

Feeling Strong SCIO

**Report and financial statements
for year to 31 March 2025**

Registered charity number: SC050991

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	April	2024	To	31	March	2025

Reference and administration details

Charity name	FEELING STRONG SCIO
Other names charity is known by	
Registered charity number	SC050991
Charity's principal address	BLOCK 5, SEABRAES LANE, DUNDEE
	Postcode DD1 4NX

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		Co-Chair (from 19 August 2025)		
2				
3				
4		Co-Chair (from 8 October 2024)	Appointed 8 April 2024	
5			Appointed 8 October 2024	
6			Appointed 19 August 2025	
7				
8				
9				
10				
11				
12				
13				
14				
15				

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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
	Resigned 17 June 2025
	Resigned 12 August 2024
	Resigned 8 April 2024

Structure, governance and management

Type of governing document	Constitution
Trustee recruitment and appointment	Trustees are appointed based on their skills and experience

Objectives and activities

Charitable purposes	<p>The advancement of health.</p> <p>The advancement of citizenship or community development (including rural and urban regeneration).</p> <p>The promotion of equality and diversity.</p> <p>The relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage.</p>
Summary of the main activities in relation to these objects	<p>It carried out different projects with the aim of meeting the charitable purposes including running a community hub, crisis café and training in the community.</p> <p>These are run for beneficiaries which are predominantly children / young people, people with disabilities or health problems or other defined groups.</p>

APPENDIX 1

Achievements and performance

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

In 2024/25, Feeling Strong received widespread recognition for our impactful work with and for young people who experience mental health and wellbeing challenges in Dundee. Through continued commitment to embodying and delivering our values of leadership, empathy and inclusivity, community-wide knowledge of our services and the support we offer has flourished. This has been evidenced in part by the honour of being awarded 'Best Newcomer to Supporting the Young Workforce' Winner 2024 by Developing the Young Workforce Tay Cities Awards. In addition, our organisation was a finalist in the 2024 SCVO Scottish Charity Awards 'Community Impact' category, and in the ALLIANCE Self-Management Awards 'Self-Management in the Community' category. We also received a special mention at The Scottish Parliament for *The ALLIANCE Self-Management Awards*, by Cabinet Secretary for Health and Social Care, [REDACTED]

The true reflection of the value of our work within our community has been the exponential increase in young people's engagement in the year 2024/25. This has been achieved through the delivery of new partnerships, programmes, and projects throughout our organisation. We have also seen increased engagement with local businesses, and we were elected as Team Sport's 'Charity of Choice' for their 2024 Endurance Race Event, which raised over £3,000 for Feeling Strong.

This year, our young people have loved our Therapet Night at the Cafe. We have been extremely fortunate to have set up a partnership with Dundee Therapets to introduce regular sessions at the Cafe with the very lovely [REDACTED]. Having [REDACTED] along to our sessions has been invaluable: she is so gentle and sweet with the young people, giving us not only cuddles and affection, but also as an additional listening ear to have discussions about mental health and wellbeing challenges.

Our organisations' innovative and creative offerings have thrived this year, such as a 6-week project on building life-sized puppets for short films about youth mental health in Dundee. Our campaign *Stigma, Interrupted* has given a voice to young people who are going through their own mental health recovery journey. Another new Community & Learning Hub Night 'Skill Up' has provided valuable additional resources to our young people. This has enabled them to recognise and develop their employability skills, preparing them to create their own paths to the future through group work and 1:1 tailored support. We also welcomed two new Trustees to our board, who have brought a wealth of experience and enthusiasm to our organisation.

In our second year of delivering our 2023-26 strategy, we were incredibly proud to be one of the first organisations in Dundee, and Scotland, to run an ASK Training; the only internationally accredited suicide prevention workshop that specifically addresses suicide risk in children 5-14. The ability to offer this resource to our community is a continuation of our investment in developing essential partnerships, and we were pleased to partner with the Ocean Youth Trust in October 2024 to offer a unique chance for young people to get hands-on experience sailing a boat around the West Coast of Scotland with trained professionals. The trip was hugely successful with many of the young people reflecting on how much they enjoyed the experience, gained confidence, and learnt new skills; it was truly a life-changing trip. They even saw the Northern Lights from the boat!

APPENDIX 1

Achievements and performance (continued)

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

Our Trustees, Staff, and Volunteers have made Feeling Strong a place where young people in Dundee with mental health and wellbeing challenges can have those life-changing experiences - be it experiencing a hopeful glimmer in the dark or witnessing the northern lights. Our ability to reach young people in Dundee has also strengthened due to our presence at Newfield Medical Practice. In November, we expanded our Peer Coaching and Listening Service into Whitfield, working in partnership with Newfield Medical Practice to support young people in the area. This involved providing early intervention support and support for individuals who have been turned away from CAMHS, as well as working with the community to identify and support other young people in need.

