

# Mind Waves SCIO

Scotland · Charity number SC050082

## Details

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Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2020-04-17
Register	<a href="#">View on the OSCR register</a>

## Contact

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Address	121 Buller Crescent Blantyre Lanarkshire G72 9JF
Website	<a href="http://www.mindwavesnews.com/">http://www.mindwavesnews.com/</a>

## Activities

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**Activities:** 'It carries out activities or services itself'

**Purposes:** 'the promotion of equality and diversity', 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

**What the charity does:** Mind Waves is a peer led organisation, supporting people with lived experience of mental ill health to share their experiences and stories through creative methods. We use a mixture of socially engaged arts practice and digital engagement to help our participants build new skills, tend to their own wellbeing and challenge mental health stigma as part of a wider dialogue in terms of policy and public discourse. Our current projects are a weekly community jam sessions where people can express themselves through inclusive musical activities, an anti-stigma podcasting project, designed and produced by volunteers. We also have a partnership with Glasgow Association for Mental Health, running a weekly 'Creative Wellbeing' group for young people with mental health conditions.

**Beneficiaries:** 'Other defined groups'

**Objectives:** 4.1 To reduce stigma and discrimination of people with mental health problems by producing positive materials and resources that value and respect difference and promote inclusiveness within society. 4.2 To seek the relief of people who are disadvantaged due to the experience of poor mental health, by offering support and practical assistance around creating positive materials, resources and stories with the purpose of empowering people to find their voice.

## Geography

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

## Finances

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Period end	Income	Expenditure	Assets	Employees
2026-04-04	£0	£0	-	0
2025-04-04	£20,358	£13,264	-	0
2024-03-31	£11,380	£23,236	-	1
2023-03-31	£41,665	£24,229	-	2
2022-03-31	£42,100	£27,085	-	3
2021-03-31	£16,700	£14,885	-	0

**Mind Waves SCIO**

Scotland - Charity number SC050082

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# Accounts

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Mind Waves SCIO Annual Accounts

Scottish Charity Number SC005082

Annual Report and Financial Statements for the  
year ended 4 April 2025

## About Mind Waves

Mind Waves is a charity that supports people with lived experience of mental health problems. It is incorporated as a SCIO, registered number SC005082.

The charity has income below £250,000 and as such is eligible to prepare its accounts on a Receipts and Payments Basis.

The governing document does not require the charity to prepare fully accrued accounts and neither does it require an audit. It was incorporated as a SCIO on April 17 2020.

## Trustees Annual report for the year ended 4 April 2025

### **Charity Name**

Mind Waves

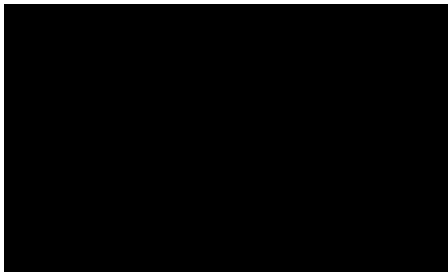
### **Charity No**

SC005082

### **Address**

310 St Vincent Street Glasgow, G2 5RU

### **Current Trustees**



## **Structure, Governance and Management Constitution**

The Charity is a Scottish Charitable Incorporated Organisation (a SCIO). It was registered in its current legal form on April 17 2020. The project had previously operated as an NHS initiative from 2013- 2017 and then as an ALLIANCE Scotland project until 2019. It has a single tier structure and as such the trustees are the members of the charity.

[Our full constitution can be viewed here.](#)

## **Appointment of trustees**

Our board, which meets every three months, are the charity's trustees and will approve any new appointments. Trustees are elected at the annual general meeting which is held in October. There must be a minimum of three and a maximum of nine trustees.

We made no payments to Trustees during this period. We also paid no expenses to Trustees for travel to meetings, as all of our meetings were held online.

### **Purposes**

- 1 The organisation's purposes are:
  - 1.1 To reduce stigma and discrimination of people with mental health problems by producing positive materials and resources that value and respect difference and promote inclusiveness within society.
  - 1.2 To seek the relief of people who are disadvantaged due to the experience of poor mental health, by offering support and practical assistance around creating positive materials, resources and stories with the purpose of empowering people to find their voice.

