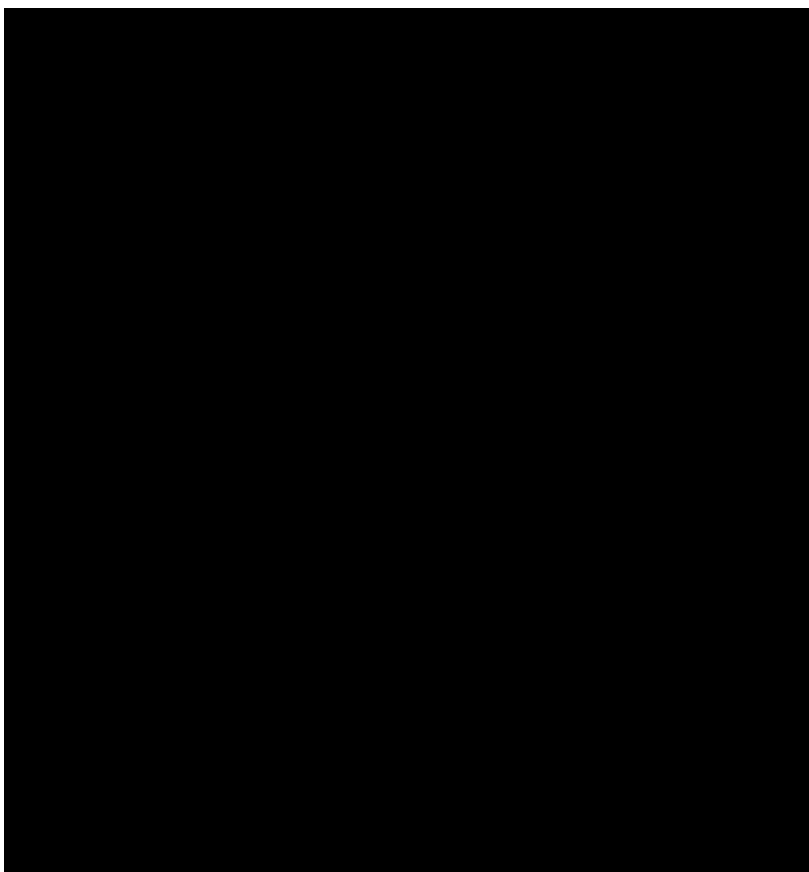




Charity Name The Adelphe Community Outreach

Trustees' Annual Report

From 1st September 2024 to August 31 2025

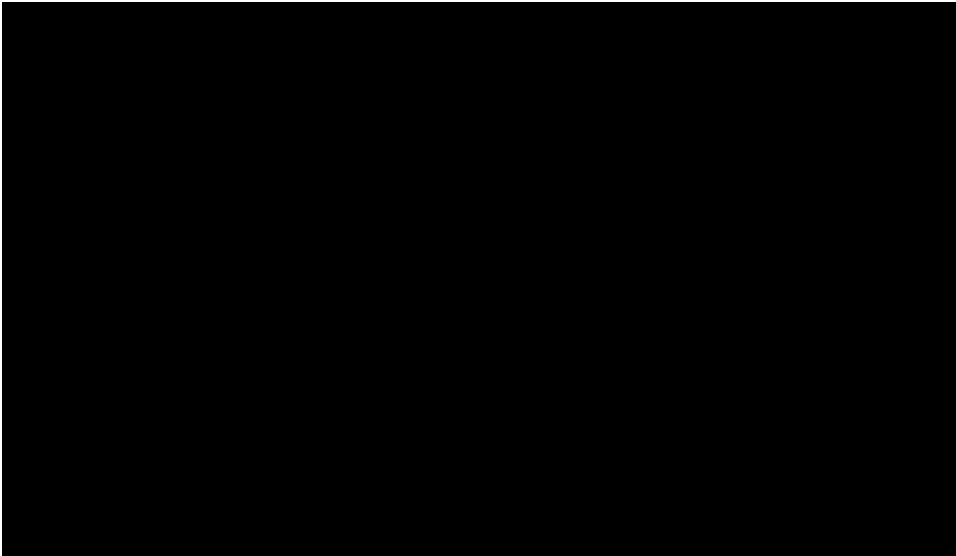


