

Nourish Support Centre

Scotland · Charity number SC050063

Details

Known as	Nourish
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2020-04-02
Register	View on the OSCR register

Contact

Address
Nourish Support Centre
Elizabeth House
1C Barclay Court
Kirkcaldy
KY1 3WE

Website www.nourishsupportcentre.com

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of education', '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 relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: Nourish Support Centre exists to support families living with additional needs, as well as those experiencing hardship, isolation, or crisis. We provide practical, emotional, and wellbeing support through one-to-one help, group sessions, and accessible activities for carers, children, and young people. Our work includes crisis support, food and essentials, advocacy, inclusive wellbeing groups, and tailored programmes that reduce isolation and build resilience. We also deliver community events, volunteering opportunities, and safe, welcoming spaces that help families feel understood, connected, and supported.

Beneficiaries: 'Children or young people', 'No specific group, or for the benefit of the community'

Objectives: 4.1 The Club is a non-profit distributing charity whose principal objectives are: 4.1.1 the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantaged by organising suitable social, educational, support and personal development activities for its members 4.1.2 the advancement of education by educating on issues facing children and adults with additional support and their families 4.1.3 providing and organising recreational facilities and activities within the operating area, with

such facilities/activities being made available to members of the public at large with the object of improving their conditions of life and providing opportunity through social interaction to reduce isolation and improve health and wellbeing

Geography

- **Main operating location:** Fife
- **Geographical spread:** Wider, but within one local authority area

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£216,964	£296,168	-	7
2024-06-30	£304,879	£327,308	-	8
2023-06-30	£307,129	£253,764	-	11
2022-06-30	£173,402	£155,738	-	10
2021-06-30	£155,943	£94,742	-	3

Nourish Support Centre

Scotland - Charity number SC050063

Accounts

NOURISH SUPPORT CENTRE

REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

SCOTTISH CHARITY NUMBER: SC050063

Henderson Black & Co

CHARTERED ACCOUNTANTS, ST ANDREWS

NOURISH SUPPORT CENTRE
Report and Financial Statements
for the year ended 30 June 2025

Contents	Page
Trustees' Annual Report	1 – 3
Independent Examiner's Report to the Trustees	4
Statement of Financial Activities (Including Income and Expenditure Account)	5
Balance Sheet	6
Statement of Cash Flows	7
Notes forming part of the Financial Statements	8 - 14

NOURISH SUPPORT CENTRE

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 30 JUNE 2025

The trustees present their annual report and financial statements of the charity for the year ended 30 June 2025. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Accounts (Scotland) Regulations 2006 (as amended) and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland effective 1 January 2019 (FRS 102).

Objectives and activities for the public benefit

The purposes of the charity are:

1. The relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantaged by organising suitable social, educational, support and personal development activities for its members.
2. The advancement of education by educating on issues facing children and adults with additional support and their families.
3. Providing and organising recreational facilities and activities within the operation to improve health and wellbeing.

The main activities in relation to these purposes are running support groups, family activities, counselling, food support service, clothing and hygiene banks, information services, signposting, and working in partnership with local organisations who can further support families in Fife with additional support needs.

Review of achievements and performance

Nourish Support Centre continued to deliver inclusive, person-centred support for families across Fife with additional needs. This was made possible through the ongoing support and strengthened partnership with Fife Health and Social Care, whose commitment has been vital to our outreach and service delivery.

During the year, Nourish navigated a significant leadership transition with the departure of our Founder and CEO. The Trustees, with particular thanks to our Chairperson Miss Pamela Cameron, worked diligently to establish an effective and functioning team. This leadership has guided the organisation through a period of instability to a place of renewed strength, ready to improve and expand our holistic support services.

We enhanced our governance and accountability by outsourcing professional support, ensuring robust systems and best practice are embedded across our operations. Our commitment to health and safety remained central throughout the charity, with continued attention to safe environments for families, staff, and volunteers.

Nourish delivered a wide range of inclusive events, short breaks, and outreach activities, co-designed with families and volunteers and tailored to individual needs. We also refreshed our communications and fundraising strategy, launching targeted campaigns and updating our messaging to better reflect our ethos and impact.

Financial review

The results for the year and the charity's financial position at the year end are presented in the attached accounts. There was net expenditure of £79,204 (2024 - £22,429). The reserves carried forward at the year end amount to £32,242 (2024 - £111,446) which include unrestricted funds of £6,278 (2024 - £29,712) and restricted funds of £25,964 (2024 - £81,734).

Risk management

The trustees have assessed the major risks to which the charity is exposed, in particular those relating to the operations and finances of the charity, and are satisfied that systems are in place to mitigate the charity's exposure to the major risks.

NOURISH SUPPORT CENTRE

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 30 JUNE 2025

Reserves policy

The trustees aim to maintain free or liquid reserves at a level which enables them to fund any appropriate activities.

Plans for the future

Looking ahead, Nourish Support aims to:

- Expand outreach and improve service delivery, ensuring support reaches families who face barriers to access.
- Strengthen funding streams through focused project work that aligns with our mission and deepens impact.
- Continue to assess and identify the right CRM system to support operational needs and improve data management.
- Embed collaborative working across all areas of delivery, building on strong partnerships with relevant organisations.
- Maintain and enhance our commitment to health and safety, ensuring emotionally and physically safe spaces for all who engage with Nourish.
- Develop a replicable outreach model and improve sensory and craft spaces, with the aim of securing multi-year funding to sustain and grow our impact.

Structure, Governance and Management

The charity is a Scottish Charitable Incorporated Organisation (a SCIO). It was registered on 2 April 2020.

New trustees are elected by members at annual meetings and throughout the year for expertise as and when required by vote.

All incoming trustees completed Board Governance Training via Fife Voluntary Action prior to formally joining.

The trustees meet as often as required and the day to day administration is carried out by the charity's Chief Executive Officer.

Reference and administrative information

Trustees

The following persons have served as trustees during the year and since the year end.

