

Keep The Heid Mental Health Café SCIO

Scotland · Charity number SC053048

Details

Known as	Keep The Heid
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2024-01-09
Register	View on the OSCR register

Contact

Address
5 Meadow Park
Haddington
EH41 4DS

Activities

Activities: 'It carries out activities or services itself'

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

What the charity does: We provide support sessions to people in East Lothian who are experiencing mental health difficulties, short or long term.

Beneficiaries: 'People with disabilities or health problems'

Objectives: 4 The organisation's purposes are: (a) To provide activities to communities in Scotland that support mental health and wellbeing (b) To organise fundraising activities to support mental health and wellbeing activities (c) To provide a safe space to talk about mental health issues. Activities are not designed to support people having a mental health crisis. (d) To support and train session workers and volunteers to deliver Keep The Heid Mental Health Cafés activities.

Geography

- **Main operating location:** East Lothian
- **Geographical spread:** Wider, but within one local authority area

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-29	£0	£0	-	0
2025-03-29	£50,532	£35,400	-	0

Keep The Heid Mental Health Café SCIO

Scotland - Charity number SC053048

Accounts

KEEP THE HEID MENTAL HEALTH CAFÉ

**TRUSTEES REPORT AND FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 29 MARCH 2025**

**CHARITY No. SC053048
COMPANY REGISTRATION NUMBER:C5006678**

KEEP THE HEID MENTAL HEALTH CAFÉ
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PERIOD ENDED 29 MARCH 2025

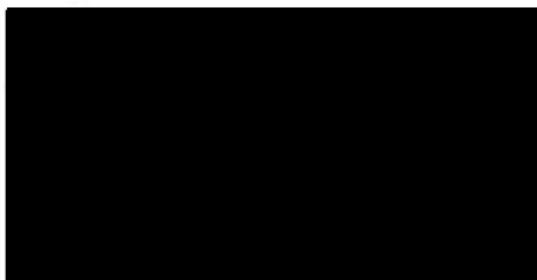
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KEEP THE HEID MENTAL HEALTH CAFÉ
LEGAL AND ADMINISTRATIVE INFORMATION

Reg'd Charity No: SC053048

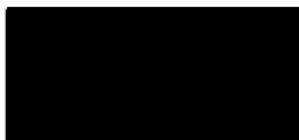
Company Number: C5006678

Trustees:



Address: 5, Meadowpark
Haddington
East Lothian
EH41 4DS

Independent
Examiner:



KEEP THE HEID MENTAL HEALTH CAFÉ
TRUSTEES' ANNUAL REPORT
FOR THE PERIOD 9 JANUARY 2024 TO 29 MARCH 2025

The Trustees present their accounts for the period ended 29 March 2025.

The accounts have been prepared in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts Regulations 2006 (as amended).

Objectives and activities

The objective of the Organisation is to provide activities to communities in Scotland that support mental health and wellbeing.

Activities and Achievements

Keep The Heid Mental Health Cafés provide safe, stigma-free spaces for individuals to talk openly about mental health. Sessions are free, informal, and open to anyone aged 16+, with no need for referral or diagnosis. Each session is co-facilitated by a mental health professional and a peer volunteer with lived experience.

We have been operating in East Lothian since 2021, governed by a Management Committee. We then registered as a SCIO with OSCR in January 2024 with a voluntary Board of Trustees chaired by Iain Gray. Our Founder delivers administrative and fundraising support reporting to the Board on a freelance basis.

The Cafe Crew (our team of facilitators and volunteers) are given access to free Mental Health First Aid and ASIST Suicide Intervention Training. Facilitators also have access to quarterly professional supervision. The Cafe Crew also come together quarterly as a group to discuss training and personal development needs, as well as development opportunities for our service. Facilitators are paid as sessional workers on a freelance basis.

In the period ending 29 March 2025, we continued delivering weekly, facilitated peer support sessions in three East Lothian locations, operating 46 weeks per year. Over 100 individuals have now directly benefited from the service.

An independent qualitative evaluation of the Tranent group, carried out by Janet Biggar Evaluation in May 2024, confirmed sustained positive impacts for attendees as per previous reports of the Haddington and North Berwick sessions. Participants describe the service as a vital support, offering both connection and early intervention. Our peer-led model complements statutory and NHS services, providing an accessible, understanding environment.