Charity contact information



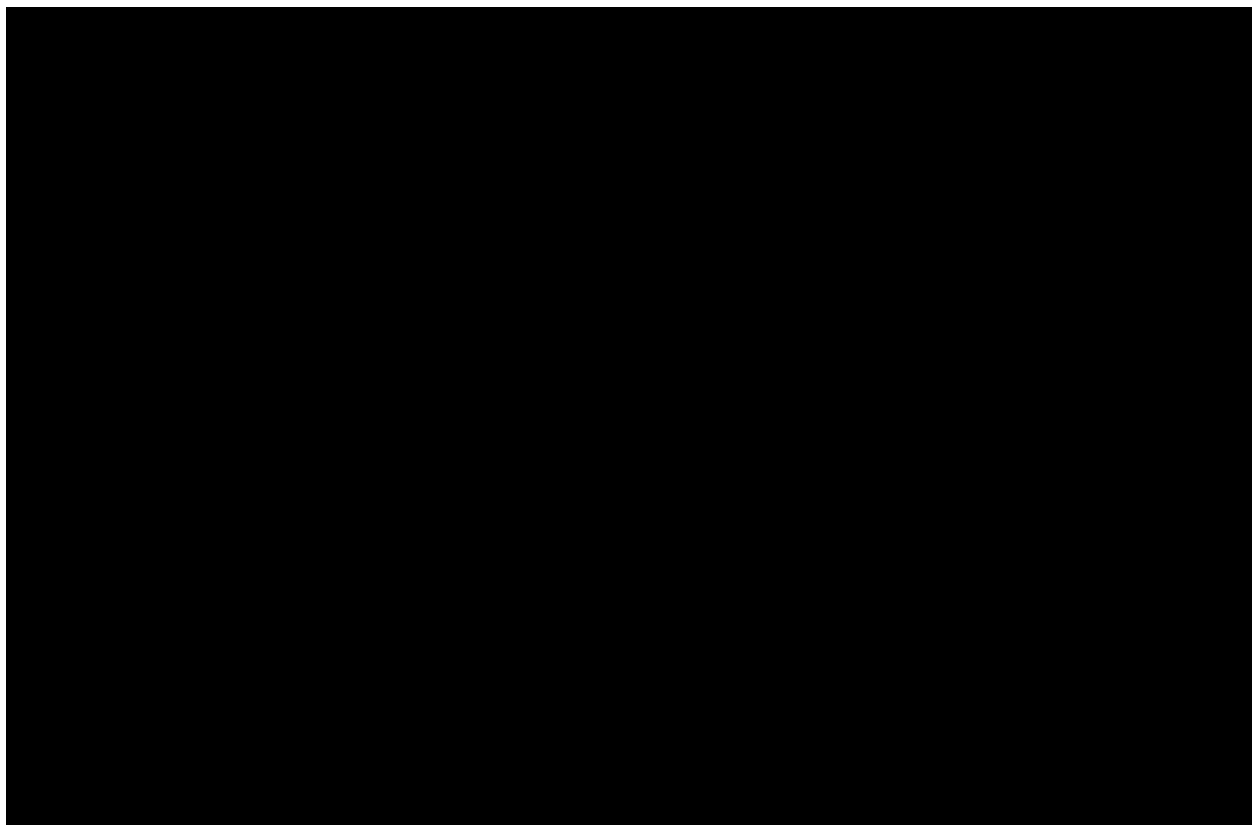
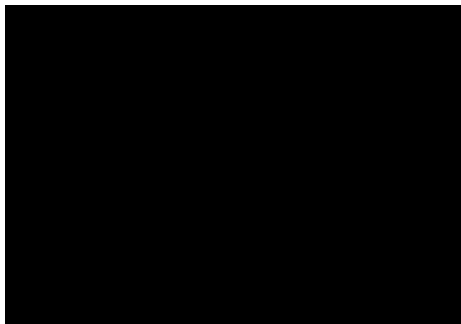
Your charity's name The Adelphe Community Outreach

