

Tony's Safe Place

Scotland · Charity number SC053454

Details

Known as	T.S.P.
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2024-06-20
Register	View on the OSCR register

Contact

Address
6 Clyde Walk
Cumbernauld
G67 1BH

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health', 'the advancement of citizenship or community development', 'the advancement of the arts, heritage, culture or science', '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 relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: The Organisation has been formed to benefit the community of Cumbernauld and surrounding areas with the following purposes: 4.1 To address the stigma associated with suicide and poor mental health. 4.2 To offer support throughout the community for mental health, wellbeing, bereavement, addictions, poverty, loneliness, and isolation. 4.3 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. 4.4 The advancement of the arts, heritage, culture, and science. 4.5 The advancement of community development

Beneficiaries: 'People with disabilities or health problems', 'No specific group, or for the benefit of the community'

Objectives: The Organisation has been formed to benefit the community of Cumbernauld and surrounding areas with the following purposes: 4.1 To address the stigma associated with suicide and poor mental health. 4.2 To offer support throughout the community for mental health, wellbeing, bereavement, addictions, poverty, loneliness, and isolation. 4.3 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. 4.4 The advancement of the arts, heritage, culture, and science. 4.5 The advancement of community development

Geography

- **Main operating location:** North Lanarkshire
- **Geographical spread:** Wider, but within one local authority area

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£0	£0	-	0
2025-03-31	£76,317	£39,228	-	0

Tony's Safe Place

Scotland - Charity number SC053454

Accounts

APPENDIX 1



Scottish Charity Regulator

Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	20	June	2024	To	31	March	2025

Reference and administration details

Charity name
Other names charity is known by
Registered charity number
Charity's principal address

Tony's Safe Place SCIO
SC053454

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to trustee (if any)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

APPENDIX 1

Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Structure, governance and management

Type of governing document

Constitution

Trustee recruitment and appointment

Trustees act in a voluntary capacity and are recruited through general advertising. Trustees are given training on appointment on their duties. The trustees are actively recruiting for new trustees to join the board given the volume of work and expect to have voted in further trustees by the next AGM.

APPENDIX 1

Objectives and activities

Charitable purposes

The organisation's purposes are:

1. The advancement of health – through suicide prevention activities, including peer support provided by trained volunteers, in particular those trained in Applied Suicide Intervention Skills Training (ASIST), and through the provision of a clinical counselling service delivered by British Association for Counselling and Psychotherapy (BACP) registered counsellors.
2. The relief of those in need by reason of ill-health or other disadvantage – by providing free and accessible counselling sessions, peer support, and recovery-focused support for individuals experiencing poor mental health, suicide risk, or addiction and substance misuse.
3. The advancement of education – by promoting awareness and understanding of suicide prevention, mental health, wellbeing, and recovery in the community, and by delivering training opportunities for volunteers and community members.
4. The advancement of citizenship and community development – by delivering a broad range of wellbeing activities, including but not limited to physical, mental, psychosocial, nature-based, recreational, and community activities that promote resilience, reduce isolation, and strengthen community support networks.

Summary of the main activities in relation to these objects

Our suicide prevention drop-in hub remained open and fully operational throughout the year, continuing to serve as a vital, accessible point of support for individuals experiencing mental health challenges or suicidal distress. We supported a significant number of people who accessed the hub for peer support, crisis intervention, and emotional assistance during periods of vulnerability.

We received referrals into our counselling service, where clients were offered up to ten weeks of free professional counselling delivered by our BACP-qualified counsellor. This service provided structured therapeutic support for individuals experiencing complex mental health difficulties. Our 24-hour helpline operated continuously and was staffed single-handedly by our Founder and Chairperson throughout the year. The helpline provided immediate suicide interventions, guidance, and emotional support to individuals in crisis, ensuring support was available at any hour.

We also expanded our peer support capacity by recruiting and training new volunteers. [REDACTED] successfully completed their ASIST (Applied Suicide Intervention Skills Training) qualification, strengthening our ability to provide skilled, compassionate suicide interventions and emotional support within the community.

In addition, our drop-in hub continued to receive generous support from Greggs, allowing us to offer free sandwiches, cakes, and snacks to those accessing our service. This contribution helped create a welcoming, stigma-free environment and removed financial barriers for individuals seeking help.

Overall, our core activities remained firmly aligned with our mission to prevent suicide, provide compassionate intervention, and support the mental health and wellbeing of our community.

Achievements and performance

Summary of the main achievements of the charity during the financial period

Throughout the year, our charity delivered a wide range of free community services, programmes and events designed to promote positive mental health, prevent suicide, reduce isolation, and remove financial barriers to wellbeing activities.

LGBTQIA+ Support and Empowerment – We continued to run our LGBTQIA+ support group, offering a safe and inclusive space for people to explore their identities, share experiences, and support one another. Group members collaborated to produce an information booklet on LGBTQIA+ issues they identified as impacting mental health. This project amplified their voices, empowered participants to shape their own support, and created a meaningful resource for the wider community. We also hosted a Pride event, open to all, to celebrate identity, foster community connection, and challenge stigma.

