

Chat on the Mat

Scotland · Charity number SC055209

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2026-04-24
Register	View on the OSCR register

Contact

Address	7 Edmonstone Drive Danderhall Midlothian EH22 1QQ
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Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health', 'the advancement of public participation in sport', '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'

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

Objectives: The organisation is a non-profit distributing charity whose principal purposes are: • The advancement of public participation in sport, particularly, but not exclusively, judo. • The advancement of physical and mental health and wellbeing. • The provision of recreational facilities, and the organisation of recreational activities. In furtherance of the above, the organisation will hold regular, accessible, affordable judo sessions, open to all, but targeted particularly at men of all ages who are impacted by issues including addiction, loneliness, isolation, economic hardship and ill-health. The sessions will also provide mental health first aid and transformational life coaching as well as peer support and by so doing improve the life chances and general health and well-being of participants.

Geography

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