Wilma Brown
Pamela Cameron
Marie Hartigan
Sara McCrae
Sarah McGregor
Dougie Ovenstone (appointed August 2025)

Scottish Charity number

Scottish Charity Number: SC050063

Operational address

Nourish Support Centre, Elizabeth House, 1c Barclay Court, Kirkcaldy, Fife, KY1 3WE

Independent Examiner

Jonathan L Adamson CA, Henderson Black & Co, Chartered Accountants, Chestney House, 149 Market Street, St Andrews, Fife, KY16 9PF

NOURISH SUPPORT CENTRE

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 30 JUNE 2025

Trustees' Responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in Scotland requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of its income and expenditure for that period. In preparing the financial statements, the trustees are required to:

1. select suitable accounting policies and then comply them consistently;
2. observe the methods and principles in the applicable Charities SORP;
3. make judgements and estimates that are reasonable and prudent;
4. state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
5. prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the charity Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Approved by the trustees and signed on their behalf by;

Pamela Cameron

Pamela Cameron (Trustee)

Date: 25/03/2026

NOURISH SUPPORT CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE NOURISH SUPPORT CENTRE

I report on the accounts of the charity for the year ended 30 June 2025 which are set out on pages 5 to 14.

Respective Responsibilities of the 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) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). 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 under section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

This report is made to the trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might state to the trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the trustees for my work or for this report.

Basis of Independent Examiner's Statement

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

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 8 of the 2006 Accounts Regulations have not been met, or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Jonathan L Adamson

Jonathan L Adamson CA
Partner
Henderson Black & Co
Chartered Accountants

Date: 24/03/2026

Chestney House
149 Market Street
St Andrews
Fife
KY16 9PF

NOURISH SUPPORT CENTRE

**Statement of Financial Activities
for the year ended 30 June 2025**

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Income and endowments from:							
Grants and donations	4	17,250	138,162	155,412	53,611	211,348	264,959
Trading		49,573	-	49,573	33,662	-	33,662
Charitable activities		11,979	-	11,979	6,108	150	6,258
Total Income		<u>78,802</u>	<u>138,162</u>	<u>216,964</u>	<u>93,381</u>	<u>211,498</u>	<u>304,879</u>
Expenditure on:							
Charitable activities	5	<u>100,736</u>	<u>195,432</u>	<u>296,168</u>	<u>112,409</u>	<u>214,899</u>	<u>327,308</u>
Total Expenditure		<u>100,736</u>	<u>195,432</u>	<u>296,168</u>	<u>112,409</u>	<u>214,899</u>	<u>327,308</u>
Net expenditure		(21,934)	(57,270)	(79,204)	(19,028)	(3,401)	(22,429)
Transfers between funds	10	<u>(1,500)</u>	<u>1,500</u>	<u>-</u>	<u>47</u>	<u>(47)</u>	<u>-</u>
Net movement in funds		(23,434)	(55,770)	(79,204)	(18,981)	(3,448)	(22,429)
Reconciliation of funds:							
Total funds brought forward		<u>29,712</u>	<u>81,734</u>	<u>111,446</u>	<u>48,693</u>	<u>85,182</u>	<u>133,875</u>
Total funds carried forward		<u>6,278</u>	<u>25,964</u>	<u>32,242</u>	<u>29,712</u>	<u>81,734</u>	<u>111,446</u>

The Statement of Financial Activities includes all gains and losses in the year.
All income and expenditure derive from continuing activities.
The notes on pages 8 to 14 form an integral part of these accounts.

NOURISH SUPPORT CENTRE

Balance Sheet as at 30 June 2025

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Fixed assets							
Tangible assets	6	15,474	-	15,474	7,225	-	7,225
		<u>15,474</u>	<u>-</u>	<u>15,474</u>	<u>7,225</u>	<u>-</u>	<u>7,225</u>
Current assets							
Debtors	7	2,505	15,000	17,505	1,967	-	1,967
Cash in bank and on hand		3,656	10,964	14,620	38,977	81,734	120,711
		<u>6,161</u>	<u>25,964</u>	<u>32,125</u>	<u>40,944</u>	<u>81,734</u>	<u>122,678</u>
Liabilities							
Creditors: amounts falling due within one year							
Creditors and accruals	8	15,357	-	15,357	18,457	-	18,457
		<u>15,357</u>	<u>-</u>	<u>15,357</u>	<u>18,457</u>	<u>-</u>	<u>18,457</u>
Net current assets		<u>(9,196)</u>	<u>25,964</u>	<u>16,768</u>	<u>22,487</u>	<u>81,734</u>	<u>104,221</u>
Total net assets		<u>6,278</u>	<u>25,964</u>	<u>32,242</u>	<u>29,712</u>	<u>81,734</u>	<u>111,446</u>
The funds of the charity:							
Unrestricted income funds							
General Fund	10	6,278	-	6,278	29,712	-	29,712
Restricted income funds:							
Restricted Funds	10	-	25,964	25,964	-	81,734	81,734
Total charity funds		<u>6,278</u>	<u>25,964</u>	<u>32,242</u>	<u>29,712</u>	<u>81,734</u>	<u>111,446</u>

Approved by the trustees and signed on their behalf by:-

Pamela Cameron

Pamela Cameron (Trustee)

Date: 25/03/2026

The notes on pages 8 to 14 form an integral part of these accounts.

NOURISH SUPPORT CENTRE

Statement of Cash Flows for the year ended 30 June 2025

	Notes	Total Funds 2025 £	Total Funds 2024 £
Cash flows from operating activities:			
Net cash used in operating activities (see below)		<u>(91,669)</u>	<u>(8,151)</u>
Cash flows from investing activities:			
Purchase of tangible fixed assets	7	(14,772)	(3,368)
Proceeds from sale of tangible fixed assets		350	-
Net cash used in investing activities		<u>(14,422)</u>	<u>(3,368)</u>
Change in cash and cash equivalents in the year		(106,091)	(11,519)
Cash and cash equivalents brought forward		120,711	132,230
Cash and cash equivalents carried forward		<u>14,620</u>	<u>120,711</u>
Analysis of changes in net debt			
Cash at 1 July		120,711	132,230
Cash flows in year		(106,091)	(11,519)
Cash at 30 June		<u>14,620</u>	<u>120,711</u>
Reconciliation of net movement in funds to net cash flow from operating activities			
Net movement in funds (as per the Statement of Financial Activities)		(79,204)	(22,429)
Add back depreciation charge	7	4,941	2,516
Loss on disposal of assets		1,232	-
Increase in debtors		(15,538)	(1,594)
(Decrease)/increase in creditors		(3,100)	13,356
Net cash used in operating activities		<u>(91,669)</u>	<u>(8,151)</u>

NOURISH SUPPORT CENTRE

Notes to the Financial Statements for the year ended 30 June 2025

1 Accounting policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

1.1 Basis of Preparing the Financial Statements

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Accounts (Scotland) Regulations 2006 (as amended).