Scottish Charity Number: SC051953



Charity Trustees

Name all of your charity trustees for the period, and the date they left if they were not in post for the whole year



Objectives and activities

The purposes of The Adelphe Community Outreach are set out in our governing document and include:

- The relief of those in need by reason of age, ill-health, disability, financial hardship, or other disadvantage.
- The prevention or relief of poverty.
- The advancement of education.
- The advancement of the arts, culture, heritage, or science for African and ethnic minority women across Scotland.

To achieve these purposes, our specific objectives are to:

- Build confidence and resilience among African and ethnic minority women through training and workshops that promote positive mindsets and attitudes.
- Improve employability by offering skills training in areas such as work-readiness, digital and social media, creative skills, CV writing, interview preparation, and MS Office.
- Reduce stigma around mental health and promote well-being through activities for women, young people, and families in the BAME community.
- Raise awareness of menopause and its impact on mental health, offering workshops and education to reduce stigma and equip women with coping strategies.
- Relieve poverty and hardship by providing items, services, training, and projects that enable families to move toward sustainable income and self-sufficiency.
- Promote equality and diversity through anti-racism training, campaigns, and initiatives that encourage mutual understanding across Scotland.
- Use creative programmes to open up conversations about mental health and well-being within the black community.
- Reduce loneliness and social isolation by providing inclusive activities that connect people across nationalities and age groups.
- Provide coaching, mentoring, and networking opportunities that equip women to integrate into society, build confidence, and fulfil their potential.

During the year (Aug 2024–Aug 2025), our main activities in support of these purposes included:

- Delivering a 12-week coaching programme to help women overcome limiting beliefs and strengthen confidence.
- Running monthly *Embracing Change* workshops (in-person and online) focused on menopause, resilience, and life transitions.
- Hosting the Adelphe Thrive Summit, which supported women in career development and entrepreneurship.
- Organising creative workshops and a *Period Walk* in partnership with The Period Place, combining outdoor well-being with open dialogue about women's health.
- Launching the Fife BAME Hub in November 2024 as a dedicated space for minority ethnic communities to access support and connect.
- Recruiting volunteers and admin staff to strengthen our delivery capacity.
- Launching weekly drop-in sessions in Fife (August 2025), offering migrant women a consistent and safe point of support.

The trustees are encouraged by the progress made. Women have reported increased confidence, a stronger sense of belonging, and greater readiness to face challenges such as peri- and menopause, stress, integration, and employment barriers.

Structure, governance and management

Our charity is governed by a constitution, which is the formal written document that sets out the purpose, structure, and operational framework of the organisation. The constitution outlines our charity's aims, how decisions are made, and the roles and responsibilities of the trustees. It also provides guidance on the processes for appointing trustees, managing resources, and ensuring compliance with legal and regulatory requirements. As trustees, we are committed to adhering to the constitution to ensure that the charity functions effectively and in line with its charitable objectives

Trustee recruitment and appointment

No trustee recruitment has taken place this year. Our board remains committed to ensuring that we have a diverse mix of skills and experience to effectively meet the charity's aims. While we have not recruited new trustees during this period, we continue to monitor the needs of the charity to ensure that the board has the right expertise to guide our work. At present, no external organisations are involved in the appointment of trustees, with all recruitment and selection carried out internally, based on the needs and goals of the charity