Seasonal Community Events – To reduce isolation and bring people together, we held an Easter coffee morning open to everyone in the community.

In December, we hosted a free Christmas event featuring Santa's Grotto, preloved clothes and toys, a buffet, and selection boxes for all children. This event supported families facing financial hardship, promoted inclusion, and strengthened community connections during a challenging time of year.

Creative and Wellbeing Activities – We ran a free weekly art class focusing on mindful art practices. All materials were provided at no cost, ensuring people experiencing financial barriers could participate. The sessions promoted mindfulness, improved mood, and encouraged individuals to try new activities that support emotional wellbeing. We also delivered a free flower-arranging workshop, where participants created bouquets to take home and enjoyed a shared buffet. This activity supported mental wellbeing, reduced loneliness, and offered a creative experience that many in our community could not otherwise afford.

Walk & Talk Programme – Working in partnership with Get Walking Scotland, we trained two volunteer walk leaders to launch our Walk & Talk initiative. We delivered weekly walks from Greenfaulds Peace Garden back to TSP for tea and coffee. These sessions helped people stay active, express their feelings in a supportive environment, build social connections, and improve both physical and mental health.

Information, Awareness and Anti-Stigma Work – We hosted four community information stalls—three in Cumbernauld town centre and one at Tesco—to raise awareness of mental health, challenge stigma, and promote conversations around suicide prevention and wellbeing. We also attended Cumbernauld Gala Day, engaging with the public, promoting our services, and continuing our mission to break the silence around mental health and suicide.

Therapeutic and Alternative Wellbeing Sessions – To offer varied pathways to healing, we provided four free Breathwork & Quantum Healing workshops. These sessions supported individuals recovering from trauma, depression, and emotional distress by offering alternative therapeutic techniques. We also delivered free cold-water therapy sessions in Luss, which included meditation, cold-water immersion, lunch, and transport via our minibus. These sessions aimed to improve mental health, build resilience, and provide access to wellbeing activities that would otherwise be financially inaccessible to many.

APPENDIX 1

Financial review

Brief statement of the charity's policy on reserves

The charity's policy is to retain sufficient unrestricted reserves for 6 months' unrestricted expenditure. Average monthly unrestricted expenditure on charitable activities and governance during the period was £1,553.

The charity holds unrestricted reserves of £22,088 which is sufficient.

The charity will review its reserves policy regularly.

Details of any deficit

The charity did not generate a deficit

Donated facilities and services (if any)

The charity took over operations from a previous community group of the same name which ceased on the charity's constitutional form date. The assets of the community group were donated to the charity on its constitutional form date for no consideration.

Other optional information

None

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s) <i>OSCR will accept digital or typed signatures</i>		
Full name(s)		
Position (e.g. Chair)		
Date		



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	20	Jun	2024		31	Mar	2025

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations	18,526				18,526	
Legacies					-	
Grants	22,710	35,000			57,710	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Other miscellaneous receipts	81				81	
A1 Sub total	41,317	35,000	-	-	76,317	-
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	41,317	35,000	-	-	76,317	-
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	13,976				13,976	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	90				90	
Preparation of annual accounts					-	
Legal costs					-	
Other	162				162	
A3 Sub total	14,228	-	-	-	14,228	-
A4 Payments relating to asset and investment movements						
Purchases of fixed assets	2,200	22,800			25,000	
Purchase of investments					-	
A4 Sub total	2,200	22,800	-	-	25,000	-
Total payments	16,428	22,800	-	-	39,228	-
Net receipts / (payments)	24,888	12,200	-	-	37,088	-
A5 Transfers to / (from) funds	(2,800)	2,800	-	-	-	-
Surplus / (deficit) for year	22,088	15,000	-	-	37,088	-

Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year					-	
	Surplus / (deficit) shown on receipts and payments account	22,088	15,000			37,088	
						-	
						-	
	Cash and bank balances at end of year	22,088	15,000	-	-	37,088	-
	(Agree balances with receipts and payments account(s))	-	-	-	-	-	-

B2 Investments	Details	Fund to which asset belongs	Market valuation	Last year
			to nearest £	to nearest £
Total			-	-

B3 Other assets	Details	Fund to which asset belongs	Cost (if available)	Current value (if available)	Last year
			to nearest £	to nearest £	to nearest £
	NJ11 UJE - Minibus	Unrestricted		5,000	
	Office and computer equipment	Unrestricted		3,226	
	SC04 OTO - Minibus	Unrestricted	22,800	22,800	
	Equipment Purchases in year	Unrestricted	2,200	2,200	
Total			25,000	33,226	-

B4 Liabilities	Details	Fund to which liability relates	Amount due	Last year
			to nearest £	to nearest £
Total			-	-

B5 Contingent liabilities	Details	Fund to which liability relates	Amount due (estimate)	Last year
			to nearest £	to nearest £
Total			-	-

Signed by one or two trustees on behalf of all the trustees	Signature*	Print Name	Date of approval

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

Unrestricted funds may be used to further the charity's charitable purposes. Restricted funds are reserved for a specific purpose as specified by the funder or donor as set out on the analysis page.

