

Argyll Wellbeing Hub

Scotland · Charity number SC050100

Details

Status	Not Submitted
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2020-04-23
Register	View on the OSCR register

Contact

Address	Argyll Wellbeing Hub (SCIO) Breadalbane Street Oban PA34 5PH
Website	argyllwellbeinghub.com

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health', 'the saving of lives'

What the charity does: The charity is set up to support those suffering suicidal thoughts or mental health problems by supplying them with peer support and recovery options through wellbeing activities. The charity holds regular meetings where anyone can come to talk and receive support from those in a similar situation. The meetings are led by a facilitator who has training in leading such meetings. The charity also runs regular activities designed to support better ongoing mental health such as walking groups and acupuncture therapy.

Beneficiaries: 'Other defined groups'

Objectives: 4 The organisation's purposes are: 4.1. the advancement of health 4.2. the saving of lives The organisation will achieve these purposes through the provision of a number of activities including, but not limited to: ■ Preventing suicide, improving people's lives, providing a safe, comfortable place to talk, increasing social connectedness ■ Bringing the community together at events, to introduce safe talking within the community, to provide suicide awareness information stalls at local events ■ Providing training within the suicide awareness and intervention also mental health first aid ■ Providing peer to peer support: Peer support is getting support from people who are equal to you – your peers

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£0	£0	-	1
2024-04-30	£89,572	£95,178	-	1
2023-04-30	£58,996	£110,954	-	2
2022-04-30	£66,334	£104,335	-	2
2021-04-30	£153,126	£43,270	-	2

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 April 2024
for
Argyll Wellbeing Hub

Contents of the Financial Statements
for the Year Ended 30 April 2024

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The trustees present their report with the financial statements of the charity for the year ended 30 April 2024. The trustees have adopted the provisions of 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).

The Trustees are pleased to present their annual report together with the financial statements of the charity for the period ending 30 April 2024 which are also prepared to meet the requirements for a Trustees' Report and accounts for OSCR purposes.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The aim of Argyll Wellbeing Hub is for the public benefit, the relief and assistance of people in need of support in any part of Oban or Argyll who are suffering suicidal thoughts and or mental health problems by supplying them with peer support and recovery options through wellbeing activities.

The name of the organisation is Argyll Wellbeing Hub SCIO

The organisation's purposes are:

- The advancement of health and wellbeing
- The promotion of safe talking
- To provide wellbeing activities that aid recovery and inclusion
- The promotion of awareness raising regarding suicide and mental health
- To challenge stigma and discrimination towards mental ill health
- To provide fundraising for sustainability of the charity

Significant activities

Argyll Wellbeing Hub will achieve the outcomes of the prevention of suicide and the improvement of wellbeing for the public benefit in particular by providing the following:

- Providing peer support
- Providing general support
- Raising awareness of the signs of poor mental health
- Providing a safe space for wellbeing activities
- Training for staff and volunteers in suicide intervention
- Offering alternative therapies to support mental health and wellbeing

- Argyll Wellbeing Hub understands that not everyone is the same and this is important to our charity to recognise. We are fully supportive of diversity and inclusion. AWH wants to capture the differences in who we are and how we think, also the experiences we have through peer support and learning.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

During the year, the charity continued to run a programme of group meetings covering a men's group and a ladies' group as well as a mixed bereavement support group. Groups met weekly to offer a place to talk and allow attendees to provide and receive support from one another. Volunteers facilitate groups to assist members to talk and be listened to and supported.

Training sessions were run in Mental Health First Aid and ASIST.

The weekly walking groups continued and they have been running well. The groups run twice a week and we are grateful to Dunollie Estate for the use of a space to stop and have coffee and chat at the end of the walks.

Boat trips to the islands continued to let people connect and see the beautiful surroundings we have to offer. We also partnered with Home Start Lorn and organised walks with local parents and children alongside our group members.

A local acupuncture practitioner, Elemental Wellness, offered to provide acupuncture to our groups and this has been running every Friday and proving popular.

We are now able to offer Cognitive Behavioural Therapy sessions and counselling sessions through two local counsellors.