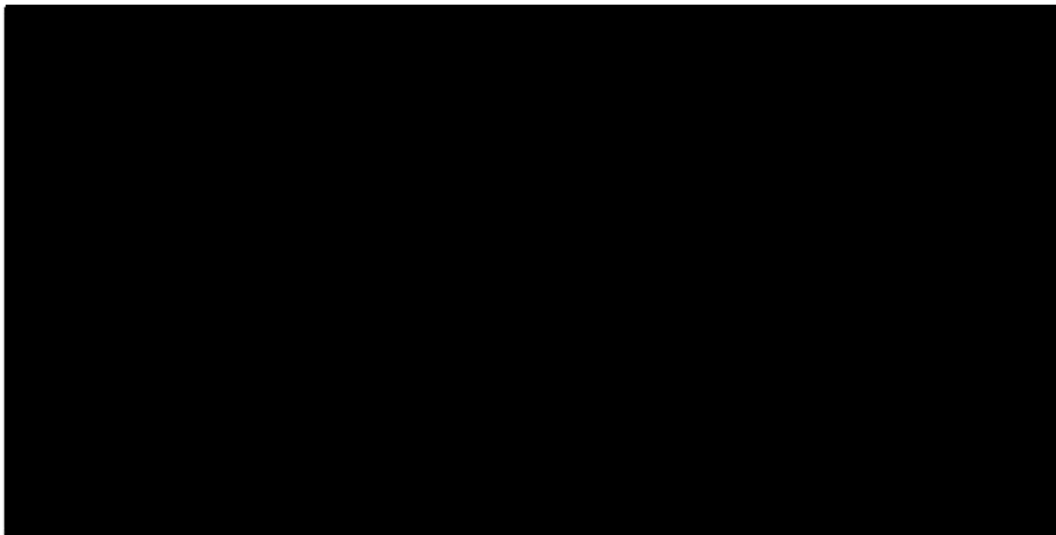
We have a good evidence base of qualitative feedback and case studies. In the period 2025/26 we will examine the demographics of our users (gender, socio-economic status, disability age, disability status etc.) and to track evidence of people moving on to other provision.

KEEP THE HEID MENTAL HEALTH CAFÉ
TRUSTEES' ANNUAL REPORT
FOR THE PERIOD 9 JANUARY 2024 TO 29 MARCH 2025

We were grateful to receive in this period support this year from funders including The Allen Lane Foundation, a renewed grant from the National Lottery Community Fund, and a third grant from the East Lothian Community Health and Wellbeing Fund. Unrestricted funds are raised through local events, collections and individual donations reflecting strong community support. The reserves coming forward into 2025/26 represent multiyear funding provided by our key funders and our general fundraising.

Looking ahead to 2025/26, we aim to maintain our three weekly sessions in East Lothian while expanding into new areas. We are working in partnership with Mid and East Lothian Women's Aid to establish a women-only café in Dalkeith with support from the Midlothian Health and Social Care Partnership. We are also exploring a partnership with East Lothian Foodbank to develop a service for their users in Musselburgh. We will launch our website and continue to raise the profile of the service through social media, networking and press releases. The recruitment of Board members to compensate for retirements and to enhance our skillset and profile is a priority for the Board.

Keep The Heid has been selected by the Scottish Recovery Network as a case study for their *Peer Recovery Hub*, further raising the profile of our work and supporting others setting up their own peer support service in other areas of Scotland. We will continue to work with partners such as *The Scottish Recovery Network*, Volunteer Centre East Lothian and Mental Health Partners to promote our service and inform the Scottish Government's Mental Health Strategy.



INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees of

KEEP THE HEID MENTAL HEALTH CAFÉ

Registered charity number

SC053048

On the accounts for the period

9 January 2024 to 29 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's 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 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.

Date: 15 October 2025

KEEP THE HEID MENTAL HEALTH CAFÉ
BALANCE SHEET
AS AT 29 MARCH 2025

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> £
Current Assets			
Cash at Bank	14,178	19,550	33,728
Total Current Assets	14,178	19,550	33,728
Current Liabilities	0	0	0
Net Current Assets	14178	19,550	33,728
Creditors: amounts due more than one year	0	0	0
Net Assets at 29 March 2025	14,178	19,550	33,728
Represented By:			
Opening assets	13,145	5451	18,596
Surplus for the period	1,033	14,099	15,132
Closing assets	14,178	19,550	33,728



KEEP THE HEID MENTAL HEALTH CAFÉ
STATEMENT OF RECEIPTS AND PAYMENTS
PERIOD ENDED 29 MARCH 2025

		Unrestricted Funds	Restricted Funds	Total
		£	£	£
Income				
Donations & Legacies	4	13,576		13,576
Grants	4		36,946	36,946
Investment income		10		10
Total Income		<u>13,586</u>	<u>36,946</u>	<u>50,532</u>
Expenditure				
Fundraising Costs	5	12,553		12,553
Charitable Activities	6		22,847	22,847
Total Expenditure		<u>12,553</u>	<u>22,847</u>	<u>35,400</u>
Surplus for the period		1,033	14,099	15,132
Funds at 29 March 2025		<u>1,033</u>	<u>14,099</u>	<u>15,132</u>

KEEP THE HEID MENTAL HEALTH CAFÉ
NOTES TO THE ACCOUNTS
PERIOD ENDED 29 MARCH 2025

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 fund for the day-to-day running of the organisation.

Restricted funds may only be used for specific purposes.

3. Trustees and Staff

No Trustees were remunerated or received expenses payments.

Total Salary Costs	0
Average no of staff was	0

4. Donations & Grants

Unrestricted:	
Donations	13,576
Restricted	
Grants	36,946
Total Donations & Legacies	<u><u>50,522</u></u>

5. Fundraising Activities

Fundraising	8,995
Advertising	2,769
Sundry expenses	789
Total Fundraising Activities	<u><u>12,553</u></u>

6. Charitable Activities

Facilitators	16,833
Premises costs	5,727
Hospitality	287
Total Charitable Activities	<u><u>22,847</u></u>