The charity meets the definition of a public benefit entity under FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

1.2 Fund accounting

Funds held by the charity are either unrestricted or restricted in purpose. Unrestricted funds are funds which can be used in accordance with the charitable objects at the discretion of the trustees. Restricted funds are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

1.3 Income recognition

Income is recognised when the charity has entitlement to the income, any performance conditions attached to the income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income from savings is recognised on a receivable basis.

1.4 Expenditure

Expenditure is recognised as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably. The charity is not registered for Value Added Tax and accordingly all expenditure includes Value Added Tax which cannot be recovered.

1.5 Allocation of expenditure

Costs charged to a restricted fund include direct costs in relation to the restricted activities.

1.6 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost and are depreciated over their estimated useful economic lives on the following basis: Equipment (all classes) 25% straight line, Motor Vehicles 25% reducing balance.

NOURISH SUPPORT CENTRE

Notes to the Financial Statements for the year ended 30 June 2025 (continued)

1.7 Judgements in applying accounting policies and key sources of estimation

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily available from other sources. The estimates and associated assumptions are based on historical experience and other factors that are relevant. Actual results may differ from these estimates. In preparing these financial statements, the trustees have made the following judgements:

Accruals

Trustees estimate the requirements for accruals using post year end information. This identifies costs that are expected to be incurred for services provided by other parties. Accruals are only released when there is a reasonable expectation that these costs will not be invoiced in the future.

2 Control

Control of the charity lies in the hands of the trustees.

3 Taxation

The charity is exempt from tax on income and gains to the extent that these are applied for its charitable objects.

4 Income from grants and donations

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£	£	£	£
Grants	-	138,162	138,162	3,080	211,348	214,428
Donations	17,250	-	17,250	50,531	-	50,531
	<u>17,250</u>	<u>138,162</u>	<u>155,412</u>	<u>53,611</u>	<u>211,348</u>	<u>264,959</u>

5 Expenditure on charitable activities

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£	£	£	£
Advertising	312	-	312	312	120	432
Arts/Crafts Supplies	-	-	-	431	-	431
Bank fees	1,600	-	1,600	1,201	114	1,315
Centre Expenses	-	-	-	193	-	193
Christmas Activities	1,097	2,054	3,151	801	-	801
Cleaning	-	-	-	520	-	520
Clothing	-	776	776	-	-	-
Counselling	-	1,140	1,140	(161)	180	19
Equipment Hire	-	-	-	446	-	446
Food Poverty	(1,074)	2,674	1,600	(34)	16,045	16,011
Fundraising	-	-	-	843	-	843
Group Activities	959	2,777	3,736	1,695	2,924	4,619
Hub Items	168	-	168	317	-	317
Insurance	2,466	-	2,466	1,747	-	1,747
IT Software	2,998	-	2,998	3,558	-	3,558
Professional expenses	-	-	-	20	-	20
Gas & Electric	12,851	8,977	21,828	9,988	-	9,988
Motor expenses	95	271	366	866	2,958	3,824
Wages	28,743	123,082	151,825	34,560	140,715	175,275
PAYE	2,317	28,470	30,787	18,140	16,372	34,512
Pension	512	5,080	5,592	818	7,470	8,288
Printing & Stationery	502	-	502	3,707	-	3,707
Rent	20,380	19,513	39,893	13,677	17,388	31,065
Rates	2,810	573	3,383	2,312	8,270	10,582
Repairs	3,333	-	3,333	1,342	-	1,342
Compensation	2,929	-	2,929	-	-	-
Subscriptions	1,131	-	1,131	725	-	725
Telephone & Internet	4,145	-	4,145	3,385	-	3,385
Volunteer expenses	425	-	425	491	-	491
Staff Training	466	-	466	565	-	565
Independent Examiner's fee	2,317	-	2,317	883	1,224	2,107
Other	3,081	45	3,126	6,545	1,119	7,664
Loss on disposal of asset	1,232	-	1,232	-	-	-
Depreciation	4,941	-	4,941	2,516	-	2,516
	<u>100,736</u>	<u>195,432</u>	<u>296,168</u>	<u>112,409</u>	<u>214,899</u>	<u>327,308</u>

Within the foregoing expenses of charitable activities the trustees regard the salaries as support costs.

NOURISH SUPPORT CENTRE

**Notes to the Financial Statements
for the year ended 30 June 2025 (continued)**

6 Tangible fixed assets 2025

	Motor Vehicles £	Fixtures & fittings £	Office equipment £	Total £
Cost:				
As at 1 July 2024	5,000	5,502	3,552	14,054
Disposals	(5,000)	-	-	(5,000)
Additions	-	14,772	-	14,772
As at 30 June 2025	<u>-</u>	<u>20,274</u>	<u>3,552</u>	<u>23,826</u>
Depreciation:				
As at 1 July 2024	3,418	1,848	1,563	6,829
Eliminated on disposal	(3,418)	-	-	(3,418)
Charge for the year	-	4,055	886	4,941
As at 30 June 2025	<u>-</u>	<u>5,903</u>	<u>2,449</u>	<u>8,352</u>
Net book values:				
As at 30 June 2025	<u>-</u>	<u>14,371</u>	<u>1,103</u>	<u>15,474</u>

Tangible fixed assets 2024

	Motor Vehicles £	Fixtures & fittings £	Office equipment £	Total £
Cost:				
As at 1 July 2023	5,000	3,275	2,411	10,686
Additions	-	2,227	1,141	3,368
As at 30 June 2024	<u>5,000</u>	<u>5,502</u>	<u>3,552</u>	<u>14,054</u>
Depreciation:				
As at 1 July 2023	2,891	747	675	4,313
Charge for the year	527	1,101	888	2,516
As at 30 June 2024	<u>3,418</u>	<u>1,848</u>	<u>1,563</u>	<u>6,829</u>
Net book values:				
As at 30 June 2024	<u>1,582</u>	<u>3,654</u>	<u>1,989</u>	<u>7,225</u>
As at 30 June 2023	<u>2,109</u>	<u>2,528</u>	<u>1,736</u>	<u>6,373</u>

NOURISH SUPPORT CENTRE

**Notes to the Financial Statements
for the year ended 30 June 2025 (continued)**

7 Debtors	Unrestricted Funds	Restricted Funds	Total Funds 2025	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£	£	£	£
Trading	2,505	15,000	17,505	1,967	-	1,967
	<u>2,505</u>	<u>15,000</u>	<u>17,505</u>	<u>1,967</u>	<u>-</u>	<u>1,967</u>

8 Creditors and accruals	Unrestricted Funds	Restricted Funds	Total Funds 2025	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£	£	£	£
Other creditors	13,869	-	13,869	15,148	-	15,148
Accruals	1,488	-	1,488	3,309	-	3,309
	<u>15,357</u>	<u>-</u>	<u>15,357</u>	<u>18,457</u>	<u>-</u>	<u>18,457</u>

9 Related party transactions, employees, trustees and their remuneration

9.1 Employees

The average weekly number of employees during the year was 12 (2024 - 11), all supporting charitable activities. No employee earned at a rate of £60,000 or more (2024 - none).