FINANCIAL REVIEW

Financial position

At the year end the charity had £929 in unrestricted funds. The Trustees have been meeting regularly to discuss the financial position and since the year end grants have been received to assist with our unrestricted running costs. At the time of signing the accounts we are waiting to hear about further grants that have been applied for. The trustees continue to monitor the financial situation and have plans in place should funding not be forthcoming. We currently have funding in place to cover our main cost - being staff wages.

Principal funding sources

The charity's principal funding sources are grants received from grant-making funders as shown in the notes to the statement of financial activities. We also receive donations from members of the local public. We are very grateful for both sources of income.

Reserves policy

The charity has a policy of trying to retain general reserves equal to 3 months of our regular costs. It is difficult to establish more than this given our premises running costs and staffing costs.

FUTURE PLANS

The charity went through a period of significant expansion in the work it did and tried various activities and partnerships. We have found our most effective activities are our core ones of weekly peer meetings, weekly walks and the counselling and acupuncture sessions. For the foreseeable future, we intend to stick to these core activities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a Scottish Charitable Incorporated Organisation and is controlled by its governing document, its Memorandum and Articles of Association.

Report of the Trustees
for the Year Ended 30 April 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

Trustees are identified by current trustees and staff of the charity and approached where it is felt they can add expertise and resources. New trustees are proposed at board meetings and a vote is taken as to whether they should be appointed.

Organisational structure

The charity is overseen by its board of Trustees who meet regularly through the year. Day to day running of the charity is delegated to our employees who are currently employed full time. Employees were employed part time during the year under review.

REFERENCE AND ADMINISTRATIVE DETAILS

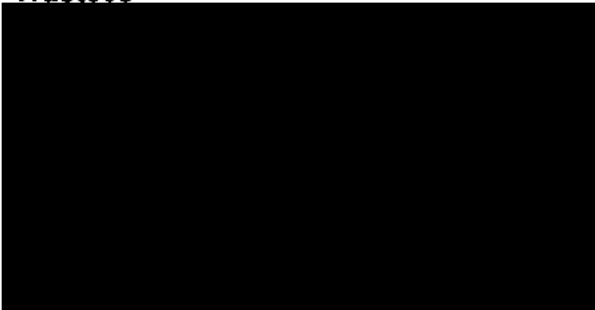
Registered Charity number

SC050100

Principal address

Dunollie Halls
Breadalbane Street
Oban
Argyll
PA34 5PH

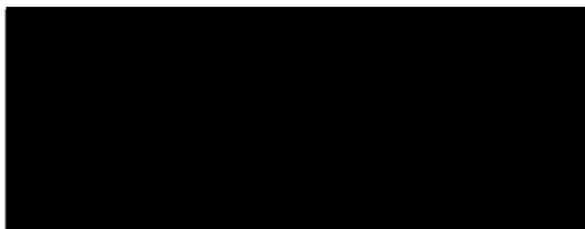
Trustees



Independent Examiner

Mackay & Co CA
Unit 8
Golspie Business Park
Golspie
Sutherland
KW10 6UB

Approved by order of the board of trustees on18/12/2024..... and signed on its behalf by:



Independent Examiner's Report to the Trustees of
Argyll Wellbeing Hub

I report on the accounts for the year ended 30 April 2024 set out on pages five to fourteen.

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's 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.

Basis of the independent examiner's report

My examination was 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 seeking explanations from you as 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 connection with 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 to 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.



Mackay & Co CA
Unit 8
Golspie Business Park
Golspie
Sutherland
KW10 6UB

Date: 18/12/2024

Statement of Financial Activities
for the Year Ended 30 April 2024

	Notes	Unrestricted funds £	Restricted funds £	30.4.24 Total funds £	30.4.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		12,902	-	12,902	13,618
Charitable activities	3				
Suicide prevention and mental health promotion		2,450	72,076	74,526	43,700
Other trading activities	2	2,144	-	2,144	1,678
Total		<u>17,496</u>	<u>72,076</u>	<u>89,572</u>	<u>58,996</u>
EXPENDITURE ON					
Raising funds		1,888	-	1,888	636
Charitable activities					
Suicide prevention and mental health promotion		25,589	67,701	93,290	110,318
Total		<u>27,477</u>	<u>67,701</u>	<u>95,178</u>	<u>110,954</u>
NET INCOME/(EXPENDITURE)		(9,981)	4,375	(5,606)	(51,958)
Transfers between funds	8	2,041	(2,041)	-	-
Net movement in funds		(7,940)	2,334	(5,606)	(51,958)
RECONCILIATION OF FUNDS					
Total funds brought forward		8,869	11,028	19,897	71,855
TOTAL FUNDS CARRIED FORWARD		<u>929</u>	<u>13,362</u>	<u>14,291</u>	<u>19,897</u>

