

Mind Store

Scotland · Charity number SC052196

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2022-12-16
Register	View on the OSCR register

Contact

Address	7 Colsea Road Aberdeen AB12 3NB
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Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health'

What the charity does: Mind Store is set up to offer mental health and wellbeing support to adults. We offer counselling and psychotherapy services. We also provide group sessions to promote the understanding of the links between nutrition and mental and physical health by providing opportunities for learning about food preparation and a healthy lifestyle. In addition to this we work in partnership with other bodies to further the purposes.

Beneficiaries: 'Other defined groups'

Objectives: 3 The organisation is established for charitable purposes only, and in particular, the objects are: 3.1 The advancement of mental and physical health and in furtherance of this by. 3.2 Promoting the provision of counselling and psychotherapy services. 3.3 Promoting understanding of the links between nutrition and mental and physical health. 3.4 Promoting opportunities for learning about food preparation and a healthy lifestyle. 3.5 Working in partnership with other bodies to further the purposes.

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£0	£0	-	1
2025-03-31	£9,984	£9,499	-	1
2024-03-31	£19,610	£10,034	-	1

Mind Store

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Accounts

APPENDIX 1

OSCr

Trustees' Annual Report for the period

Period start date			Period end date				
From	Day	Month	Year	To	Day	Month	Year
	01	04	2024		31	03	2025

Office of the Scottish Charity Regulator

Reference and administration details

Charity name Mind Store

Other names charity is known by

Registered charity number SC052196

Charity's principal address

Postcode

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1		Chair	1 7 2024 resigned	
2				
3				
4				
5				
6		Treasurer		
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name

Dates acted if not for whole year

Structure, governance and management

Type of governing document

Unincorporated Constituted Group

Trustee recruitment and appointment

Policy in development

Objectives and activities

Charitable purposes

Routes to Improved Wellbeing
Mental Health Support to adults
Linking Mental Health and Nutrition
Providing accessible mental health support and nutritional advice to adults regardless of ability to pay.

Summary of the main activities
in relation to these objects

One to one support
Counselling, CBT and EMDR sessions with qualified and trainee therapists
Group activities Food and Mood
Training
Awareness raising
Partnership working and Networking with other relevant organisations

APPENDIX 1

Achievements and performance

Summary of the main achievements of the charity during the financial period	Number of people who have been provided with support in report period Breakdown of type of support
	Courses;
	1.Growing for Wellbeing Provided 24 hours of Growing for Wellbeing course material over Spring to Summer 2024 consisting of 12 x 2 hour sessions to 20 participants. Sessions included mindfulness activities, gardening skills activities, walking and crafts in the garden. The participants made social connections, created mutual support network, and were signposted to other services where required. Participants reported improvement across several mental health indicators including self-esteem, sense of purpose, interest in other people and confidence in new skills. Also evidenced was an awareness of the links between good nutrition and mental health
	2. Food and Mood Provided 25 hours of Food and Mood provision over 5 x 5 hour sessions delivered to 40 participants. Groups engaged in the workshops included Penumbra, Westburn Resource Center, and Linn Moor School. Each workshop included a practical cookery session, alongside learning around healthy eating habits and mindful eating, culminating in a social meal
	3. CBT Skills Training
	One to one counselling:
	Delivered by CBT Trainees
	April 24– March 2545 Sessions
	Delivered by CBT Accredited Practitioners:
	April 24 -March 25214 sessions
	Events
	Attendance / presence at events
	Stall at the One Network Aberdeen Event Women's Health & Wellbeing Fair

Additional

Created 2 films about our services

Did one fundraising campaign '5 Ways to Wellbeing with Mind Store'

Financial review

Brief statement of the charity's policy on reserves

To keep three months running costs in reserve to cover salaries and rent

Details of any deficit

No deficit

Donated facilities and services (if any)

Cfine donate use of rooms

St Fitticks donated outdoor space and resources

APPENDIX 1

Other optional information

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Position (e.g. Treasurer
Chair)

Chair

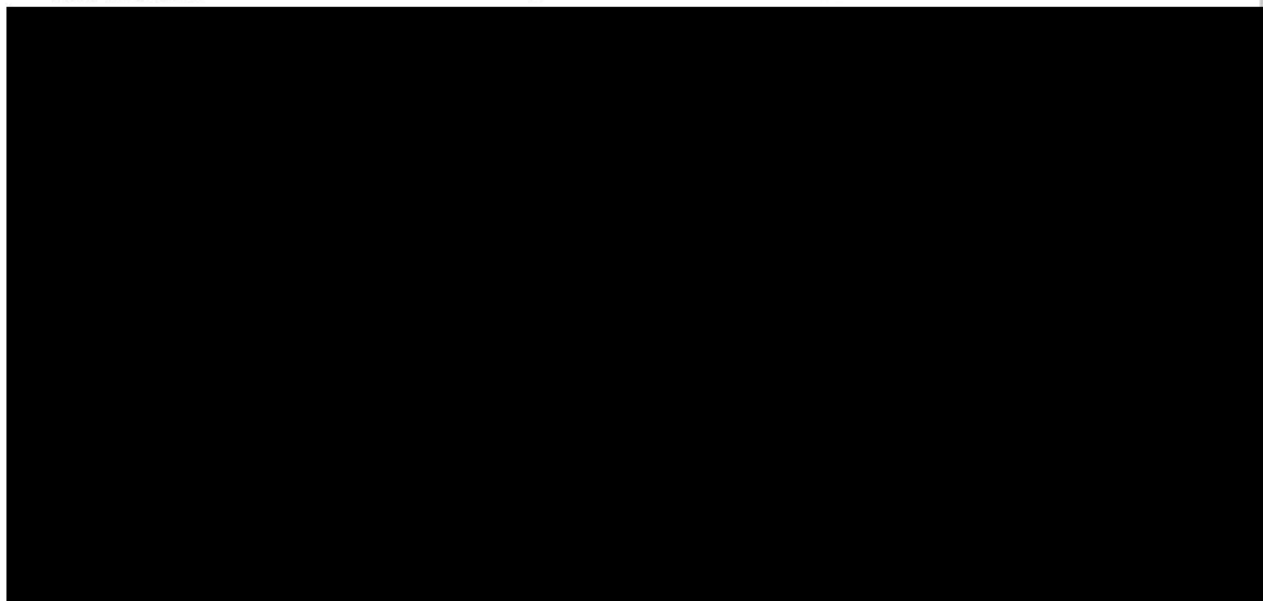
Date 22.12.25

22.12.25

Mind Store
SCIO SC052196

Statement of Financial Activities) Incorporating income and expenditure account) for
the year ended 31 March 2025

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total 2025
Income from:			
Charitable activities	0	9,984	9,984
Total Income	0	9,984	9,984
Expenditure on:			
Charitable activities	0	9,499	9,499
Total Expenditure	0	9,499	9,499
Net Income	0	535	535



TD

Balance Sheet
As at 31 March 2025

Current assets

Cash at bank	22,744
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Total	<u>22,744</u>
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Creditors

Deferred income	
25/26 restricted funds	(16,843)

Total assets less	
Creditors (liabilities)	<u>5,901</u>

Capital and	
Reserves Unrestricted	5,901

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