

MySelf-Management, SCIO

Scotland · Charity number SC050558

Details

Status Active

Legal form SCIO (Scottish Charitable Incorporated Organisation)

Registered 2020-11-09

Register [View on the OSCR register](#)

Contact

Address My Self Management SCIO
Thorfin House
Bridgend Business Park
Dingwall
IV15 9SL

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: MySelf-Management is set up to provide Self-Management education/training, peer support and enable people living in highland with long term health conditions to take more control over their own health and wellbeing . We provide a wide range of activities to our members, delivered both in-person and online. These activities directly support our constitutional purposes • Self-Management Skills Training: • Educational Talks and Demonstrations • Free eLearning Courses: • Monthly Themed Chats • Peer Support Groups in 15 Locations • Specialised Groups • Annual Boccia Tournament: • Kyle Strength & Mobility Sessions • Private Facebook Groups • Wellbeing Sessions • Kyle bike Hire Service: • Sound Therapy and Evening Sessions • Daily Online Tai Chi

Beneficiaries: 'Other defined groups'

Objectives: 4. The organisation's purposes are: a. to advance the education of those living with long term conditions by providing training and resources to support these individuals in managing their long-term condition". b. to relieve and support those living with ill health or a disability through targeted training, support networks and resources to enable them to take more control of their own health and well-being. c. to advance the health of those living with long term conditions through the concept of self-management and well-being through the provision of training and resources and development of support networks.

Geography

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

Finances

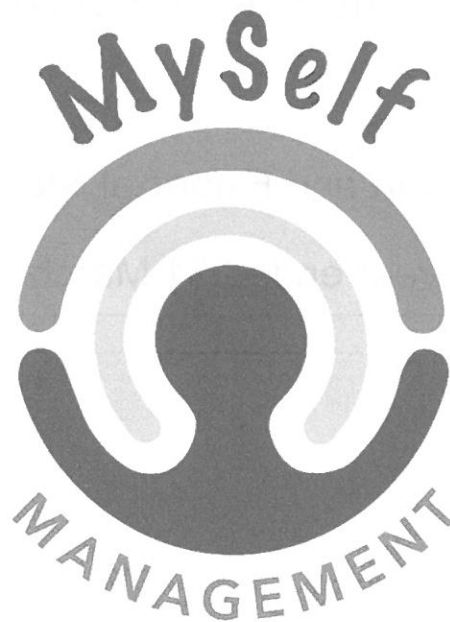
Period end	Income	Expenditure	Assets	Employees
2026-03-31	£0	£0	-	10
2025-03-31	£186,743	£205,937	-	10
2024-03-31	£184,777	£133,197	-	10
2023-03-31	£0	£0	-	5
2021-11-30	£0	£0	-	0

Accounts

Trustees' Annual Report and Accounts:

MySelf-Management SCIO

Scottish Charity No – SC050558



MySelf-Management SCIO

Scottish Charity No – SC050558

Annual Report and Financial Statements

For the year ended 31 March 2025

Trustees' Annual Report for the year ended 31st March 2025

The trustees have pleasure in presenting their report together with the financial statements for the year ended 31st March 2025.

Reference and Administrative Information

Charity Name

MySelf-Management SCIO

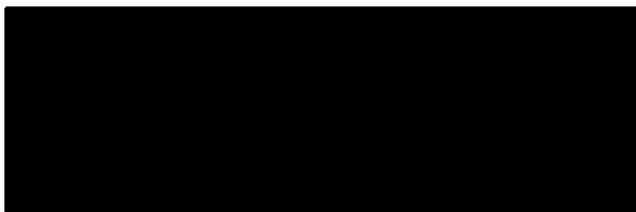
Charity No

SC050558

Address

Thorfin House, Bridgend Business Park, Dingwall, IV15 9SL

Current Trustees



Structure, Governance and Management Constitution

The Charity is a Scottish Charitable Incorporated Organisation (SCIO). It was registered in its current legal form on 10 November 2020. The Charity intended to transfer from hosted position but with the pandemic the SCIO did not trade until April 2023. The charity was previously a hosted project by HTSI we changed our legal form to a SCIO. The assets of the unincorporated association were transferred to the SCIO on the 1 April 2023. It has a single tier structure and as such the trustees are the members of the charity.

