

# Routed Strength Charitable Trust

Scotland · Charity number SC050295

## Details

---

|            |  |
|------------|--|
| Status     | Active   |
| Legal form | SCIO (Scottish Charitable Incorporated Organisation) |
| Registered | 2020-07-17   |
| Register   | <a href="#">View on the OSCR register</a>            |

## Contact

---

**Address** 4 Bluebell View  
Perceaton  
Irvine  
KA11 2FU

## Activities

---

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

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

**What the charity does:** We support young people struggling with mental health through the use of exercise and nutrition. We run programmes based in the gym that are designed to teach young people about what mental health is and tools and skills to improve their own mental health. Our programmes typically run for 8 weeks and begin with a 1-1 assessment with our counsellor and then our sessions are steered by the issues highlighted by the young people within each particular group. We also aim to incorporate a trip and community project that encourage young people to challenge their fears, and also give back to their community. On top of this we also have the ability to deliver workshops on mental health and exercise in community groups and schools.

**Beneficiaries:** 'Children or young people', 'People with disabilities or health problems'

**Objectives:** Routed Strength Charitable Trust is set up for the public benefit of young people aged 11 - 21 within Ayrshire who struggle with poor mental health, by offering mental health support, physical exercise programmes and activities accompanied by nutritional advice. This is in accordance with Test A of the Charities and Equality Act 2010, as we address the disadvantage of support available for this group of people in comparison to other age groups. And the organisation's purposes are: The organisation's purposes are: 4.1 The advancement of education. 4.2 The advancement of health. 4.3 The advancement of citizenship or community development. 4.4 The relief of those in need because of youth, age, ill-health, disability, financial hardship or other disadvantage. 4.5 Benefitting: young people who are struggling with, or are at risk of, mental health issues

## Geography

---

- **Main operating location:** East Ayrshire
- **Geographical spread:** A specific local point, community or neighbourhood

## Finances

---

| Period end | Income  | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2026-02-28 | £1,660  | £890        | -      | 1         |
| 2025-02-28 | £0      | £0          | -      | 0         |
| 2024-02-28 | £0      | £1,372      | -      | 0         |
| 2023-02-28 | £21,574 | £22,522     | -      | 2         |
| 2022-02-28 | £34,004 | £31,697     | -      | 2         |
| 2021-07-31 | £0      | £0          | -      | 3         |

**Routed Strength Charitable Trust**

Scotland - Charity number SC050295

---

# Accounts

---

Routed Strength Charitable Trust  
01 March 2025 - 28 February 2026  
Opening Balance

As at 28 Feb 2025

MARCH APRIL MAY JUNE JULY AUG SEPT OCT NOV DEC JAN FEB TOTALS

£ 14.39

|  | 1     | 2     | 3   | 4    | 5    | 6   | 7    | 8   | 9   | 10  | 11  | 12  | TOTALS |
|--|-------|-------|-----|------|------|-----|------|-----|-----|-----|-----|-----|--------|
|  | MARCH | APRIL | MAY | JUNE | JULY | AUG | SEPT | OCT | NOV | DEC | JAN | FEB | TOTALS |

**REVENUE**

Grants: No transactions to 29 October 2025

Grants total £ - £ - £ - £ - £ - £ - £ - £ - £ - £ - £ - £ - £ - £ -

Fundraiser / Donations: No transactions to 29 October 2025

|                                 |  |  |  |  |  |  |  |  |        |         |  |  |  |
|---------------------------------|--|--|--|--|--|--|--|--|--------|---------|--|--|--|
| Donation cash@Gym               |  |  |  |  |  |  |  |  | £50.00 |         |  |  |  |
| Ticket Sales Christmas Party 22 |  |  |  |  |  |  |  |  | £60.00 | £720.00 |  |  |  |
| Nov 2025 (Bank)                 |  |  |  |  |  |  |  |  |        | £35.00  |  |  |  |
| Raffle Tickets (Bank)           |  |  |  |  |  |  |  |  | £40.00 | £50.00  |  |  |  |
| Ticket Sales (Cash)             |  |  |  |  |  |  |  |  |        | £430.00 |  |  |  |
| Raffle Tickets (Cash)           |  |  |  |  |  |  |  |  |        | £95.00  |  |  |  |
| Heads & Tales Game (Cash)       |  |  |  |  |  |  |  |  |        | £110.80 |  |  |  |
| Additional donations (Cash)     |  |  |  |  |  |  |  |  |        | £80.00  |  |  |  |
| Donation: Julie Bain            |  |  |  |  |  |  |  |  |        |         |  |  |  |

