

YOUNG AT HEART DEESIDE (SCIO)

Scotland · Charity number SC052387

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2023-03-07
Register	View on the OSCR register

Contact

Address	Melgum Lodge Tarland Aberdeenshire AB34 4XA
Website	www.youngatheartdeeside.org.uk

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended', 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: We are set up to provide a connection with older people in the rural communities in Deeside. We do this through twice-weekly social spaces, activities, and events. We also deliver 350 Christmas Cheer care packages each year to our most vulnerable older people. Our members are often rurally isolated, caring for others, with long-term illnesses or bereaved, and we make them feel part of the community and grow their self-confidence through informal social prescribing.

Beneficiaries: 'Older People'

Objectives: Purposes 4 The organisation's purposes are: 4.1 Provide activities and events for older, vulnerable people over the age of 50 in the rural communities of Aboyne Ballater and Braemar and their surrounding villages. 4.2. To connect older people over the age of 50, with each other through the three themes of active lifestyle, creative activity and learning. 4.3 For the most vulnerable aged 50 and over, we will provide where possible doorstep deliveries and contact.

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	-	0
2025-03-31	£5,025	£7,435	-	0
2024-03-31	£11,188	£5,863	-	0

YOUNG AT HEART DEESIDE (SCIO)

Scotland - Charity number SC052387

Accounts

APPENDIX 1

OSCr

Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	01	04	2024	To	31	03	2025

Reference and administration details

Charity name
Other names charity is known by
Registered charity number
Charity's principal address

Young At Heart Deeside SCIO
SC052387

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			
2			
3			
4			
5			
6			
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	SCIO Two-tier Constitution
Trustee recruitment and appointment	N/A

Objectives and activities

Charitable purposes	The organisation's purposes are: 4.1 Provide activities and events for older, vulnerable people over the age of 50 in the rural communities of Aboyne Ballater and Braemar and their surrounding villages. 4.2. To connect older people over the age of 50, with each other through the three themes of active lifestyle, creative activity and learning. 4.3 For the most vulnerable aged 50 and over, we will provide where possible doorstep deliveries and contact.
Summary of the main activities in relation to these objects	We run twice weekly Social Spaces for around 70 older people. We organise events and activities for the wider community of older people. We hand deliver 350 care packages to those most vulnerable in our rural communities.

APPENDIX 1

Achievements and performance

Summary of the main achievements of the charity during the financial period

In April 2024 we started on a high with our Spring Fling which we held in The MacRobert Hall for 80 of our members with fun afternoon of games, local quiz, laughter, music and lots of great food. Our regular social spaces members continue to grow, and we were assisted by some wonderful young people from Aboyne Academy at our Aboyne Social Space. In July we had Wimbledon themed social spaces in July which all our members enjoyed. We said a fond farewell to our pupil volunteers as they left school to work or further education. During July and August, we held some social space sessions at The Commercial Hotel in Tarland and The Boat Inn in Aboyne. Our Book Group continued to thrive with us meeting every 5/6 weeks to discuss each book. In October 2024 we attended our first Barista Café at Aboyne Academy as part of the schools Princes Trust and Teenage Nurture Programme. We had great turnouts for these events, and our members thoroughly enjoyed themselves. We held some autumn quizzes during social spaces which everyone enjoyed. In October we were delighted to receive £1700 from the Coull Trust funding programme. This was used for our Christmas meal in Tarland and other activities. One of our members daughters did an advent calendar raffle for us raising a brilliant £170 for the charity. We also launched Christmas Cheer Campaign 2024 in late October. On 15th November we held our AGM in Aboyne Library attended by over 30 members. We welcomed three new Trustees. During November some of our social space sessions were affected by storms. We also moved our Tarland Social Space from Cromar Court to The Commercial Hotel in Tarland due to growing numbers and accessibility issues. During December 2024 we delivered another 350 Christmas Cheer parcels to the most vulnerable in our community. These were very well received. We also held two Christmas lunches for our Social Space members in Tarland and Aboyne catering for over 70 folks! To finish off our social space sessions for 2024 we held quizzes and carol singing. In January 2025 Storm Eowyn played havoc with our social space sessions. Later in January we started a new block of seated exercises in Tarland and had a Qi gong class in Aboyne. We had two lovely valentine sessions in February and talks by Inclusive Farm Scotland @ MacRobert Trust at both Social Spaces. We did a talk to Lumphanan WI which was very well received, and we were given £25 cheque for our funds. In March we had talks from the Tackling Poverty & equalities team at both spaces and we celebrated one of our young helpers sporting success in the Schools Judo Championships. At the end of March 2025, we had another Barista café which was Easter themed. Late March 2025 we moved from Aboyne Library to Aboyne Community Shed for our Aboyne Social Space due to increased numbers. Our charity continues to thrive and grow, and we are delighted with the positive impact it has had on so many of our members.

Financial review

Brief statement of the charity's policy on reserves

As most of our funding is restricted funding we don't have any reserves.

Details of any deficit

Donated facilities and services (if any)

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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. Chair)	Chair and Founder	
Date	22/10/25	

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YOUNG@HEART DEESIDE
STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING RECEIPTS AND PAYMENTS ACCOUNT)
FOR PERIOD TO 31 MARCH 2025

		Restricted Funds	Unrestricted Funds	Total Funds 2025	Total Funds 2024
	Notes	£	£	£	£
<u>RECEIPTS</u>					
Grants	1	3,699	-	3,699	10,500
Donations		-	982	982	558
Receipts from Fundraising Activities		-	344	344	-
Receipts from Charitable Activities		-	-	-	130
Investment Income		-	-	-	-
Total Incoming Resources	2	3,699	1,326	5,025	11,188
<u>PAYMENTS</u>					
Donations		-	-	-	-
Payments relating directly to Charitable Activities		7,116	187	7,303	6,464
Governance Costs		-	132	132	-
Total Resources Expended	3	7,116	319	7,435	6,464
Net Incoming / (Outgoing) resources for Year		(3,418)	1,007	(2,411)	4,724.01
Total Funds at 1 April 2024		5,406	458	5,863	1,139
Total Funds at 31 March 2025		1,988	1,465	3,453	5,863

The statement of financial activities includes all gains and losses in the year.
The above receipts and payments are split between restricted and unrestricted funds.

YOUNG@HEART DEESIDE
STATEMENT OF BALANCES
AS AT 31 MARCH 2025

	Restricted Funds	Unrestricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
Balance at Bank as at 1 April 2024	5,406	458	5,863	1,139
Surplus/(deficit) for the year	(3,418)	1,007	(2,411)	4,724
Balance at Bank at 31 March 2025	1,988	1,465	3,453	5,863

The financial statements were approved by the Trustees on, 12th August 2025
and were signed on its behalf by:

.....
Trustee

YOUNG@HEART DEESIDE
NOTES TO THE ACCOUNTS
FOR PERIOD TO 31 MARCH 2025

Nature & Purpose of Funds

Unrestricted funds are used in furtherance of the aims of the organisation to provide a sustainable network of activities, clubs and support to older people in the communities of Aboyne, Ballater and Braemar and the surrounding rural villages by helping reduce social isolation and inequalities by connecting these communities. In addition, any restricted funds are used for the purposes for which they have been provided.

Committee Member Remuneration & Expenses

No remuneration or expenses were paid to any committee member or person connected to a committee member in this period.

Notes

1 Grants

	£
Ledingham & Chalmers - Coull Hall Trust	1,700.00 <i>(restricted)</i>
CMHW Fund	1,998.60 <i>(restricted)</i>
	3,698.60

2 Receipts

Grants	3,698.60
Fundraising	343.70
Donations	982.20
	5,024.50

3 Payments

Equipment	547.64
Social Space	1,723.15
Cheer Campaign	2,220.19
Expenses	2,803.45
Sundries	8.60
Independent Examination	132.00
	7,435.03

**Independent Examiner's Report to the Trustees of
Young At Heart Deeside SCIO
Registered Charity Number SC052387**

I report on the accounts of the charity for the year ended 31 March 2025 which are set out on pages 5 to 7.

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 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the 2006 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

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
 - 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.

Designation: Finance & Administration Manager, Aberdeenshire Voluntary Action

Address: [REDACTED]

Date: 22/10/2025