

Minds of Recovery

Scotland · Charity number SC052403

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2023-03-15
Register	View on the OSCR register

Contact

Address
Braehead Farm
Irvine
North Ayrshire
KA11 2AN

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of education', '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: The charity supports people affected by substance use, & mental health issues. Our mission is to bridge service gaps & identify needs. We work with people who have experience of the Justice system. Provide peer support/1-2-1 support/group work. Provide events- Recovery Festivals/Overdose Awareness Day memorials/Lived Experience Panels. Organise sport like football, gym sessions, walking & running. Provide Recovery Coaching. Supporting families impacted by substance use via mediation sessions. Work with local organisations & partnerships that have similar values & aims as Minds of Recovery. Create accessible, stigma-free spaces for engagement & growth via 2 Conversation Cafés, to encourage participants to explore various topics & embark on shared learning journeys. We have 2 groups in HMP Kilmarnock, focusing on recovery coping mechanisms, life skills & community reintegration skills, addressing offending behaviours and providing support.

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

Objectives: To provide or organise recreational activities with the aim of improving the conditions of life for people affected by substance misuse The advancement of health through promoting and delivering different models of recovery, utilising personal experiences of people, families who have been subject to the adverse effects of alcohol and drugs. Instilling hope and motivation to individuals in their recovery journey in a safe, therapeutic environment. To advance education by providing human rights training and information, support and signpost to advice services for individual or Families affected by drug and alcohol misuse and to empower positive change To advance education by hosting events and information sessions with the aim of

breaking down the stigma and barriers surrounding recovery and open a path for those suffering, back into the community

Geography

- **Main operating location:** North Ayrshire
- **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	£61,000	£23,474	-	1
2024-03-31	£20,409	£10,149	-	1

Minds of Recovery

Scotland - Charity number SC052403

Accounts

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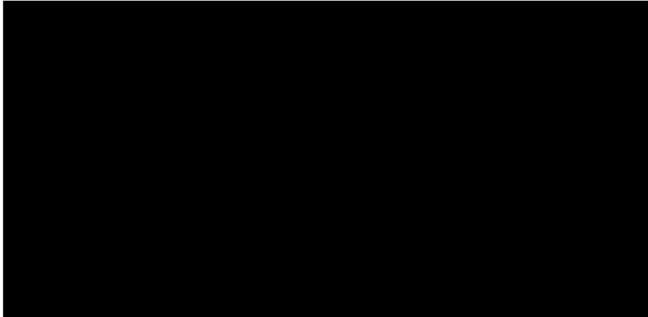
**Annual Report & Financial Statements for
the year ended 31 March 2025**

Trustees' Annual Report for the Year Ended 31 March 2025

The trustees have pleasure in presenting their report together with the financial statements and the independent examiner's report for the year ended 31 March 2025.

Reference and Administrative Information

Charity Name Minds of Recovery
Charity No SC052403



Structure Governance and Management

Constitution

The Charity incorporated as a Scottish Charitable Incorporated Organisation (SCIO) on the 15 March 2023, and it is governed by its constitution which was adopted on the same date.

Appointment of Trustees

The Management Committee, which normally meets on a quarterly basis, are the charity's trustees.

Membership of the management committee is unpaid and voluntarily.

Trustees are elected at the Annual General Meeting which is normally held in October.

Under the constitution, there must be a minimum of 3 not more than 8 elected trustees.

Management

The trustees are responsible for the strategic direction and governance of the charity.

Objectives and Activities

Charitable purposes

- To provide or organise recreational activities with the aim of improving conditions of life for people affected by substance misuse.
- The advancement of health through promoting and delivering different models of recovery, utilising personal experiences of people, families who have been subject to the adverse effects of alcohol and drugs. Instilling hope and motivation to individuals in their recovery journey in a safe, therapeutic environment.
- To advance education by providing human rights training and information, support and signpost to advice services for individuals or families affected by drug and alcohol misuse to empower positive change.
- To advance education by hosting events and information sessions with the aim of breaking down the stigma and barriers surrounding recovery and open a path for those suffering back into the community.

Activities

- Recovery Communities
- Football sessions
- Gym classes
- HMP Kilmarnock prison groups
- Conversation Cafes
- Peer mentoring
- 1-2-1 support
- Advocacy
- Community Events

Achievements & Purpose

Minds of Recovery achievements have been the establishment of North Ayrshire Lived Experience Panels in partnership with the Alcohol and Drug Partnership.

Football tournaments bringing recovery / mental health teams from across Scotland together to improve physical / mental health and to increase social capitals of participants and families.

Setting up of conversation cafes across Ayrshire to listen to the voices of lived experience and to facilitate recovery-oriented systems of care within these groups.

The personal development of volunteers into full time education/employment by peer mentoring and capacity building.

Partnership working with Turning Point Scotland/ Irvine Locality Partnership/ Alcohol and Drug Partnership and Ayrshire College in bringing the Peer Programme to North Ayrshire.

Minds of Recovery staff member completing Human Rights Training facilitated by British Institute of Human Rights.

Bringing Recovery groups/ lived experience recovery organisations together to work collaboratively with the aims of improving relationships with the community.

Hosting the Recovery Walk within HMP Kilmarnock.

Setting up the first Conversation Café within Kilwinning, which was identified as an area of high drug related deaths and no recovery community.

The setting up of gym groups to improve physical/ mental wellbeing.

