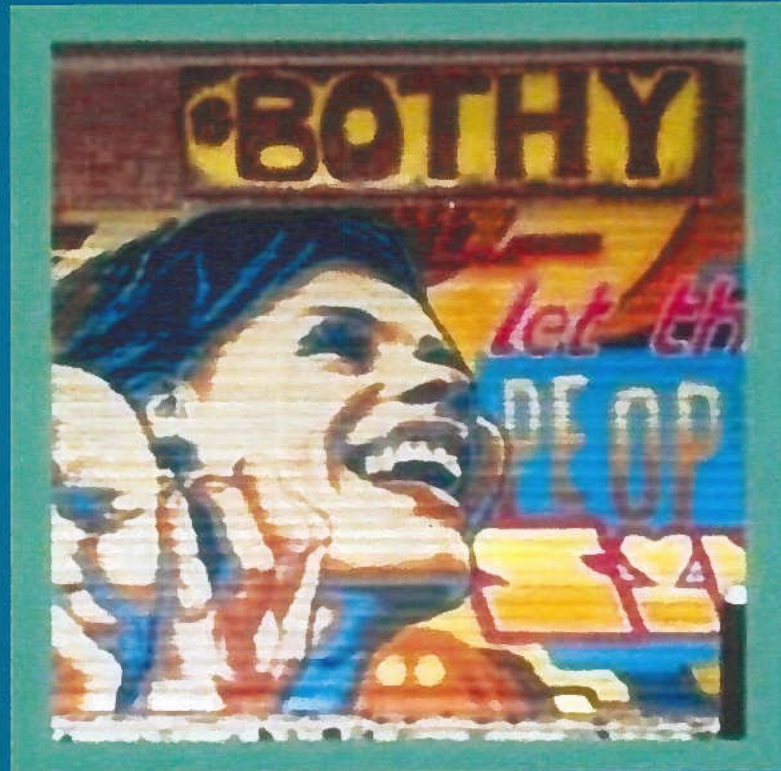


# THE BOTHY

LET THE PEOPLE SING  
CHARITY NUMBER  
SC052436



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# REPORT HIGHLIGHTS

**MESSAGE FROM OUR CHAIR PERSON.**

**OUR MISSION.**

**WHAT WE OFFER.**

**OUTCOMES AND IMPACTS.**

**OUTCOMES AND IMPACTS.**

**DROP IN IMPACT.**

**WOMEN'S GROUP IMPACT.**

**TESTIMONIALS.**

**FUNDERS AND PARTNERS.**

**BOARD OF TRUSTEE'S.**

**THANK YOU.**

## **A MESSAGE FROM THE CHAIRPERSON**

**AS CHAIR OF LET THE PEOPLE SING, I'M HONOURED TO SHARE A LITTLE OF MY JOURNEY, INTRODUCE OUR INCREDIBLE TEAM, AND REFLECT ON THE EXCITING FUTURE WE'RE BUILDING TOGETHER.**

**THE BOTHY IS MORE THAN JUST A SERVICE—IT'S A COMMUNITY ROOTED IN PASSION, CONNECTION, AND PURPOSE. I'D LIKE TO TAKE THIS OPPORTUNITY TO REFLECT ON HOW I BECAME PART OF THIS JOURNEY, AND TO EXPRESS MY HEARTFELT GRATITUDE TO THOSE WHO MAKE OUR WORK POSSIBLE.**

**I FIRST CAME TO THE BOTHY SIMPLY LOOKING FOR SOMETHING TO DO—SOMEWHERE TO CONNECT AND BE PART OF SOMETHING MEANINGFUL. I JOINED THE WOMEN'S GROUP AND SOON BECAME A VOLUNTEER WITHIN THE DROP-IN. I BEGAN TAKING PART IN TRAINING AND OUTREACH WORK, AND THROUGH THAT PROCESS, I DISCOVERED SOMETHING UNEXPECTED: I FOUND MY PASSION.**