Appointment of Trustees

The management committee, which normally meets on the 3rd Thursday of each month, are the charity's trustees.

Trustees are elected at the annual general meeting. There must be a minimum of three and a maximum of five trustees.

Objectives and Activities

Charitable purposes

The organisation's purposes are:

- a. to advance the education of those living with long term conditions by providing training and resources to support these individuals in managing their long-term condition.
- b. to relieve and support those living with ill health or a disability through targeted training, support networks and resources to enable them to take more control of their own health and well-being.
- c. to advance the health of those living with long term conditions through the concept of self-management and well-being through the provision of training and resources and development of support networks.

Activities

MySelf-Management offers a wide range of in-person and online activities to our members. Our annual increase in total membership has returned to pre-2023 re-branding levels, and we are now reaching 479 people across our members' services and platforms.

Each month we run 15 community-based peer support groups and wellbeing activities in locations across Highland from Broadford to Nairn and Inverness to Thurso, plus:

- Popular summer activities, including the Jacobite cruise along Loch Ness and a fun day of wellbeing activities in Caithness. These events are open to all members, widening the circle of mutual support and connection.
- Our annual Boccia tournament - the highlight of the year for many members which was a roaring success again, with over 80 people from across the region gathered to enjoy a day of competition, reinforcing friendships forged in online chats.
- In response to a need identified within the community while the local sports centre was closed, we launched a weekly seated strength and mobility session in Kyle which we have continued to run with an average of 13-17 members attending.
- Over 130 people have now benefitted from our Kyle eBike hire service, which continues to provide a valuable opportunity for people living with long-term conditions to try out an eBike before investing time, money and energy in buying their own bike.

Our online activities include weekly members-led peer support chats and multiple wellbeing sessions each week including seated movement, relaxation and breathing, body boosting bingo and daily tai chi sessions plus:

- We extended our regular monthly themed chat provision to include a Living with Persistent Pain session in addition to the established Long Covid peer chat.
- Through the winter months, we added a weekly online sound therapy session, a regular quiz (crafted and delivered by one of our members) and a series of presentations including a talk by the V&A museum about their Kimono exhibition, nature talks with the Highland Rangers and demonstration sessions with several local artists who volunteered their time. All these sessions were held in the evening to provide additional support, connection and

interest during the darker nights.

- Online self-management skills training in a group setting, delivered in blocks over 6 consecutive weeks.
- Our eLearning courses which are available free of charge to anyone living in Highland as an alternative introduction to self-management, increasing accessibility for busy people and those who are unsure about joining online group activities as their starting point.
- 4 private Facebook peer support groups that serve as a safe space for members to share information and receive key updates from our team. These groups currently run at approximately 375 members across the board.

Achievements and Performance

Our second year as an independent organisation has been marked by continued growth, adaptation, and development. The team has worked hard to manage the evolving demands of background operations while maintaining and expanding the services we offer to our members.

Group membership has continued to rise steadily, supported by the creation and promotion of new publicity materials and new staff in place to promote our services. Looking ahead to 2025–26, we anticipate further growth as we re-engage with health professionals and partner organisations to raise awareness of our services for people living with long-term health conditions.

We remain mindful that many individuals have not yet returned to peer groups or community events since the pandemic. In response, we've expanded our digital offerings and continue to explore alternative ways to connect and engage with those who may benefit from our support.

In early 2025, we secured three years of match funding from NHS Highland (commencing on 1st April 2025), alongside increased donations from members and supporters including City Mobility, The Highland Lottery, Tesco, Nairn Ceilidh Group, Highland Construction Charity Dinner, and event contributions.

Ongoing funding includes:

- National Lottery Improving Lives – Community Fund (Oct 2023–2026)
- Highland Youth Living Well Project (Alliance Scotland, Oct 2023–2026)
- Wait Well Project (NHS Highland, Apr 2024–2026)

Thanks to this support, we doubled our team size in early 2024, forming a stronger, more resilient team ready to deliver and grow our services.

