



Sticks and Stones Therapeutic Forest School SCIO

# **Trustees' Annual Report**

## **28.2.24 to 28.2.25**

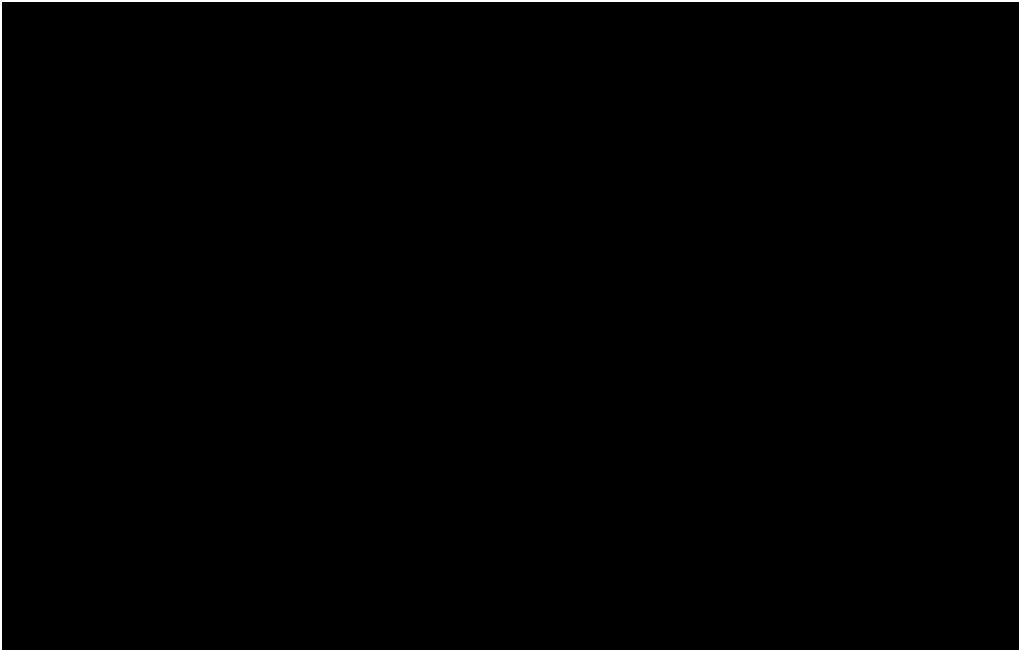
**Charity contact information**

**[sticksandstonesfs@protonmail.com](mailto:sticksandstonesfs@protonmail.com)**



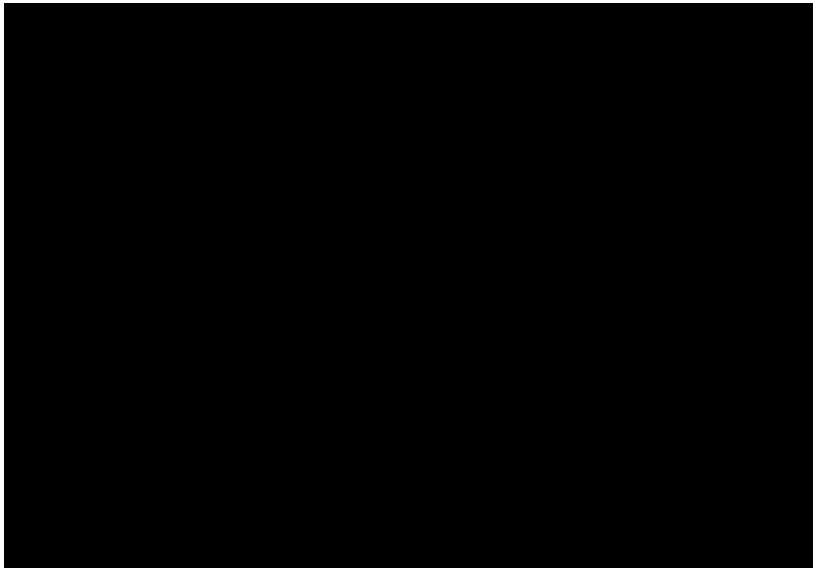
## **Sticks and Stones Therapeutic Forest School SCIO**

Scottish Charity Number: SC050762



### Charity Trustees

Name all of your charity trustees for the period, and the date they left if they were not in post for the whole year

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## Objectives and activities

Sticks and Stones was set up due to the recognition of young people in the area who were disconnected to nature, with mental health difficulties and neurodevelopmental disorders, who, research suggests would benefit from increased nature connection and the benefits of forest school and outdoor learning.

