

APPENDIX 1



Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	01	07	2022	To	30	06	2023

Reference and administration details

Charity name  
Other names charity is known by  
Registered charity number  
Charity's principal address

In Your Corner
SC050844

Names of the charity trustees on date of approval of Trustees' Annual Report

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Principal Trustee		
2	Trustee		
3	Trustee		
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

## Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year

## Structure, governance and management

Type of governing document

OSCR asserted the charity SCIO status on 17<sup>th</sup> March 2021  
The charity has a written constitution

Trustee recruitment and appointment

Trustees include the founders of the Charity  
Additional trustees are recruited by the founders

## Objectives and activities

Charitable purposes

D - the advancement of health  
I - the provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended  
N – the relief of those in need by reason of age, ill health, disability, financial hardship or other disadvantage

Summary of the main activities in relation to these objects

3.1.1 to advance health by helping people to maintain or improve their health through exercise, nutrition awareness and social inclusion, strengthening the connection between mental health, and physical fitness;

3.1.2 the relief of those in need by reasons of mental health and in particular those who suffer from mental health issues, sexual or domestic abuse, bullying or similar trauma;

3.1.3 the provision of recreational activities by:

3.1.3.1 providing and promoting opportunities in sport and physical activity, to help aid the recovery of people experiencing mental health issues, abuse, trauma, or bullying, and encourage individuals to move their lives forward in a positive direction;

3.1.3.2 promoting the preservation of mental health through peer-support and the sharing of information and participation of activities that encourages good health and well-being.

## APPENDIX 1

### Achievements and performance

#### Summary of the main achievements of the charity during the financial period

Since our inception we have worked with, and continue to work with, vulnerable children and young adults who have suffered bullying (some of whom have had suicidal tendencies) and victims of domestic abuse from Glasgow Woman's Aid. In Your Corner provides a free class on Saturday mornings for children with autism who benefit from a quiet and calm environment, allowing them to train and workout without any fear or judgement. We have given a safe place for vulnerable woman on several occasions. We provide self-defence classes free of charge for Domestic Abuse victims. We also offer free memberships for those in need, to allow them to train in a safe environment. This is offered with our controlled entry system, as all visitors need to request entry to the building. We have received some amazing testimonials from those who have found solace and peace from In your Corner, also from family members who are grateful for the turn around they have seen in their loved ones. In your Corner will continue to work with Glasgow Woman's Aid, and those who require our assistance.

During the year the charity received a generous grant of £10,000 from the National Lottery.

The charity also raised funds through t-shirt and clothing sales of specific In Your Corner merchandise.

During the year the charity also held its first Couch to Contender charity boxing event. The event raised £1,000.

### Financial review

#### Brief statement of the charity's policy on reserves

The charity does not plan to hold reserves

#### Details of any deficit

No deficit. The majority of the charities funds in this first year have been utilised for set up costs including setting up the charity and the website. The charity has utilised the facilities of BXNG Ltd in Milngavie and has contributed to the running costs of the gym for the exclusive times that the charity has utilised the gym (Saturday mornings and individual sessions).

#### Donated facilities and services (if any)

The charities activities have taken place in BXNG gym in Milngavie. BXNG Milngavie has donated facilities to In Your Corner at discounted rates and has operated on the basis that the charity will never owe the gym money for utilising the facilities.

APPENDIX 1

Other optional information

During the period it was made aware to Trustees that £2,950 had been removed from the charity for non-charitable purposes. This withdrawal was not made by any of the Trustees or authorised by any of the Trustees. The matter was raised with the appropriate authorities and is now closed. The funds were not recovered. The person was removed from all parts of the charity and will have no further dealings with the charity.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (e.g. Chair)	Principal Trustee	Trustee
Date	03/05/2024	19/06/2024

## APPENDIX 2

	Enter charity name below					Enter SC No. below		
	<b>In Your Corner</b>							
	<b>Receipts and payments accounts</b>							
	For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year	
	01	07	2022		30	06	2023	

### Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
<b>A1 Receipts</b>						
Donations					-	-
Legacies					-	
Grants	10,500				10,500	-
Receipts from fundraising activities	1,557				1,557	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
					-	
<b>A1 Sub total</b>	12,057	-	-	-	12,057	-
<b>A2 Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>A2 Sub total</b>	-	-	-	-	-	-
<b>Total receipts</b>	12,057	-	-	-	12,057	-
<b>A3 Payments</b>						
Expenses for fundraising activities	2,250				2,250	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	9,800				9,800	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	-				-	
Preparation of annual accounts	-				-	
Legal costs	-				-	
Other	-				-	
					-	
<b>A3 Sub total</b>	12,050	-	-	-	12,050	-
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	
Purchase of investments					-	
<b>A4 Sub total</b>	-	-	-	-	-	-
<b>Total payments</b>	12,050	-	-	-	12,050	-
<b>Net receipts / (payments)</b>	7	-	-	-	7	-
<b>A5 Transfers to / (from) funds</b>					-	
<b>Surplus / (deficit) for year</b>	7	-	-	-	7	-

## Section B Statement of balances

Categories	Details	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
		to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
<b>B1 Cash funds</b>	Cash and bank balances at start of year	-				-	
	Surplus / (deficit) shown on receipts and payments account	-				7	
						-	
						-	
	<b>Cash and bank balances at end of year</b>	-	-	-	-	7	-
	(Agree balances with receipts and payments account(s))	- 7	-	-	-	0	-
	Details			Fund to which asset belongs		Market valuation	Last year
<b>B2 Investments</b>						to nearest £	to nearest £
				Total	-	-	
	Details			Fund to which asset belongs	Cost (if available)	Current value (if available)	Last year
<b>B3 Other assets</b>					to nearest £	to nearest £	to nearest £
				Total	-	-	-
	Details			Fund to which liability relates		Amount due	Last year
<b>B4 Liabilities</b>						to nearest £	to nearest £
				Total	-	-	
	Details			Fund to which liability relates		Amount due (estimate)	Last year
<b>B5 Contingent liabilities</b>						to nearest £	to nearest £
				Total	-	-	

Signature(s)

Full name(s)

Position (e.g. Chair)

Principal Trustee

Trustee

Date

03/05/2024

19/06/2024

## APPENDIX 3

Independent examiner's report on the accounts		V2																					
<b>Report to the trustees/members of</b>	Charity name In Your Corner																						
<b>Registered charity number</b>	SC050844																						
<b>On the accounts of the charity for the period</b>	<table border="1"> <thead> <tr> <th colspan="3">Period start date</th> <th></th> <th colspan="3">Period end date</th> </tr> <tr> <th>Day</th> <th>Month</th> <th>Year</th> <th></th> <th>Day</th> <th>Month</th> <th>Year</th> </tr> </thead> <tbody> <tr> <td>01</td> <td>07</td> <td>2022</td> <td>To</td> <td>30</td> <td>06</td> <td>2023</td> </tr> </tbody> </table>		Period start date				Period end date			Day	Month	Year		Day	Month	Year	01	07	2022	To	30	06	2023
Period start date				Period end date																			
Day	Month	Year		Day	Month	Year																	
01	07	2022	To	30	06	2023																	
<b>Set out on pages</b>	1-7 (remember to include the page numbers of additional sheets)																						
<b>Respective responsibilities of trustees and examiner</b>	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.																						
<b>Basis of independent examiner's statement</b>	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.																						
<b>Independent examiner's statement</b>	<p>In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]</p> <ol style="list-style-type: none"> <li>which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> <li>to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and</li> <li>to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations</li> </ul> <p>have not been met, or</p> </li> <li>to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached</li> </ol>																						
<b>Signed:</b>																							
<b>Name:</b>																							
<b>Relevant professional qualification(s) or body (if any):</b>																							
<b>Address:</b>																							