Achievements and performance

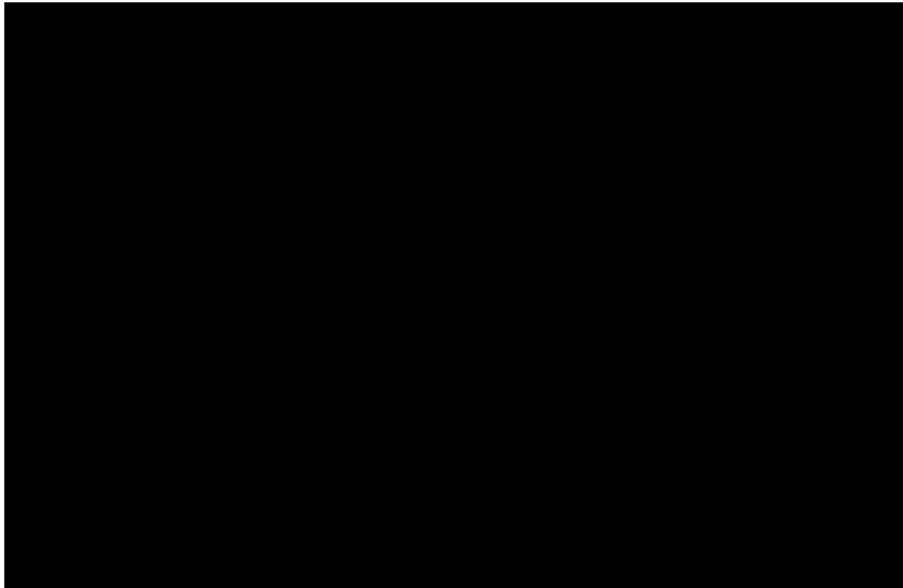
Between August 2024 and August 2025, The Adelphe Community Outreach delivered a programme of activities designed to empower women, reduce isolation, and create pathways to confidence, well-being, and integration.

Key activities carried out to achieve our aims included:

- A **12-week coaching programme** supporting women to overcome limiting beliefs, strengthen resilience, and develop personal and professional clarity.
- Monthly **Embracing Change workshops** (covering menopause and wider transitions), delivered in-person and online, providing medical insight, coaching, and peer support.
- The **Adelphe Thrive Summit (Career & Business)**, equipping women with employability, enterprise, and leadership skills, while offering valuable networking opportunities.
- A **Period Walk** in partnership with *The Period Place*, combining outdoor activity with open conversations on menstrual and menopause health, supported by a doctor, a menopause coach, and lived experience stories.

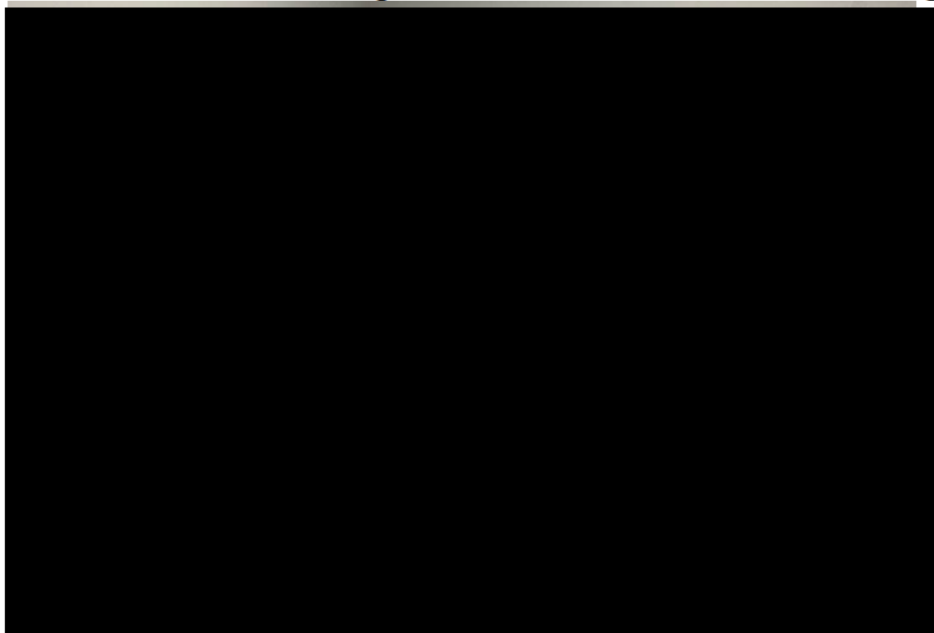
- **Creative workshops** that gave women opportunities to express themselves, build confidence, and share their stories.
- The **launch of the Fife BAME Hub (Nov 2024)**, creating a dedicated

