

Reboss

Trustees' Annual Report for year end [31/03/2025]

Charity registration number: SC053083

18 Broomhill Gate,

Glasgow

G11 7NU

Prepared by the trustees on 27th October 2025

1. Legal & Administrative Information

- Charity Name: Reboss
- Date of registration: 29th January 2024
- Trustee Names: [REDACTED]
- Constitution attached *[Appendix A]*

2. Structure, Governance and Management

- The Charity is a Scottish Charitable Incorporated Organisation (SCIO))
- *Appendix A* highlights how the charity is governed, and who is responsible for what. It also states how the charities code of conduct, voting procedures as well as trustee appointments.

3. Charity's Aims and Objectives

The purpose of Reboss is as follows:

The advancement of health for women. The organisation of recreational activities for women. The provision for women should be women-only to foster safety and a sense of community; enable volunteers to develop expertise in working with other women; facilitate a supportive environment for learning and foster women's empowerment, so they gain sufficient self-esteem to directly engage in problem-solving themselves.

Revised 14/01/2026

The charity has organised events such as weekend retreats for women, including different activities, to help women grow in a safe environment, which builds their confidence and self-belief.

4. Public Benefit

The Trustees have referred to the OSCR guidance on public benefit. We confirm the benefit to the public outweighs the disbenefit, private benefit and we do not restrict any benefits we provide to the woman we support

As a charity we support woman who are isolated, living in poverty and can experience feelings of loneliness. Our retreats help woman to connect with other woman, feel a sense of belonging and several of the woman who have attended our retreats have returned as valued volunteers.

We have an ongoing group chat where we can communicate with the women who have attended retreats and where new participants are added. This group is essential as woman often seek support through the group. For example, a woman was having some difficulties and asked for someone to call her, this was followed up and the woman was provided with support.

In their role as volunteers they are fully involved prior to, during and after every retreat. The volunteers assist preparing meals, allocation of accommodation, take lead in co facilitating Trust Walks, Letting Go Ceremony and lead in Trust Circles.

As well as the Retreats we also have business meetings with one held in a residential setting (8-10 September 2024), volunteers are also in attendance for the most part of these.

The impact of our charity has on the woman we support, and our volunteers is huge. Many of the woman report to being less isolated and able to engage in community activities including volunteering opportunities within their recovery communities. Some of the woman feel the retreats were a definite turning point for them whereby they no longer feel overwhelmed by loneliness and feel a true connection to the women they met. Many of the woman are active in recovery communities included mutual aid meetings, cafes, recreational activities including cold water exposure, attending the gym and involved in meditation and yoga classes.

A few of the woman had engaged with these community activities prior to attending a Reboss Retreat although most state that their involvement, commitment and engagement is much more meaningful now. Women have reported because of Reboss they have become volunteers in their community, and one woman is now in paid employment.

5. Activities and Achievements

A summary of the main activities undertaken during the year are as follows. We had 3 residential retreats throughout the year: 14th- 16th June 2024, 6th- 8th September 2024 and 28th - 2nd March 2025. We supported 68 women during these weekends and a further 44 on support chat.

Many of the woman we support report to being in poverty, unemployed, live in sub-standard housing and have poor mental health. As a charity we create an empowering, trusting, caring and learning environment.

As shown in the weekend schedule and details below the objective of the charity has been fulfilled with the charity organising recreational activities for women whereby three residential weekend retreats were fulfilled. These retreats were attended by woman only which fostered a safe, learning and empowering environment and a real sense of community. The volunteers also gained confidence in different areas and developed expertise in working with other woman to help them built sufficient self-esteem to afford them to engage in problem-solving themselves.