**THAT JOURNEY LED ME TO FACILITATOR TRAINING, AND EVENTUALLY, I BECAME THE FACILITATOR FOR THE VERY SAME GROUP THAT HAD WELCOMED ME. AS THE GROUP GREW IN STRENGTH AND DEMAND, WE OPENED A SECOND SESSION—BECAUSE THAT'S WHAT OUR COMMUNITY NEEDED. MEETING THOSE NEEDS IS AT THE HEART OF EVERYTHING WE DO.**

**THROUGHOUT MY TIME AT THE BOTHY, I'VE CONTINUED TO LEARN AND GROW. WITH A BACKGROUND IN SOCIAL CARE AND YEARS OF EXPERIENCE AS A SUPPORT WORKER, I STEPPED BACK FOR A TIME TO RAISE MY FOUR WONDERFUL CHILDREN. BUT I KNEW I NEEDED SOMETHING FOR MYSELF TOO—SOMETHING TO STRIVE FOR. THAT'S WHEN THE BOTHY BECAME PART OF MY STORY.**

**TODAY, I'M PROUD TO SERVE AS CHAIRPERSON OF A SERVICE POWERED BY THE DEDICATION OF ITS VOLUNTEERS, SUPPORTED BY THE PUBLIC AND OUR FUNDERS, AND DRIVEN BY THE NEEDS OF OUR COMMUNITY.**

**LOOKING AHEAD, OUR PLANS TO MOVE TO A LARGER PREMISES, EXPAND SERVICES FOR WOMEN, AND OPEN A WELCOMING COMMUNITY CAFÉ REFLECT OUR SHARED VISION. IT'S A VISION BUILT NOT JUST ON STRATEGY, BUT ON LIVED EXPERIENCE, TRUST, AND COLLECTIVE HOPE.**

**THANK YOU**

**TO EVERY VOLUNTEER, SUPPORTER, FUNDER, AND COMMUNITY MEMBER WHO CONTINUES TO BELIEVE IN AND BACK OUR WORK—I AM TRULY GRATEFUL TO BE PART OF THIS WITH YOU.**

**WARMLY,**

**[REDACTED]**

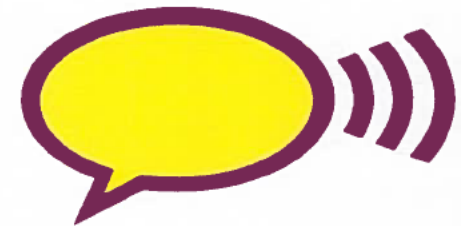
**CHAIRPERSON, LET THE PEOPLE SING**

# OUR MISSION AND ETHOS

WE EXIST TO BE A STARTING POINT—A PLACE WHERE INDIVIDUALS FEEL SAFE, SUPPORTED, AND SEEN.

OUR MISSION IS TO SUPPORT PEOPLE IN BUILDING SELF-CONFIDENCE, SELF-BELIEF, AND SELF-WORTH. IN OUR PEER-LED ENVIRONMENT, WE RECOGNISE THE POWER OF SHARING OUR UNIQUE JOURNEYS. BY OFFERING VULNERABILITY, WE INVITE TRUST BY SHOWING EMPATHY, WE FOSTER CONNECTION. OUR CORE FOCUS IS ON BUILDING GENUINE RELATIONSHIPS AND CULTIVATING A SENSE OF UNITY WITHIN OUR COMMUNITY. WE CREATE A SOLID SUPPORT SYSTEM THAT EMPOWERS INDIVIDUALS TO MOVE FORWARD IN THEIR OWN PERSONAL JOURNEY.