Financial Review

Our main sources of funding for core services during this financial period were grants from NHSH and the National Lottery Improving Lives Community Fund, as below:

- a continuing award of £50,000 p.a. towards running costs for core services (NHSH)
- a further £5,000 p.a. from the Pain Management Service at NHSH to support services for people living with persistent pain
- a match-funding grant to the value of £40,000 commencing in October 2023 for 3 years (National Lottery)

During this financial period, we were also in receipt of the following funding streams:

- The Health and Social Care Alliance Scotland

Highland Youth Living Well Young People Project - £119,991 for the period October 2023 to 30th September 2026

- NHS Charities Together

Waiting Well Link Worker Project - £99,838.50 for the period 1st April 2024 to 31st March 2026. Waiting Well is a joint project between NHS Highland and MySelf-Management.

- Foundation Scotland

Camster Wind Farm – 2 grants of £2,650 and £500 to support the Caithness Living Better Groups for the period from November 2024 to the end of 2025.

Our donations/ fundraising efforts this year have brought in money from:

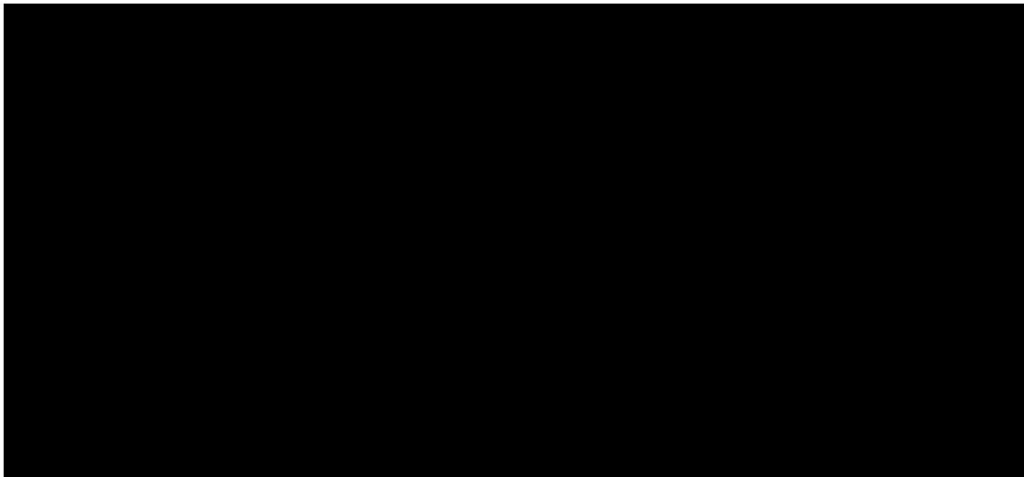
- City Mobility - supporting the Boccia Tournament
- The Highland Community Lottery
- Tesco Dingwall to support local Living Better Groups
- Nairn Ceilidh Group to support Nairn Living Better Group
- Highland Construction Charity Dinner
- Donations from members
- Fundraising activities at member events

Reserves Policy

The trustees' policy is to retain up to three months' worth of normal running costs in order to meet commitments and to cover any unexpected expenditure. In the year to 31st March 2025 three months' expenditure averaged at around £51,000 whereas the reserves at the year-end date were less than this at £40,714.

Plans for Future Period

The trustees intend to continue to work with our members to review and develop our services, seeking funding which enables us to enhance our services.



Independent Examiner's Report to the Trustees of MySelf Management SCIO

I report on the accounts of the charity for the year ended 31 March 2025 which are set out on the following pages.

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) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) 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.

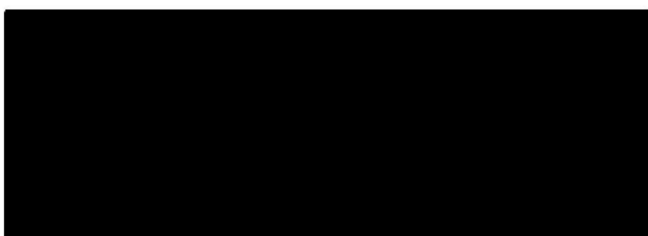
Basis of independent examiner's statement