Weekend Schedule

Friday				
4pm	Arrival	Room Allocation		Chill Out Time
7pm	Dinner	Walk		Home Cooked Meals
8pm	Welcome to Reboss	Ice Breaker		Connection through Sharing
9.30pm	Letting Go and Intentions			
10.00	Supper		Selection of Home Baking	
Saturday				
8 - 9.30am	Breakfast			
10am	Cold Water Therapy	Meditation on the Beach	Walk	
11am	Reiki/Body Scan		Trust Circle	Chill Out Time
12 – 3	Lunch			

Revised 14/01/2026

3pm	Workshop			
4.30pm	Reiki	Body Scan	Walk	Chill Out Time
6.00pm	Dinner			
7.30pm	Share and Connection			
9.00pm	Trust Walk to the Beach	Letting Go Ceremony at the Beach		
	Supper	Chill Out Time		
Sunday				
8.30am – 10am	Breakfast		Walk	
10am	Reiki	Body Scan	Meditation	
11am – 12pm	Group Meeting	Intentions	Evaluation	Final Thoughts

The formal activities throughout the weekend were:

- Therapeutic Structured Walks
- Ice Breaker
- Connection through Sharing experiences
- Letting Go Ceremony
- Intention Setting
- Reiki Sessions
- Body Scan Meditation
- Trust Circle
- Educational Workshop – What is Trauma?
- Therapeutic Group – Triggers and ways to respond (Toolbox)
- Trust Walk to the Beach
- Letting Go Ceremony at the Beach
- Individual reflection time (chill out time)

- Evaluation – Helping Reboss to improve and reach more women.

Some of the informal activities throughout the weekends:

- Therapeutic 1-2-1 Walks
- Introduction to basic food preparation
- Housekeeping – keeping the environment clean and tidy
- Establishing boundaries and keeping to them.
- Setting the table and clearing up.

During each residential weekend retreat, the women also benefitted from:

- Warm, Clean, furnished to a high standard accommodation
- A good variety of home cooked meals
- Access to a not for profit “Tuc Shop”.
- Free Toiletries including sanitary products
- Trained facilitators in:
 - Cognitive Behavioural Therapy (CBT) and group Work
 - Reiki
 - Recovery Coaching
 - EFT (Tapping)
 - Breathwork
 - Meditation and grounding
 - Trust Circles
 - Trauma Informed Practice
- Light Exercise including walking and Yoga
- Laundry (If required)

The women attending our Retreats are always encouraged to attend everything that they can, however the women are reminded from the onset they have a choice and can attend what they want to. Most woman have attended everything that was offered and, support was offered if they needed to take some time out. Any woman that needed time to themselves would be “checked in” on regularly (This was outlined in the pre-retreat information and again stipulated in the Welcome meeting on the Friday).

All the retreats that were planned happened with no major changes. The program is ever changing due to the charity trustees discussing the feedback from the women in their completed evaluation forms and comments made during the retreat.

Some of the views gathered from the woman:

“I was very anxious before I came to the retreat, I don’t trust many people and I didn’t know what to expect. It would have been good to have information prior to the retreat” (June, 2024).

ACTION TAKEN The women are now provided with some information about the accommodation, activities and what to bring to the retreat).

“I don’t particularly like fancy food especially if it is spicy, I didn’t know if I should bring something in case, I couldn’t eat what was there” (March 2025).

ACTION TAKEN Prior to the retreat when we are gathering information, we now include a question with regards to “Any Dietary requirements”

“I have just moved into supportive accommodation. I would like to be involved more during the weekend with the running of the retreat, so I can learn new skills”. (June 2024).

ACTION TAKEN We try to encourage the women to be involved in informal activities: for example, preparing food with the volunteers.

6. Financial Review

Attached to the form is **Reboss’ financial accounts year end 2025**, which shows.

- Opening Balance
- Closing Balance
- Any “in/ Out” Transaction along the way

Reboss has no loans or liabilities. Any funds are shown within the accounts attached to the online form.

7. Plans for Future Periods

- Our trustees’ plans are to continue to organise events that are accessible, and the main goal is to improve women’s health and empower them in their lives.
- There are no known risks to the charity within our current vision, expectations for future events/capabilities is to achieve our main objectives.

8. Statement of Trustees' Responsibilities

- *Appendix A* confirms it is our trustees' responsibility to maintain accounts and continue to strive in achieving our goal to support women's health.

9. Declaration

- The 2 trustees below declare that this report and the accounts are accurate and in line with our charity's principles.

30/10/25

[REDACTED]

[REDACTED]

ReBoss Accounts 2024-2025

Year End Summary
Cash Reserve- £294.12
Bank Balance- £3,000.00

Total Income- £7,605.75
Total Expenditure- £4,311.63