NB: Cash received at Christmas Party less cash paid expenses £630.00

|                   |                 |
|-------------------|-----------------|
| 44 people @20.00  | CASH less expns |
| 1 at £10          | £765.80 Cash    |
| £860.00           | -£30.00         |
| £10.00            | -£17.80         |
| £870.00 Tickets   | -£88.00         |
| £465.00 Raffle    | £630.00         |
| £1,335.00         |                 |
| £85.00 H & T      |                 |
| £240.80 Donations |                 |
| £1,660.80         |                 |
| £660.80 Costs     |                 |
| £1,000.00         |                 |

£0.00 £0.00 £0.00 £0.00 £0.00 £0.00 £0.00 £150.00 £1,510.80 £0.00 £0.00 £0.00 £1,660.80

**TOTAL INCOME** Opening balance £1,386.66 £ - £ - £ - £ - £ - £ - £ - £ - £ 150.00 £ 1,510.80 £ - £ - £ - £ - £ 1,660.80

**EXPENDITURE**

No transactions to 29 October 2025

|   |  |  |  |  |  |  |  |  |        |         |        |         |        |
|---|--|--|--|--|--|--|--|--|--------|---------|--------|---------|--------|
| Christmas Party Deposit (cash)              |  |  |  |  |  |  |  |  | £30.00 |         |        |         |        |
| Catering / Room Hire Christmas Party        |  |  |  |  |  |  |  |  |        | £445.00 |        |         |        |
| Quiz Prizes (cash)                          |  |  |  |  |  |  |  |  |        | £17.80  |        |         |        |
| Other expns - (cash) LF has receipt         |  |  |  |  |  |  |  |  |        | £88.00  |        |         |        |
| DJ Hire & Equipment                         |  |  |  |  |  |  |  |  |        | £80.00  |        |         |        |
| High Speed Training (LF)                    |  |  |  |  |  |  |  |  |        |         | £78.00 |         |        |
| Lime Light Media - Website / hosting 1 year |  |  |  |  |  |  |  |  |        |         |        | £115.20 |        |
| Disclosure Scotland PVG - LF                |  |  |  |  |  |  |  |  |        |         |        |         | £18.00 |
| Disclosure Scotland PVG - JR                |  |  |  |  |  |  |  |  |        |         |        |         | £18.00 |

SUB TOTAL £ - £ - £ - £ - £ - £ - £ - £ - £ 30.00 £ 630.80 £ 78.00 £ 115.20 £ 36.00 £ 890.00

**DIRECT DEBITS**

No transactions to 29 October 2025

SUB TOTAL £ - £ - £ - £ - £ - £ - £ - £ - £ - £ - £ - £ - £ - £ -

**SUNDRIES**

No transactions to 29 October 2025

SUNDRIES SUB TOTAL £ - £ - £ - £ - £ - £ - £ - £ - £ - £ - £ - £ - £ -

**TOTAL EXPENSES** £ - £ - £ - £ - £ - £ - £ - £ - £ 30.00 £ 630.80 £ 78.00 £ 115.20 £ 36.00 £ 890.00

**TOTAL PROFIT/LOSS** £ - £ - £ - £ - £ - £ - £ - £ - £ 120.00 £ 880.00 £ (78.00) £ (115.20) £ (36.00) £ 770.80

BANK BALANCE £ 14.39 £ 14.39 £ 14.39 £ 14.39 £ 14.39 £ 14.39 £ 14.39 £ 14.39 £ 134.39 £ 1,014.39 £ 936.39 £ 821.19 £ 785.19 £ 785.19

Dual Fitness Foundation 01 March 2025 - 28 February 2026

|                             |                         |
|-----------------------------|-------------------------|
| Total Income                | £1,660.80               |
| Total Expenditure           | £890.00                 |
| PROFIT/LOSS                 | £770.80                 |
| Bank Balance B'Fwd 1/3/2025 | £14.39                  |
| Funds held                  | £785.19 as at 28/2/2026 |