Balance Sheet
30 April 2024

	Notes	Unrestricted funds £	Restricted funds £	30.4.24 Total funds £	30.4.23 Total funds £
FIXED ASSETS					
Tangible assets	6	693	-	693	924
CURRENT ASSETS					
Cash at bank and in hand		2,639	35,862	38,501	74,421
CREDITORS					
Amounts falling due within one year	7	(2,403)	(22,500)	(24,903)	(55,448)
NET CURRENT ASSETS		<u>236</u>	<u>13,362</u>	<u>13,598</u>	<u>18,973</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>929</u>	<u>13,362</u>	<u>14,291</u>	<u>19,897</u>
NET ASSETS		<u>929</u>	<u>13,362</u>	<u>14,291</u>	<u>19,897</u>
FUNDS	8				
Unrestricted funds				929	8,869
Restricted funds				<u>13,362</u>	<u>11,028</u>
TOTAL FUNDS				<u>14,291</u>	<u>19,897</u>

The financial statements were approved by the Board of Trustees and authorised for issue on
18/12/2024..... and were signed on its behalf by:



1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities and Trustee Investment (Scotland) Act 2005. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Where a time period is specified as part of a grant award, the recognition of part or whole of the grant relating to after the year end is deferred to the later year.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds 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.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Notes to the Financial Statements - continued
for the Year Ended 30 April 2024

1. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

	30.4.24	30.4.23
	£	£
Sale of merchandise	70	70
Room hire	2,074	1,608
	<u>2,144</u>	<u>1,678</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	30.4.24	30.4.23
		£	£
Grants	Suicide prevention and mental health promotion	<u>74,526</u>	<u>43,700</u>

Grants received, included in the above, are as follows:

	30.4.24	30.4.23
	£	£
Scottish Book Trust	-	500
The Corra Foundation	-	23,000
National Lottery	31,500	7,500
Scottish Sea Farms	-	5,000
Foundation Scotland	5,000	-
Calmac	-	2,000
Argyll & Bute council	20,576	3,500
Tesco	-	1,000
West Highland Housing Association	-	1,200
Garfield Weston	10,000	-
NHS	5,000	-
Souter Charitable Trust	2,450	-
	<u>74,526</u>	<u>43,700</u>

Notes to the Financial Statements - continued
for the Year Ended 30 April 2024

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 April 2024 nor for the year ended 30 April 2023.

Trustees' expenses

	30.4.24	30.4.23
	£	£
Trustees' expenses	152	-

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	13,618	-	13,618
Charitable activities			
Suicide prevention and mental health promotion	-	43,700	43,700
Other trading activities	1,678	-	1,678
Total	15,296	43,700	58,996
EXPENDITURE ON			
Raising funds	636	-	636
Charitable activities			
Suicide prevention and mental health promotion	34,684	75,634	110,318
Total	35,320	75,634	110,954
NET INCOME/(EXPENDITURE)	(20,024)	(31,934)	(51,958)
Transfers between funds	(1,167)	1,167	-
Net movement in funds	(21,191)	(30,767)	(51,958)
RECONCILIATION OF FUNDS			
Total funds brought forward	30,060	41,795	71,855
TOTAL FUNDS CARRIED FORWARD	8,869	11,028	19,897

Notes to the Financial Statements - continued
for the Year Ended 30 April 2024

6. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 May 2023 and 30 April 2024	1,848
DEPRECIATION	
At 1 May 2023	924
Charge for year	231
At 30 April 2024	1,155
NET BOOK VALUE	
At 30 April 2024	693
At 30 April 2023	924

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.4.24 £	30.4.23 £
Trade creditors	-	325
Taxation and social security	1,501	2,247
Other creditors	23,402	52,876
	<u>24,903</u>	<u>55,448</u>