BY WORKING ALONGSIDE OTHER SERVICES, WE ENSURE THAT NO ONE HAS TO NAVIGATE RECOVERY ALONE—HOWEVER THAT MAY LOOK. WE HOLD A DEEP UNDERSTANDING THAT EACH PERSON'S RECOVERY IS UNIQUE, AND WE WANT EVERYONE TO KNOW THEY HAVE THE ABILITY TO THRIVE, NOT JUST SURVIVE. WE ARE HERE TO WALK ALONGSIDE EVERY INDIVIDUAL—NOT AHEAD OF THEM—SUPPORTING ONE ANOTHER TO RECLAIM CONTROL, REBUILD LIVES, AND REALISE POTENTIAL.



*Let the People Sing*



## WHAT WE OFFER

### Our Core Offer: Person-Centred Support at The Bothy

At The Bothy drop-in service, we provide a comprehensive, person-centred approach—supporting each individual based on their unique needs, goals, and circumstances. Whether someone is taking their first step or navigating long-term recovery, we offer practical tools, emotional support, and pathways to empowerment.

### Health & Safety Support

- Referrals to rehabilitation services when and if it's the right step
- Naloxone kits and overdose response training
- Accompaniment to personal appointments
- Food bank referrals and basic needs support

### Access & Inclusion

- Free internet access for appointments, applications, and staying connected
- Basic IT support to encourage digital inclusion
- Hot/cold drinks and snacks always available

### Recovery & Wellbeing

- Recovery coaching
- Peer-led support and community empowerment
- Women's-only wellbeing and recovery groups
- Weekly yoga sessions focused on body-mind connection
- Art therapy classes
- Memorial quilting group to honour those we've lost

### Skills & Growth

- Cooking workshops to build nutritional knowledge, skills, and confidence
- Volunteering roles within our service, fostering purpose and self-belief
- Training opportunities tailored to individual goals
- Free gym memberships in partnership with Edinburgh Leisure

### Navigation & Advocacy

- Signposting to relevant services and community resources
- Support with referrals, applications, and advocacy

Would you like help turning this into a visual service map or pairing it with impact data? I can also help you write a short intro or conclusion that ties this into your values and strategic aims.



**EACH OF THESE OFFERINGS IS MORE THAN JUST A SERVICE—THEY ARE OPPORTUNITIES TO BUILD TRUST, RESTORE HOPE, AND RECONNECT WITH COMMUNITY. TOGETHER, THEY FORM THE FOUNDATIONS OF A SAFE AND EMPOWERING ENVIRONMENT WHERE EACH PERSON'S JOURNEY CAN BEGIN, GROW, AND CONTINUE.**

## OUTCOMES AND IMPACTS

### Pathways to Stability and Employment

Our service creates tangible pathways toward stability, purpose, and employment. Through volunteering, training, and shared learning, individuals build confidence, develop skills, and reconnect with their potential.

#### Key Outcomes

##### Volunteers Moving into Paid Employment

A testament to the confidence built and potential realised. Many of our volunteers transition into paid roles, both within and beyond our service—demonstrating the power of lived experience and peer-led support.

##### Training Opportunities

We support individuals to set and achieve personal and professional goals. From recovery coaching to facilitation skills, our training pathways foster growth, leadership, and long-term resilience.

##### Student Learning Exchanges

Future professionals gain invaluable insight into lived experience, while participants find purpose in sharing their stories. These exchanges build mutual respect and deepen understanding across sectors.

### Community, Connection, and Belonging

We believe that recovery is rooted in connection. Our groups, drop-in sessions, and peer-led spaces reduce social isolation and offer consistent, compassionate presence.

#### Safe Space

We provide a welcoming environment for anyone seeking connection, support, or simply somewhere to be. This space is often the first step toward rebuilding trust and stability.

#### Peer Support

Relationships formed through peer support foster resilience and reduce loneliness. These connections are central to our ethos—building community from the inside out.

### Raising Awareness and Driving Systemic Change

Our work challenges stigma, promotes education, and strengthens collaboration across sectors. By centering lived experience and honest conversation, we help shift perceptions and inform more responsive systems of care.

