

# All Strong Scotland

Scotland · Charity number SC052398

## Details

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Known as	All Strong
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2023-03-14
Register	<a href="#">View on the OSCR register</a>

## Contact

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Address	3rd Floor Drummond House 6 Scott Street Perth PH1 5EJ
Website	<a href="http://www.scotlandallstrong.com">www.scotlandallstrong.com</a>

## Activities

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**Activities:** 'It carries out activities or services itself'

**Purposes:** 'the advancement of health', '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'

**What the charity does:** All Strong's mission is to support the improvement and self-management of mental health, connection, and overall wellbeing, particularly for vulnerable and marginalised groups, and those with additional support needs and challenges.

**Beneficiaries:** 'People with disabilities or health problems', 'No specific group, or for the benefit of the community'

**Objectives:** The organisations purposes are: (a) The provision of recreational facilities, or the organisation of recreational activities. (b) The advancement of health, by supporting the improvement and self-management of mental health and overall wellbeing, through: - Group and individual fitness & strength training - Guided relaxation and mindfulness - Peer connection, discussion and peer-based support - Wellbeing guidance, including nutrition, identifying and overcoming barriers - Creative and expressive elements, including writing, music and video This support is directed towards both young people (10 to 24) and adults, including over 65s, with a broad range of challenges and additional support needs, including mental health issues and conditions, autism, people in and affected by addiction and recovery, and those who struggle to engage with mainstream activities for a variety of reasons.

## Geography

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

## Finances

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Period end	Income	Expenditure	Assets	Employees
2026-03-31	£0	£0	-	2
2025-03-31	£123,828	£113,823	-	2
2024-03-31	£111,894	£85,227	-	1

**All Strong Scotland**

Scotland - Charity number SC052398

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# Accounts

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## ALL STRONG SCOTLAND – SC052398 – TRUSTEE’S ANNUAL REPORT

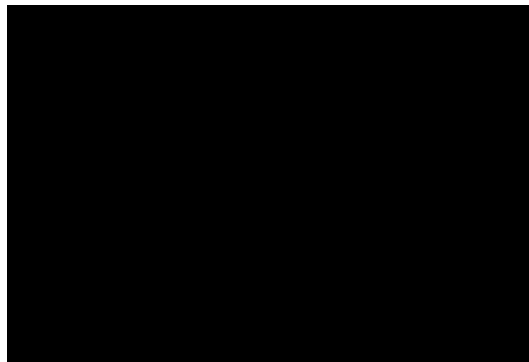
Start Date: 1<sup>st</sup> April 2024 to End Date: 31<sup>st</sup> March 2025

Charity Registration Number: SC052398

Address: 3<sup>rd</sup> Floor, Drummond House, 6 Scott Street, Perth, PH1 5EJ

All Strong Scotland’s governing document is a constitution, and is a Scottish Charitable Incorporated Organisations (SCIO)

**Trustees for the period 1<sup>st</sup> April 2024 to 31<sup>st</sup> March 2025 and at the date of this report, 23<sup>rd</sup> April 2025:**



Trustees are elected by way of a resolution passed by majority vote of the board.

### **Why was All Strong Scotland Established?**

### **What are our aims and objectives?**

All Strong’s mission is to support the improvement and self-management of mental health, connection, and overall wellbeing, particularly for vulnerable and marginalised groups, and those with additional support needs and challenges. This is achieved through providing well-supported, fully-private sessions for specific groups in close partnership with other charities and relevant local organisations, as well as the general public and individuals, both by organisation and self-referral. With three spaces (private gym, public gym, and creative and social space), participants benefit from a range of activities to support their wellbeing, including all-ability physical activity, guided relaxation, peer support and social interaction, journaling, art and music. All sessions are tailored to the needs of the group and individual. We work with all age groups, and have had participants from ages 5 to 80.

All Strong is a safe and inclusive environment, supporting people through prevention and early intervention in relation to mental and physical health, as well as supporting recovery and wellbeing for people emerging from and coping with challenging life situations, mental and physical health struggles, and addiction recovery.