space for
minority
ethnic



communities in Fife to access support and resources.

- The **launch of weekly drop-in sessions (Aug 2025)** in Fife, providing a safe and consistent space for migrant and minority ethnic women to connect, access guidance, and receive signposting.



- A **strategy day** bringing trustees, staff, and volunteers together to reflect on progress and shape the future direction of the charity.

Biggest successes this year:

- Expanding our reach by opening the Fife BAME Hub.
- Growing our programme offer to include menopause-specific support, a career summit, and outdoor wellness initiatives.
- Launching the weekly drop-in sessions, which represent a new cornerstone of our year-round support.

Outcomes and impact:

Participants reported feeling more confident, less isolated, and better prepared to manage challenges such as peri- and menopause, stress, and career transitions. Feedback included:

- *“I realise I need to make some changes to my lifestyle now, so my body is better prepared to deal with peri and menopause.”*
- *“I don’t have to suffer when menopause starts — I can be prepared beforehand.”*
- *“That I am not alone.”*
- *“I now have new options to manage stress, so I feel better prepared and with more choice.”*

Volunteers and staffing: We recruited both volunteers and an admin staff member this year. Volunteers played a vital role in supporting events, facilitating activities, and extending outreach. Their commitment has strengthened the charity’s capacity and demonstrated the power of community-led support. The recruitment of project staff under the Care Collective has also enabled us to provide dedicated support for people living with long-term conditions.

Financial review

Statement of the charity's policy on reserves

Our charity's policy on reserves is to ensure financial stability and the ability to respond to unexpected costs or fluctuations in funding. We aim to build and maintain reserves equivalent to at least three months' worth of operating costs in the future. This will provide a financial cushion to ensure that we can continue our essential services without interruption. As of this financial period, we do not yet hold the desired level of reserves, but we are actively working towards this goal as our charity grows and secures additional funding.

Details of any deficit

There is no deficit on any fund during this financial period. We have managed our finances responsibly and ensured that our income aligns with our expenditure.

Donated facilities and services

At present, we have not received any donated facilities or services. However, we are exploring opportunities to engage with partners who may be able to provide such support in the future to further enhance our ability to deliver services efficiently

Future plans

Looking ahead to 2025–2026, The Adelphe Community Outreach will continue to strengthen its role as a platform for change that enhances lives. Our priorities for the coming year are:

- **Expanding our drop-in model:** Having launched weekly sessions in Fife, we will extend this service into West Lothian and Edinburgh, giving more women access to consistent support, signposting, and community connection.
- **Growing coaching and mentoring:** We will further develop structured coaching and mentoring programmes, offering personalised support that equips women with confidence, resilience, and clarity for their next steps.
- **Embedding the Fife BAME Hub:** Following its successful launch, we will sustain and expand activities at the Hub, ensuring it remains a vital space for minority ethnic communities.
- **Continuing *Embracing Change* workshops:** These will remain a cornerstone of our work, tackling menopause, transitions, and well-being with both practical strategies and peer encouragement.
- **Recruiting full-time staff:** To meet increasing demand, we plan to employ dedicated staff to strengthen delivery, coordination, and administration.
- **Expanding volunteer involvement:** We will recruit and train more volunteers, building a strong community-led foundation for our services.
- **Developing trading income:** We will explore income-generating products and services that complement our mission and help secure long-term sustainability.
- **Co-creating initiatives with the community:** In partnership with members of the community, we will design services, products, and initiatives that reflect lived experience and meet real needs, ensuring our work remains relevant and impactful.
- **Strengthening the Care Collective project:** We will build capacity to support people living with long-term conditions through tailored, holistic programmes.