Our purposes are:

To advance the education of children and young people in North East Scotland by offering opportunities for the development of knowledge and skills in an outdoor woodland setting.

To promote the health and education of children and young people in North East Scotland through provision of training, consultancy and support to professionals and organisations.

To improve the health and well-being of children, young people and families through provision of inclusive as well as targeted therapeutic outdoor interventions.

We ran as a CIC from 2017 up until February 2022. Our switching from the CIC to the SCIO was delayed due to a number of set backs culminating in major storms hitting our forest site forcing us to close to the public. We finally reopened to the public in November, 2022.

## **Structure, governance and management**

### **Constitution**

The Charity is a Scottish Incorporated Organisation (SCIO). It was registered in its current legal form on 9th February, 2021. Our operations moved over to the charity from the previous CIC in March, 2022.

It has a single tier structure, as such the trustees are members of the charity.

### **Trustee recruitment and appointment**

At our AGM it was agreed that all trustees will continue for the next year. No objections were raised to this.

## Achievements and performance

This year we have continued with our regular groups such as Wild Things Self-Directed Learning Group, Saturday club and Holiday clubs as well as building the therapeutic one to one support that we offer and tailored input to schools and other groups.

Wild Things Self-directed learning group runs weekly for around 42 weeks a year. Around 10 home- educated and flexi-school children attend regularly, with all having a say in how the group runs, how they spend their day and how the group develops for the future. We currently offer two spaces for young people who benefit from one to one support to attend. We are currently seeking new members to join the community.

Saturday and Holiday Club sessions are public session open to all and aim to be as inclusive as possible. Attendance is generally 10-15 children. It has been identified that funding would be beneficial to ensure we can meet the needs of all children attending without passing the burden of extra support onto the families of children with additional needs. Some funding applications have been made this year to allow more flexibility with the provision of additional support.

Therapeutic One to one support is offered to children referred by education currently we are working only with Angus council. We are currently offering one to one sessions over 4 days per week with a total of 10 children and young people attending weekly over term time. We also have several referrals pending.

The majority of sessions are led by [REDACTED] who is a Freelance Therapeutic Forest School Leader with [REDACTED] Forest School Leader, and [REDACTED] acting as Forest School Assistant. Supervision is provided by [REDACTED]

[REDACTED] Forest School Leader has also begun working with us as a Freelance Forest School Leader providing one to one support and also drumming workshops.

**We hope over the coming year to provide regular seasonal workshops for children and families provided by Pip, Fiona and Stewart.**

**We are also in the process of reviewing our charitable aims to open up the possibility of increasing what we offer across the lifespan. This is in recognition of increasing struggles in the local area with increasing costs of living and other pressures leading to many people feeling overwhelmed and isolated.**

### **Site projects**

**Our main site project this year has been to build a new woodwork shelter. While there is still work to be done, the main structure is up and operational. We plan to develop this further over the coming year to allow for more wood work projects as well as offering workshops using this space.**

**We have a number of young people interested in fitness and developing skills. We have therefore been discussing adding developments such as a pull up bar and possibly monkey bars in the forest.**

## **Financial review**

Our total income for the year has been £33,846, increasing from £18,425 the year before. Our expenditure was £27,011 leaving a profit for the year of £6,834

## **Statement of the charity's policy on reserves**

We aim to hold 3 months running costs in reserve.

## **Details of any deficit**

there is no deficit

## **Future plans**

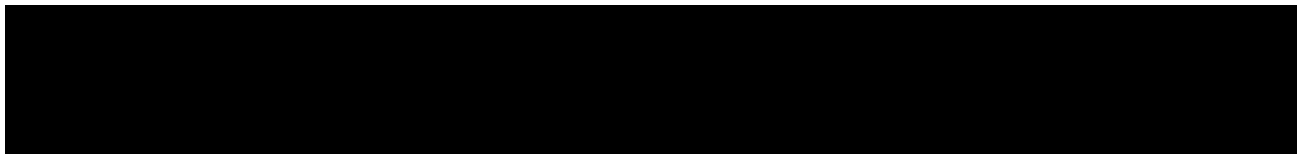
Over the coming year we hope to expand our charitable aims to offer more to members of our local community across the lifespan. We hope to offer a program of workshops introducing new skills and activities to a wider audience and to recruit new volunteers as well as new group members.

