

Release Ayrshire

Scotland · Charity number SC051648

Details

Known as	Release
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2022-03-18
Register	View on the OSCR register

Contact

Address	54 Mauchline Road Auchinleck KA18 2BN
Website	www.releaseayrshire.co.uk

Activities

Activities: 'It carries out activities or services itself'

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

What the charity does: Release Ayrshire provides a first step chatting platform for anyone who is struggling. We campaign to increase awareness to reduce the stigma around men's mental health and actively support community members via our face to face groups alongside our messaging service.

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

Objectives: The organisation's purposes are: 4.1 .1 The advancement of citizenship or community development. 4.1.2 The advancement of health through positive promotion of mental wellbeing and awareness raising. 4.1.3 The advancement of education by provision of tailor made training to volunteers and members of the public 4.1.4 Promote lifelong learning and foster good relations within communities

Geography

- **Main operating location:** East Ayrshire
- **Geographical spread:** A specific local point, community or neighbourhood

Finances

Period end	Income	Expenditure	Assets	Employees
2026-01-01	£0	£0	-	1
2025-01-01	£37,433	£46,303	-	1
2024-01-01	£26,972	£19,059	-	0
2023-01-01	£26,342	£16,446	-	0

Release Ayrshire

Scotland - Charity number SC051648

Accounts

RELEASE AYRSHIRE
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 1ST JANUARY 2025

CHARITY NUMBER SC051648

DAINS
ACCOUNTANTS
ELLERSLEY HOUSE
30 MILLER ROAD
AYR KA7 2AY

RELEASE AYRSHIRE

CHARITY INFORMATION

TRUSTEES



PRINCIPAL ADDRESS

54 Mauchline Road
Auchinleck
South Ayrshire
KA18 2BN

Independent Examiner



Dains Accountants
30 Miller Road
Ayr
South Ayrshire
KA7 2AY

RELEASE AYRSHIRE
TRUSTEES REPORT
FOR THE YEAR ENDED 1ST JANUARY 2025

Charitable purposes

The organisation's purposes are, the advancement of citizenship or community development, the advancement of health through positive promotion of mental wellbeing and awareness raising, the advancement of education by provision of tailor made training to volunteers and members of the public and to promote lifelong learning and foster good relations within communities.

Activities and achievements

2024 - was a big year for us, we had secured funding from The National Lottery to get our first ever Charity Manager on a self employed basis, this was a massive step for the charity as it would now allow us to ramp things up with regards to campaigns, events and meetings etc which unfortunately we had been limited to over the past few years. Initially our charity manager came in and got our new office organised and made sure all our legalities were in place and also sourced our volunteers training to ensure everyone was up to date. We then started to compile a list of local community groups we wanted to go out and meet to start getting the charity in amongst the wider network within Ayrshire - these included 360 Mental Health Charity in South Ayrshire, South Ayrshire Health & Social Partnership, East & South Ayrshire Councils and many more including community police and wellbeing officers.

We continued our Campaigns, this year we had our Pub Campaign in collaboration with PrestFest which was pretty successful, we gave each of the 12 bars involved free Release Bar Runners, coasters, merch and posters to give out over the weekend to all the pub goers. We also launched our Tattoo Parlour Campaign after a recent passing within our area. Again this went down well and we managed to get over 30 tattoo parlours across Ayrshire involved.

This year we continued to distribute our awareness boxes, which contain free awareness bands, pens and information cards on our service to increase awareness - we are now totaling at 100 boxes across Ayrshire.

Our plan this year, having our new charity manager on board was to get our name out there, alongside meeting local organisations and our continued campaigns and advertising we attended over 25 events, with the help of our outstanding volunteers. At these events we would give our free merchandise to help promote the service and increase awareness around men's mental health and also run the odd raffle to help raise funds. These events included, The Holy Fair, Kilmarnock Fair Festival, Kincaidston Fun Day, FitFest New Cumnock, Dregghorn FireFighters Wellbeing Day, Woodroad Park Fun Day and a good few more.

We also started collating a Volunteer Resource pack - containing services available from all across Ayrshire including small community groups for all aspects affecting mental health - this gives our volunteers a library of resources to reach to if someone is seeking some support.

Going off of last years kiltwalk feedback we again decided not to do any major fundraising campaigns and decided this was the year to give back and propel our name out there and go back to where we started with the redesign of our posters, we started to get the posters up and about everywhere to increase awareness from ground level.