We began our work in 2018 as a Community Interest Company, transitioning to a Scottish Incorporated Charitable Organisation in March 2023.

*Gym, Art & Music with Perth Autism Support, YP Instructor Qualification, Gentle Movement Outreach*

## Who do we help?

We work with a wide variety of other charities and local organisations to provide fully private groups to their service users. This year we have also expanded our public offering to include 3 weekly physical training, peer connection and relaxation sessions for mental wellbeing, open to the public by age group (12-15s, 16-24s, adults 16+). We have also developed our Creative & Social Space to provide 2 weekly Art for Mental Wellbeing sessions open to the public. People can self-refer into our public groups, and we also receive many participants via organisation referral.

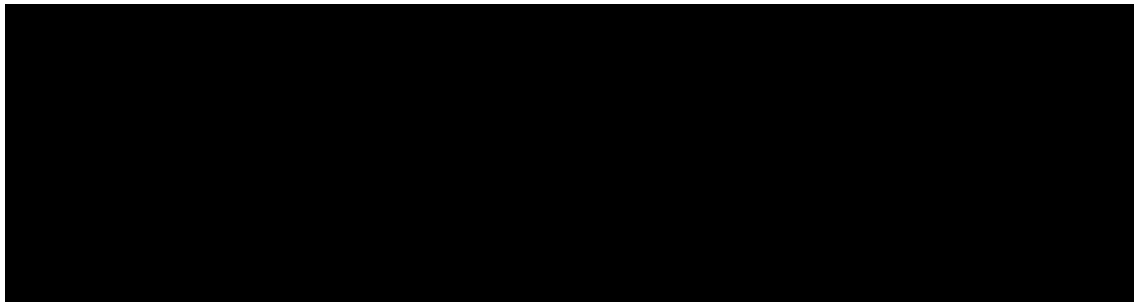
In addition to activity provision, we have also supported employability and personal development of volunteers and some young people participants with 1 adult gaining their Level 2 Gym Instructor qualification, and 4 young people gaining their Level 1 Gym Instructor certification.

From April 2024 to March 2025, All Strong has worked in partnership with the following organisations, offering our full range of activities and tailoring the format of sessions according to the needs and interests of the group:

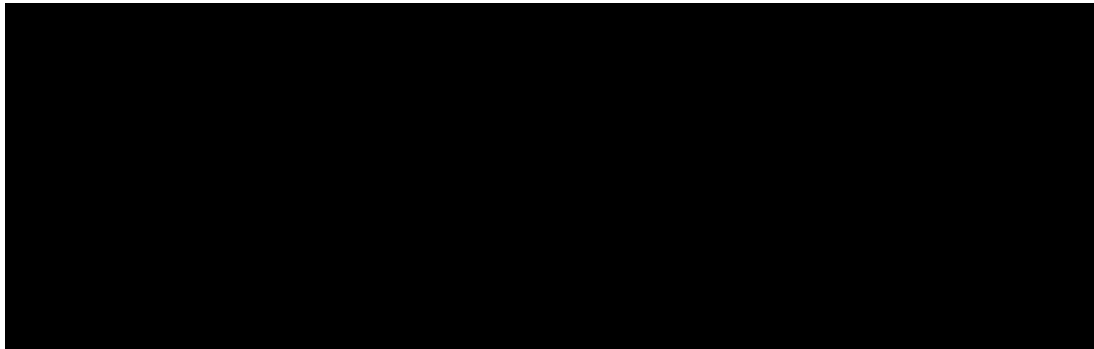
- Perth Autism Support (14-17s group, 8-11s group, Sibling's Group)
- Perth and Kinross Association of Voluntary Services (Young Unpaid Carers)
- No.3 Autism Initiative (autistic adults)
- Perth & Kinross Day Opportunities (adults with learning disabilities)
- The LGBT+ Community, including Rainbow Heartlands
- Churches Action for the Homeless
- Perth College Additional Support Classes (Moving On and Skill Up groups)
- Integrated Drug and Alcohol Recovery Team, Tayside Council on Alcohol (adults in addiction recovery)
- Change Mental Health (unpaid carers)
- Rape and Sexual Abuse Centre Perth & Kinross
- The Murray Royal Hospital (Amulree and Leven Wards)
- Perth & Kinross ADHD Support
- Linda's Ladies (women only mental health support group)
- ESOLperth (women only refugees)
- Trauma Healing Together (refugees and asylum seekers)
- PKC Services for Young People (care experienced, people in or at the edge of the social work system, complex emotional, social and behavioural needs)
- PKC SCOPE Team (teens and young adults with learning disabilities and complex needs)
- Social Welcome

