

Freens [Fostering (inclusive) Relationships, Education, Empowerment, Networking and Support] (SCIO)

Scotland · Charity number SC050851

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2021-03-19
Register	View on the OSCR register

Contact

Address	Roseville Rose Lane Inverurie Aberdeenshire AB51 3PN
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Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of education', 'the advancement of citizenship or community development'

What the charity does: We aim to promote community integration and inclusion through social, recreational and sporting activities. We run a regular Language Cafe for those wishing to practice their English. We are also a part of the Inverurie Community Sports Hub, a group of clubs and organisations working together to enhance the positive impact of sport and physical activity.

Beneficiaries: 'People with a particular ethnic or racial origin', 'No specific group, or for the benefit of the community'

Objectives: Purposes 4 The organisation's purposes are: 4.1 To advance education by providing opportunities for New Scots living in Inverurie (or able to travel there) to improve their English language skills. improve their knowledge of life in the UK and to develop IT skills. 4.2 To promote community development by establishing and delivering social, recreational, and sporting activities for New Scots families living in Inverurie (or able to travel there) which foster community integration and inclusion. 4.3 To provide support to the New Scots community by signposting them to local relevant services and resources.

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£0	£0	-	0
2025-03-31	£7,276	£2,132	-	0
2024-03-31	£11,241	£9,093	-	0
2023-03-31	£6,713	£7,841	-	0
2022-03-31	£2,806	£840	-	0

Accounts

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	04	2024	To	31	03	2025

Reference and administration details

Charity name	FREENS (Fostering (inclusive) Relationships, Education, Empowerment, Networking & Support) SCIO						
Other names charity is known by	Formerly known as Friends of the Amal Project (SCIO) to 28/08/2025						
Registered charity number	SC050851						
Charity's principal address	Roseville						
	Rose Lane						
	Inverurie						
	Aberdeenshire				Postcode AB51 3PN		

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	[REDACTED]	Chair		
2		Secretary + Treasurer		
3				
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

Constitution

Trustee recruitment and appointment

The founding Trustees were volunteers on the committee which preceded the SCIO. Since then we have appointed Trustees (a) by invitation to individuals with special skills which we considered would help us achieve our aims more successfully, (b) by advertising for Trustees amongst our supporters and the New Scots community. Interested parties were invited to apply and the existing Trustees voted on who to appoint.

Objectives and activities

Charitable purposes

The organisation's purposes are to advance education by providing opportunities for New Scots living in Inverurie (or able to travel there) to improve their English language skills; improve their knowledge of life in the UK and to develop IT skills.

To promote community development by establishing and delivering social, recreational, and sporting activities for New Scots families living in Inverurie (or able to travel there) which foster community integration and inclusion.

To provide support to the New Scots community by signposting them to local relevant services and resources.

Summary of the main activities in relation to these objects

Language Café
One-on-One Language Support
IT equipment and training
Ladies Only Gym Sessions
Community Projects, e.g. tree planting
Support individuals with preparation for citizenship tests
Deliver information sessions, e.g. understanding the school system, how to avoid doorstep scams
Working with Sport Scotland local coordinator

Achievements and performance

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

Changing our name and purposes to more accurately fit with our current work – our previous purposes restricted us to working with refugees resettled through UN programmes. Our new purposes cover all migrants to the area and focus more on integration.

Language Café – this continues to be our most regular successful activity. Our list of volunteers has increased to ten and attendance reaches 15+ participants most weeks. We have several new attendees, and the Café caters for various groups – beginner English, advanced English, preparation for English Language Speaking test, and general chat. It meets weekly during term time in the library in Inverurie. Participants took part in various activities - Tree planting; Ten-pin Bowling; How to avoid door-step Scams; Storytelling Workshop; Emergency First Aid; Trip to Crathes Castle; Aberdeenshire Museums Project

One-on-One Language Support – several new volunteers have started supporting individuals and small groups online with English Language. These volunteers are paired up with individuals who have requested additional help with their English or whom ESOL tutors have requested additional help for.

Aberdeenshire Museums Project – members of the Language Cafe were invited to take part in a project based around the new Museum being established in Peterhead. Aberdeenshire Museum Staff are planning to create temporary exhibits which would include looking at New Scots in Aberdeenshire. The Language Café members agreed that this was a project they would be interested in participating in.

IT equipment and training – we continued to distribute iPads to those who needed them in order to access online classes. Bridging Communities ran training workshop for those who were given iPads to ensure they were able to use them effectively.

'Understanding the school system for parents' session – this took place at Port Elphinstone Primary School and was delivered by [REDACTED] from GREC. Around 12 parents attended.

Ladies Only Gym Sessions – following on from a successful four-week taster session in the gym earlier in the year we were able to argue for ladies only gym sessions to be a regular feature of the campus programme. They are attended by New Scots and settled community members.