The key management personnel of the charity comprise the Trustees and the Manager, whose employee benefits total £53,587 (2024 - £55,257).

9.2 Trustees

The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or in kind. The value of the work done by the trustees is not reflected in the accounts as it cannot be quantified.

Donations to the charity during the year from trustees were £nil (2024 - £nil).

NOURISH SUPPORT CENTRE

Notes to the Financial Statements for the year ended 30 June 2025 (continued)

10 Movement in funds 2025

	At 1 July 2024 £	Income £	Expenditure £	Transfers £	At 30 June 2025 £
Restricted funds					
7 Stars Foundation	-	1,500	-	-	1,500
Arnold Clark	-	500	(500)	-	-
Corra Foundation Winter Fund	3,273	-	(3,273)	-	-
Comic Relief	965	-	(140)	-	825
E-Judication	1	-	-	-	1
FHSC Crisis	1,898	-	(1,200)	-	698
Fife Council - community benefit	-	-	(1,000)	1,000	-
Fife Council - fuel	1,278	-	(271)	-	1,007
Fife Council - warm space	-	4,000	(4,000)	-	-
Fife Health & Social Care	15,481	105,862	(120,343)	(1,000)	-
Fife Health & Social Care Voucher	219	-	(219)	-	-
Innovate Foods	1,100	1,300	(1,792)	-	608
National Lottery Year 2	21,599	-	(21,599)	-	-
Robertsons Trust - van	1,746	-	-	-	1,746
Robertsons Trust - wages	8,598	15,000	(12,348)	-	11,250
Scotmid	62	-	(62)	-	-
STV Appeal	1,545	-	(1,545)	-	-
Summer Project	3,350	-	(4,850)	1,500	-
Tesco Groundwork	341	1,000	(341)	-	1,000
True Colours Trust Fund	-	9,000	(1,671)	-	7,329
Wemyss Trust	20,278	-	(20,278)	-	-
	<u>81,734</u>	<u>138,162</u>	<u>(195,432)</u>	<u>1,500</u>	<u>25,964</u>
Unrestricted funds:					
General funds	29,712	78,802	(100,736)	(1,500)	6,278
Total funds	<u>111,446</u>	<u>216,964</u>	<u>(296,168)</u>	<u>-</u>	<u>32,242</u>

NOURISH SUPPORT CENTRE

Notes to the Financial Statements for the year ended 30 June 2025 (continued)

10 Movement in funds 2024

	At 1 July				At 30 June
	2023	Income	Expenditure	Transfers	2024
	£	£	£	£	£
Restricted funds					
Agnes Hunter Trust	216	-	(216)	-	-
Aldi Food Support	105	-	(105)	-	-
Asda Foundation	258	-	(258)	-	-
Corra Foundation Winter Fund	3,273	-	-	-	3,273
Comic Relief	9,018	-	(8,053)	-	965
Dean Park Event	-	300	(792)	492	-
E-Judication	1	-	-	-	1
FHSC Crisis	3,037	-	(600)	(539)	1,898
Fife Council - food support	2,195	750	(2,945)	-	-
Fife Council - fuel	2,714	-	(1,436)	-	1,278
Fife Health & Social Care	17,250	109,353	(111,122)	-	15,481
Fife Health & Social Care Voucher	-	8,750	(8,531)	-	219
Greener Kirkcaldy	-	300	(300)	-	-
Innovate Foods	-	1,100	-	-	1,100
National Lottery Year 2	-	40,145	(18,546)	-	21,599
National Lottery 2023	28,017	-	(28,017)	-	-
Neighbourly 500 Food Storage	-	1,000	(1,000)	-	-
Robertsons Trust - van	3,267	-	(1,521)	-	1,746
Robertsons Trust - wages	11,025	15,000	(17,427)	-	8,598
Scotmid	500	-	(438)	-	62
STV Appeal	2,395	1,000	(1,850)	-	1,545
Summer Project	-	3,800	(450)	-	3,350
Tesco Groundwork	433	-	(92)	-	341
Wemyss Trust	-	30,000	(9,722)	-	20,278
Youth Scotland cashback	1,478	-	(1,478)	-	-
	<u>85,182</u>	<u>211,498</u>	<u>(214,899)</u>	<u>(47)</u>	<u>81,734</u>
Unrestricted funds:					
General funds	48,693	93,381	(112,409)	47	29,712
Total funds	<u><u>133,875</u></u>	<u><u>304,879</u></u>	<u><u>(327,308)</u></u>	<u><u>-</u></u>	<u><u>111,446</u></u>

NOURISH SUPPORT CENTRE

Notes to the Financial Statements for the year ended 30 June 2025 (continued)

10 Movement in funds (continued)

Description of restricted funds

7 Stars Foundation

Grant received towards farm trip for service users.

Agnes Hunter Trust

Grant received towards wages.

Aldi Food Support

Grant received towards food support services.

Arnold Clark

Grant received towards family support.

Asda Foundation

Grant received towards food support services and storage.

Corra Foundation Winter Fund

Grant received towards food support services.

Comic Relief

Grant received towards counselling, utility bills, wages, catering and volunteer expenses.

Dean Park

Grant received towards holding an event.

E-Judication

Grant received towards the wages of an admin employee.

FHSC Crisis

Grant received to provide help for people in crisis situations.

Fife Council - community benefit

Grant received towards family activities with £1,000 transferred from the Fife Health & Social Care fund to reflect agreed use of funds.

Fife Council - food support

Grant received towards food support services.

Fife Council - fuel

Grant received towards fuel for van used for deliveries and donation collections.

Fife Council - warm space

Grant received towards a warm space in the community.

Fife Health & Social Care

Grant received to provide services to support unpaid carers, with an agreed transfer of £1,000 to the community benefit fund towards family activities.

Fife Health & Social Care Voucher

Grant received to support unpaid carers in crisis.

Greener Kirkcaldy

Grant received towards food support services.

