

Central Wellbeing SCIO

Scotland · Charity number SC051325

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2021-10-06
Register	View on the OSCR register

Contact

Address	Central Wellbeing 5 Manse Place Falkirk FK1 1JN
Website	www.centralwellbeing.org

Activities

Activities: 'It carries out activities or services itself'

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

What the charity does: Our mission is improving mental health and wellbeing of people living in the wider Falkirk area. We hope for Falkirk to be a place where there are many different mental health community supports available for anyone who needs them. We want people to have genuine choice when selecting their support and we want it to be easily accessible. In the pursuit of our mission, we run peer support groups around mental health and wellbeing in the Falkirk area. Our activities benefit people with mental health issues, people who are feeling lonely and isolated and if not supported will become more ill and require clinical mental health support. Some of our groups are themed around a particular experience – such as our groups for unpaid carers, older people or Muslim mums. Others are based around a common interest – such as our craft groups, upcycling group or creative writing group. We also run community events, such as Suicide Awareness afternoon tea and Mental Health Awareness events.

Beneficiaries: 'No specific group, or for the benefit of the community'

Objectives: The organisation's purposes are: 4.1 The advancement of health and wellbeing 4.2 The advancement of citizenship and community development.

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£0	£0	-	7
2025-03-31	£119,278	£122,804	-	7
2024-03-31	£152,210	£118,961	-	5
2023-03-31	£123,409	£95,139	-	3