### **Activities**

The charity supports our volunteer Community Correspondents, all of whom have lived experience of mental health problems, to build their skills and share their experiences and stories.

We run skills workshops and webinars for other organisations and for the wider community of people with lived experience of mental illness. We gather positive stories about mental health and share them on our website, podcast and social media channels.

We also provide consultancy for other organisations, to support them in communicating about the experience of living with a mental health problem. This has included the production of films, animations and British Sign Language translations as well as the delivery of skills workshops and creative/digital courses.

## **Achievements and Performance**

We continued to generate income and build community capacity in line with our charitable aims through our strong partnership with the King's Trust. This has included delivering regular songwriting and podcasting courses for their flagship programme "Get Started" in Glasgow, Edinburgh and Fife, receiving extremely positive feedback from the participants and the staff working in partnership with us.

We have been keeping in touch with our Community Correspondents through monthly meet-ups and encouraging contributions to the Mind Waves blog. We also organised a summer outing to the Edinburgh Fringe with Community Correspondents attending the [REDACTED] "Trauma Industrial Complex" show, which was very relevant to the work of Mind Waves and thoroughly enjoyed by all.

Although our funds were limited in the first three quarters of this financial year, we were able to engage our Freelance Projects Coordinator for the equivalent of around 0.5-1 day per week, to deliver and develop our partnership with King's Trust and other community organisations, identify and apply for funding opportunities and to maintain support for our community through in-person meet ups and digital engagement.

## **Financial review**

Mind Waves current bank balance is **£14,343** as of 4th April 2025.

Our income, including grant funding in quarter four and our training and consultancy with King's Trust totalled **£20,358**. The costs of staffing/resourcing our work, most significantly the running costs of our community engagement, resulted in outgoings of **£13,264**. This means we enter the new financial year with a surplus of **£7,097** heading into the new financial year.

## **Reserves**

We do not have a policy on reserves. Our running costs are low because we do not have an office and so far, most of our activities have been delivered online.

## **Plans for future**

In the last quarter of this financial period Mind Waves was successful in securing two new charitable grants, with projects that will take place throughout the course of the next financial year. It is encouraging to have received repeat funding from both. See

Me and the Glasgow Wellbeing Fund, both of whom also supported us in their 2021 funding rounds.

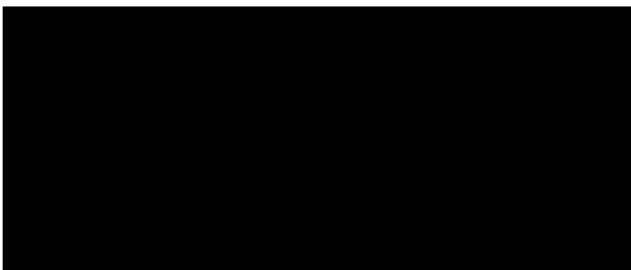
We received £5000 from the See Me Anti-Stigma Arts Fund for our proposed 9 month peer-led podcasting project. Mind Waves is in the process of recruiting a group of 6-8 volunteers with lived experience who will explore the relationship between mental health, stigma and poverty. This will include existing members of our community and we hope to involve new members through engaging with our network of partner organisations and social media promotion. The volunteers will receive training and development opportunities and be supported to produce, edit and launch their own podcast series.

Another source of funding has been awarded by the Glasgow Wellbeing Fund. This £8,600 grant will allow us to deliver our “Community Jam” programme, based on feedback from our 2023/24 participants in our [REDACTED] fund music activities. We aim to work with 30 participants across 20 inclusive music sessions, which will include group singing, songwriting, and exploring instruments and music technology. All activities will be aimed at using music as a tool for wellbeing, led by Community Musician Ali Holmes who has worked with us on previous projects.

This funding will allow us to increase the number of hours for Project Management and also involve a small number of sessional or freelance hours as part of our See Me and GCVS programmes.


Our valued partnership with the King’s Trust continues to be a core means of delivering our charitable aims whilst providing consistent baseline income and we have secured two more “Get Started” programme delivery contracts in August and October 2025.