The vast majority of beneficiaries struggle with mental health issues and initially low confidence in addition to other conditions and life challenges, and often lack self-belief, knowledge and positive experience of wellbeing self-management tools prior to their attendance at All Strong. Low mood, anxiety and chronic stress are also common, in addition to behavioural challenges amongst some of the young people's groups.

Although the majority of our programmes are still based on physical training with a wide range of equipment and exercises, along with guided relaxation, the development of our Creative & Social space has enabled participants to try new things, and there is increasing demand for specific art, music and journaling sessions (or as elements in addition to gym training), as well as use of this space for talking based support groups, including Social Welcome, LGBT+ creative groups, Suicide and Self-Harm, and bereavement support. Our approach is therefore one of flexibility in terms of both session content and use of our space, to best meet the needs of a growing number of partner groups and the wider local community.



*Gym Training, adults with learning disabilities, and refugees' groups*



*Art and Music in our Creative Space*

### **What have we done? – OUTPUT and ACHIEVEMENTS**

- Provided 954 groups sessions, in collaboration with 20 local partner organisations, and for the local community.
- Supported 427 people in the use of a range of wellbeing activities, both through group and individual sessions.
- Supported 1 adult to gain their Level 2 Gym Instructor certification, and 4 young people with additional challenges to gain their Level 1 Gym Instructor certification.

## What difference have we made? – IMPACT

### Our programmes are designed to:

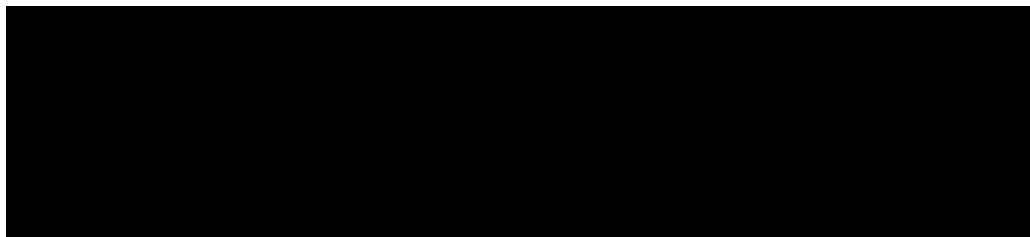
- empower participants with positive experience and knowledge in the use of self-management tools for mental and physical wellbeing
- directly improve mental and physical health
- prevent decline into mental ill-health for vulnerable and marginalised groups
- develop healthy routine and habits
- foster positive connections and friendships, reducing isolation and loneliness
- provide opportunity for personal growth and employability

We regularly survey our groups and participants, and liaise closely with partner organisation staff, who are in attendance at each session, to evaluate and measure impact and benefits received, as well as to improve and adapt our offering as required.

- We used 'Mood Scores,' at the start and end of sessions to highlight immediate boost to mood and sense of wellbeing as a direct result of participation, with the vast majority of participants confirming, by way of thumbs up or verbally, that they felt better for attending.
- 98% agreed that participation directly improved their mental wellbeing
- 93% agreed that they felt more connected and less isolated
- 100% agreed that gym programmes provided positive experience of exercise and relaxation techniques
- 90% agreed that participation helped to better self-manage mental and physical health
- 92% agreed that participation has helped to reduce and better cope with stress
- 100% agreed that instructors and staff are friendly and supportive
- 100% agreed that the creative space improved their sense of wellbeing

Through our evaluations as well as through direct feedback, both from participants and partner organisation staff, we have also received a large number of positive comments and testimonials. In summary, these include the following points:

- Group sessions have been instrumental for many in recovery from mental health issues and addiction
- Attendance provides healthy routine, connection, and boost to wellbeing
- The premises and environment are welcoming, and the atmosphere is relaxed and non-judgemental.
- Staff and volunteers are knowledgeable and helpful, showing empathy and understanding.
- Sessions are enjoyable and fun, and enable participants to talk and engage in physical training and creative activities in an encouraging and low-pressure way.