Financial review

Brief statement of the charity's policy on reserves

The organisation has unrestricted and restricted reserves.

Details of any deficit

For the financial year ended 31 March 2025, Feeling Strong generated an income of £157,015 and incurred expenditure of £169,476, resulting in a deficit of £12,461. Compared with the previous year's income of £143,136 and expenditure of £148,579, our increase in service offerings has resulted in an increase of approximately £13,879 in income and £13,015 in expenditure.

While this is the third consecutive year of deficit, the Trustees note that income has grown steadily year-on-year, rising from approximately £103,000 two years ago to £157,000 this past financial year. This reflects significant progress in the organisation's fundraising and income generation capacity.

Expenditure has also increased in line with activity, reaching £169,476 compared to £148,579 in 2023/24. The Trustees are currently reviewing payroll liabilities reporting, in particular the treatment of Employment Allowance, and will seek adjustments with the charity's accountants, Henderson Loggie, to ensure the accounts are presented accurately.

The reported deficit of £12,461 is also affected by the timing of income recognition. A grant payment of £23,504 from Dundee Volunteer and Voluntary Action (DVVA), scheduled to be received by 31 March 2025, was not transferred until 2 April 2025. Had this payment been received within the financial year as anticipated, the charity would have reported a surplus. This delay in grant disbursement was outwith the charity's control.

Donated facilities and services (if any)

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Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2024		31	March	2025

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 £
A1 Receipts						
Donations	12,291	-	-	-	12,291	15,153
Legacies	-	-	-	-	-	-
Grants	49,000	93,940	-	-	142,940	125,266
Receipts from fundraising activities	-	-	-	-	-	2,717
Gross trading receipts	-	-	-	-	-	-
Income from investments other than land and buildings	-	-	-	-	-	-
Rents from land & buildings	-	-	-	-	-	-
Gross receipts from other charitable activities	1,784	-	-	-	1,784	-
	-	-	-	-	-	-
A1 Sub total	63,075	93,940	-	-	157,015	143,136
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets	-	-	-	-	-	-
Proceeds from sale of investments	-	-	-	-	-	-
A2 Sub total	-	-	-	-	-	-
Total receipts	63,075	93,940	-	-	157,015	143,136
A3 Payments						
Expenses for fundraising activities	-	-	-	-	-	-
Gross trading payments	-	-	-	-	-	-
Investment management costs	-	-	-	-	-	-
Payments relating directly to charitable activities	83,842	75,588	-	-	159,430	140,344
Grants and donations	-	-	-	-	-	-
Governance costs:	-	-	-	-	-	-
Audit / independent examination	2,064	-	-	-	2,064	1,368
Preparation of annual accounts	-	-	-	-	-	-
Legal costs	-	-	-	-	-	-
Other	7,982	-	-	-	7,982	6,867
	-	-	-	-	-	-
A3 Sub total	93,889	75,588	-	-	169,476	148,579
A4 Payments relating to asset and investment movements						
Purchases of fixed assets	-	-	-	-	-	-
Purchase of investments	-	-	-	-	-	-
A4 Sub total	-	-	-	-	-	-
Total payments	93,889	75,588	-	-	169,476	148,579
Net receipts / (payments)	(30,814)	18,352	-	-	(12,461)	(5,443)
A5 Transfers to / (from) funds						
	-	-	-	-	-	-
Surplus / (deficit) for year	(30,814)	18,352	-	-	(12,461)	(5,443)

Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year	3,607	42,012	-	-	45,619	51,062
	Surplus / (deficit) shown on receipts and payments account	(30,814)	18,352	-	-	(12,461)	(5,443)
	Fund reclassification (transfer)	42,012	(42,012)			-	
						-	
	Cash and bank balances at end of year	14,805	18,352	-	-	33,158	45,619
	(Agree balances with receipts and payments account(s))	-	-	-	-	-	-

	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
B2 Investments				
		Total	-	-

	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets					
		Total	-	-	-

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities	HM Revenue & Customs - PAYE/NIC	Unrestricted	2,374	1,169
	HM Revenue & Customs - PAYE/NIC	Restricted	-	1,549
	Nest - Pension	Unrestricted	122	56
		Total	2,496	2,774