Innovate Foods

Grant received towards food support services.

National Lottery Year 2

Grant received towards rent, service charges and CEO wages.

National Lottery 2023

Grant received towards rent, service charges and CEO wages.

Neighbourly 500 Food Storage

Grant received towards food support storage.

Robertsons Trust - van

Towards the purchase and running costs of a van to support donation collection and deliveries.

Robertsons Trust - wages

Grant received towards wages.

Scotmid

Grant received towards food support services.

STV Appeal

To improve wellbeing in children and young people after the effects of Covid 19.

Summer Project

Grant received towards trips and activities. A transfer of £1,500 was made from unrestricted funds to cover a matching funding commitment.

Tesco Groundwork

Grant received towards food support services.

True Colours

Grant received towards Family Fun Days.

Wemyss Trust

Grant received towards wages.

Youth Scotland cashback

Grant received towards group activities.

Nourish Support Centre

Scotland - Charity number SC050063

Accounts

NOURISH SUPPORT CENTRE

REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2024

SCOTTISH CHARITY NUMBER: SC050063

Henderson Black & Co

CHARTERED ACCOUNTANTS, ST ANDREWS

NOURISH SUPPORT CENTRE
Report and Financial Statements
for the year ended 30 June 2024

Contents	Page
Trustees' Annual Report	1 – 3
Independent Examiner's Report to the Trustees	4
Statement of Financial Activities (Including Income and Expenditure Account)	5
Balance Sheet	6
Statement of Cash Flows	7
Notes forming part of the Financial Statements	8 - 14

NOURISH SUPPORT CENTRE

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 30 JUNE 2024

The trustees present their annual report and financial statements of the charity for the year ended 30 June 2024. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's trust deed, the Charities Accounts (Scotland) Regulations 2006 (as amended) and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland effective 1 January 2019 (FRS 102).

Objectives and activities for the public benefit

The purposes of the charity are:

1. The relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantaged by organising suitable social, educational, support and personal development activities for its members.
2. The advancement of education by educating on issues facing children and adults with additional support and their families.
3. Providing and organising recreational facilities and activities within the operation to improve health and wellbeing.

The main activities in relation to these purposes are running support groups, family activities, counselling, food support service, clothing and hygiene banks, information services, signposting, and working in partnership with local organisations who can further support families in Fife with additional support needs.

Review of achievements and performance

During the financial year 2023–2024, Nourish Support Centre has continued its journey of growth, development, and community impact. Our dedicated staff, volunteers, and partnerships have expanded, allowing us to broaden our reach and enhance the services we offer to families in Fife with additional support needs.

Expanding Our Support and Services: Through our Community Hub and Family Support Centre, we have provided vital programs, support groups, and services, ensuring that families have access to the help they need in an inclusive, welcoming environment. This year, we have continued to deliver a variety of tailored support services.

By operating from both the Community Hub and Family Support Centre, we have strengthened our accessibility, inclusivity, and community engagement, ensuring that support is available where it is most needed.

Our Board of Trustees has played a pivotal role in shaping our strategic direction, growth, and sustainability. Their leadership and dedication have ensured that Nourish Support Centre continues to thrive, adapt, and innovate in response to the evolving needs of our community.

Financial review

The results for the year and the charity's financial position at the year end are presented in the attached accounts. There was net expenditure of £22,429 (2023 income - £53,259). The reserves carried forward at the year end amount to £111,446 (2023 - £133,875) which include unrestricted funds of £29,712 (2023 - £48,693) and restricted funds of £81,734 (2023 - £85,182).

Risk management

The trustees have assessed the major risks to which the charity is exposed, in particular those relating to the operations and finances of the charity, and are satisfied that systems are in place to mitigate the charity's exposure to the major risks.

NOURISH SUPPORT CENTRE

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 30 JUNE 2024

Reserves policy

The trustees aim to maintain free or liquid reserves at a level which enables them to fund any appropriate activities.

Plans for the future

The trustees are committed to ensuring that they can sustain a significant level of support for the families in Fife that they work with.

Structure, Governance and Management

The charity is a Scottish Charitable Incorporated Organisation (a SCIO). It was registered on 2 April 2020.

New trustees are elected by members at annual meetings and throughout the year for expertise as and when required by vote.

The trustees meet as often as required and the day to day administration is carried out by the charity's Chief Executive Officer.

Reference and administrative information

Trustees

The following persons have served as trustees during the year and since the year end.

	(resigned January 2024)
	(appointed March 2025)
	(appointed February 2025)
	(resigned December 2024)
	(resigned June 2024)
	(resigned June 2024)
	(appointed March 2025)
	(resigned November 2024)
	(resigned November 2024)
	(appointed March 2025)
	(appointed April 2025)
	(resigned November 2024)
	(resigned January 2024)
	(resigned January 2024)
	(resigned November 2024)
(resigned March 2025)	
(resigned March 2025)	
(resigned January 2024)	

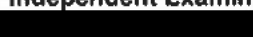
Scottish Charity number

Scottish Charity Number: SC050063

Operational address



Independent Examiner

 CA, Henderson Black & Co, Chartered Accountants, Chestney House, 149 Market Street, St Andrews, Fife, KY16 9PF

NOURISH SUPPORT CENTRE

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 30 JUNE 2024

Trustees' Responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

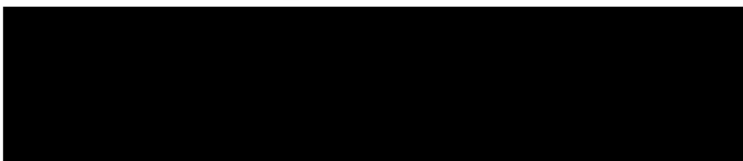
The law applicable to charities in Scotland requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of its income and expenditure for that period. In preparing the financial statements, the trustees are required to:

1. select suitable accounting policies and then comply them consistently;
2. observe the methods and principles in the applicable Charities SORP;
3. make judgements and estimates that are reasonable and prudent;
4. state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
5. prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the charity Trust deed. They are also responsible for safeguarding the assets of the charity and taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

Approved by the trustees and signed on their behalf by;



6/25

NOURISH SUPPORT CENTRE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF THE NOURISH SUPPORT CENTRE

I report on the accounts of the charity for the year ended 30 June 2024 which are set out on pages 5 to 14.

Respective Responsibilities of the 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) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). 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 under section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

This report is made to the trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken so that I might state to the trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the trustees for my work or for this report.

