

Roots & Resilience SCIO

Scottish Charity No. SC051229

**Annual Report and Financial Statements
For the year ended 31 March 2024**

Trustees' Annual Report

For the year ended 31 March 2024

The trustees have pleasure in presenting their report together with the financial statements for the year ended 31 March 2023.

Reference and Administrative Information

Charity name

Roots & Resilience SCIO

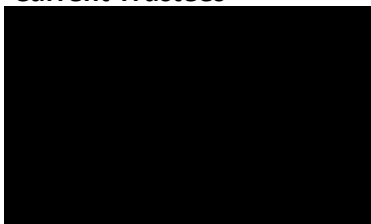
Charity no

SC051229

Address

53 Queens Crescent,
Kinghorn,
Fife,
KY3 9RG

Current Trustees



Structure, Governance and Management

Constitution

The Charity is a Scottish Charitable Incorporated Organisation (a SCIO). It was registered in its current legal form on 31 August 2022. 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 first Tuesday of each month, are the charity's trustees.

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

Objectives and Activities

Charitable purposes

To connect people with nature in empowering ways for the benefit of themselves, their community and the environment. This is done through exploration, play, conservation, training and therapeutic activities working predominantly with young people, their families and those who experience the most disadvantage.

The advancement of education: to provide therapeutic learning and play experiences in the outdoors where children, young people and their families can learn about nature and develop communication skills in an informal setting. Specifically, providing an alternative learning environment for those who experience disadvantage within traditional educational systems. To educate people about the benefits of time in nature for their mental and physical wellbeing and to provide appropriate training to individuals to assist others in doing so.

The advancement of wellbeing. To connect people with active ways of learning in, and conserving, their natural environment in order to improve their mental and physical wellbeing.

The advancement of wellbeing. To provide emotional literacy activities and therapeutic activities in nature to help participants develop coping strategies to improve their mental wellbeing. To create opportunities for parents and carers to develop stronger relationships with their children through outdoor play and therapeutic activity.

The advancement of citizenship through the promotion of civic responsibility. To provide therapeutic activities focusing on developing empathy and meaningful social connection in nature. This will provide those at most risk of social isolation with the tools to contribute meaningfully to their community including through conservation work.

The advancement of environmental protection. To inspire participants to take greater care of their natural environment by connecting them to nature through games, activities, learning and therapeutic experiences in the natural world.

The advancement of environmental improvement. To provide opportunities for participants to improve their local environment through conservation activities such as tree planting, litter picking and the creation of wildlife gardens.

Activities

We provide therapeutic experiences in nature to local primary schools. There is no set programme for our work as it responds to the needs and interests of those we will work with - guided by the principles of trust, choice, safety, collaboration and empowerment. Our input has been based on the different challenges facing the young people we work with, such as developing social cohesion and communication, building resilience and coping strategies to improve mental health & wellbeing, and work focussed on supporting care experienced young people. Younger groups are able to explore through play, taking teddies on adventures in the woods, building small dens for toys, making simple bird feeders and exploring the world of minibeasts. Other groups can use woodland potion making to explore the things they are finding difficult in their lives; they play games, explore seashore species and learn tracking skills, all while discovering metaphors in nature that helped them to explore the challenges they face. Older groups learn bushcraft skills, practice lighting fire with natural materials and setting up hammocks to relax under the trees in.

Achievement and Performance

2023-24 was a largely dormant year for Roots & Resilience. [REDACTED] took a step back from leading the charity for health reasons and [REDACTED] was on maternity leave, leaving no regular staff to plan, deliver or supervise sessions. This unfortunately stymied the charity's ability to provide services to our partners and families, children and young people that we have supported to date.

Some services were provided through the People's Health Trust-funded work in April-June 2023 and some planning of potential work was undertaken in late 2023 and 2024, but unfortunately none of these plans came to fruition. We notified providers of restricted funding that we would not be able to deliver our planned services and have already repaid one grant to the National Lottery Fund, with other repayments planned for 2024-25.

Plans for future period

After a long period of reflection and discussion, the trustees have agreed that, due continuing ill health and lack of capacity in our core staff, Roots & Resilience cannot continue as a going concern. We have resolved to dissolve the charity as quickly as possible and will refund bodies that have granted restricted funding, with all remaining funds to be dispersed and redistributed to partner and like-minded charities that share similar goals and serve the same audiences.

This will likely take some months and [REDACTED], our co-Chief Executive Officer, is leading the process, supported by [REDACTED], Treasurer.

