

All Minds

Scotland · Charity number SC053259

Details

Known as	AM
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2024-04-05
Register	View on the OSCR register

Contact

Address 24 Union Street
Kirkintilloch
East Dunbartonshire
G66 1DH

Website www.allminds.org.uk

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health'

What the charity does: All Minds is a mental health counselling service for children, young people, adults, families and schools. We provide the opportunity for struggling individuals to talk to mental health professionals in an organisation they feel safe with. All Minds is inclusive to everyone and open to anyone who needs it. We treat every client as an individual and tailor our approach to suit their needs and situation. We only provide services using fully qualified experienced counsellors ensuring all clients have the very best support available.

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

Objectives: 4. The organisation is established for charitable purposes only, and in particular, the objects are:
4.1 To improve mental health and wellbeing in all ages and locations

Geography

- **Main operating location:** East Dunbartonshire
- **Geographical spread:** More than one local authority area in Scotland

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£0	£0	-	20
2025-03-31	£480,941	£356,638	-	20

All Minds

Scotland - Charity number SC053259

Accounts

All Minds

Unaudited Financial Statements

31 March 2025

NELSON GILMOUR SMITH

Chartered accountants
Mercantile Chambers
53 Bothwell Street
Glasgow
G2 6TB

All Minds

Financial Statements

Period from 5 April 2024 to 31 March 2025

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All Minds

Trustees' Annual Report

Period from 5 April 2024 to 31 March 2025

The trustees present their report and the unaudited financial statements of the charity for the period ended 31 March 2025.

Reference and administrative details

Registered charity name All Minds
Charity registration number SC053259
Principal office Unit 7
The Regent Centre
Kirkintilloch
G66 1JH

The trustees



(Appointed 5 April 2024)
(Appointed 10 April 2025)
(Appointed 5 April 2024)
(Served from 5 April 2024 to 20 February 2025)

Independent examiner

Partner Nelson Gilmour Smith CAs
Mercantile Chambers
53 Bothwell Street
Glasgow
G2 6TB

Structure, governance and management

The charity is a Scottish Charitable Incorporated Organisation (SCIO) registered as a charity by the Office of the Scottish Charity Regulator on 5 April 2024. The charity was originally part of Rookie Rockstars (a Scottish Charity, OSCR No SC045528) and then became a separate charity. The Charity is governed by its constitution.

The structure of the organisation consists of the Charity Trustees who are also the organisation's only members and comprise the organisation's Board. The Board appoints all new Trustees and has the power to remove trustees.

The Trustees make all decisions concerning the Charity.

All Minds

Trustees' Annual Report *(continued)*

Period from 5 April 2024 to 31 March 2025

Objectives and activities

The organisation is established for charitable purposes only, and in particular, the objects are:

- To provide children's counselling and play therapy in primary schools.
- To provide counselling to young people in secondary schools.
- To provide subsidised and free mental health mentoring and counselling to young people aged 4-18 and adults.
- The provision and organisation of recreational activities to improve mental health for children and adults.

The area within which the organisation shall operate (in this constitution referred to as the 'Area of Benefit') shall be Scotland and the surrounding areas.

The organisation shall promote (but not promote exclusively) its activities and delivery operations to people within the 'Area of Benefit'. These people will be the organisation's beneficiaries.

All Minds

Trustees' Annual Report *(continued)*

Period from 5 April 2024 to 31 March 2025

Achievements and performance

'All Minds' counselling service gained charity status on 5th April 2024, having previously been called Rookie Minds, which was a division of another charity called Rookie Rockstars (SC045528).

At the time of the separation, we were delivering our counselling service in seven schools with independent contracts (6 primary schools and 1 secondary school), and we were the official counselling service for Stirling Council primary schools. We continued with all of these contracts into the next academic year. We also continued delivering our counselling service within our bases in East Dunbartonshire and Falkirk, where we offer play therapy sessions for young people and counselling for all ages. These are open-ended sessions.

In July 2024 we launched our retail department, starting online by opening an official Ebay store, then opening a physical shop in Kirkintilloch in November 2024, we called "Thrift Avenue". In November 2024 we were awarded a place on the procurement list of Dumfries and Galloway Council as an official supplier for schools.

In December 2024, we started "Bright Minds", our youth club on Saturdays, which was primarily aimed at children aged 7 - 11, and focused on craft and social skills. This was a popular club where we were able to build relationships with the local families.

Following receipt of a generous grant of £7,500 from the EDVA Mental Health and Wellbeing Fund, we were able to start a pilot for our free service for adults with neurodiversity in January 2025.

In February 2025, we joined the COSCA (Counselling and Psychotherapy in Scotland) accredited register. Not only does this highlight our commitment to providing the absolute best service in our field to the highest standards, but also gives us access to exceptional professional support, frameworks and the ability to have a say in the future of counselling in Scotland.

Due to rent increases in our premises, in March 2025 we moved to another unit in Kirkintilloch where we were able to save our resources while we searched for somewhere more cost effective for our service. Our Falkirk service moved from our rented unit on Grahams Road, to the beautiful Callander House, which has proven to be an excellent move as local clients have only positive feedback on the new location for their sessions.

During the year we received grants/donations from EDVA (£7,500), Souter Charitable Trust (£3,000 for overheads), The Riada Trust (£2,000), Groundwork (£1,125) and £1,000 from each of Arnold Clark, Plumbase Hillhead Hockey Club and the Mugdock Trust as well as other smaller grants and donations allowing us to offer free counselling sessions.

Training

During the year, our counsellors have been offered three days of training, provided by All Minds. In June 2024, this was delivered by [REDACTED] and was focused on working therapeutically with groups. In December 2024, we received self-harm awareness training from the Self-Harm Network Scotland. We developed a survey for our counsellors which was circulated in January 2025, to ask for feedback on previous training, and suggestions for what would be considered the most valuable topics for future sessions. Following this, we booked a training session for April 2025 entitled 'Introduction to Neuro-Affirmative Practice', delivered by Free2BMe. Our next training event will be in June 2025, and will be focused on diversity, equity, and inclusion.

All Minds

Trustees' Annual Report *(continued)*

Period from 5 April 2024 to 31 March 2025

Financial review

The charity was originally part of Rookie Rockstars (a Scottish Charity, OSCR No SC045528) and then became a separate charity on 5 April 2025. The income for the year was £480,941 (including £55,000 donated from Rookie Rockstars) and had expenditure of £356,638 leaving a surplus of £124,303.

Reserves

All Minds principal funding is from schools, so this means we have less payments coming in during the summer months. At this time we use reserves to ensure we are able to pay staff. Our reserves policy ensures that we hold three months expenditure, which equates to around £100,000. We are able to use this to cover staff wages and other overheads over the summer months. The charity has free reserves of £116,317 and restricted reserves of £8,500.

Plans for future periods

In May 2025, we created a partnership with a local drama group where with generous funding from The Robertson Trust, we were able to offer drama therapy sessions from our base in Kirkintilloch.

In May 2025 we also were successful in gaining a grant of £15,000 from the David Riddell Memorial CIO. This will be used to offer one day of free children and young people's counselling, and one day of free adult counselling, focusing on those struggling with suicidal ideation. These services will start in August 2025, and are funded for one school year. This funding has also allowed us to print business cards with the details of All Minds on one side, and with the details for a number of more acute and emergency services on the other, to hand out to all our clients, and to promote in the community.

We are in the process of applying for COSCA training accreditation to become a training school for COSCA counselling skills.

We were awarded an additional year's contract working with Stirling Council in their schools.

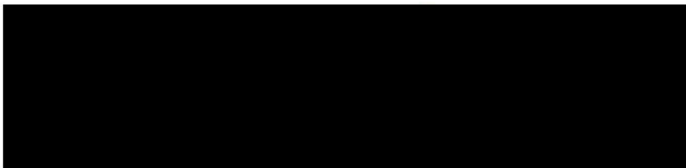
We are actively working to join the procurement lists to be registered suppliers in other councils.

We will be starting our free adult suicide prevention service in Kirkintilloch, and continuing our free children and young people's service.

We will be moving premises in 2025 to within the Kirkintilloch town centre, where we will be offering our counselling sessions and holding more creative therapies and clubs.

We will be seeking other premises to open more shops in our retail department, and continue growing our online retail business.

The trustees' annual report was approved on 6 August 2025 and signed on behalf of the board of trustees by:



Trustee

All Minds

Independent Examiner's Report to the Trustees of All Minds

Period from 5 April 2024 to 31 March 2025

I report to the trustees on my examination of the financial statements of All Minds ('the charity') for the period ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 (the '2005 Act') and the Charities Accounts (Scotland) Regulations 2006 (as amended). You are satisfied that your charity is not required by charity law to be audited and have chosen instead to have an independent examination.

I report in respect of my examination of the charity's financial statements as carried out under section 44(1)(c) of the 2005 Act. In carrying out my examination I have followed the requirements of Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended).


Independent examiner's statement

Since the charity has prepared its accounts on an accruals basis your examiner must be a member of a body listed in Regulation 11(2) of the Charities Accounts (Scotland) Regulations 2006 (as amended). I can confirm that I am qualified to undertake the examination because I am a registered member of ICAS which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention giving me cause to believe that in any material respect:

1. accounting records were not kept as required by section 44(1)(a) of the 2005 Act and Regulation 4 of the Charities Accounts (Scotland) Regulations 2006 (as amended); or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of Regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Nelson Gilmour Smith CAs
Independent Examiner

Mercantile Chambers
53 Bothwell Street
Glasgow
G2 6TB

7/8/2025

All Minds

Statement of Financial Activities

Period from 5 April 2024 to 31 March 2025

		Period from 5 Apr 24 to 31 Mar 25		
	Note	Unrestricted funds £	Restricted funds £	Total funds £
Income and endowments				
Donations and legacies	4	62,816	15,125	77,941
Charitable activities	5	372,665	–	372,665
Other trading activities	6	15,724	–	15,724
Other income	7	14,611	–	14,611
Total income		<u>465,816</u>	<u>15,125</u>	<u>480,941</u>
Expenditure				
Expenditure on raising funds:				
Costs of other trading activities	8	13,664	–	13,664
Expenditure on charitable activities	9,10	336,349	6,625	342,974
Total expenditure		<u>350,013</u>	<u>6,625</u>	<u>356,638</u>
Net income and net movement in funds		<u>115,803</u>	<u>8,500</u>	<u>124,303</u>
Reconciliation of funds				
Total funds brought forward		–	–	–
Total funds carried forward		<u>115,803</u>	<u>8,500</u>	<u>124,303</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 8 to 15 form part of these financial statements.

All Minds

Statement of Financial Position

31 March 2025

	Note	31 Mar 25 £
Fixed assets		
Tangible fixed assets	15	514
Current assets		
Debtors	16	59,688
Cash at bank and in hand		76,309
		<u>135,997</u>
Creditors: amounts falling due within one year	17	12,208
Net current assets		<u>123,789</u>
Total assets less current liabilities		<u>124,303</u>
Net assets		<u>124,303</u>
Funds of the charity		
Restricted funds		8,500
Unrestricted funds		115,803
Total charity funds	19	<u>124,303</u>

These financial statements were approved by the board of trustees and authorised for issue on 6...August 2025, and are signed on behalf of the board by:


Trustee

The notes on pages 8 to 15 form part of these financial statements.

All Minds

Notes to the Financial Statements

Period from 5 April 2024 to 31 March 2025

1. General information

The charity is a public benefit entity and a registered charity in Scotland and is unincorporated. The address of the principal office is Unit 7, The Regent Centre, Kirkintilloch, G66 1JH.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities and Trustee Investment (Scotland) Act 2005 and the Charity Accounts (Scotland) Regulations 2006 (as amended).

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

All Minds

Notes to the Financial Statements *(continued)*

Period from 5 April 2024 to 31 March 2025

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

All Minds

Notes to the Financial Statements *(continued)*

Period from 5 April 2024 to 31 March 2025

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures and fittings - 50% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

All Minds

Notes to the Financial Statements *(continued)*

Period from 5 April 2024 to 31 March 2025

3. Accounting policies *(continued)*

Financial instruments *(continued)*

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Donations			
Donations	7,816	–	7,816
Donation - Rookie Rockstars	55,000	–	55,000
Grants			
Grants receivable	–	15,125	15,125
	<u>62,816</u>	<u>15,125</u>	<u>77,941</u>

All Minds

Notes to the Financial Statements *(continued)*

Period from 5 April 2024 to 31 March 2025

5. Charitable activities

	Unrestricted Funds	Total Funds 2025
	£	£
Counselling	372,665	372,665

6. Other trading activities

	Unrestricted Funds	Total Funds 2025
	£	£
Fundraising events	518	518
Shop income & Ebay sales	15,206	15,206
	<u>15,724</u>	<u>15,724</u>

7. Other income

	Unrestricted Funds	Total Funds 2025
	£	£
Other income	14,611	14,611

8. Costs of other trading activities

	Unrestricted Funds	Total Funds 2025
	£	£
Costs of other trading activities - Shop costs	10,682	10,682
Costs of other trading activities - Staging events	737	737
Costs of other trading activities - Advertising and publicity	2,245	2,245
	<u>13,664</u>	<u>13,664</u>

9. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total Funds 2025
	£	£	£
Counselling	333,049	6,625	339,674
Support costs	3,300	—	3,300
	<u>336,349</u>	<u>6,625</u>	<u>342,974</u>

All Minds

Notes to the Financial Statements *(continued)*

Period from 5 April 2024 to 31 March 2025

10. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2025
	£	£	£
Counselling	339,674	–	339,674
Governance costs	–	3,300	3,300
	<u>339,674</u>	<u>3,300</u>	<u>342,974</u>

11. Net income

Net income is stated after charging/(crediting):

	31 Mar 25
	£
Depreciation of tangible fixed assets	<u>514</u>

12. Independent examination fees

	Period from 5 Apr 24 to 31 Mar 25
	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>2,400</u>

13. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	Period from 5 Apr 24 to 31 Mar 25
	£
Wages and salaries	269,504
Social security costs	11,738
Employer contributions to pension plans	3,891
	<u>285,133</u>

The average head count of employees during the period was 20.

No employee received employee benefits of more than £60,000 during the year (2024: Nil).

Key Management Personnel

Key management personnel include all persons that have authority and responsibility for planning, directing and controlling the activities of the charity. The total compensation paid to key management personnel for services provided to the charity was £44,195.

All Minds

Notes to the Financial Statements *(continued)*

Period from 5 April 2024 to 31 March 2025

14. Trustee remuneration and expenses

The trustees received no remuneration or expenses during the period.

15. Tangible fixed assets

	Fixtures and fittings £
Cost	
At 5 April 2024	–
Additions	<u>1,028</u>
At 31 March 2025	<u>1,028</u>
Depreciation	
At 5 April 2024	–
Charge for the period	<u>514</u>
At 31 March 2025	<u>514</u>
Carrying amount At 31 March 2025	<u>514</u>

16. Debtors

	31 Mar 25 £
Trade debtors	<u>59,688</u>

17. Creditors: amounts falling due within one year

	31 Mar 25 £
Accruals and deferred income	7,981
Social security and other taxes	<u>4,227</u>
	<u>12,208</u>

18. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £3,891.

All Minds

Notes to the Financial Statements *(continued)*

Period from 5 April 2024 to 31 March 2025

19. Analysis of charitable funds

Unrestricted funds

	At 5 April 2024	Income	Expenditure	At 31 March 2025
	£	£	£	£
General funds	—	465,816	(350,013)	115,803

Restricted funds

	At 5 April 2024	Income	Expenditure	At 31 March 2025
	£	£	£	£
Counselling	—	4,625	(3,625)	1,000
Wages	—	7,500	—	7,500
Overhead	—	3,000	(3,000)	—
	—	15,125	(6,625)	8,500

Counselling
Grants were received for Counselling

Wages
£7,500 was received from EDVA for wages

Overhead
A £3,000 grant was received from the Souter Charitable Trust towards overheads.

20. Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds 2025
	£	£	£
Tangible fixed assets	514	—	514
Current assets	127,497	8,500	135,997
Creditors less than 1 year	(12,208)	—	(12,208)
Net assets	115,803	8,500	124,303

21. Related parties

The charity was originally part of Rookie Rockstars (a Scottish Charity, OSCR No SC045528) and then became a separate charity on 5 April 2025. Rookie Rockstars donated £55,000 to All Minds.

No other transactions with related parties were entered into during the year that are required to be disclosed.