#### Key Initiatives

##### Overdose Awareness & Naloxone Training

Equipping individuals with life-saving tools and knowledge. These sessions not only save lives but also foster community responsibility and reduce fear around overdose response.

##### Nutrition Awareness

##### Promoting wellbeing from the inside out.

We explore the links between food, mood, and recovery—supporting healthier habits and informed choices.

##### Real-Time Street-Level Knowledge

We share up-to-date insights into drug trends and emerging needs, helping professionals stay informed and responsive. This bridges the gap between frontline experience and strategic decision-making.

##### Collaborative Signposting

Through consistent partnership and signposting, we help individuals access wider support. Our relationships with other services continue to grow, strengthening the local recovery ecosystem.

### A Message of Hope

At the core of every outcome is something deeper: hope. Whether someone is taking their first step or rediscovering who they are, we help create a space for belief in a better future—for individuals, for families, and for our community.



## OUTCOMES AND IMPACTS

### **Beyond Service Delivery: Creating Lasting Change**

Our work goes far beyond providing services. It creates real, lasting change in people's lives and within the wider community. These outcomes reflect the resilience of those we work alongside and the ripple effect of having a safe, supportive community space in the heart of Craigmillar.

#### **Empowerment Through Learning and Growth**

##### **First Aid Training**

Participants gain essential life-saving skills and the confidence to respond in emergencies. This training fosters a sense of responsibility and self-efficacy, with many reporting increased readiness to support others in their community.

##### **Facilitator Training**

This pathway opens doors to leadership, purpose, and new opportunities. Individuals are supported to develop facilitation skills, lead peer groups, and contribute meaningfully to our service delivery—building both personal and collective capacity.

##### **Recovery-Focused Learning**

##### **Recovery Coaching**

Our recovery coaching supports individuals to build practical tools for daily life while deepening their understanding of themselves. Through one-to-one and group sessions, participants explore personal goals, develop coping strategies, and strengthen their recovery journey.

##### **Psychology-Led Presentations**

Led by a master's-level psychologist, these sessions increase awareness of behaviours, cravings, and coping mechanisms. They promote education, self-reflection, and informed decision-making—empowering individuals with knowledge that supports long-term wellbeing.

### **Peer led groups-**

As part of our commitment to community-driven recovery, we continue to expand and support peer-led initiatives. These groups foster connection, confidence, and wellbeing, and are shaped by lived experience.

#### **Women's Group**

This group offers short courses aimed at improving mental wellbeing and building confidence. Participants are supported to make positive changes in their lives, with sessions designed to reduce social isolation and promote personal growth.

##### **Impact Highlights:**

- Increased confidence among participants
- Reduction in feelings of isolation
- Positive feedback on course accessibility and relevance

#### **Art Therapy Group**

Launched in July 2025, this group provides a peaceful space for creative expression. Participants report a sense of calm and connection through art, with emerging peer leadership strengthening group cohesion.

##### **Impact Highlights:**

- Growth in peer-led workshops within sessions
- Formation of new friendships and support networks
- Inclusive environment welcoming diverse participants

#### **Breakfast Club**

Facilitated within our drop-in service, the breakfast club ensures that basic needs are met while encouraging routine and healthier habits. It also serves as a vital space for informal connection and community building.

##### **Impact Highlights:**

- Daily access to nutritious meals
- Strengthened sense of community
- Support for individuals establishing morning routines

# Drop in impact

Key Indicator	Activity	Outcome
January 2025 totals.	Drop in service.	<ul style="list-style-type: none"><li>• Attended drop in session for support- 140.</li><li>• Signposted for additional services- 35.</li></ul>
February 2025 totals.	Drop in service.	<ul style="list-style-type: none"><li>• Attended drop in session for support- 120.</li><li>• Signposted for additional services- 15.</li></ul>
March 2025 totals.	Drop in service.	<ul style="list-style-type: none"><li>• Attended drop in session for support- 138.</li><li>• Signposted for additional support- 20.</li></ul>