Through these priorities, we aim to expand our reach, deepen our impact, and continue to provide a platform that empowers women and communities across Scotland.

Additional information

Got something else to say? Here is your chance!

Declaration

Signed on behalf of the charity trustees:

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Print name

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Designation


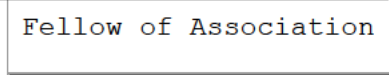
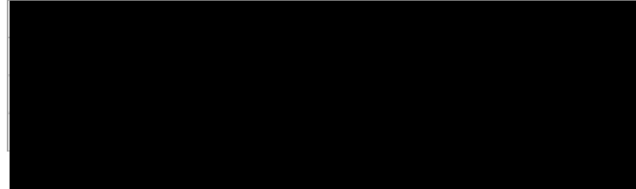
Trustee

Date

24 November 2025

APPENDIX 3



		Independent examiner's report on the accounts						v2
Report to the trustees/members of	Registered charity number	Charity name						
		The Adelphe Community Outreach SCIO						
		SC051953						
On the accounts of the charity for the period		Period start date				Period end date		
		Day	Month	Year		Day	Month	Year
		01	September	2024	to	31	August	2025
Set out on pages								(remember to include the page numbers of additional sheets)
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) 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 [other than that disclosed on the attached page*]							
	1. which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> 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.							
Signed:						Date:	02 October 2025	
Name:								
Relevant professional qualification(s) or body (if any):	Fellow of Association of International Accountants, no. 71353							
Address:								

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of
any items that the
examiner wishes to
disclose

The Adelphe Community SCIO

SC051953



Receipts and payments accounts						
For the period from	Period start date			to	Period end date	
	01	September	2024		31	August
						2025

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations					-	
Legacies					-	
Grants	500	90,154			90,654	25,129
Receipts from fundraising activities					-	
Gross trading receipts	17,899				17,899	1,979
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
					-	
A1 Sub total	18,399	90,154	-	-	108,553	27,108
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	18,399	90,154	-	-	108,553	27,108
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	2,865
Investment management costs					-	
Payments relating directly to charitable activities	17,577	85,236			102,813	21,311
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	300				300	100
Preparation of annual accounts	522				522	200
Legal costs					-	
Other					-	
					-	
A3 Sub total	18,399	85,236	-	-	103,635	24,476
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	18,399	85,236	-	-	103,635	24,476
Net receipts / (payments)	-	4,918	-	-	4,918	2,632
A5 Transfers to / (from) funds					-	
Surplus / (deficit) for year	-	4,918	-	-	4,918	2,632

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	2,665				2,665	33
	Surplus / (deficit) shown on receipts and payments account		4,918			4,918	2,632
						-	
						-	
	Cash and bank balances at end of year	2,665	4,918	-	-	7,583	2,665
	(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	Tangible assets		2,297	1,531	
		Total	2,297	1,531	-

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities	Accruals		675	300
		Total	675	300

	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

			28 September 2025

Section C Notes to the Accounts

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

Between August 2024 and August 2025, Adelphe's work has focused on supporting women through life transitions, strengthening well-being, and opening pathways to personal, social, and economic growth.

We delivered programmes of well-being and menopause workshops, creative workshops, coaching, and a career and business summit. These activities enabled women to build confidence, develop resilience, and gain the skills and networks needed to move forward in employment, enterprise, or personal development.

In August 2025, we launched new weekly drop-in sessions in Fife. These provide a safe and welcoming space for migrant and minority ethnic women to connect, access guidance, and receive signposting to services. Although newly established, they mark an important step in extending our year-round support.

