

My Support Day

Scotland · Charity number SC050458

Details

Status Active

Legal form SCIO (Scottish Charitable Incorporated Organisation)

Registered 2020-09-14

Register [View on the OSCR register](#)

Contact

Address Unit 31
Brandon House Business Centre
23-25 Brandon Street
Hamilton
ML3 6DA

Activities

Activities: 'It carries out activities or services itself'

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

What the charity does: The charity is set up to support anyone affected by someone else's substance use. The support that is offered is via outreach one to one support, Support groups and peer support.

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

Objectives: 4 The organisation's purposes are: 4.1 To provide relief in the form of individual and family support, in groups or via telephone or any other means, to anyone who is concerned/affected by someone else's drug or alcohol use and through promoting connection and communication in the recovery community in order to reduce isolation. 4.2 To advance health by providing a range of well-being activities and learning opportunities such as Community Reinforcement and Family Training (CRAFT) to the aforementioned groups in order to increase each participant's positive mental health and emotional resilience. 4.3 To advance education through the provision of community workshops, partnership initiatives, training, events and information that increases knowledge of issues associated with the indirect effects of addiction and challenge self-stigma, stigma by association, structural stigma and public stigma.

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-14	£0	£0	-	8
2025-03-14	£291,189	£342,591	-	8
2024-03-14	£212,039	£216,095	-	8
2023-03-14	£173,170	£123,967	-	8
2022-03-14	£154,617	£61,203	-	2

My Support Day

Scotland - Charity number SC050458

Accounts

Report of the Trustees and
Receipts & Payments Accounts
for the Year Ended 14 March 2025
for
My Support Day

My Support Day
Financial Statements
for the Year Ended 14 March 2025

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My Support Day
Report of The Trustees
Year Ended 14 March 2025

The Trustees, present their report with the financial statements of the charity for the year ended 14 March 2025.

In 2020, the Trustees launched My Support Day to provide support for loved one's affected by someone else's substance or alcohol abuse.

REFERENCE AND ADMINISTRATION DETAILS

Charity Registration Number: SC050458

PRINCIPAL ADDRESS

Unit 13, Brandon House Business Centre
23-25 Brandon Street, Hamilton, ML3 6DA

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is controlled by its governing documents, Charity's Constitution.

Risk Management

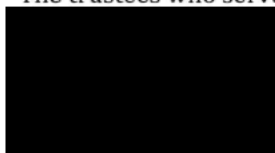
The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Pay policy for senior staff

One of the charities trustees were paid a total of £43,307 in salaries in line with the charities governing documents.

TRUSTEES

The trustees who served the company during the period were as follows:



INDEPENDENT EXAMINER



Accuracy Accounting Services Limited, Hamilton Accies Business Centre, Cadzow Avenue, Hamilton, ML3 0FT

OBJECTIVES AND ACTIVITIES

My Support Day has been established to pursue the following objectives:

- 1 To provide relief in the form of individual and family support in groups or via telephone or any other means, to anyone who is concerned/affected by someone else's drug or alcohol use and through promoting connection and communication in the recovery community in order to reduce isolation.
- 2 To advance health by providing a range of well-being activities and learning opportunities such as Community Reinforcement and Family Training (CRAFT) to the aforementioned groups in order to increase each participants positive mental health and emotional resilience.
- 3 To advance education through the provision of community workshops, partnership initiatives, training, events and information that increases knowledge of issues associated with the indirect effects of addiction and challenge self-stigma by association, structural stigma and public stigma.

**ACHIEVEMENTS AND PERFORMANCE
OVERVIEW**

My Support Day is a peer lead support group running since 2019 within the South Lanarkshire community. Starting off as a support group that ran once a week within the East Kilbride community supporting families and loved ones that have been affected by someone else's substance use. However knowing the much-needed support for families we quickly identified that one session a week was not enough for what the community needed. Scottish Families Affected by Alcohol and Drugs (SFAD) collaborated with My Support Day (MSD) in July 2020 after being successful in funding from CORRA to deliver the service All In The Family (AIF). This service is a dedicated family resource to work across the Beacons all four community premises offering partnership bases for assertive outreach, first responders, and recovery oriented community activities.