**Signed on behalf of the Board of Trustees**

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Date: 2nd October 2025

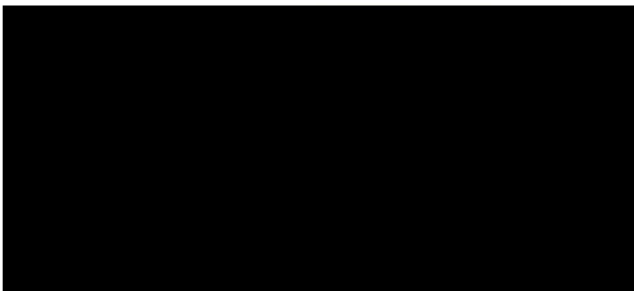
# Receipts and Payments

		Mind Waves						Enter SC No. below
		for the period from Apr 5 2024 to Apr 4 2025						SC050082
<b>Receipts and payments accounts</b>								
For the period from	Period start date			to	Period end date			
	£	April	2024		£	April	2025	
<b>Section A Statement of receipts and payments</b>								
	Unrestricted to nearest £	Restricted funds to nearest £	Expendable to nearest £	Permanent to nearest £	Total funds to nearest £	Total funds last to nearest £		
<b>A1 Receipts</b>								
Donations					-			
Grants		16,108			16,108		-	
Gross trading receipts	4,250				4,250		11,380	
					-			
<b>A1 Sub total</b>	<b>4,250</b>	<b>16,108</b>	<b>-</b>	<b>-</b>	<b>20,358</b>		<b>11,380</b>	
<b>A2 Receipts from asset &amp; investment</b>								
Proceeds from sale of fixed assets					-			
Proceeds from sale of investments					-			
<b>A2 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>		<b>-</b>	
<b>Total receipts</b>	<b>4,250</b>	<b>16,108</b>	<b>-</b>	<b>-</b>	<b>20,358</b>		<b>11,380</b>	
<b>A3 Payments</b>								
Expenses for fundraising activities					-			
Gross trading payments	4,584				4,584		23,236	
Investment management costs					-			
Payments relating directly to charitable		8,680			8,680			
Grants and donations					-			
Governance costs:					-			
Audit / independent examination					-			
Preparation of annual accounts					-			
Legal costs					-			
Other					-			
					-			
<b>A3 Sub total</b>	<b>4,584</b>	<b>8,680</b>	<b>-</b>	<b>-</b>	<b>13,264</b>		<b>23,236</b>	
<b>A4 Payments relating to asset and</b>								
Purchases of fixed assets					-			
Purchase of investments					-			
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>		<b>-</b>	
<b>Total payments</b>	<b>4,584</b>	<b>8,680</b>	<b>-</b>	<b>-</b>	<b>13,264</b>		<b>23,236</b>	
<b>Net receipts / (payments)</b>	<b>( 334)</b>	<b>7,428</b>	<b>-</b>	<b>-</b>	<b>7,094</b>		<b>( 11,856)</b>	
<b>A5 Transfers to / (from) funds</b>								
<b>Surplus / (deficit) for year</b>	<b>( 334)</b>	<b>7,428</b>	<b>-</b>	<b>-</b>	<b>7,094</b>		<b>( 11,856)</b>	

# Statement of Balances

for the period from Apr 5 2024 to Apr 4 2025						SC050082	
Section B Statement of balances							
Categories	Details	funds to nearest £	receipts to nearest £	endowment funds to nearest £	investment funds to nearest £	period to nearest £	last year to nearest £
B1 Cash funds	Cash and bank balances at start of year	6,856	-			6,856	-
	Surplus / (deficit) shown on receipts and payments account	( 334)	7,428			7,094	1,287
						-	
	Cash and bank balances at end of year	6,522	7,428	-	-	13,950	1,287
	(Agree balances with receipts and payments account(s))	-	-	-	-	-	13,143
	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 to nearest £	Last year to nearest £
B5 Contingent liabilities							
				Total		-	-

Signed on behalf of the Board of Trustees



Date: 2nd October 2025

## **Independent Examiner's Report to the Trustees of Mind Waves SCIO**

I report on the accounts of the charity for the year ended 31<sup>st</sup> March 2024 which are set out above.

### **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) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the 2006 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 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
- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met,