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities				
		Total	-	-

Signed by one or two trustees
on behalf of all the trustees

Signature

Print Name

Date of
approval

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

Unrestricted funds are available for general use within the charity

C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
Total			-

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	x
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Authority under which paid

£

C3b Trustee remuneration - details

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	x
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Number of trustees

£

C4b Trustee expenses - details

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

C6 Other information

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Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
A bert Hunt	-	-	-	-	-	-
Balgay Childrens Society YPI	1,500	-	-	-	1,500	2,000
Robertson Trust	-	-	-	-	-	1,500
Scottish Book Trust	-	-	-	-	-	515
Scottish Council - The Scott	-	-	-	-	-	-
Ski Club Fundraiser	-	-	-	-	-	-
Spar Scotland	-	-	-	-	-	2,500
Stagecoach	-	-	-	-	-	1,000
Team Sport	3,116	-	-	-	3,116	-
The Wood Foundation	-	-	-	-	-	1,000
University of Dundee	-	-	-	-	-	595
William S Phillips	-	-	-	-	-	-
Yorkshire Building Society	-	-	-	-	-	1,812
GRT Aid	1,950	-	-	-	1,950	-
Other amounts < £500	4,219	-	-	-	4,219	4,231
Other donations >£500	1,506	-	-	-	1,506	-
Total	12,291	-	-	-	12,291	15,153

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
The Alliance Trust	-	13,515	13,515	-
Arnold Clark	1,000	-	1,000	-
Bank of Scotland	10,000	-	10,000	-
Dundee City Council	-	-	-	3,808
Dundee Volunteer & Voluntary Action	-	-	-	3,619
Foundation Scotland	-	12,433	12,433	-
The Gannochy Trust	-	-	-	20,889
Gregge Foundation	2,000	-	2,000	-
Guthrie	-	1,000	1,000	1,000
Hillcrest Foundation	-	-	-	5,000
Newpark Educational Trust	-	3,000	3,000	-
Northwood Charitable Trust	10,000	-	10,000	10,000
National Lottery	-	46,146	46,146	51,966
STV	2,000	-	2,000	-
The Robertson Trust	18,000	-	18,000	18,000
Tay Charitable Trust	3,000	-	3,000	-
The Misses Barmie Charitable Trust	3,000	-	3,000	-
Tayside Health Board	-	13,565	13,565	8,484
Trefol	-	3,981	3,981	2,900
Transition Dundee	-	300	300	-
Total	49,000	93,940	142,940	125,266

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Room Booking	1,784	-	-	-	1,784	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
Total	1,784	-	-	-	1,784	-

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Salary Costs	49,472	47,966	-	-	97,438	75,293
(Project) Hub Nights	-	731	-	-	731	-
(Project) Crisis Cafe	-	554	-	-	554	-
(Project) Newfield Medical Centre Project	-	3,006	-	-	3,006	-
(Project) Newfield Medical Centre Project: Transition	-	277	-	-	277	-
(Project) Ocean Youth Trust Scotland Boat Trip	3,422	441	-	-	3,863	-
(Project) Rise Up	-	-	-	-	-	-
(Project) SQA Awards	269	1,200	-	-	1,469	-
(Project) Champions Schools Programme	223	-	-	-	223	-
Advertising/Promotional	2,231	677	-	-	2,908	610
Dues and Subscriptions	-	463	-	-	463	-
Events and Catering	1,064	103	-	-	1,166	505
Fundraising Costs	-	-	-	-	-	518
Insurances	-	739	-	-	739	600
Office/General Administrative Expenses	-	1,171	-	-	1,171	1,624
Printing, Postage and Stationery	-	-	-	-	-	-
Rent	20,957	16,273	-	-	37,230	54,990
Repairs	907	-	-	-	907	-
Training and Development	36	1,100	-	-	1,136	1,742
Travel, Accommodation and Expenses	-	-	-	-	-	184
Cleaning Services	1,947	-	-	-	1,947	269
Telephone	622	-	-	-	622	-
Activity/ Youth Work Costs	-	-	-	-	-	1,791
Activity/ Youth Work Costs: Synthesis - Eco Anxiety	895	-	-	-	895	2,218
Payroll fees	1,406	-	-	-	1,406	-
Professional fees	329	400	-	-	729	-
Volunteer Expenses	123	487	-	-	609	-
	-	-	-	-	-	-
Total	83,842	75,588	-	-	159,430	140,344

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Additional analysis (2)**5 Breakdown of unrestricted funds**