The first Beacon opened in Blantyre/ Hamilton, with further Beacons opening in Lanark, East Kilbride and Cambuslang/ Rutherglen. These are run by Liber8 local charity in partnership with the ADP, Police Scotland and NHS Lanarkshire. Further peer-led family support groups were established across the Beacons, with groups meeting weekly to meet local need and demand responding to direct contact from families as appropriate, to avoid signposting around the project. Involving family members as First Responders within South Lanarkshire will create a ripple effect in helping to reduce Drug Related Deaths (DRD) through C.R.A.F.T. training and Naloxone training. The peer-led approach will help reach more family members within the community who can benefit from the knowledge provided in the First Responder training and be made aware of take-home Naloxone kits and other harm reduction techniques around drugs and alcohol. This will also help break the stigma attached to substance misuse and DRD; by making family recovery more visible it will make recovery more accessible to family members. Further funding from CORRA " Drug Death Task Force was granted to My Support Day to fully develop this service for Family First Responders. Whilst developing My Support Day within the workstreams we have identified gaps within the alcohol and drugs services surrounding children and families in South Lanarkshire. Families have stated to My Support Day that they are seeing changes in behaviours within the family home.

This led to securing further funding from CORRA (2 different funding streams) one being for the Homework Club and the second being of the Family Outreach Service. With strong foundations being placed within My Support Day we collaborated with Liber8 and applied and was successful on the Commissioned Whole Family Approach Service funded by the South Lanarkshire ADP, Family Recovery Everyone Everywhere (FREE) service, which will be delivered across the South Lanarkshire Community for families and loved one's affected by someone else's substance use.

Over the last 3 years My Support Day have supported 599 individuals with 276 of them being from this financial year. We have increased our Naloxone provision to community members, broken down isolation for families by opening our services to 7 days a week offering both evening and weekend services including online support group sessions with an attendance of 244 individuals over 52 sessions. A male specific support group has been developed this year and we also had our own website developed and is now full operational and easily accessible.

My Support Day although a local charity within South Lanarkshire our work is recognised in a National level across Scotland.

New Collaborations

My Support Day have connected with many new collaborations this year. We have worked with Landed a peer education service on our Family night school where they delivered a substance awareness session. We are also working with commissioned services Sarco a Scottish Community Justice Service, The Givit It Young persons recovery service and Turning Point Scotland to ensure that we are embedding a Whole Family Approach and Family Inclusive Service across South Lanarkshire.

Community Members Involvement

Everything that My Support Day works towards is on the needs of the individuals that we support. They are at the heart of everything we do. Individuals have been part of the National Family Conference and the launch of the new service FREE. The input is invaluable to the community in South Lanarkshire.

New Board Members

Due to the upskilling dynamics of My Support Day and people stepping down from the board, My support Day have recruited 2 new board members. The Board are now as follows.

[REDACTED] We would like to welcome you to My Support Day board and are excited to work with you all throughout the next year.

Key Outcomes

Our Key Outcomes this year have been.

- Increased number of family members engaging with treatment services
- We are moving in the right direction with this after appointing a project Lead to deliver the FREE service to embed a Whole family Approach across South Lanarkshire and a Family Liaison worker to work between services and families specifically around criminal justice and Residential Rehab.

- Increase engagement with family recovery services.
- Family Night school started on a Tuesday evening for 8 weeks online. Upskilling families on effective communication, boundary setting, drug and alcohol educational sessions and self-care. These sessions are carried out by MSD staff and outside agencies.

My Support Day collaborated with The Beacons to deliver a training sessions on What is MAT Standard's to community member's within the South Lanarkshire Community. This is broken down into 3 sections.

- Summary Of MAT Standards
- What do the standards mean for people who use and provide services and support?
- Evidence that standards have been successfully implemented.

- Reduction in family isolation as a result of outreach work

Many individuals who are accessing one to ones are now moving into support groups which is helping them integrate into a peer community.

- **Increase numbers of male family members/loved ones accessing family support and recovery services**
MSD are now receiving referrals for males being affected by someone else's substance use. This has led to a male only support group being delivered in the East Kilbride Beacons on a Tuesday Morning.

- Increased family member engagement and up-to-date signposting by use of SL Families website
My Support Day website is now fully active, FREE service is now active, referral forms for both services and self-referrals are accessible. Information regarding the FREE service is accessible and all information is up to date.
All upcoming news and events are advertised on the website, this is emailed over to website design as soon as it's created. Naloxone has its own section with all relevant information, register your interest for anyone looking for training to access, their details will be collected from the website and contact will be made to deliver the training.
'Meet Our Friend' directory is available for anyone to access, should families browse our website and be confused as to what service they require, they will find a list of all commissioned services within South Lanarkshire, they will see a special about each service with contact details available.

