

# The Helensburgh Lunch Club

Scotland · Charity number SC053280

## Details

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Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2024-04-16
Register	<a href="#">View on the OSCR register</a>

## Contact

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**Address** 14 Glasgow Street  
Helensburgh  
G84 8EL

## Activities

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**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:** The Helensburgh Lunch Club has been an institution in the Town for over forty years. It is now serving lunches to 30 members on three days each week, Mondays, Thursdays and Fridays. The Club has an active list of 20 volunteers. At least five volunteers are on duty each day, with two cooking and three front of house staff. It is a friendly and welcoming place which serves hot lunches cooked from scratch in a church hall kitchen. It is hugely valued by its 40-50 members. Almost all members are widows or widowers, mostly living on their own, often isolated in the community, and very often unable to cook for themselves. About a quarter of members are over ninety years of age, and two members are registered blind. All members look forward to socialising at the club at lunchtimes. A recent survey by TSI found that the chance for friendship and a sense of being cared for were even more important to members than the chance for a hot lunch.

**Beneficiaries:** 'Older People'

**Objectives:** To improve the health and wellbeing of older adults in the Helensburgh and Lomond area by the provision of hot lunches and a meeting place for social activity.

## Geography

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- **Main operating location:** Argyll And Bute
- **Geographical spread:** A specific local point, community or neighbourhood

## Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£0	£0	-	0
2025-03-31	£16,696	£14,073	-	0

**The Helensburgh Lunch Club**

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# Accounts

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# Helensburgh Lunch Club Trustees Annual Report 2024-25

## Why was your charity set up?

The Helensburgh Lunch Club was set up in 1980 to provide hot lunches and a meeting place for older residents of the Town and surrounding areas. In 2024 the Club changed its constitution to become a Scottish Charitable Incorporated Organisation (SCIO) for the following reasons.

1. So that our volunteers, members and the public can have confidence that Helensburgh Lunch Club is well regulated.
2. To give broader possibilities for collaboration with other local and national charities eg. Local Grey Matters and Age Scotland's activities.
3. To give wider opportunities for funding applications.

## Who does your charity help?

Helensburgh Lunch Club helps older people – mainly, though not exclusively, those over 70 years up to 100+, more than 90% of whom live alone. It particularly helps those who are not able to cook, only able to microwave ready meals or make sandwiches.

Just as important as the food is the company. Attending the Lunch Club helps with loneliness and the feeling of isolation.

Quotes: 'It is such a pleasure to sit, chat and have a laugh - and some great food helps things along!' 'It gives me purpose and something to look forward to'. 'We are just a family of friends who look out for one another'

## What was done (outputs)

Two course hot lunches, cooked from scratch, are cooked and served by volunteers. From May 2024, 2 course lunches were served on two days a week to between 24 and 28 older people. On the third day, soup and a filled roll were served. From October 2024, a 2-course meal was served on the third day to around 18 people. Numbers steadily increased, and in the first year of being a charity, a total of 2,845 hot lunches were served.

A summer full day outing, with lunch, was arranged in June 2024.

A Christmas lunch was served to 60 members and guests in December 2024.

A Feedback Session, from the members, was arranged and completed by TSI,

Birthdays and 'illness recovery' are celebrated.

Volunteers are actively encouraged to interact socially with the members.

Lunch tables are arranged differently on each day so that members can meet different people on each day.

Quote: 'I so enjoyed my lunch. It was lovely to have fresh vegetables'

## What was achieved? (outcomes)

Helensburgh Lunch Club has a team of volunteers for each of the 3 days. They now serve around 100 two course meals a week.

Socialising amongst members has increased. Members are also happy to meet out with the Lunch Club.

Quote: 'We talk about life, politics, Donald Trump, health issues. It's companionship and getting out meeting people'

## What difference was made? (impact)

Over the last year more people have attended the Lunch Club. In fact an average of 10+ more people on each day compared to a year ago.

Quote: 'It has promoted real friendships, built confidence and the feeling of being valued.'

## Challenges

Recruiting volunteers is not easy. Young people need to earn a living and retired people look after grandchildren.

Rent of the Church Hall goes up along with the huge jump in food prices.

The Quotes are from members' thoughts at the Feedback Session.



## Helensburgh Lunch Club

### Income and Expenditure for the period 1 April 2024 to 31 March 2025

	<u>2024 - 2025</u>	<u>2023 - 2024</u>
<b><u>Income</u></b>		
Lunch Income	£9,734.00	£6,062.14
Subsidy	£0.00	£563.76
Donations	£600.00	£24.42
Summer Outing and Xmas Lunch	£0.00	£75.00
URC Cooker Repayment	£352.80	£0.00
Grants	£6,010.00	£3,435.00
<b>Total Income</b>	<b>£16,696.80</b>	<b>£10,160.32</b>
<b><u>Expenditure</u></b>		
Transfer to Tesco card	£300.00	£800.00
Provisions	£5,945.19	£4,411.82
Rent and fuel	£5,099.00	£4,469.50
Telephone	£62.27	£62.16
Insurance	£472.51	£398.32
Christmas lunch	£102.98	£111.34
Summer Outing	£1,085.15	£40.00
Fridge insurance	£16.50	£18.00
Miscellaneous	£0.00	£28.13
Dishwasher	£378.20	£1,472.38
Freezer	£259.00	£0.00
URC Cooker Purchase	£352.80	£0.00
<b>Total Expenses</b>	<b>£14,073.60</b>	<b>£11,811.65</b>
Surplus for period	£2,623.20	(£1,651.33)

### Balance Sheet as 31 March 2025

Opening balances		
Bank of Scotland	£5,357.42	£7,008.75
Income less expenditure for the year	£2,623.20	(£1,651.33)
Closing Balance	<b>£7,980.62</b>	<b>£5,357.42</b>
Closing Balances		
Bank of Scotland	£7,980.62	£5,357.42
Total	<b>£7,980.62</b>	<b>£5,357.42</b>

## APPENDIX 3



Report to the trustees/members of

Registered charity number

On the accounts of the charity for the period

Set out on pages

Respective responsibilities of trustees and examiner

Basis of independent examiner's statement

Independent examiner's statement

Signed\*\*:  
Name:  
Relevant professional qualification(s) or body (if any):

Address:

## Independent examiner's report on the accounts v2

Charity name The Helensburgh Lunch Club							
Registered charity number SC053280							
Period start date				Period end date			
Day	Month	Year		Day	Month	Year	
01	04	2024	to	31	03	2025	
						(remember to include the page numbers of additional sheets)	

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 particular matters have come to my attention.

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.

In the course of my examination, no matter has come to my attention [~~other than that disclosed on the attached page\*~~]

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

\*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