## WOMENS GROUP IMPACT

Key Indicator	Activity	Outcome
Increase in the weekly attendance of the women's group. (10- 14 per week)	Structured group sessions twice weekly, led by facilitator and peers.	<ul style="list-style-type: none"> <li>• Women have routine, purpose and connection, reducing social isolation.</li> </ul>
Women return weekly, documented over a 3 month period.	Consist group culture and peer support.	<ul style="list-style-type: none"> <li>• Sustained engagement.</li> <li>• Stronger personal development.</li> </ul>
All the women in the group report improved wellbeing.	Regular check ins. Wellness activities. Group led planners.	<ul style="list-style-type: none"> <li>• Increased mental health stability.</li> <li>• Sense of value and safety.</li> </ul>
7 External workshops delivered. 4 internal workshops delivered(group members)	External services delivered. Health in mind, dynamic earth, botanical gardens, Edinburgh community foods, Art student.	<ul style="list-style-type: none"> <li>• Broader access to tools and education.</li> <li>• Women building life and coping skills.</li> </ul>
4 women completed facilitator training.	Encouragement from the group and facilitators.	<ul style="list-style-type: none"> <li>• Womens take next steps into training, becoming volunteers, building their confidence and self esteem.</li> <li>• Women gained qualifications.</li> </ul>



# TESTIMONIALS

'When i first came into The Bothy i was nervous, not knowing what the people would be like or whether i would fit in. However i have felt welcomed each and everytime, i regularly pop in and have made some great friends, i have lived in our community for many years now and i feel that the bothy is well needed in our community. I work in our local church and i meet many people from all walks of live, i have recommended to several individuals to the bothy, a few have became a big part of the service, engaging with others services with in there too'

'I pop into the bothy for a coffee when i visit the chemist next door, the volunteers always make me feel good about myself and i leave feeling positive'

'The volunteers are people I know and it makes me think, if they can do, i can do this'

'The Bothy is my safe space, i am there at every drop in'

'I go to the women's group, I have met some great women there, we meet up twice a week and do group work, trips and coffee morning, one of the thing's I love about it is we choose what it is we are doing each week'



# Board Members

**ALL OUR BOARD MEMBERS ARE PROFESSIONAL, DEDICATED MEMBERS OF THE NIDDRIE COMMUNITY. EACH REPRESENTING PASSION AND HOPE WITHIN THE RECOVERY AND ADDICTION FIELD.**

**GOING ABOVE AND BEYOND FOR OUR COMMUNITY SPACE WITH IN THE BOTHY.**



*e People Sing*



# THANK YOU

## WITH DEEP GRATITUDE TO OUR FUNDERS, PARTNERS AND COMMUNITY.

NONE OF THIS WOULD BE POSSIBLE WITHOUT YOU—OUR INCREDIBLE FUNDERS, STEADFAST PARTNERS, AND THE PASSIONATE, RESILIENT COMMUNITY THAT SURROUNDS AND UPLIFTS US EVERY STEP OF THE WAY.

### TO OUR FUNDERS

YOUR TRUST IN OUR WORK AND YOUR GENEROUS SUPPORT LIGHT THE PATH FORWARD. YOU DON'T JUST FUND OUR PROGRAMMES—YOU INVEST IN HOPE, IN CHANGE, AND IN A BETTER FUTURE FOR ALL OF US.

### TO OUR PARTNERS

THANK YOU FOR SHARING YOUR STRENGTH, YOUR WISDOM, AND YOUR BELIEF THAT WE ARE STRONGER TOGETHER. YOUR COLLABORATION IS A POWERFUL REMINDER THAT REAL CHANGE HAPPENS WHEN WE JOIN FORCES.