Basis of Independent Examiner's Statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended). 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, except for the matters detailed below, no other matters have come to my attention:

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 8 of the 2006 Accounts Regulations have not been met, or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.
3. Other matters that have come to my attention in the course of my examination of the accounting records of the charity are detailed below.

In the course of my examination of the accounting records of the charity, we were not able to prepare a reconciliation of an additional PayPal account that was operated by a member of staff and closed during the year as no statements were provided. Obtaining information was hindered by a large turnover in trustees and staff with the majority of trustees resigning during and since the year end. The charity is aware of the importance of addressing these matters and are working to improve governance and secure the future viability of the charity.



2025

NOURISH SUPPORT CENTRE

**Statement of Financial Activities (including Income and Expenditure Account)
for the year ended 30 June 2024**

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Income and endowments from:							
Grants and donations	4	53,611	211,348	264,959	41,367	197,544	238,911
Trading		33,662	-	33,662	63,219	-	63,219
Charitable activities		6,108	150	6,258	5,353	-	5,353
Interest		-	-	-	19	-	19
Total Income		<u>93,381</u>	<u>211,498</u>	<u>304,879</u>	<u>109,958</u>	<u>197,544</u>	<u>307,502</u>
Expenditure on:							
Charitable activities	5	112,409	214,899	327,308	76,267	177,976	254,243
Total Expenditure		<u>112,409</u>	<u>214,899</u>	<u>327,308</u>	<u>76,267</u>	<u>177,976</u>	<u>254,243</u>
Net (expenditure)/income		(19,028)	(3,401)	(22,429)	33,691	19,568	53,259
Transfers between funds	10	47	(47)	-	2,125	(2,125)	-
Net movement in funds		(18,981)	(3,448)	(22,429)	35,816	17,443	53,259
Reconciliation of funds:							
Total funds brought forward		<u>48,693</u>	<u>85,182</u>	<u>133,875</u>	<u>12,877</u>	<u>67,739</u>	<u>80,616</u>
Total funds carried forward		<u>29,712</u>	<u>81,734</u>	<u>111,446</u>	<u>48,693</u>	<u>85,182</u>	<u>133,875</u>

The Statement of Financial Activities includes all gains and losses in the year.
All income and expenditure derive from continuing activities.
The notes on pages 8 to 14 form an integral part of these accounts.

NOURISH SUPPORT CENTRE

Balance Sheet as at 30 June 2024

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Fixed assets							
Tangible assets	6	7,225	-	7,225	6,373	-	6,373
		<u>7,225</u>	<u>-</u>	<u>7,225</u>	<u>6,373</u>	<u>-</u>	<u>6,373</u>
Current assets							
Debtors	7	1,967	-	1,967	373	-	373
Cash in bank and on hand		38,977	81,734	120,711	46,868	85,362	132,230
		<u>40,944</u>	<u>81,734</u>	<u>122,678</u>	<u>47,241</u>	<u>85,362</u>	<u>132,603</u>
Liabilities							
Creditors: amounts falling due within one year							
Creditors and accruals	8	18,457	-	18,457	4,921	180	5,101
		<u>18,457</u>	<u>-</u>	<u>18,457</u>	<u>4,921</u>	<u>180</u>	<u>5,101</u>
Net current assets		<u>22,487</u>	<u>81,734</u>	<u>104,221</u>	<u>42,320</u>	<u>85,182</u>	<u>127,502</u>
Total net assets		<u>29,712</u>	<u>81,734</u>	<u>111,446</u>	<u>48,693</u>	<u>85,182</u>	<u>133,875</u>
The funds of the charity:							
Unrestricted income funds							
General Fund	10	29,712	-	29,712	48,693	-	48,693
Restricted income funds:							
Restricted Funds	10	-	81,734	81,734	-	85,182	85,182
Total charity funds		<u>29,712</u>	<u>81,734</u>	<u>111,446</u>	<u>48,693</u>	<u>85,182</u>	<u>133,875</u>

Approved by the trustees on 2025 and signed on their behalf by:-

Pamela Cameron (Trustee)

The notes on pages 8 to 14 form an integral part of these accounts.

NOURISH SUPPORT CENTRE

**Statement of Cash Flows
for the year ended 30 June 2024**

	Notes	Total Funds 2024 £	Total Funds 2023 £
Cash flows from operating activities:			
Net cash (used in)/provided by operating activities (see below)		<u>(8,151)</u>	58,290
Cash flows from investing activities:			
Interest		-	19
Purchases of tangible fixed assets	7	<u>(3,368)</u>	<u>(4,944)</u>
Net cash used in investing activities		<u>(3,368)</u>	<u>(4,925)</u>
Change in cash and cash equivalents in the year		(11,519)	53,365
Cash and cash equivalents brought forward		132,230	78,865
Cash and cash equivalents carried forward		<u>120,711</u>	<u>132,230</u>
Analysis of changes in net debt			
Cash at 1 July		132,230	78,865
Cash flows in year		(11,519)	53,365
Cash at 30 June		<u>120,711</u>	<u>132,230</u>
Reconciliation of net movement in funds to net cash flow from operating activities			
Net movement in funds (as per the Statement of Financial Activities)		(22,429)	53,259
Add back depreciation charge	7	2,516	1,962
Investment income shown in investing activities		-	(19)
Increase in debtors		(1,594)	(373)
Increase in creditors		13,356	3,461
Net cash (used in)/provided by operating activities		<u>(8,151)</u>	<u>58,290</u>

NOURISH SUPPORT CENTRE

Notes to the Financial Statements for the year ended 30 June 2024

1 Accounting policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

1.1 Basis of Preparing the Financial Statements

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

The charity meets the definition of a public benefit entity under FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

1.2 Fund accounting

Funds held by the charity are either unrestricted or restricted in purpose. Unrestricted funds are funds which can be used in accordance with the charitable objects at the discretion of the trustees. Restricted funds are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

1.3 Income recognition

Income is recognised when the charity has entitlement to the income, any performance conditions attached to the income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income from savings is recognised on a receivable basis.

1.4 Expenditure

Expenditure is recognised as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably. The charity is not registered for Value Added Tax and accordingly all expenditure includes Value Added Tax which cannot be recovered.

1.5 Allocation of expenditure

Costs charged to a restricted fund include direct costs in relation to the restricted activities.

1.6 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost and are depreciated over their estimated useful economic lives on the following basis: Equipment (all classes) 25% straight line, Motor Vehicles 25% reducing balance.