Becoming the first 3rd sector Lived Experience Recovery Organisation to work in partnership with Criminal Justice in offering an alternative to Drug Testing Treatment Order / Community Payback requirements.

Working in partnership with North Ayrshire Alcohol & Drug Partnership in Overdose Awareness Day.

Facilitating a weekly conversation café and a weekly focused group based on occupational therapy within HMP Kilmarnock. The purpose of these were to be a person-centred approach to make recovery visible and to be an asset to the community by capacity building and improving social capitals of our participants and partners.

Employing a lived experience sessional worker.

Financial review

Results for the year ended 31 March 2025 are given in the Statement of Receipts & Payments on page 4. The Statement of Balances are detailed on page 5. Unrestricted funds at the year end total £10,483.51 with restricted funds amounting to £37,302.30.

Reserves policy

The charity will aim to host fundraisers to build reserves required for holding a 3-month reserve fund at all times. On future funding applications they will aim to include for a service charge. If required, they will appeal to the local public and utilise support of the community.

Plans for future period

The future plans of the charity are to secure funding to increase staffing, by developing volunteers and capacity building. To secure a Recovery Hub within North Ayrshire to bring different organisations together under one roof. To increase training, including human rights in the aim of our advocacy work. To increase the presence of Minds of Recovery within East and South Ayrshire and build grassroots conversation cafes and development of Recovery oriented systems of care. To invest in digital infrastructure and digital inclusion/ training for staff/ volunteers and community members. To secure funding for an admin worker. To secure training for the Community Coordinator to undertake and update Computing Skills.

Approved by the Trustees

Signature(s)

Full name(s)

Position

Chairperson

Treasurer

Date

22/12/25

19.12.2025

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Independent Examiner's Report on the Accounts

the year ended 31 March 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) 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

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 December 2025

MINDS OF RECOVERY

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**Annual Report & Financial Statements for
the year ended 31 March 2025**

Statement of Receipts & Payments

	Note	Unrestricted funds to nearest £	Restricted funds to nearest £	Total funds current period to nearest £	2024
Receipts					
Donations	4	460.52	-	460.52	2,544.58
Grants	5	<u>10,000.00</u>	<u>50,539.00</u>	<u>60,539.00</u>	<u>17,864.06</u>
Total receipts		10,460.52	50,539.00	60,999.52	20,408.64
Payments					
Payments relating directly to charitable activities	6	606.99	8,635.16	9,242.15	6,206.60
Payroll Expenses		-	13,611.20	13,611.20	3,840.00
Pension Expenses		-	14.40	14.40	-
Professional fees		606.00	-	606.00	102.00
Payments relating to asset and investment movements					
Purchases of fixed assets		-	-	-	-
Total payments		1,212.99	22,260.76	23,473.75	10,148.60
Net receipts / (payments)		<u>9,247.53</u>	<u>28,278.24</u>	<u>37,525.77</u>	<u>10,260.04</u>

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**Annual Report & Financial Statements for
the year ended 31 March 2025**

Statement of Balances

	Unrestricted funds	Restricted funds	Total current period
Cash Funds	to nearest £	to nearest £	to nearest £
Cash and bank balances at start of year	1,235.98	9,024.06	10,260.04
Surplus / (deficit) shown on receipts and payments account	9,247.53	28,278.24	37,525.77
Cash and bank balances at end of year	<u>10,483.51</u>	<u>37,302.30</u>	<u>47,785.81</u>

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Annual Report & Financial Statements for the year ended 31 March 2025

Notes to the Financial Statements

1 Basis of accounting

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2 Nature and purpose of funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity. The trustees maintain a single unrestricted fund for the day-to-day running of the charity.

Restricted funds may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes.

3 Related party transactions

Remuneration of £13,611.20 was paid to a trustee during the year. No other remuneration was paid to the trustees or any connected persons during the year.

4 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	2024
Miscellaneous	<u>460.52</u>	<u>-</u>	<u>460.52</u>	<u>2,544.58</u>
Total	<u>460.52</u>	<u>-</u>	<u>460.52</u>	<u>2,544.58</u>

5 Grants received

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	2024
Scottish Recovery Consortium	-	-	-	5,000.00
National Lottery Community Fund	-	-	-	9,740.00
North Ayrshire Alcohol & Drug Partnership	-	15,300.00	15,300.00	3,124.06
The Corra Foundation	-	18,720.00	18,720.00	-
Turning Point Scotland	-	171.00	171.00	-
Scottish Government Arran Community and Voluntary Service	-	10,000.00	10,000.00	-
Bank of Scotland	10,000.00		10,000.00	-
North Ayrshire Council	<u>-</u>	<u>6,348.00</u>	<u>6,348.00</u>	<u>-</u>
Total	<u>10,000.00</u>	<u>50,539.00</u>	<u>60,539.00</u>	<u>17,864.06</u>

**6 Payments relating directly to
charitable activities**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	2024
Group Expenses	242.34	4,164.93	4,407.27	3,213.65
Volunteer Expenses	119.30	786.14	905.44	1,225.46
Employee Expenses		795.30	795.30	471.00
Office Expenses	245.35	2,370.56	2,615.91	652.52
Training		142.25	142.25	305.00
Advertising		-	-	154.00
Telephone		296.00	296.00	163.05
Sundry	<u>-</u>	<u>79.98</u>	<u>79.98</u>	<u>21.92</u>
Total	<u>606.99</u>	<u>8,635.16</u>	<u>9,242.15</u>	<u>6,206.60</u>