	Unrestricted fund 1 - enter name of fund below	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations	12,291	-	-	-	12,291	12,826
Legacies	-	-	-	-	-	-
Grants	49,000	-	-	-	49,000	34,000
Receipts from fundraising activities	1,784	-	-	-	1,784	2,717
Gross trading receipts	-	-	-	-	-	-
buildings	-	-	-	-	-	-
Rents from land & buildings	-	-	-	-	-	-
Gross receipts from other charitable activities	-	-	-	-	-	-
<i>Sub total</i>	63,075	-	-	-	63,075	49,543
Receipts from asset & investment sales						
Proceeds from sale of fixed assets	-	-	-	-	-	-
Proceeds from sale of investments	-	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-	-
<i>Total receipts</i>	63,075	-	-	-	63,075	49,543
Payments						
Expenses for fundraising activities	-	-	-	-	-	-
Gross trading payments	-	-	-	-	-	-
Investment management costs	-	-	-	-	-	-
Payments relating directly to charitable activities	83,842	-	-	-	83,842	73,763
Grants and donations	-	-	-	-	-	-
Governance costs:	-	-	-	-	-	-
Audit / independent examination	2,064	-	-	-	2,064	1,368
Preparation of annual accounts	-	-	-	-	-	-
Legal costs	-	-	-	-	-	-
Other	7,982	-	-	-	7,982	6,867
<i>Sub total</i>	93,889	-	-	-	93,889	81,998
Payments relating to asset and investment movements						
Purchases of fixed assets	-	-	-	-	-	-
Purchase of investments	-	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-	-
<i>Total payments</i>	93,889	-	-	-	93,889	81,998
<i>Net receipts / (payments)</i>	(30,814)	-	-	-	(30,814)	(32,455)
Transfers to / (from) funds					-	
<i>Surplus / (deficit) for year</i>	(30,814)	-	-	-	(30,814)	(32,455)

Nature and purpose of funds

General funds to be used at the discretion of the trustees

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Additional analysis (3)

6 Breakdown of restricted funds

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
Receipts						
Donations	-	-	-	-	-	2,327
Legacies	-	-	-	-	-	-
Grants	93,940	-	-	-	93,940	91,266
Receipts from fundraising activities	-	-	-	-	-	-
Gross trading receipts	-	-	-	-	-	-
Income from investments other than land and buildings	-	-	-	-	-	-
Rents from land & buildings	-	-	-	-	-	-
Gross receipts from other charitable activities	-	-	-	-	-	-
Sub total	93,940	-	-	-	93,940	93,593
Receipts from asset & investment sales						
Proceeds from sale of fixed assets	-	-	-	-	-	-
Proceeds from sale of investments	-	-	-	-	-	-
Sub total	-	-	-	-	-	-
Total receipts	93,940	-	-	-	93,940	93,593
Payments						
Expenses for fundraising activities	-	-	-	-	-	-
Gross trading payments	-	-	-	-	-	-
Investment management costs	-	-	-	-	-	-
Payments relating directly to charitable activities	75,588	-	-	-	75,588	66,581
Grants and donations	-	-	-	-	-	-
Governance costs:	-	-	-	-	-	-
Audit / independent examination	-	-	-	-	-	-
Preparation of annual accounts	-	-	-	-	-	-
Legal costs	-	-	-	-	-	-
Sub total	75,588	-	-	-	75,588	66,581
Payments relating to asset and investment movements						
Purchases of fixed assets	-	-	-	-	-	-
Purchase of investments	-	-	-	-	-	-
Sub total	-	-	-	-	-	-
Total payments	75,588	-	-	-	75,588	66,581
Net receipts / (payments)	18,352	-	-	-	18,352	27,012
Transfers to / (from) funds	-	-	-	-	-	-
Surplus / (deficit) for year	18,352	-	-	-	18,352	27,012

Nature and purpose of funds

Funds provided for specific projects being run by the organisation

Feeling Strong SCIO

Report of the Independent Examiner to the Trustees of Feeling Strong SCIO

I report on the financial statements of Feeling Strong SCIO for the period ended 1 April 2024 to 31 March 2025 which are set out on pages 7 to 12.

This report is made to the Trustees, as a body, in accordance with the terms of my engagement. My work has been undertaken to enable me to report my opinion set out below and for no other purpose. To the fullest extent permitted by law I do not accept or assume responsibility to anyone other than the trustees, as a body, for my work or for this report.

Respective responsibilities of the Trustees and Independent 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 Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



For and on behalf of Henderson Loggie LLP
Chartered Accountants
The Vision Building
20 Greenmarket
Dundee
DD1 4QB

Date: 23 October 2025