NOURISH SUPPORT CENTRE

Notes to the Financial Statements for the year ended 30 June 2024 (continued)

1.7 Judgements in applying accounting policies and key sources of estimation

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily available from other sources. The estimates and associated assumptions are based on historical experience and other factors that are relevant. Actual results may differ from these estimates. In preparing these financial statements, the trustees have made the following judgements:

Accruals

Trustees estimate the requirements for accruals using post year end information. This identifies costs that are expected to be incurred for services provided by other parties. Accruals are only released when there is a reasonable expectation that these costs will not be invoiced in the future.

2 Control

Control of the charity lies in the hands of the trustees.

3 Taxation

The charity is exempt from tax on income and gains to the extent that these are applied for its charitable objects.

4 Income from grants and donations

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£	£	£	£
Grants	3,080	211,348	214,428	-	197,544	197,544
Donations	50,531	-	50,531	41,367	-	41,367
	<u>53,611</u>	<u>211,348</u>	<u>264,959</u>	<u>41,367</u>	<u>197,544</u>	<u>238,911</u>

5 Expenditure on charitable activities

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£	£	£	£
Advertising	312	120	432	387	-	387
Arts/Crafts Supplies	431	-	431	256	1,357	1,613
Bank fees	1,201	114	1,315	801	-	801
Centre Expenses	193	-	193	104	230	334
Christmas Activities	801	-	801	697	8,306	9,003
Cleaning	520	-	520	1,170	96	1,266
Counselling	(161)	180	19	-	3,330	3,330
Equipment Hire	446	-	446	489	-	489
Food Poverty	(34)	16,045	16,011	1,363	12,917	14,280
Fundraising	843	-	843	1,907	-	1,907
Group Activities	1,695	2,924	4,619	1,385	349	1,734
Hub Items	317	-	317	233	998	1,231
Insurance	1,747	-	1,747	1,647	-	1,647
IT Software	3,558	-	3,558	774	1,694	2,468
Professional expenses	20	-	20	416	18	434
Gas & Electric	9,988	-	9,988	9,022	3,064	12,086
Motor expenses	866	2,958	3,824	650	2,467	3,117
PAYE	18,140	16,372	34,512	4,319	17,691	22,010
Pension	818	7,470	8,288	1,345	7,359	8,704
Printing & Stationery	3,707	-	3,707	1,213	143	1,356
Rent	13,677	17,388	31,065	4,488	16,500	20,988
Rates	2,312	8,270	10,582	774	3,750	4,524
Repairs	1,342	-	1,342	5,690	1,699	7,389
Wages	34,560	140,715	175,275	26,678	89,320	115,998
Subscriptions	725	-	725	807	122	929
Telephone & Internet	3,385	-	3,385	957	1,791	2,748
Volunteer expenses	491	-	491	1,502	512	2,014
Staff Training	565	-	565	1,210	535	1,745
Workwear	-	-	-	1,088	288	1,356
Independent Examiner's fee	883	1,224	2,107	1,596	1,513	3,109
Other	6,545	1,119	7,664	1,357	1,927	3,284
Depreciation	2,516	-	2,516	1,962	-	1,962
	<u>112,409</u>	<u>214,899</u>	<u>327,308</u>	<u>76,267</u>	<u>177,976</u>	<u>254,243</u>

Within the foregoing expenses of charitable activities the trustees regard the salaries as support costs.

NOURISH SUPPORT CENTRE

Notes to the Financial Statements for the year ended 30 June 2024 (continued)

6 Tangible fixed assets 2024

	Motor Vehicles £	Fixtures & fittings £	Office equipment £	Total £
Cost:				
As at 1 July 2023	5,000	3,275	2,411	10,686
Additions	-	2,227	1,141	3,368
As at 30 June 2024	<u>5,000</u>	<u>5,502</u>	<u>3,552</u>	<u>14,054</u>
Depreciation:				
As at 1 July 2023	2,891	747	675	4,313
Charge for the year	527	1,101	888	2,516
As at 30 June 2024	<u>3,418</u>	<u>1,848</u>	<u>1,563</u>	<u>6,829</u>
Net book values:				
As at 30 June 2024	<u>1,582</u>	<u>3,654</u>	<u>1,989</u>	<u>7,225</u>

Tangible fixed assets 2023

	Motor Vehicles £	Fixtures & fittings £	Office equipment £	Total £
Cost:				
As at 1 July 2022	5,000	456	286	5,742
Additions	-	2,819	2,125	4,944
As at 30 June 2023	<u>5,000</u>	<u>3,275</u>	<u>2,411</u>	<u>10,686</u>
Depreciation:				
As at 1 July 2022	2,188	91	72	2,351
Charge for the year	703	656	603	1,962
As at 30 June 2023	<u>2,891</u>	<u>747</u>	<u>675</u>	<u>4,313</u>
Net book values:				
As at 30 June 2023	<u>2,109</u>	<u>2,528</u>	<u>1,736</u>	<u>6,373</u>
As at 30 June 2022	<u>2,812</u>	<u>365</u>	<u>214</u>	<u>3,391</u>

NOURISH SUPPORT CENTRE

Notes to the Financial Statements for the year ended 30 June 2024 (continued)

7 Debtors	Unrestricted Funds	Restricted Funds	Total Funds 2024	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£	£	£	£
Trading	1,967	-	1,967	373	-	373
	<u>1,967</u>	<u>-</u>	<u>1,967</u>	<u>373</u>	<u>-</u>	<u>373</u>

8 Creditors and accruals	Unrestricted Funds	Restricted Funds	Total Funds 2024	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£	£	£	£
Other creditors	15,148	-	15,148	1,812	-	1,812
Accruals	3,309	-	3,309	3,109	180	3,289
	<u>18,457</u>	<u>-</u>	<u>18,457</u>	<u>4,921</u>	<u>180</u>	<u>5,101</u>

9 Related party transactions, employees, trustees and their remuneration

9.1 Employees

The average weekly number of employees during the year was 11 (2023 - 8), all supporting charitable activities. No employee earned at a rate of £60,000 or more (2023 - none).

The key management personnel of the charity comprise the Trustees, one of whom was also the Manager, whose employee benefits total £55,257 (2023 - £51,949).

9.2 Trustees

The trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or in kind. The value of the work done by the trustees is not reflected in the accounts as it cannot be quantified.

Donations to the charity during the year from trustees were £nil (2023 - £nil).