Over the past year we were really fortunate to have had some amazing donations made - a few boxing matches and specialised events were held in aid of Release - this gave us an amazing boost in funds which allowed us to continue giving our free merchandise and redesign and distribute our roadside banners. We were also able to buy our Release Van and get it sign-written - having this vehicle on the road going about Ayrshire promoting our service has been amazing and we have had so many comments! It also allows us to attend events with our larger pieces of equipment including our new custom Marquee. Special mention go to [REDACTED] who organised a Charity Boxing Event as part of their college course - this raised £10512.20, the New Cumnock Boxing Team who raised £6000, the North Ayrshire Boxing Team who raised £6800 and to the family and friends of [REDACTED] who arranged a memorial bowling day - raising £2604. A massive thank you to everyone who donated to the charity this year as without you we wouldn't be able to do what we do.

RELEASE AYRSHIRE
TRUSTEES REPORT
FOR THE YEAR ENDED 1ST JANUARY 2025

We launched our new Merchandise this year - Xmas Baubles, Mugs, Stanley Style Mugs and also our brand new Hoodies as a way of bringing money back into the charity to help us be a little more self sustainable going forward. These have been well received and the uptake in sales has been really promising.

Another busy year at Release, having our charity manager on board has allowed us to focus on getting the charity more known within other community groups and organisations, a massive thank you to all our volunteers who give up their time to help us to increase awareness to reduce the stigma around men's mental health. It's been a super busy year with events and next year we hope to continue with the same speed and keep propelling things forward.

A massive thank you to New Cumnock Development Trust - who accepted our funding application for 2025 to give our Charity manager an extra 4 hours to be used within New Cumnock - promoting Mental Wellbeing within the community - we already have some amazing ideas on how this will be used.

Over the next year, we hope to gain further funding for our charity manager as the amount of work we have done over the past year simply wouldn't be possible - we will look down different avenues to help fund the job role. We have another big year ahead with potential change coming - something we are extremely excited for. Our aim is to keep pushing the charity to the forefront and get our name well known within Ayrshire - we will do this with further campaigns, advertising and attending more events and visiting even more community groups organisations within Ayrshire. We aim to source funding to help secure the foundations of the charity for the next few years and also encourage new volunteers to come on board by creating a new volunteer incentive package, to help them improve skill sets whilst still supporting the charity and getting volunteer experience. Here's to 2025.

Reserves

The trustees' policy is to retain £2,000 minimum per month in order to meet commitments and to cover any unexpected expenditure. The trustees believe that this is an acceptable range but will continue to monitor the position.

Trustees

The Trustees who served during the year are as follows:



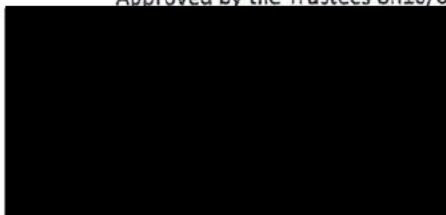
Recruitment and appointment of Trustees

The management committee, which normally meets on the last Wednesday of each month, are the charity's trustees. Membership of the charity is open to any member of the general public to allow for some continuity. Trustees are elected at the annual general meeting which is held in March. There must be a minimum of eight members in attendance.

Governing document

The Charity is a Scottish Charitable Incorporated Organisation (a SCIO). It was registered in its current legal form on 18th March 2022. The charity was previously an unincorporated association but changed its legal form to a SCIO.

Approved by the Trustees on 10/09/2025 and signed on behalf of the trustees as a body.



RELEASE AYRSHIRE
REPORT BY THE INDEPENDENT EXAMINER TO THE TRUSTEES
FOR THE YEAR ENDED 1ST JANUARY 2025

I report on the accounts of the charity for the year ended 1st January 2025.

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. 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 Charities Accounts (Scotland) Regulations 2006. 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.

18-9-25



Dains is a trading name of William Duncan + Co Ltd

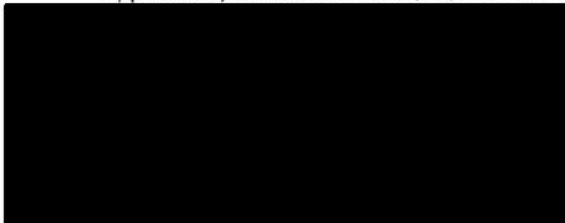
RELEASE AYRSHIRE
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 1ST JANUARY 2025

	<i>Note</i>	<u>Unrestricted</u>	<u>Restricted</u>	<u>2025</u>	<u>2024</u>
				£	£
Receipts					
Fundraising Income					
Donation	1	28,145	-	28,145	10,776
Fundraising events		5,472	-	5,472	6,696
Grant	3	-	3,816	3,816	9,500
		<u>33,617</u>	<u>3,816</u>	<u>37,433</u>	<u>26,972</u>
Total Receipts		<u>33,617</u>	<u>3,816</u>	<u>37,433</u>	<u>26,972</u>
Payments					
Fundraising expenses					
Fundraising Expenses		388	-	388	1,715
		<u>388</u>	<u>-</u>	<u>388</u>	<u>1,715</u>
Payments for charitable activities					
Insurance		810	-	810	447
Advertising		6,036	-	6,036	4,016
Promotional Items		17,131	-	17,131	12,281
Independent examination		720	-	720	600
Motor Expenses		1,939	-	1,939	-
Van Purchases		5,900	-	5,900	-
Self Employed Charity Manager		881	9,000	9,881	-
Telephone		52	-	52	-
Training Costs		922	-	922	-
Office, Printing and Stationery		1,129	-	1,129	-
General Expenses		1,394	-	1,394	-
		<u>37,303</u>	<u>9,000</u>	<u>46,303</u>	<u>19,059</u>
Net income / (expense)		<u>(3,685)</u>	<u>(5,184)</u>	<u>(8,869)</u>	<u>7,913</u>
Cash balance brought forward		8,809	9,000	17,809	9,896
Cash balance carried forward		<u>5,124</u>	<u>3,816</u>	<u>8,940</u>	<u>17,809</u>

RELEASE AYRSHIRE
STATEMENT OF BALANCES
FOR THE YEAR ENDED 1ST JANUARY 2025


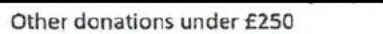


	<u>2025</u>	<u>2024</u>
	<u>£</u>	<u>£</u>
Bank and cash in hand		
Bank balance	8,940	17,809
	<hr/>	<hr/>
	<u>8,940</u>	<u>17,809</u>
Reserves		
Unrestricted Funds	5,124	8,809
Restricted Funds	3,816	9,000
	<hr/>	<hr/>
	<u>8,940</u>	<u>17,809</u>
Fixed Assets		
Motor Vehicles	5,900	-
	<hr/>	<hr/>
	<u>5,900</u>	<u>-</u>
Assets		
Cash Funds	8,940	17,809
Fixed Assets	5,900	-
	<hr/>	<hr/>
	<u>14,840</u>	<u>17,809</u>

Approved by the trustees on 10/09/2025 and signed on their behalf by:



RELEASE AYRSHIRE
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 1ST JANUARY 2025

NOTE 1 - Donations Received

	<u>2025</u>	<u>2024</u>
	<u>£</u>	<u>£</u>
The charity received donations from the following:-		
Egger UK	300	1,081
Justgiving	48	1,620
Wallace McDowall	700	525
GSK Irvine	250	-
SLR Joinery	-	250
North Ayrshire Boxing	6,605	3,500
R&V McKenzie	-	1,000
Employee Charities	-	1,000
GE Caledonian	-	1,000
Hillhouse Quarry	200	-
	6,000	-
	500	-
	10,512	-
	2,800	-
Other donations under £250	230	800
	<u><u>28,145</u></u>	<u><u>10,776</u></u>

NOTE 2 - Transactions with Trustees

The trustees did not receive any remuneration, but one trustee was paid expenses of £193.50 for travel (2024 - £nil).

NOTE 3 - Restricted Funds

	<u>C/F</u>	<u>Received</u>	<u>Paid Out</u>	<u>C/F</u>
National Lottery	1	9,000	(9,000)	-
New Cumnock DT	2	-	3,816	3,816
		<u><u>9,000</u></u>	<u><u>3,816</u></u>	<u><u>(9,000)</u></u>
				<u><u>3,816</u></u>

1 The restricted fund has to be used to help fund the salary of a charity manager.

2 The restricted fund has to be used for salary costs of the charity manager to spend an extra 4 hours to be used within New Cumnock. This will be spent in 2025/26