Alongside this, we recruited project staff for our Care Collective, which supports people living with long-term conditions. Their role strengthens delivery and ensures participants receive tailored and consistent support.

All funds have been directed toward these activities, allowing Adelphe to support and empower women and families through key transitions, enhance their well-being, and create genuine opportunities for integration, growth, and long-term resilience.

C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
Hardship funds	Corra Foundation	1	5,250
Workshops for ethnic minority women to improve well being & communication skills ; Menopause workshops, funds to Women.	Foundation Scotland (Womens £4300 Volent £5000)	2	9,300
Strengthening organisations grant	National Lottery	1	15,200
Mental Health Communities Fund	Voluntary Sector Gateway	1	9,300
Community Engagement Manager and Business Strategist	OfCom	1	33,854
Sessional staff to support people with long term illness	The Health & Social Alliance	1	7,500
Menopause Advocacy	Rosa Fun Voices	1	9,750
Total			90,154

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

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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C4b Trustee expenses - details

	Number of trustees	£

	Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at
C5 Transactions with trustees and connected persons				

C6 Other information	
----------------------	--

Additional analysis (1)

Analysis of receipts and payments

1 Donations

	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 £
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-

2 Grants

	Unrestricted funds	Restricted funds		Total current period	Total last period
	to nearest £	to nearest £		to nearest £	to nearest £
Corra Foundation		5,250		5,250	
Foundation Scotland		9,300		9,300	
National Lottery		15,200		15,200	
OfCom		33,854		33,854	
Rosa Fun Voices		9,750		9,750	
Voluntary Sector Gateway		9,300		9,300	
The Robertson Trust				-	2,500
Main Grants				-	22,629
Foundation Scotland	500			500	
Total	500	82,654		83,154	25,129

-

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3 Gross receipts from other charitable activities

	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 £
Project fees	25,399				25,399	
					-	
					-	
					-	
					-	
					-	
					-	
Total	25,399	-	-	-	25,399	-

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4 Payments relating directly to charitable activities

	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 £
Venue hire	2,584				2,584	2,004
Advertising/promotions		3,521			3,521	1,843
Bank charges					-	-
Books & journals	55				55	-
Charitable donations	1,986				1,986	500
Consultants	107	28,024			28,131	-
Equipment expensed	514				514	1,050
Internet & telephone	1,394				1,394	239
Office & admin expenses	1,354				1,354	42
Partitions					-	-
Software	557				557	541
Staff entertaining					-	1,667
Staff training & welfare	262				262	1,788
Subcontractors		38,329			38,329	9,418
Subscriptions	2,068				2,068	100
Travel expenses	3,780				3,780	1,379
Wages & salaries					-	740
Website development	317				317	-
Other costs	49	7,969			8,018	
Rent	1,102				1,102	
Legal & professional fees	574				574	
Depreciation	766				766	
Insurance	108				108	
					-	
					-	
Total	17,577	77,843	-	-	95,420	21,311

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SC051953

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
	Foundation Scotland	General				
Receipts						
Donations					-	
Legacies					-	
Grants	500				500	
Receipts from fundraising activities					-	
Gross trading receipts		17,899			17,899	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	500	17,899	-	-	18,399	-
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	500	17,899	-	-	18,399	-
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	500	17,077			17,577	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination		300			300	
Preparation of annual accounts		522			522	
Legal costs					-	
					-	
					-	
Sub total	500	17,899	-	-	18,399	-
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	500	17,899	-	-	18,399	-
Net receipts / (payments)	-	-	-	-	-	-
Transfers to / (from) funds					-	
Surplus / (deficit) for year	-	-	-	-	-	-

Nature and purpose of funds

--

The Adelphe Community SCIO

SC051953

Additional analysis (3)

[illegible]

Nature and purpose of funds

Corra foundation was hardship funds to help with