

Fresh Community Wellness SCIO

Scotland · Charity number SC051346

Details

Known as	Fresh
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2021-10-14
Register	View on the OSCR register

Contact

Address	2 Bayview Court Aberdeen AB24 1WA
Website	www.freshcom.org.uk

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health', 'the advancement of citizenship or community development', 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: We are a small mental health charity aiming to improve mental health and wellbeing in our community. We do this by running gardening sessions, a ladies craft group and a men's music mental health group all of which are safe spaces for discussion and support. We grow flowers and vegetables and have meals at our main session and hold an end of year community meal. We participate in local community events such as 24 hour litter picking organised by Aberdeen City Council and local Community Council and engage with other local community gardening groups.

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

Objectives: The organisation's purposes are: the advancement of health the advancement of citizenship or community development the relief of those in need by reason of age, ill health, disability, financial hardship or other disadvantage The organisation will further these purposes by: Promoting and providing services which encourage individuals to improve their feelings of wellness and community Furthering knowledge in the community of the link between physical activity, health and wellness Working in partnership with other bodies to further the purposes.

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-31	£1,250	£4,736	-	0
2024-10-31	£5,856	£11,296	-	0
2023-10-31	£6,084	£6,569	-	0
2022-10-31	£18,520	£5,711	-	0