## Financial Overview

For accounts ending 31<sup>st</sup> March 2025, we had £19,901 cash in the bank.

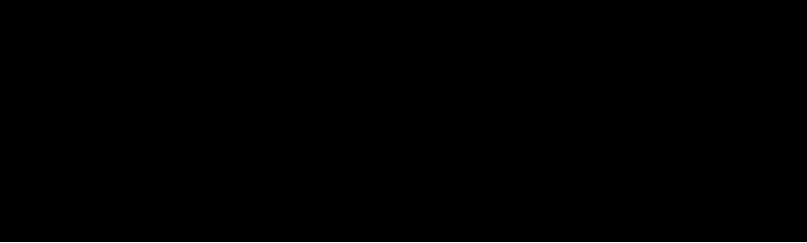
We currently have two three year funds, which contribute to both core costs and project costs, and we will continue to apply for further funding from a variety of sources to sustain and develop our work.

## Reserves Policy

We have a separate bank account for holding reserves, and we aim to build up to holding three months of all costs in reserve, to approximately £24,000. This amount has been established as important due to the unpredictability of acquiring funding through grants and specific timelines for funds, especially as a newer charity.

Reserves will be built through a combination of our own fundraising efforts, through low-cost events and donations, promotion of our work and impact and an effort to raise corporate donations and sponsorship, as well as income generated from use of our facilities by individuals and groups, and from rental of space to personal trainers, with the majority of clients training with mental and physical health improvement as a priority.

Our reserves policy will be reviewed annually in April.



## **Independent Examiner's Report to the Trustees of All Strong Scotland**

I report on the accounts and financial statements of the charity for the year ended 31st March 2025 which are set out on the following pages.

### **Respective responsibilities of directors and examiner**

The charity's directors are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 (the Act) and the Charities Accounts (Scotland) Regulations 2006 (the Accounts Regulations). The charities directors consider that the audit requirement of Regulation 10(1) (a) to (c) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the financial statements 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 was 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 financial statements and seeking explanations from you as Directors 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**

During my examination, no matter has come to my attention

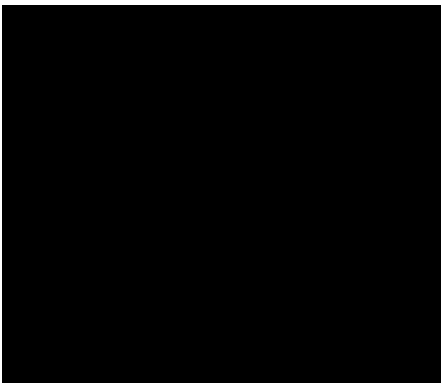
1. Which gives me reasonable cause to believe that in any material respect the requirements:

- 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 financial statements which accord with the accounting records, Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland (FRS 102) and in other respects comply with regulation 8 of the 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.