NOURISH SUPPORT CENTRE

Notes to the Financial Statements for the year ended 30 June 2024 (continued)

10 Movement in funds 2024

	At 1 July 2023 £	Income £	Expenditure £	Transfers £	At 30 June 2024 £
Restricted funds					
Agnes Hunter Trust	216	-	(216)	-	-
Aldi Food Support	105	-	(105)	-	-
Asda Foundation	258	-	(258)	-	-
Corra Foundation Winter Fund	3,273	-	-	-	3,273
Comic Relief	9,018	-	(8,053)	-	965
Dean Park Event	-	300	(792)	492	-
E-Judication	1	-	-	-	1
FHSC Crisis	3,037	-	(600)	(539)	1,898
Fife Council - food support	2,195	750	(2,945)	-	-
Fife Council - fuel	2,714	-	(1,436)	-	1,278
Fife Health & Social Care	17,250	109,353	(111,122)	-	15,481
Fife Health & Social Care Voucher	-	8,750	(8,531)	-	219
Greener Kirkcaldy	-	300	(300)	-	-
Innovate Foods	-	1,100	-	-	1,100
National Lottery Year 2	-	40,145	(18,546)	-	21,599
National Lottery 2023	28,017	-	(28,017)	-	-
Neighbourly 500 Food Storage	-	1,000	(1,000)	-	-
Robertsons Trust - van	3,267	-	(1,521)	-	1,746
Robertsons Trust - wages	11,025	15,000	(17,427)	-	8,598
Scotmid	500	-	(438)	-	62
STV Appeal	2,395	1,000	(1,850)	-	1,545
Summer Project	-	3,800	(450)	-	3,350
Tesco Groundwork	433	-	(92)	-	341
Wemyss Trust	-	30,000	(9,722)	-	20,278
Youth Scotland cashback	1,478	-	(1,478)	-	-
	<u>85,182</u>	<u>211,498</u>	<u>(214,899)</u>	<u>(47)</u>	<u>81,734</u>
Unrestricted funds:					
General funds	48,693	93,381	(112,409)	47	29,712
Total funds	<u>133,875</u>	<u>304,879</u>	<u>(327,308)</u>	<u>-</u>	<u>111,446</u>

NOURISH SUPPORT CENTRE

**Notes to the Financial Statements
for the year ended 30 June 2024 (continued)**

10 Movement in funds 2023

	At 1 July 2022 £	Income £	Expenditure £	Transfers £	At 30 June 2023 £
Restricted funds					
Agnes Hunter Trust	-	7,500	(7,284)	-	216
Aldi Food Support	-	1,600	(1,495)	-	105
Asda Foundation	-	588	(330)	-	258
Corra Foundation Winter Fund	4,198	-	(925)	-	3,273
Comic Relief	12,391	5,862	(9,235)	-	9,018
E-Judication	2,026	3,000	(5,025)	-	1
FHSC Crisis	-	10,500	(7,463)	-	3,037
Fife Council	11,149	-	(11,149)	-	-
Fife Council - food support	-	5,000	(2,805)	-	2,195
Fife Council - fuel	-	3,000	(286)	-	2,714
Fife Health & Social Care	-	83,334	(63,959)	(2,125)	17,250
Fife Health	-	7,500	(7,500)	-	-
Fife Housing Act	-	1,000	(1,000)	-	-
Fife Voluntary Action	-	4,008	(4,008)	-	-
Henry Duncan	56	-	(56)	-	-
National Lottery Year 2	27,523	-	(27,523)	-	-
National Lottery 2023	-	42,152	(14,135)	-	28,017
Neighbourly 500 Food Storage	-	500	(500)	-	-
Robertsons Trust - wages	4,204	-	(4,204)	-	-
Robertsons Trust - van	4,855	-	(1,588)	-	3,267
Robertsons Trust - wages	-	15,000	(3,975)	-	11,025
Scotmid	-	500	-	-	500
Sensory Santa	-	1,000	(1,000)	-	-
STV Appeal	550	3,000	(1,155)	-	2,395
Tesco Groundwork	-	500	(67)	-	433
True Colours	709	-	(709)	-	-
Toy Trust	3	-	(3)	-	-
Youth Scotland	75	-	(75)	-	-
Youth Scotland cashback	-	2,000	(522)	-	1,478
	<u>67,739</u>	<u>197,544</u>	<u>(177,976)</u>	<u>(2,125)</u>	<u>85,182</u>
Unrestricted funds:					
General funds	12,877	109,958	(76,267)	2,125	48,693
Total funds	<u>80,616</u>	<u>307,502</u>	<u>(254,243)</u>	<u>-</u>	<u>133,875</u>

NOURISH SUPPORT CENTRE

Notes to the Financial Statements for the year ended 30 June 2024 (continued)

10 Movement in funds (continued)

Description of restricted funds

Agnes Hunter Trust

Grant received towards wages.

Aldi Food Support

Grant received towards food support services.

Asda Foundation

Grant received towards food support services and storage.

Corra Foundation Winter Fund

Grant received towards food support services.

Comic Relief

Grant received towards counselling, utility bills, wages, catering and volunteer expenses.

E-Judication

Grant received towards the wages of an admin employee.

FHSC Crisis

Grant received to provide help for people in crisis situations.

Fife Council

Grant received towards the wages of family support staff.

Fife Council - food support

Grant received towards food support services.

Fife Council - fuel

Grant received towards fuel for van used for deliveries and donation collections.

Fife Health & Social Care

Grant received towards wages.

Fife Health

Grant received for Christmas activities.

Fife Housing Act

Grant received towards food support services and wages.

Fife Voluntary Action

Grant received towards wages.

Henry Duncan

Grant received towards food support services.

National Lottery Year 2

Grant received towards rent, service charges and CEO wages.

National Lottery 2023

Grant received towards rent, service charges and CEO wages.

Neighbourly 500 Food Storage

Grant received towards food support storage.

Robertsons Trust - wages

Grant received towards wages.

Robertsons Trust - van

Towards the purchase and running costs of a van to support donation collection and deliveries.

Robertsons Trust - wages

Grant received towards wages.

Scotmid

Grant received towards food support services.

Sensory Santa

Grant received for sensory santa event

STV Appeal

To improve wellbeing in children and young people after the effects of Covid 19.

Tesco Groundwork

Grant received towards food support services.

True Colours

Grant received towards Family Fun Days.

Toy Trust

To purchase toys for the children who use the services and are experiencing challenging times.

Youth Scotland

Grant received to help reduce poverty by providing shopping vouchers to families.

Youth Scotland cashback

Grant received towards group activities.