All support groups are listed on the main page of the website, this will allow anyone to see location, time, and date of support groups. Online Zoom code can also be found here.
Community Reinforcement and Family Training CRAFT – structured CRAFT sessions being delivered by FREE staff will also be advertised on our website as well as any other upcoming events such as psychology sessions, Family Saturdays, and Family Thursdays.
You can access the website via www.mysupportday.co.uk

- Embed a Whole Family Approach
My Support Day & Liber8 have been collaboratively working to embed a Whole Family Approach throughout the South Lanarkshire localities.

- Increased naloxone provision
My Support Day offers a training session on Naloxone at every Family Saturday and also does drop-in Naloxone training sessions across South Lanarkshire Community. We also have a section in our website for people to register their interest in being trained on how to administer Naloxone.

Key achievements

Key achievement 1

From 10th Feb the FREE service will be fully staff. Vacancies will be filled this including the test form change Young Persons project FREE Routes. This has been matched funded by the SL ADP and SFAD to deliver a young persons service for age 12 – 26 that have been affected by someone else's substance use. The official start date for this is 17th Feb 2025.

Key achievement 2

MSD attended the Scottish Health Awards at the O2 in Edinburgh in Nov 2024 with The Recovery Oriented Justice Service as they were shortlisted and were given the award for Integrated Care Award. The FREE service has worked with 2 families from the ROJs project and MSD have been part of the project since its development.

Key Achievement 3

Christmas party

MSD service delivered a successful xmas party for families who attend the service. This consisted of 24 adults (Free Service) 8 community members from the Beacons 17 children. The day was packed full of fun xmas games laughter, music and food and of course Santa. Every child was given a present and selection box.

Key Achievement 4

Xmas service

MSD delivered a service via the phone over the festive period. This is always scoped to families wither they would like a service where they can come to in person or service via the phone. All asked for a phone service as they stated they try to keep the festive period as non-disruptive as possible for children. A service ran throughout the festive period with staff contacting the most vulnerable families for a check in and the phone lines were opened for those who needed to talk to staff. Online support groups ran on both Xmas eve (5 individuals attended) and Hogmanay (4 individuals attended). Staff touched based with 12 vulnerable families and individuals. Staff also called 1 family who services had concerns around. This in turn reassured the individual they were not on their own during the festive period.

FREE Service key overview.

Year 2 of the project FREE- Family Recovery Everyone Everywhere has received 112 new referrals. This is an increase of

100 referrals from year 1.

107 new Family members were supported through our Outreach service, receiving one to one support during year 2.

Family Outreach worker is currently working with 40 family members.

100 initial face- to- face assessment visits were carried out over 1.5 hours per visit = 150 **hours in total**.

There has been 14 different refers to My Support Day coming from through – out all 4 localities within South Lanarkshire.

This showing a proportional spread of the reach of the FREE service South Lanarkshire in year 2.

Parents (41 individuals) Partners (27 Individuals) are being recorded to be the most effected and the age bracket being 36 – 45yrs (28 individuals) and 46-55yrs (24 individuals) affected by someone else's substance use. However, there is a significant increase on older people being affected by someone else's substance use with the over 65's age bracket of the being 14 individuals in year 2 with only being 5 in year 1. 52 Online support groups were delivered over 1.5 hours per session – Total = 78hrs over this financial year. There was 266 attendees averaging 6 attendees over year 2 duration. 21 individuals were referred to counselling to our partners in the FREE Service Liber8 during this period.

Family Outreach service and Homework Club

These services are moving towards their middle stages of the projects and still going strong. Homework Club having 29 referrals this year and the Family outreach service having 134 referrals.

Some of our Key Events .

- SL Whole Family Approach conference (Sept 2024)
- South Lanarkshire Family Charter of Rights. (Sept 2024)
- Delivering Community Reinforcement and Family Training (C.R.A.F.T) every quarter to Families and individuals. (Oct 2024 – 12 individuals attended training bringing the total to 24 individuals trained in C.R.A.F.T.
- Delivered 3 training sessions on Whole Family Approach and Family Inclusive practice to 36 individuals from services which include , CAREs (Cambuslang & Hamilton teams), Criminal Justice, The Givit, The Beacons, TPS and SACRO.
- Launch of the FREE service in all localities East Kilbride, Hamilton, Clydesdale and online.
- Delivering information sessions to services including Families Outside, Family Hubs, Children and Families strategic group, CAREs teams throughout South Lanarkshire.
- Part of working groups including Children, Families and Young people strategic group, Scottish Implementation of Whole Family Approach and Family Inclusive Practice, Alcohol Harm Reduction in older people. Mental Health and Addiction working group. Pan Lanarkshire Alcohol related harms group, Pan Lanarkshire DRD group.
- Dundee Family Conference
- Inverary Conference
- Awareness interview with Camglen Radio
- Recovery Walk 2024 -& hosting a stall.
- Kiltwalk 2024 – The Mighty Stride 23 miles from Glasgow Green to Balloch.

RESERVES POLICY

The charity operates at present with unrestricted and restricted funds to be used in accordance with the charitable objectives. At the end of the year My Support Day had £0 in unrestricted funds and £88,159 in restricted funds a breakdown is

Approved by the Trustees and signed on their behalf

[Redacted Signature]

Independent Examiner's Report to the Trustees of My Support Day
Year Ended 14 March 2025

I report on the accounts for the year ended 14 March 2025 set out on pages 3 and 4.

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 Investments (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity's trustees consider that the audit requirement of Regulations 10 (1)(d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1)© of the Act and to state whether particular matters have come to my attention.

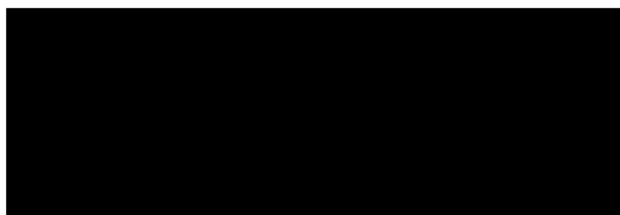
Basis of the independent examiner's report

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 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

- I have completed my examination. I can confirm that no matters have come to my attention in connection with the examination giving ne cause to believe that in any internal respect:
1. Accounting records were not kept in respect of the Charity as required by Section 44 (1)(a) of the 2005 Act and Regulation 4 of the Accounts (Scotland) Regulations 2006 (as amended) or
 2. The accounts do not accord with those records or
 3. The accounts do not comply with the accounting requirements of Regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended) other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



My Support Day
Receipts and Payment Accounts
for the Year Ended 14 March 2025

	<u>2025</u>	<u>2024</u>
	£	£
Receipts		
Grants	290,422	210,142
Donations	767.16	1,897
	291,189	212,039
Payments		
Accountancy Fees	1,296	1,296
Staff wages and PAYE	259,076	179,400
HR Support	1,206	0
Charitable Activities	37,799	8,998
Rent	21,492	18,292
Printing, Postage and Stationery	1,837	2,433
Advertising	0	0
Office Equipment Expensed	0	0
Office/General Expenses	142	1,408
Insurance	0	0
I.T Costs	1,157	382
Recruitment Costs	59	18
Subscriptions	14,650	3,168
Travel and Accommodation	3,859	682
Volunteer Expenses	18	18
Website Design and Maintenance	0	0
Total Payments	342,591	216,095
Surplus/(Deficit) for year	<u>-51,402</u>	<u>-4,056</u>

My Support Day
Statement of Balances
for the Year Ended 14 March 2025

	2025	2024
	£	£
Opening Balance	138,561	142,617
Bank and Cash at Hand		
Surplus for the year	-51402	-4,506
Closing Balances	87,159	138,561
Restricted Funds	87,159	138,561
Unrestricted Funds	0	0
Total funds to carry forward	<u>87,159</u>	<u>138,561</u>

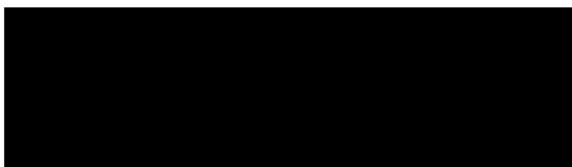
Restricted Funds Breakdown as at 14/03/2025

Corra Children and Families Funding - £30,361.00

SFAD Young Persons Service - £1665.00

ADP – Free Service - £56123.00

Approved by the Trustees and signed on their behalf



My Support Day
Notes to The Financial Statements
for the Year Ended 14 March 2025

1. Accounting Policies

The financial statements have been prepared under the historical cost convention and on the basis of receipts and payments.

Funds

All funds are for charitable purposes and are split between restricted funds and unrestricted funds as per balances.

Due to the size and nature of the charity, the accounts have been prepared on a receipts and payments basis.

2. Funds	2025	2024
	£	£
Cash at bank and in hand	87,159	138,561
Closing Balances	<u>87,159</u>	<u>138,561</u>