## Income and Expenditure Report

All Strong Scotland

For the year ended 31 March 2025

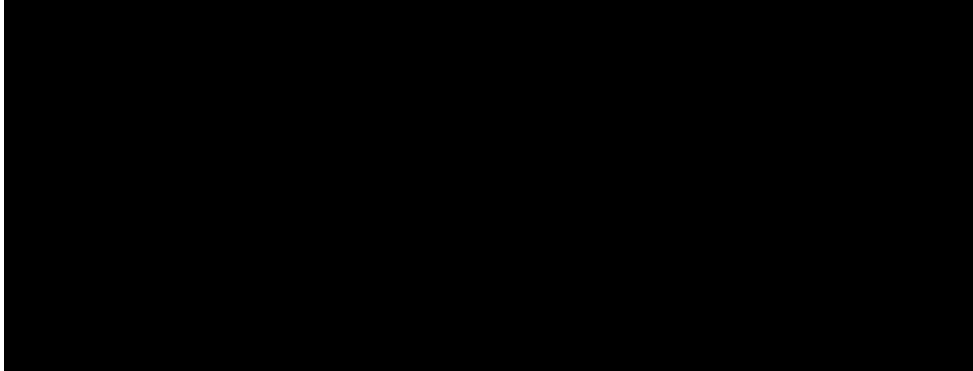
Account	2025	2024
<b>Turnover</b>		
Sales	7,569	4,297
<b>Total Turnover</b>	<b>7,569</b>	<b>4,297</b>
<b>Cost of Sales</b>		
Direct Expenses	13,194	10,984
Direct Wages	26,666	7,895
<b>Total Cost of Sales</b>	<b>39,860</b>	<b>18,879</b>
<b>Gross Profit</b>	<b>-32,290</b>	<b>-14,582</b>
<b>Administrative Costs</b>		
Advertising & Marketing	2,230	1,426
Audit & Accountancy fees	695	540
Bank Fees	0	426
Depreciation Expense	2,662	0
General Expenses	0	50
Insurance	907	1,127
Interest Paid	1,154	957
IT Software and Consumables	1,743	1,047
Postage, Freight & Courier	495	4
Printing & Stationery	183	223
Rates	50	458
Rent	25,200	28,144
Repairs & Maintenance	0	393
Staff Salaries	33,887	26,691
Staff Training	1,162	1,115
Subscriptions	1,479	2,497
Telephone & Internet	757	752
Volunteer Expenses	1,358	500
<b>Total Administrative Costs</b>	<b>73,963</b>	<b>66,350</b>
<b>Operating Profit</b>	<b>-106,253</b>	<b>-80,932</b>
<b>Other Income</b>		
Grant Income	116,241	107,306
Interest Income	18	293
<b>Total Other Income</b>	<b>116,259</b>	<b>107,599</b>
<b>Surplus/Defecit:</b>	<b>10,006</b>	<b>26,667</b>

## Balance Sheet

All Strong Scotland  
As at 31 March 2025

Account	31 Mar 2025	31 Mar 2024
<b>Fixed Assets</b>		
<b>Tangible Assets</b>		
Fixtures and Fittings	6,192	6,192
Plant and Machinery	20,433	18,983
Accumulated Depreciation	-17,108	-14,446
<b>Total Tangible Assets</b>	<b>9,516</b>	<b>10,729</b>
	9,516	10,729
<b>Current Assets</b>		
<b>Cash at bank and in hand</b>		
ALL STRONG SCOTLAND	18,483	14,301
ALL STRONG SCOTLAND#001	1,418	1
<b>Total Cash at bank and in hand</b>	<b>19,901</b>	<b>14,302</b>
<b>Total Current Assets</b>	<b>19,901</b>	<b>14,302</b>
<b>Creditors: amounts falling due within one year</b>		
PAYE Payable	2,879	0
	2,879	0
<b>Net Current Assets (Liabilities)</b>	<b>17,022</b>	<b>14,302</b>
<b>Total Assets less Current Liabilities</b>	<b>26,538</b>	<b>25,031</b>
<b>Creditors: amounts falling due after more than one year</b>		
DSL Loan	0	1,142
RBS Bounce Back Loan	14,023	17,842
Social Investment Loan	2,520	6,058
<b>Total Creditors: amounts falling due after more than one year</b>	<b>16,543</b>	<b>25,042</b>
<b>Net Assets</b>	<b>9,995</b>	<b>-11</b>
<b>Funds</b>		
Retained Earnings	-11	-26,678
Current Year Earnings	10,006	26,667
<b>Funds Total:</b>	<b>9,995</b>	<b>-11</b>
<b>Check I&amp;E is Equal to Funds:</b>	<b>0</b>	<b>0</b>

These accounts are prepared on the cash basis, being all income and expenditure is recognised in the year that it is received and paid – however the balance sheet does recognise long term assets and liabilities as needed.



5/26/2025

5/26/2025