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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	2023		31	March	2024

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					-	1,396
Legacies					-	
Grants		(8,320)			(8,320)	34,420
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	298				298	20,267
					-	
A1 Sub total	298	(8,320)	-	-	(8,022)	56,083
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	298	(8,320)	-	-	(8,022)	56,083
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	883	6,720			7,603	31,585
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	883	6,720	-	-	7,603	31,585
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	883	6,720	-	-	7,603	31,585
Net receipts / (payments)	(585)	(15,040)	-	-	(15,625)	24,498
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	(585)	(15,040)	-	-	(15,625)	24,498

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 £
B1 Cash funds	Cash and bank balances at start of year	6,280	24,498			30,778	6,280
	Surplus / (deficit) shown on receipts and payments account	(585)	(15,040)			(15,625)	24,498
						-	
						-	
	Cash and bank balances at end of year	5,695	9,458	-	-	15,153	30,778
	(Agree balances with receipts and payments account(s))	-	-	-	-	-	-

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

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

Categories	Details	Fund to which liability relates	Amount due	Last year
			to nearest £	to nearest £
B4 Liabilities				
		Total	-	-

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

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

Signature

Print Name

Date of approval

	9th April 2024
	9th April 2024

Section C Notes to the Accounts

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

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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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C3b Trustee remuneration - details

Authority under which paid	£

C4a Trustee expenses

<p>If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)</p>	
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C4b Trustee expenses - details

	Number of trustees	£

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 £
Co-operative					-	150
RBS					-	450
Personal donations					-	796
					-	
Total	-	-	-	-	-	1,396
	-	-	-	-	-	-

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £			Total current period to nearest £	Total last period to nearest £
Awards For All		(8,320)			(8,320)	8,320
Tiny Changes					-	5,787
People's Health Trust					-	19,313
Baillie Gifford Award - Foundation Scotland					-	1,000
					-	
Total	-	(8,320)			(8,320)	34,420
	-	-			-	-

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 £
Fife Council for services at Coaltown of Balgonie					-	2,555
Fife Council for services at Dysart Primary School					-	4,245
Fife Council for services at Kirkcaldy North					-	3,775
Fife Council for services at Pathhead Primary School					-	1,861
Fife Council for services at Sinclairtown Primary School					-	2,550
Fife Council for services at Viewforth Cluster					-	3,750
NHS for Grief Awareness and Remembering days					-	1,531
Fees	298				298	
Total	298	-	-	-	298	20,267
	-	-	-	-	-	-

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 £
Equipment & maintenance	130				130	223
Insurance	678				678	741
Professional fees & membership					-	108
Refreshments	75	49			124	449
Room hire		195			195	544
Salaries		6,476			6,476	29,520
Utilities					-	
					-	
					-	
					-	
Total	883	6,720	-	-	7,603	31,585
	-	-	-	-	-	-

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Additional analysis (2)**5 Breakdown of unrestricted funds**Fife Schools
and NHS

					Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations					-	1,396
Legacies					-	
Grants					-	1,000
Receipts from fundraising activities					-	
Gross trading receipts	298				298	20,267
buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	298	-	-	-	298	22,663
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	298	-	-	-	298	22,663
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	883				883	23,636
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Sub total	883	-	-	-	883	23,636
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	883	-	-	-	883	23,636
Net receipts / (payments)	(585)	-	-	-	(585)	(973)
Transfers to / (from) funds					-	
Surplus / (deficit) for year	(585)	-	-	-	(585)	(973)

Nature and purpose of funds

Fife Schools and NHS payments breakdown in Additional Notes (1)

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Additional analysis (3)**6 Breakdown of restricted funds**

	People's Health Trust		Awards for All		Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants		- 8,320			- 8,320	33,420
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	-	- 8,320	-	-	- 8,320	33,420
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	-	- 8,320	-	-	- 8,320	33,420
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	6,720				6,720	7,949
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
Sub total	6,720	-	-	-	6,720	7,949
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	6,720	-	-	-	6,720	7,949
Net receipts / (payments)	(6,720)	(8,320)	-	-	(15,040)	25,471
Transfers to / (from) funds					-	
Surplus / (deficit) for year	(6,720)	(8,320)	-	-	(15,040)	25,471

Nature and purpose of funds

Repayment of £8,320 to Awards for All was due to cancellation of project.

Independent Examiner's Report to the Trustees of Roots & Resilience SCIO

I report on the accounts of the charity for the year ended 31 March 2024 which are set out in the separate document.

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) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the 2006 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 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
to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations
have not been met, or
to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