We also have freelance team members who are undertaking training which we hope to apply to our work in the forest.

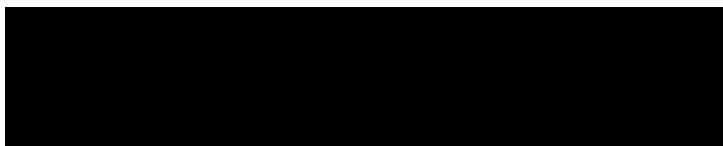


## Declaration

Signed on behalf of the charity trustees:



Print name



Designation

Trustee

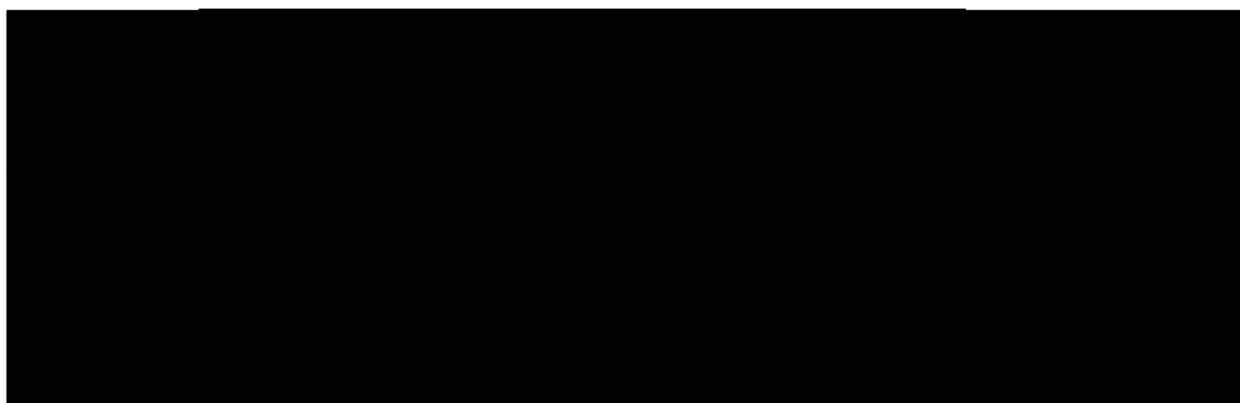
Date

14th November, 2025



**Sticks & Stones Therapeutic Forest School**  
**SC050762**  
**For The Year Ended 28th February 2025**  
**Income & Expenditure**

	<u>2025</u>		<u>2024</u>	
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
<b><u>Income</u></b>				
Income from Sale of Product	11,236		10,902	
Income from Support Sessions	22,610		7,523	
		33,846		18,425
<b><u>Expenses</u></b>				
Purchases	946		825	
Subcontractors fees	17,202		10,081	
Trustee's Remuneration	7,077		4,125	
Insurance	645		645	
Computer Software	222		192	
Staff Training	-		555	
Accountancy	720		360	
Disclosure	75		129	
Sundry Expenses	124		91	
		27,011		17,003
Surplus for the Year		<u><u>6,834</u></u>		<u><u>1,422</u></u>



**Sticks & Stones Therapeutic Forest School**  
**For The Year Ended 28th February 2025**  
**Balance Sheet**

	<u>2025</u>		<u>2024</u>	
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
<b>Current Assets</b>				
Bank	5,236		2,117	
Debtors	7,550		3,475	
Due from Sticks and Stones CIC	853		853	
Prepayments	645		645	
	<hr/>		<hr/>	
	14,284		7,090	
<b>Current Liabilities</b>				
Accruals	360		-	
	<hr/>		<hr/>	
	360		-	
<b>Net Assets</b>		<u><u>13,924</u></u>		<u><u>7,090</u></u>
<b>Capital</b>				
Retained Earnings Brought Forward		7,090		5,668
Surplus For Year		6,834		1,422
		<hr/>		<hr/>
		<u><u>13,924</u></u>		<u><u>7,090</u></u>