	Type of activity or project supported	Individual / institution	Number of grants made	£
C2 Grants				
			Total	-

C3a Trustee remuneration	If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	X
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	Authority under which paid	£
C3b Trustee remuneration - details		

C4a Trustee expenses	If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	X
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		Number of trustees	£
C4b Trustee expenses - details			

	Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)
C5 Transactions with trustees and connected persons				

C6 Other information



Tony's Safe Place SCIO

SC053454

Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds to nearest €	Restricted funds to nearest €	Expendable endowment funds to nearest €	Permanent endowment funds to nearest €	Total current period to nearest €	Total last period to nearest €
Donation from TSP community group	10,551				10,551	
Various donations £2,000 and under	7,975				7,975	
					-	
					-	
Total	18,526	-	-	-	18,526	-

2 Grants

	Unrestricted funds to nearest €	Restricted funds to nearest €	Total current period to nearest €	Total last period to nearest €
National Lottery - Grant for new minibus		20,000	20,000	
Community Empowerment North Lanarkshire		15,000	15,000	
Various unrestricted grants	22,710		22,710	
			-	
Total	22,710	35,000	57,710	-

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest €	Restricted funds to nearest €	Expendable endowment funds to nearest €	Permanent endowment funds to nearest €	Total current period to nearest €	Total last period to nearest €
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest €	Restricted funds to nearest €	Expendable endowment funds to nearest €	Permanent endowment funds to nearest €	Total current period to nearest €	Total last period to nearest €
Centre running and office overheads	5,204				5,204	
Consumables and equipment	2,370				2,370	
Travel, motoring and excursion expenses	5,353				5,353	
Volunteer training costs	1,050				1,050	
					-	
					-	
					-	
					-	
Total	13,976	-	-	-	13,976	-

Additional analysis (2)

5 Breakdown of unrestricted funds

	General unrestricted fund				Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations	18,526				18,526	
Legacies					-	
Grants	22,710				22,710	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Other miscellaneous receipts	81				81	
<i>Sub total</i>	41,317	-	-	-	41,317	-
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<i>Sub total</i>	-	-	-	-	-	-
Total receipts	41,317	-	-	-	41,317	-
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	13,976				13,976	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	90				90	
Preparation of annual accounts					-	
Legal costs					-	
Other	162				162	
<i>Sub total</i>	14,228	-	-	-	14,228	-
Payments relating to asset and investment movements						
Purchases of fixed assets	2,200				2,200	
Purchase of investments					-	
<i>Sub total</i>	2,200	-	-	-	2,200	-
Total payments	16,428	-	-	-	16,428	-
Net receipts / (payments)	24,888	-	-	-	24,888	-
Transfers to / (from) funds	(2,800)				(2,800)	
Surplus / (deficit) for year	22,088	-	-	-	22,088	-

Nature and purpose of funds

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Tony's Safe Place SCIO

SC053454

Additional analysis (3)**6 Breakdown of restricted funds**

	National Lottery - Grant for Minibus	Community Empowerment NL - 60	Community Empowerment NL - 61		Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants	20,000	5,000	10,000		35,000	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	20,000	5,000	10,000	-	35,000	-
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	20,000	5,000	10,000	-	35,000	-
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Sub total	-	-	-	-	-	-
Payments relating to asset and investment movements						
Purchases of fixed assets	22,800				22,800	
Purchase of investments					-	
Sub total	22,800	-	-	-	22,800	-
Total payments	22,800	-	-	-	22,800	-
Net receipts / (payments)	(2,800)	5,000	10,000	-	12,200	-
Transfers to / (from) funds	2,800				2,800	
Surplus / (deficit) for year	-	5,000	10,000	-	15,000	-

Nature and purpose of funds

National Lottery - Funds to purchase a community minibus for the charity's use. The grant was supplemented with £2,800 from the charity's unrestricted fund to cover the full cost.

Community Empowerment North Lanarkshire Challenge Funds - To allow volunteers to complete COSCA counselling skills qualifications and for connected purposes.

APPENDIX 3



		Independent examiner's report on the accounts						v2
Report to the trustees/members of	Tony's Safe Place SCIO							
Registered charity number	SC053454							
On the accounts of the charity for the period	Period start date			to	Period end date			
	Day	Month	Year		Day	Month	Year	
	20	June	2024		31	March	2025	
Set out on pages							(remember to include the page numbers of additional sheets)	
Respective responsibilities of trustees and examiner	<p>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.</p>							
Basis of independent examiner's statement	<p>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.</p>							
Independent examiner's statement	<p>In the course of my examination, no matter has come to my attention:</p> <ol style="list-style-type: none"> 1. which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> • 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 <p style="margin-left: 40px;">have not been met, or</p> 2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached. 							
Signed**:	[Redacted Signature]			Date:	10 December 2025			
Name:								
Relevant professional qualification(s) or body	Member of the Association of Accounting Technicians (MAAT)							
Address:	Talking Numbers Ltd							
	Unit 27, Huntershill Village							
	102 Crowhill Road, Bishopbriggs, Glasgow							
	G64 1RP							

*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

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose

None