



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



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



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