### TO OUR BELOVED COMMUNITY

YOU ARE THE HEART OF EVERYTHING WE DO. YOUR COURAGE, YOUR VOICE, AND YOUR UNWAVERING PRESENCE INSPIRE US DAILY. WE DO THIS WORK BECAUSE OF YOU—AND FOR YOU. EVERY SUCCESS, EVERY MILESTONE, AND EVERY STEP FORWARD—WE SHARE IT WITH YOU. THANK YOU FOR BEING PART OF THIS JOURNEY. THANK YOU FOR MAKING IT HAPPEN.

LET THE PEOPLE SING – THE BOTHY

**Registered Charity Number  
SC052436**

**LET THE PEOPLE SING  
Report and Accounts  
For The Year Ended  
31 March 2025**



**LET THE PEOPLE SING**  
**Report and Accounts**  
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## LET THE PEOPLE SING

### *Independent Examiner's Report to Trustees of Let The People Sing*

I report on the accounts of the charity for the year ended 31 March 2025 which are set out on pages 14 to 20.

#### **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.



Director of Resources  
Thistle Foundation, Queens Walk, Edinburgh, EH16 4EA

Date: 12th November 2025

**LET THE PEOPLE SING**  
**Income and Expenditure Account**  
**For the year ended 31 March 2025**

	<b>2025</b>		<b>2024</b>	
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Income:</b>				
Grants	92,611.01		15,000.00	
Edinburgh Community Yoga	1,008.00		378.00	
Bank Interest	0.00		0.00	
Other	0.00		0.00	
<b>Total Income</b>		<b>93,619.01</b>		<b>15,378.00</b>
<b>Expenditure:</b>				
Wages	18,931.20		4,261.20	
Group Costs	122.71		0.00	
Rent	7,463.02		0.00	
Electricity	451.61		0.00	
Facilities Maintenance	1,089.69		2,147.63	
Insurance	385.01		375.26	
Telephone	250.00		0.00	
Training	261.00		0.00	
Membership & Subscriptions	215.97		0.00	
Printing & Stationery	71.49		0.00	
Sundries	411.07		1,007.83	
Trade Waste	650.99		282.36	
Accountancy Fees	0.00	30,303.76	0.00	8,074.28
<b>Retained Surplus/(Deficit)</b>		<b><u>63,315.25</u></b>		<b><u>7,303.72</u></b>

Prepared by: [REDACTED]  
on 10.09.2025

**LET THE PEOPLE SING**  
**Balance Sheet**  
**As at 31 March 2025**

	<b>2025</b>		<b>2024</b>	
	£	£	£	£
<b>FIXED ASSETS</b>				
Tangible Fixed Assets		0.00		0.00
<b>CURRENT ASSETS</b>				
Debtors	0.00		0.00	
Cash at Bank and in Hand	<u>70,618.97</u>		<u>7,303.72</u>	
	<u>70,618.97</u>		<u>7,303.72</u>	
<b>CURRENT LIABILITIES</b>				
Creditors: Amount falling due within one year	<u>0.00</u>		<u>0.00</u>	
<b>NET CURRENT ASSETS</b>		<u>70,618.97</u>		<u>7,303.72</u>
<b>NET ASSETS</b>		<u><u>70,618.97</u></u>		<u><u>7,303.72</u></u>
<b>FUNDS:</b>				
Unrestricted Funds		70,618.97		7,303.72
Restricted Funds		0.00		0.00
Designated Funds		<u>0.00</u>		<u>0.00</u>
		<u><u>70,618.97</u></u>		<u><u>7,303.72</u></u>

Prepared by: [REDACTED]  
on 10.09.2025

**LET THE PEOPLE SING**  
**Charity Number SC052436**  
**Balance Sheet**  
**As at 31 March 2025**

For the year ended 31 March 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The Trustees acknowledge their responsibilities for ensuring that:

- i) the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476
- ii) the Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by Board of Trustees on 19/11/2025 and signed on their behalf by:

