

Pillar of Hope

Scotland · Charity number SC052720

Details

Known as	N/A
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2023-07-31
Register	View on the OSCR register

Contact

Address 28 Inchbrea Terrace
Garthdee
Aberdeen
AB10 7 AN

Website www.pillarofhope.co.uk

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: Pillar of Hope Charity was established to voluntarily provide free support services to those in need and/or vulnerable because of age, ill health, disability, financial hardship, or other disadvantages. We have been providing support services to vulnerable individuals and disadvantaged communities in Aberdeen and surroundings We achieve this by running weekly wellness and fitness activities in partnership with local organisations like Snap Fitness 24/7, promoting both physical and mental health. Delivering befriending services through trained volunteers who offer companionship and support to reduce loneliness and improve emotional well-being. We distribute food packs to vulnerable individuals and families, especially those struggling with rising costs or with limited access to public funds. Organising health and wellbeing fairs and workshops that offer practical knowledge, raise awareness about prevention and self-care, and help attendees navigate health and social care systems

Beneficiaries: 'No specific group, or for the benefit of the community'

Objectives: 4 The organization's purposes are: The relief of those in need by reason of age, ill health, disability, financial hardship, or other disadvantages by 4.1 The advancement of promotion of public health of those in need due to age, ill-health, ill health-related disability, financial hardship, or other disadvantages. By continuing to create programmes that increase disease awareness, improve health literacy, and empower patients to better manage their health. Our work is delivered through sustainable healthcare awareness

programs that are built upon the principles of health equity, transparency, and partnership, working with other non-profit organizations, associations, and societies from around Scotland. 4.1.1 The relief of those in need by reason of age, ill health, disability, financial hardship, or other disadvantages as a result of being disadvantaged more than others through the provision of practical assistance or support for vulnerable elderly people facing isolation and loneliness due to medical challenges such as Diabetes, and mental health. Through providing befriending services as well as signpost our service users to advice helplines, condition specialists, information resources, courses to help them manage their condition, support groups and online forums, practical aids or just someone to talk to. in Scotland and overseas to reduce or eliminate the disadvantages. 4.1.2 The advancement of community development through supporting disadvantaged and vulnerable persons by providing friendship and practical advice, supporting older people to transform their lives, through one-to-one support, well-being courses, community groups, and supported physical activity, to help them make new friends regardless of challenges faced. This will encourage them to come out and socialize with each other while overcoming barriers to actively participate and promote resilience and positive well-being. . 4.1 Advancement of education by providing information, training, guidance, and support services through hosting events, including in partnership with other organizations, in order to 4.1.1 promote a better understanding of the importance of leading healthy lifestyles to prevent their health conditions deteriorate. Become more informed about one's health complications, and management strategies 4.1.2 create better awareness and understanding of their social and health care rights, and combat prejudice towards individuals with such experience 4.1.3 promote social inclusion for the benefit of adults with long-term illness and prevent them from becoming socially excluded, relieving the needs of those that are socially excluded and assisting them to integrate into society. 4.1.4 Promote maintaining manageable health that will not deteriorate very fast into crisis and be able to live on his or her own in the community. When this happens, they end up in the hospital or nursing care home or even die. 4.1.5 provide public health management information and enlightenment to many vulnerable older people with health issues in Scotland and overseas. The lack of opportunities to access regular social and health management information is fast becoming a crisis in Scotland and worst in Africa. It is dooming a generation of elderly people especially sick older people to a life of misery, uncertainty, agony, and hopelessness.

Geography

- **Main operating location:** Aberdeen
- **Geographical spread:** UK and overseas

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£0	£0	-	0
2025-03-31	£23,965	£7,668	-	0
2024-03-31	£257	£257	-	0

Pillar of Hope

Scotland - Charity number SC052720

Accounts

APPENDIX 1

OSCR

Scottish Charity Regulator

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	24	To	31	03	25

Reference and administration details

Charity name	Pillar of Hope
Other names charity is known by	POH
Registered charity number	SC052720
Charity's principal address	[REDACTED]

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
[REDACTED]			

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

Pillar of Hope is registered as a Scottish Charitable Incorporated Organisation (SCIO).

The structure of Pillar of Hope UK consists of the BOARD, which holds regular meetings and controls the organisation's activities; for example, the board is responsible for monitoring and controlling the organisation's financial position.

Trustee recruitment and appointment

The board appoints any person to be a charity trustee - by way of a resolution passed by a majority vote at a board meeting.

Objectives and activities

Charitable purposes

The relief of those in need by reason of age, ill-health, disability, financial hardship, or other disadvantages, by promoting health and well-being; organising wellness and fitness activities, health education fairs, and community resource awareness campaigns. By the advancement of education and skills development; supporting community members in gaining knowledge, life skills, and vocational training.

Summary of the main activities in relation to these objects

We organise weekly Wellness and Fitness activities including, exercises, sports, picnics, and dancing in partnership with Snap Fitness Aberdeen.

Unity In Wellness and Uplifting Minds Together Projects: Culturally sensitive befriending services for vulnerable individuals involving home visits, phone contacts, tailored group exercises, and picnics.

Organising health and wellbeing Fairs; health seminars, nutrition, and skills acquisition workshops.

Food pack distribution in collaboration with local food banks such as Mamacita and Cfine.

Achievements and performance

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

During this year, Pillar of Hope made significant strides in successfully implementing various community-oriented programmes to alleviate social isolation, improve physical and mental well-being, and addressing food insecurity. We significantly improved on our collaboration with other charities and funders such as Corra Foundation, NHS Grampian, Health Improvement Fund, Community Mental Health Fund, Cash4clubs, Cfine, and Snap Fitness Aberdeen. Our key projects and achievements this year include:

A. Wellness and Fitness Activities

Our weekly wellness and fitness activities continued to grow, encouraging more people to stay physically active and improve their overall mental health. These activities have been particularly beneficial for those managing chronic health conditions and social isolation.

B. Unity in Wellness and Uplifting Minds Together Befriending Projects

Recognizing the impact of ill-health, economic crisis, and social isolation on mental health, we launched culturally sensitive befriending services. Our trained befrienders provide companionship and emotional support to over 50 vulnerable individuals to regain confidence and a sense of belonging through one-on-one visits and group sessions.

C. Community Health and Well-being Fairs: Collaborating with healthcare professionals and local organizations, we organized health and well-being fairs that included culturally sensitive public health awareness seminars and workshops, free health checks, and expert advice on managing long-term conditions. These events have proven essential in bridging the gap between communities and healthcare services. Over 350 participants have attended.

D. Our food pack support in partnership with Mamacita and Cfine, successfully distributed 800 parcels of nutritious food items that alleviate the pressures of the cost-of-living crisis and food insecurity for many BAME individuals and families.

Financial review

Brief statement of the charity's policy on reserves

Pillar of Hope Charity maintains financial reserves to ensure the sustainability and continuity of its services, particularly in times of financial uncertainty. Our reserves policy aims to:

- Provide a financial cushion to cover unforeseen expenses or funding shortfalls.
- Ensure the charity can meet its obligations, including staff costs and essential projects delivery.
- Support strategic development and long-term sustainability.

Details of any deficit

Donated facilities and services (if any)


Snap Fitness Aberdeen has donated more than 80 hours of free use of their gym hall and sports facilities at 2 hours per week for the Pillar of Hope's weekly Wellness and Fitness Activities.

The Unity in Wellness Befriending service has been supporting over 30 individuals through the efforts of our 10 trained volunteers, who have conducted more than 50 befriending sessions, each lasting approximately two hours.

Declaration

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

Signed on behalf of the charity's trustees

Signature(s) <i>OSCR will accept digital or typed signatures</i>		
Full name(s)		
Position (e.g. Chair)	Chairperson	
Date	18/04/2025	

Receipts and payments accounts

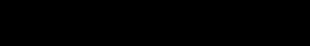
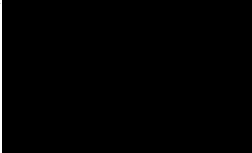
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	04	2024		31	03	2025

Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
A1 Receipts						
Donations	115				115	257
Legacies					-	
Grants	300	23,400			23,700	-
Receipts from fundraising activities	150				150	-
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	-
					-	
A1 Sub total	565	23,400	-	-	23,965	257
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	565	23,400	-	-	23,965	257
A3 Payments						
Expenses for fundraising activities	100				100	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	465	7,103			7,568	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	-				-	
Preparation of annual accounts	-				-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	565	7,103	-	-	7,668	-
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	565	7,103	-	-	7,668	-
Net receipts / (payments)	-	16,297	-	-	16,297	257
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	-	16,297	-	-	16,297	257

Section B Statement of balances

Categories	Details	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
		to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
B1 Cash funds	Cash and bank balances at start of year	257	-			257	257
	Surplus / (deficit) shown on receipts and payments account	16,297	-			16,297	-
						-	
						-	
	Cash and bank balances at end of year	16,554	-	-	-	16,554	257
	(Agree balances with receipts and payments account(s))	-	-	-	-	-	-

Independent examiner's report on the accounts							
Report to the trustees/members of	Pillar of Hope						
Registered charity number	SC0562720						
On the accounts of the charity for the period	Period start date				Period end date		
	Day	Month	Year	to	Day	Month	Year
	01	04	2024		31	03	2025
Set out on pages	5-6					(remember to include the page numbers of additional sheets)	
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 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	<p>In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]</p> <ol style="list-style-type: none"> which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> 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 <p>have not been met, or</p> <ol style="list-style-type: none"> to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached. 						
Signed:					Date:	03 April 2025	
Name:	c., M.Sc., MBA, ACA, ACCA, FCCA, FFA, CIA, CFE						
Relevant professional qualification(s) or body (if any):	Association of Certified Chartered Accountants (ACCA) Institute of Financial Accountants (FFA) Institute of Chartered Internal Auditor of UK & Ireland (CMIIA) Certified Fraud Examiner (CFE)						
Address:							

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

**OSCR will accept digital or typed signatures.

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose