

Natural Wellbeing Scotland SCIO

Scotland · Charity number SC053397

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2024-05-30
Register	View on the OSCR register

Contact

Address	18 Revoch Drive Glasgow G13 4SB
Website	www.naturalwellbeingscotland.org

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the prevention or relief of poverty', 'the advancement of health', 'the advancement of citizenship or community development', 'the provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended', 'the advancement of environmental protection or improvement', 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: Natural Wellbeing Scotland is set up to improve people's mental, physical, emotional and spiritual wellbeing by reconnecting them with nature, themselves and others. We support individuals—particularly those experiencing stress, poor mental health, isolation or disadvantage—to build practical tools for coping, resilience and personal growth. We do this through accessible, nature-based activities and programmes such as guided outdoor sessions, peer support groups, wellbeing workshops and one-to-one support. Our approach blends evidence-based practices like mindfulness, physical activity and trauma-informed support with experiential learning in natural environments. By creating safe, stigma-free spaces that are engaging, supportive and empowering, we help people improve their health, build confidence, develop positive relationships and take meaningful steps towards a healthier and more fulfilling life.

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

Objectives: 1 The organisation's purposes are: (a) the prevention or relief of poverty (b) the advancement of health (c) the advancement of citizenship or community development (d) the provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended. (e) the advancement of environmental protection or improvement (f) the relief of those in need by reason of age, ill-health, disability, financial

hardship or other disadvantage

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees	
2026-05-31		£0	£0	-	0
2025-05-31		£0	£0	-	0
2024-05-31		£5	£0	-	0

Natural Wellbeing Scotland SCIO

Scotland - Charity number SC053397

Accounts



Natural Wellbeing Scotland

Annual Report & Accounts 2024–2025

SCIO Number: SC053397

Reporting Period: 01 June 2024 – 31 May 2025

Chairperson's Message

Natural Wellbeing Scotland was created to provide accessible, meaningful wellbeing support rooted in nature, connection and lived experience. This year focused on building strong foundations, engaging communities and demonstrating demand for a stigma-free, practical and human approach to wellbeing.

Structure, Governance and Management

Natural Wellbeing Scotland is a Scottish Charitable Incorporated Organisation (SCIO) governed by its constitution. The charity is managed by a board of trustees responsible for governance, strategic direction and compliance. All decisions are made collectively by the trustees. During this period, the charity operated with volunteer support and had no paid staff.

Charitable Purposes

The charity exists to advance mental, physical, emotional and spiritual wellbeing by providing accessible, nature-based and holistic support to individuals and communities.

Who We Support

The charity supports individuals experiencing stress, poor mental health, isolation, disadvantages or disconnection from nature and community.

Activities

During this period, the organisation focused on development and early delivery including program design, meetings, funding applications, website and social media development, and community engagement. Three free, volunteer-led wellbeing activities were delivered—two in community settings and one in a natural environment.

Achievements and Impact

Approximately 40 individuals engaged with the charity. Early outcomes included improved mood, reduced stress, increased confidence and stronger social connection.

Our Approach

Nature-based, trauma-informed and peer-led. Focused on practical tools such as movement, breathwork, reflection and connection.

Financial Review

The accounts have been prepared on a receipts and payments basis. During this reporting period, the charity received no income and incurred no expenditure. The closing balance of £5 represents funds carried forward from the previous financial year and held in the charity's bank account.

Statement of Receipts and Payments

Opening Balance: £5
Total Income: £0
Total Expenditure: £0
Closing Balance: £5

Statement of Balances

Bank Balance: £5
Cash in Hand: £0
Other Assets/Liabilities: None
Total Funds Held: £5

Reserves Policy

The charity currently holds minimal reserves and aims to build reserves through future funding.

Future Plans

Deliver pilot programs, secure funding and expand partnerships.

Trustees

Mr. G Ritchie (Chair)
Mr. K McGuire
Mr. J Proctor

Trustee Approval

Approved by the trustees and signed on their behalf:

Name: Mr. Gregor Ritchie
Date: 10/04/26

Gregor Ritchie

Independent Examiner's Report

I report on the accounts of Natural Wellbeing Scotland for the year ended 31 May 2025.

This report is made to the trustees in accordance with the Charities and Trustee Investment (Scotland) Act 2005.

I have examined the accounts of the charity, which have been prepared on a receipts and payments basis.

In my opinion:

- The accounts properly present the receipts and payments of the charity for the period
- The accounts are in agreement with the accounting records provided
- Proper accounting records have been kept

Name: Mr. D Richer

Address: [REDACTED]

Email: [REDACTED]

Date: 18/04/26

Deacon Richer

[END OF REPORT]

Natural Wellbeing Scotland SCIO

Scotland - Charity number SC053397

Accounts

Receipts & Payments Account

For the year ended 31 March 2025

Natural Wellbeing Scotland (NWS) SCIO

SCIO Registration No: SC053397

Registered Office: 18 Revoch Drive, Glasgow

Financial year end: 31 March 2024

Receipts	£	Payments	£
Balance b/f at 1 April 2024	0.00		
Donations and legacies:		Total payments	0.00
Small public donation (1 February 2025)	5.00		
		Closing balance c/f	5.00
Total receipts	5.00		

Bank reconciliation as at 31 March 2025

- Bank statement closing balance (31 March 2025): £ 5.00
- Total receipts per bank: £ 5.00
- Total payments per bank: £ 0.00
- Difference: £ 0.00

Notes to the Receipts & Payments Account

1. This is the first year of trading: opening balance at 1 April 2024 was £ 0.00.
2. The only receipt during the year is a one-off donation of £ 5.00, received 1 February 2025; no expenditure was incurred.
3. Closing cash at bank as at 31 March 2025 is £ 5.00.

Signed on behalf of the Charity by:

██████████ Chair of Trustees

Date: 02/06/25

██████████ Treasurer

Date: 02/06/25

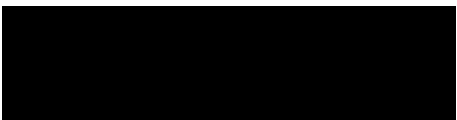
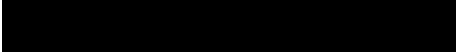

Trustees' Annual Report

For the year ended 31 March 2024

1. Reference and Administration

- **Charity name:** Natural Wellbeing Scotland (NWS) SCIO
- **SCIO Registration No:** SC053397
- **Principal address:** 18 Revoch Drive, Glasgow
- **Constitution adopted:** 30 May 2024
- **Year end:** 31 March 2024

Trustees (all appointed on incorporation and still in office at 31 March 2025):

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- **Governing document:** NWS Constitution dated 30 May 2024
- **External scrutiny:** Income under £25,000 – independent examination not required

2. Structure, Governance and Management

Natural Wellbeing Scotland is constituted as a Scottish Charitable Incorporated Organisation (SCIO), governed by its Constitution dated 30 May 2024. Under the Constitution, trustees elect from among themselves the Chair, Treasurer and Secretary each year. No trustees joined or left during the year. The board met informally three times between 1 April 2024 and 31 March 2025; any material decisions were taken by written resolution in accordance with the Constitution.

Each trustee serves in line with duties set out in the Scottish Charities Act 2005 and the board's code of conduct. No trustee receives remuneration; out-of-pocket expenses may be reimbursed (none claimed in Year 1).

3. Objectives and Activities

3.1 Charitable Objects

As set out in Clause 4 of the Constitution, NWS's objects are:

1. Prevention or relief of poverty
2. Advancement of health
3. Advancement of citizenship or community development
4. Provision of recreational facilities or activities to improve conditions of life
5. Advancement of environmental protection or improvement
6. Relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage

3.2 Principal Activities During the Year

Between 1 April 2024 and 31 March 2025, NWS was in start-up mode:

- No services or programmes were delivered.
- A single donation of £ 5.00 was received (1 February 2025).
- Several small grant applications remain pending (see Section 3.3).

During the year, the trustees:

- Finalised and submitted applications to the Robertson Trust WEE Grants, Flightpath Fund, and other small funding streams.
- Developed a detailed plan for nature-based wellbeing workshops targeting people experiencing financial hardship, poor mental health, or social isolation.
- Established basic bank and bookkeeping arrangements.

3.3 Grant Applications Pending

At 31 March 2025, NWS has the following applications awaiting decision:

- **Robertson Trust WEE Grants** – submitted 20 March 2025
- **Flightpath Fund** – submitted 5 May 2025

No award letters had been received by year-end. Any awards granted in FY 2025–26 will be reflected in next year's accounts.

4. Achievements and Performance

Given the low level of activity in Year 1 (income £ 5.00; no expenditure; no service delivery), there are no performance indicators to report. Key milestones achieved include:

- Constitution of NWS as a SCIO on 30 May 2024.
 - Receipt of the first donation of £ 5.00.
 - Submission of two small grant applications by 31 March 2025.
 - Development of a provisional timeline to launch nature-based wellbeing programmes in Q3 2025 (subject to grant success).
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5. Financial Review

- **Total incoming resources:** £ 5.00 (all from one unrestricted donation)
- **Total resources expended:** £ 0.00
- **Net movement in funds:** £ + 5.00
- **Funds carried forward at year end:** £ 5.00 (unrestricted)

At 31 March 2025, NWS holds £ 5.00 in its bank account. No reserves policy is yet required beyond retaining sufficient funds to process future transactions.

6. Reserves Policy and Risk Management

Reserves policy:

As a start-up, NWS holds minimal reserves. Trustees retain £ 5.00 to cover any small banking charges or administrative costs. A formal reserves policy will be adopted once regular income streams begin.

Principal risks and mitigations:

1. **Failure to secure grant funding** – if key small grants are declined, trustees will:
 - Re-apply to alternative local funding sources (e.g., community foundations) in Summer 2025.
 - Consider a seed-level crowdfunding campaign to cover initial pilot costs.
2. **Insufficient volunteer capacity** – trustees are sourcing volunteer coordinators in local community centres; if unsuccessful, planned programmes may be scaled back temporarily.
3. **Low public awareness** – mitigate by increasing social media presence and partnering with established environmental charities in Glasgow and the Lothians.

7. Plans for Future Periods

For the year ending 31 March 2026, trustees intend to:

1. Launch three nature-based wellbeing workshops (one pilot in Summer 2025, two further in Autumn 2025).
2. Recruit at least two volunteer facilitators and one part-time coordinator (subject to new funding).
3. Secure additional grants totalling £ 5,000–£ 10,000 to cover programme costs and overheads.
4. Establish a monitoring & evaluation framework (KPIs: number of service users referred, participant satisfaction scores, follow-up wellbeing surveys).

8. Statement of Trustees' Responsibilities

The trustees (who are also the directors for company law purposes) are responsible for preparing the Trustees' Annual Report and financial statements in accordance with applicable law and UK Accounting Standards (FRS 102). They must ensure that:

- Proper accounting records are kept.
 - The charity meets OSCR's filing requirements.
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9. Approval and Signature

This Trustees' Annual Report was approved by the trustees on 2nd June 2025 and signed on their behalf by:

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Chair of Trustees

Date: 02/06/25

██████████

Treasurer

Date: 02/06/25

██████████

Secretary

Date: 02/06/25