Notes to the Financial Statements - continued
for the Year Ended 30 April 2024

8. MOVEMENT IN FUNDS

	At 1.5.23 £	Net movement in funds £	Transfers between funds £	At 30.4.24 £
Unrestricted funds				
General fund	6,869	(9,981)	4,041	929
Training	2,000	-	(2,000)	-
	<u>8,869</u>	<u>(9,981)</u>	<u>2,041</u>	<u>929</u>
Restricted funds				
Book Trust	590	(30)	(560)	-
Calmac fund	1,308	(1,211)	-	97
Women's Fund	-	1,336	-	1,336
Young Person's Fund	978	-	(978)	-
Argyll & Bute TSI	10	5,812	217	6,039
Oban Pride	1,420	(1,375)	(45)	-
Tesco fund	952	(277)	(675)	-
Mental Health First Aid Training	5,000	(5,000)	-	-
Counselling service	770	(767)	-	3
Climate Action Seed Fund	-	1,500	-	1,500
Garfield Weston	-	2,500	-	2,500
Self Management	-	1,887	-	1,887
	<u>11,028</u>	<u>4,375</u>	<u>(2,041)</u>	<u>13,362</u>
TOTAL FUNDS	<u>19,897</u>	<u>(5,606)</u>	<u>-</u>	<u>14,291</u>

Notes to the Financial Statements - continued
for the Year Ended 30 April 2024

8. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	17,496	(27,477)	(9,981)
Restricted funds			
Book Trust	-	(30)	(30)
Calmac fund	-	(1,211)	(1,211)
Lottery Fund	31,500	(31,500)	-
Women's Fund	5,000	(3,664)	1,336
Argyll & Bute TSI	16,576	(10,764)	5,812
Oban Pride	-	(1,375)	(1,375)
Tesco fund	-	(277)	(277)
Mental Health First Aid Training	-	(5,000)	(5,000)
Counselling service	2,500	(3,267)	(767)
Climate Action Seed Fund	1,500	-	1,500
Garfield Weston	10,000	(7,500)	2,500
Self Management	5,000	(3,113)	1,887
	<u>72,076</u>	<u>(67,701)</u>	<u>4,375</u>
TOTAL FUNDS	<u><u>89,572</u></u>	<u><u>(95,178)</u></u>	<u><u>(5,606)</u></u>

Notes to the Financial Statements - continued
for the Year Ended 30 April 2024

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.5.22 £	Net movement in funds £	Transfers between funds £	At 30.4.23 £
Unrestricted funds				
General fund	28,060	(20,024)	(1,167)	6,869
Training	2,000	-	-	2,000
	<u>30,060</u>	<u>(20,024)</u>	<u>(1,167)</u>	<u>8,869</u>
Restricted funds				
Adapt & Thrive	692	(470)	(222)	-
Book Trust	144	446	-	590
Calmac fund	2,333	(1,025)	-	1,308
Young Person's Fund	-	978	-	978
Foundation Scotland	8,000	(8,598)	598	-
Argyll & Bute TSI	30,626	(31,434)	818	10
Corra Foundation	-	27	(27)	-
Oban Pride	-	1,420	-	1,420
Tesco fund	-	952	-	952
Mental Health First Aid Training	-	5,000	-	5,000
Counselling service	-	770	-	770
	<u>41,795</u>	<u>(31,934)</u>	<u>1,167</u>	<u>11,028</u>
TOTAL FUNDS	<u>71,855</u>	<u>(51,958)</u>	<u>-</u>	<u>19,897</u>

Notes to the Financial Statements - continued
for the Year Ended 30 April 2024

8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	15,296	(35,320)	(20,024)
Restricted funds			
Adapt & Thrive	-	(470)	(470)
Book Trust	500	(54)	446
Calmac fund	2,000	(3,025)	(1,025)
Lottery Fund	7,500	(7,500)	-
Young Person's Fund	1,000	(22)	978
Foundation Scotland	-	(8,598)	(8,598)
Argyll & Bute TSI	-	(31,434)	(31,434)
Corra Foundation	23,000	(22,973)	27
Oban Pride	2,500	(1,080)	1,420
Tesco fund	1,000	(48)	952
Mental Health First Aid Training	5,000	-	5,000
Counselling service	1,200	(430)	770
	<u>43,700</u>	<u>(75,634)</u>	<u>(31,934)</u>
TOTAL FUNDS	<u>58,996</u>	<u>(110,954)</u>	<u>(51,958)</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 April 2024.