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,

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



Leggatts Accountants Ltd
Accountants & Tax Advisors
Kempfield Court
Dingwall
IV15 9RT

Date:

5/11/25

MYSELF-MANAGEMENT SCIO

RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2025

		£	2025 £	£	2024 £
Receipts	Notes	Unrestricted	Restricted	Total	Total
Donations	4	8,328	-	8,328	45,833
Grants	5	97,650	89,093	186,743	138,094
Fundraising		-	-	-	850
Bank interest		-	-	-	-
Total Receipts		<u>105,978</u>	<u>89,093</u>	<u>195,071</u>	<u>184,777</u>
Payments					
Fundraising costs		-	-	-	-
Cost of charitable activities		117,526	88,411	205,937	129,915
Governance costs		-	-	-	-
Equipment & asset purchases		-	-	-	3,282
Total Payments		<u>117,526</u>	<u>88,411</u>	<u>205,937</u>	<u>133,197</u>
(Deficit)/Surplus for the year		(11,548)	682	(10,866)	51,580
Transfers between funds		-	-	-	-
Surplus for the year		<u>(11,548)</u>	<u>682</u>	<u>(10,866)</u>	<u>51,580</u>

MYSELF-MANAGEMENT SCIO

STATEMENT OF BALANCES
AS AT 31 MARCH 2025

	2025 £	2024 £
Bank and Cash in Hand		
Opening balances	51,580	-
Surplus for the year	<u>(10,866)</u>	<u>51,580</u>
Closing Balances	<u><u>40,714</u></u>	<u><u>51,580</u></u>
Reserves		
Unrestricted	40,032	47,504
Restricted	<u>682</u>	<u>4,076</u>
	<u><u>40,714</u></u>	<u><u>51,580</u></u>
Other Assets & Liabilities		
Office Equipment at Cost		
Computer equipment	<u><u>3,282</u></u>	<u><u>3,282</u></u>
Creditors		
Accountancy accrual	900	900
Rental of cupboard	780	1,560
Software recharge from HTSI	-	130
Venue hire costs	463	435
Repairs	20	-
LBG costs	680	-
MJO Wellbeing	1,082	-
Staff expenses reimbursed	119	139
Jzero - eLearning platform	-	2,300
HMRC - PAYE & NIC	2,755	1,905
NEST - employee pensions	<u>-</u>	<u>449</u>
	<u><u>6,799</u></u>	<u><u>7,818</u></u>

MYSELF-MANAGEMENT SCIO

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

1. Basis of accounting

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2. Nature and purpose of funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objectives of the charity. The trustees maintain a single unrestricted fund for the day-to-day running of the charity.

3. Related party transactions

No remuneration was paid to the charity's trustees or any connected persons during the year.

4. Donations

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Balance of funding held by HTSI	-	-	-	45,200
HCPD	5,000	-	5,000	-
Sundry donations	3,328	-	3,328	633
	8,328	-	8,328	45,833

5. Grants

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
NHSH	55,000	50,898	105,898	60,040
Health & Social Care Alliance	-	38,195	38,195	53,094
Improving Lives Lottery	40,000	-	40,000	20,000
Versus Arthritis	-	-	-	4,960
Foundation Scotland	2,650	-	2,650	-
	97,650	89,093	186,743	138,094

6. Cost of charitable activities

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Staff wages & employers NIC	90,595	66,883	157,478	106,826
Employers pension contributions	5,522	1,850	7,372	4,893
Staff travel costs	3,586	150	3,736	3,221
Computer software & consumables	4,886	4,826	9,712	5,309
Venue hire & refreshments	-	8,287	8,287	3,043
Printing, postage & stationery	2,396	1,404	3,800	628
Advertising & marketing	-	-	-	489
Telephone & broadband	2,232	-	2,232	1,560
Accountancy fees	1,752	-	1,752	552
Consultancy & professional fees	5,629	2,163	7,792	2,133
Insurance	385	-	385	306
Repairs and maintenance	374	-	374	-
Bank charges and interest	99	-	99	-
LBG costs	-	2,848	2,848	-
Costs incurred by HTSI	-	-	-	922
Sundry expenses	70	-	70	33
	117,526	88,411	205,937	129,915