Financial review

Brief statement of the charity's policy on reserves

We are currently working on our reserves policy. As we do not have any employees or premises to maintain, our main need for reserves is in case of an unforeseen need which we wish to respond to quickly. We aim to hold around £1,000 as unrestricted reserves.

Details of any deficit

N/A

Donated facilities and services (if any)

All our Trustees and volunteers offer their time and services free of charge.

APPENDIX 1

Other optional information

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)	Chair	
Date	24/10/2025	

FRIENDS OF THE AMAL PROJECT (SCIO) SC050851
STATEMENT OF FINANCIAL ACTIVITIES
FOR PERIOD 1 APRIL 2024 TO 31 MARCH 2025

		Restricted Funds	Unrestricted Funds	Total Funds 2025	Total Funds 2024
	<i>Notes</i>	£	£	£	£
RECEIPTS					
Grants	1	7,276	-	7,276	10,010
Donations		-	-	-	180
Receipts from Fundraising Activities		-	-	-	-
Receipts from Charitable Activities		-	-	-	1,051
Investment Income		-	-	-	-
Total Incoming Resources		7,276	-	7,276	11,241
PAYMENTS					
Donations		-	-	-	-
Payments relating directly to Fundraising Activities		-	-	-	-
Payments relating directly to Charitable Activities	2	2,132	229	2,361	9,021
Governance Costs - IE		-	-	-	72
Total Resources Expended		2,132	229	2,361	9,093
Net Incoming / (Outgoing) resources for Year		5,144	(229)	4,915	2,147
Total Funds at 1 April 2024		2,846	152	2,998	851
<i>Movement of Funds from restricted to unrestricted funds</i>	3	(398)	398	-	-
Total Funds at 31 March 2025	4	7,592	320	7,913	2,998

The statement of financial activities includes all gains and losses in the year.
The above receipts and payments are split between restricted and unrestricted funds.

FRIENDS OF THE AMAL PROJECT (SCIO)
STATEMENT OF BALANCES
AS AT 31 MARCH 2025

SC050851

	Restricted Funds £	Unrestricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Balance at Bank at 1 April 2024	2,846	152	2,998	851
<i>Movement of Funds from restricted to unrestricted funds</i>	(398)	398	-	
Surplus/(deficit) for the year	5,144	(229)	4,915	2,147
Balance at Bank at 31 March 2025	7,592	320	7,913	2,998

The financial statements were approved by the Board of Trustees on 30th September 2025
and were signed on its behalf by:



FRIENDS OF THE AMAL PROJECT (SCIO) **SC050851**
NOTES TO THE ACCOUNTS
FOR PERIOD TO 31 MARCH 2025

Nature & Purpose of Funds

Funds are raised mainly through grants and are used in the furtherance of the objects of the organisation.

Trustee Remuneration & Expenses

Remuneration was paid to one charity trustee for storytelling session, amounting to £120.

No payments were made to anyone connected to trustees during the period.

Direct reimbursement of purchases on behalf of the organisation was paid to 1 trustee on submission of receipts. These payments amounted to £407.82.

Notes

Grants

1 Rural Poverty Alleviation Fund (IT Training)	£5,000 (restricted)
CMHW Fund (Ladies Health & Wellbeing Group)	£1,865 (restricted)
Aberdeenshire Council - Area Small Grant (Ladies Gym Sessions)	£261 (restricted)
Aberdeenshire Council - Additional Funding	£150 (restricted)
	£7,276

Payments (restricted)

2 This sum includes £750 restricted funding returned to SRC Grants as Festival did not go ahead	£750
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Movement of Funds

3 Balance of grant funding transferred from restricted to unrestricted funds	£398
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Restricted funding carried forward into 2025-26 financial period:

4 SCVO Digital Device Grant	£380
Aberdeenshire Council (EL&L) (Swimming Project)	£8
Craft Group Income	£190
Rural Poverty Alleviation Fund (IT Training)	£5,000
CMHW Fund (Ladies Health & Wellbeing Group)	£1,865
Aberdeenshire Council - additional funding	£150
	£7,592

FRIENDS OF THE AMAL PROJECT (SCIO)
NOTES TO THE ACCOUNTS
FOR PERIOD TO 31 MARCH 2025

SC050851

£

Receipts

Grants	7,275.75 (restricted)
	7,275.75

Payments

Ladies Swim/Gym Group	992.23 (restricted)
Gym Hall Hire	260.75 (restricted)
Return of SRC Festival Grant (event not held)	750.00 (restricted)
Storytelling	120.00 (restricted)
iPad Covers	8.61 (restricted)
Trips	70.00 (unrestricted)
iPad Covers	78.31 (unrestricted)
Postage	8.95 (unrestricted)
Independent Examination of Accounts	72.00 (unrestricted)
	2,360.85