages
Hillside
Montrose
DD10 9HF

The Flourishing Well

CHARITY NUMBER: SC049989

RECEIPTS & PAYMENTS FOR THE COMMENCEMENT PERIOD ENDED 30TH APRIL 2025

	<u>2024/2025</u>
<u>INCOME</u>	
Grants	0.00
Donations	240.00
Funding	0.00
Sponsors	0.00
Sundry	0.00
	<hr/>
	240.00
<u>EXPENDITURE</u>	
Workshops	0.00
One to One therapies	0.00
Room Hire	0.00
Equipment & maintenance	153.88
Website	0.00
IT & software	0.00
Telecomms	0.00
Administration	0.00
Printing & stationary	0.00
Professional fees	0.00
Publications & subscriptions	0.00
Advertising	0.00
Sundry expenses	0.00
Travel costs	0.00
Utilities	0.00
Total Payments	<hr/>
	153.88
	<hr/>
Surplus/(deficit) for the year	<u>86.12</u>
	 <u>2024</u>
<u>Balances</u>	
Bank Balance B/f	51.16
Income	240.00
Expenses	-153.88
Balance C/F	<hr/>
	137.28
	<hr/>
Closing bank balance as at 30th April 2025	<hr/>
	137.28
	<hr/>

The charity activities is relief of those in need by reason of ill-health, disability, financial hardship or other disadvantage

Independent Examiner's Report to the Trustees of The Flourishing Well

I report on the accounts of the charity for the period ended 30th April 2025.

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (a) to (c) 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.

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. 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.

In the course of my examination, these matters have come to my attention:-

- 1) Opening balance of account at 01 May 2024: £51.16
- 2) Moving forward the book keeping will be advised by the accountant

Going forward, I would advise the following

- 1) These accounts should be presented to the committee members at the next AGM

KCPA Services Ltd
12 College Hall Cottages
Hillside
Montrose
DD10 9HF

Date:

27-04-2026

Chair

A Cameron

Date:

27-04-2026



The Flourishing Well
Trustees Annual Report
06/04/24 – 05/04/25

Charity contact information

Scottish Charity Number: SC049989

Registered address:

Angus Carers Centre

8 Grant Road Arbroath

DD111JN

Postal address:

6 Esk Drive

Marykirk

AB301HY

Telephone number - 07950562092

Email address: hello@theflourishingwell.com

Website: www.theflourishingwell.com

Charity Trustees:

1. Charity Trustee Treasurer – Donald Gamble
2. Charity Trustee Chairwoman – Lorna Cameron
3. Charity Trustee Vice chairwoman – Kay Ross
4. Charity Trustee Secretary – Kelly Christie
5. Charity Trustee - Craig Macfarlane

Objectives and Aims:

The Flourishing Well empowers people who have experienced trauma, ill-health, chronic conditions, financial hardship or other disadvantages.

We provide access to appropriate treatment, holistic health care and wellbeing activities, which helps improve and maintain physical, mental and spiritual wellbeing.

Our one-to-one Holistic Therapies provide support and knowledge that can help bring relief to suffering, enabling people to flourish and prevent further ill-health for them or their unpaid carers.

Our Wellbeing Workshops encourage social inclusion by assisting people to be involved in community events, which enable them to live better, safer, happier, more fulfilling lives.

Throughout the year we have received referrals for 1-1 holistic therapies from Angus GPs, Social prescribers, Penumbra mental health charity, Women's aid, Reach Across, Women's rape and sexual abuse centres.

Wellbeing workshops have been varied throughout Angus and Aberdeenshire and can be seen on our website's event page here: <https://www.thefLOURISHINGWell.com/events-calendar>

Structure, governance and management:

We have a governing constitution as an unincorporated community group. Our director has copies of all staff and practitioners' qualification certificates, insurance, confidentiality agreements. All have their enhanced PVG and our organisation also has a safeguarding policy.

Trustee recruitment and appointment:

Our trustees since we were founded in 2020 have a wide range of skills and life experience. However due to personal and professional changes we will be appointing new trustees as soon as we start to operate again.

Achievements and performance:

Our charity were delighted to have received £3000 funding from Inspiring Scotland's Ideas Into Action Rural Communities award in the first few years of operating. We were also very blessed to receive £23,524 from NHS charities together. We were a finalist in SCVO Scottish charity of the year in our first year. However this year and last year our director has had to take time off due to personal circumstances, so therefore there hasn't been any funding applied for or any services offered.

Previously our charity has made a big impact with people's health, skill set, welfare, relationships, feelings of isolation and confidence. We have documented this in our monitoring and evaluation forms with the feedback forms we get from participants in our group sessions and clients receiving our 1-1 therapies. The feedback gets shared with our funders, on our website and facebook too.

Financial review:

Statement of the charity's policy on reserves:

We have to hold reserves of £800 every year to cover website hosting, external examiner fees and technical running costs. The funders gave us funding to cover therapists fees, workshop fees, hall fees and equipment, admin, tech, travel and project management to run the events. Last two years these expenses have been covered by our team of therapists monthly donations.

Details of any deficit:

There are no deficits.

Donated resources and services:

So far our charity funding has more or less doubled each year. We have also been fortunate enough to receive donations from our therapists for fund raising events. We have a few volunteers now who help out with delivering leaflets and setting up of tables and chairs in halls, alongside clean up after events. Our charity board helps voluntarily with aspects of the operations and our director Lorna has contributed with an incredible amount of hours as an unpaid volunteer too with meetings, organisation and recruitment. We previously ran an online art Auction and a silent in person auction to raise funds too.

Assets and additional purchases:

None this year

Future plans:

We are looking to change the legal structure of our charity, apply for core funding for permanent staff and utilities when we find permanent premises.

Trustees remuneration and additional information:

None.

Declaration:

Signed on behalf of the charity trustees:

Print name: Donald Gamble

Signed:

Designated post: Treasurer

Date: 27/04/2026

Print name: Lorna Cameron

Signed:

Designated post: Director/Chairwoman

Date: 27/04/2026

Declaration:

Signed on behalf of the charity trustees:

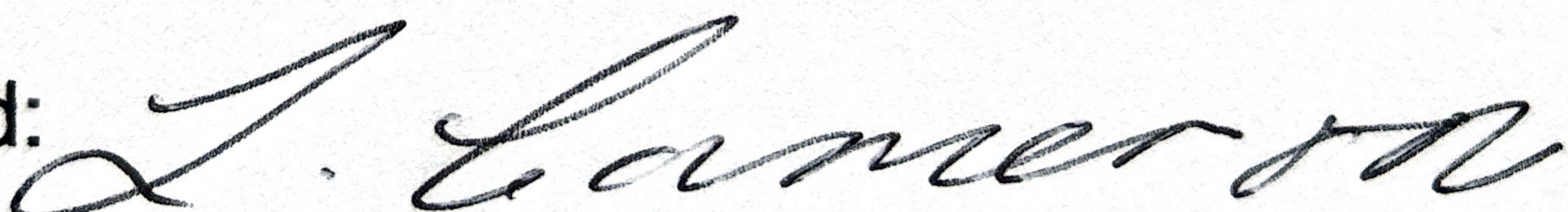
Print name: Donald Gamble

Signed: 

Designated post: Treasurer

Date: 27/04/2026

Print name: Lorna Cameron

Signed: 

Designated post: Director/Chairwoman

Date: 27/04/2026