

Conscious Edinburgh
Scottish Charity No – SC049488
Annual Report and Financial Statement
For the financial period 31/07/25 – 31/07/26

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Trustees' Annual Report
For the year ended 31st July 2025

The trustees have pleasure in presenting this report with the financial statements for the year ended 31st July 2026

Reference and Administrative Information:

Charity Name:

Conscious Edinburgh

Charity No:

SC049488

Address:

23/3 Union Place, Edinburgh, EH1 3NQ

Current Trustees:

Anusan Wijayendran

Shanna Su

Iain Choyce

David Bourne

Lucy Wilson

Elizabeth Lyons

Matilda Rose

Nina Mattinson

Amelia Langford

Structure, Governance and Management

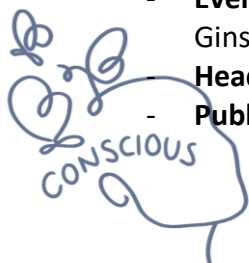
Constitution:

The charity is a Scottish Charitable Incorporated Organisation (SCIO). It was registered in its current legal form on 30/07/2019. The charity was previously an unincorporated organisation but changed its legal form to a SCIO. The assets of the unincorporated organisation were transferred to the SCIO on 30/07/2019. It has a dual tier structure with trustees and a committee.

Appointment of trustees:

The committee consists of:

- **Co-Presidents:** Nina Mattinson, Amelia Langford
- **Secretary:** Alexandra Samara
- **Treasurer:** Christabel Gibson-Watt
- **Head of Social and Wellbeing:** Katie Beverland
- **Head of Charity:** Samaara Chaudhary
- **Charity Team:** Daisy Hassett, Clementine Aagaard, Milly Dent, Delilah Sodeau
- **Heads of Logistics:** Tess Sloan, Tilly Dequia
- **Events Team:** Anna Wehebrink, Clemmie Maude, Rowan Margerison, Ruth Ginsbrugh Hix, Izzie Cartman, Abby Baxter
- **Heads of Publicity:** Juri Takagi
- **Publicity Team:** Sofija Lignugaryte, Lola Carver-Broome, Ailish Caody, Amelie Bone



- **Sponsorship Team:** Lucia Bailey-Bain, Eve Barrow, Sophie Houston, Sophie Himsworth

Past and current presidents are automatically promoted to charity trustees unless they do not want this role. There must be a minimum of three trustees at all times.

Objectives and Activities:

Charitable purposes:

1. To advance mental health education amongst the student population via information sessions, smaller group sessions and flyers.
2. To advance the health of the student population through the provision of safe spaces on campus for students to talk about mental health in an encouraging environment enabling peer support, the provision of fully-subsidised mental health first aid training to spot the signs of mental illness including suicidal thoughts, and the provision of partially-subsidised therapy with professional psychotherapists.
3. The provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the person for whom the facilities or activities are primarily intended by encouraging students to take part in activities such as yoga and other team building activities.

Initiatives:

Conscious Mental Health First Aid Courses

We have been able to run 2 courses this year, training 20 students in mental health first aid from a variety of different student clubs and societies! A huge thank you to Margaret-Anne MacMillan for her continued support in delivering Scotland's mental health first aid courses to our students.

Conscious Edinburgh Peer Support Groups

Our peer support team has continued to help coordinate our valuable grief support groups, with special thanks to the University of Edinburgh's chaplaincy who run the sessions. Due to low levels of engagement with some support groups established in previous years, we discontinued our ADHD and medical students' support groups.

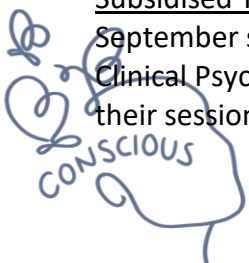
This year, we introduced a new initiative, Sip & Support, which provided first- and second-year students with the opportunity to speak with third- and fourth-year students about university life, seek advice and share their experiences.

Conscious Conversations

After training in mental health first aid, our conscious conversation team has developed a presentation to deliver informative mental health courses to various student societies and sports clubs.

Subsidised Therapy

September saw the launch of our Subsidised Therapy scheme. Having connected with the Clinical Psychology Collective, a team of psychotherapists who agreed to give us 10% off their sessions, we continued to facilitate 12-session courses to 2 new students while the



remaining 2 from the previous academic year completed their course. We subsidised £87 of each £103.50 session, leaving students to cover the remaining £16.50.

Wellbeing Activities:

Pear Tree Run Club

We collaborated with a local pub, The Pear Tree, every Monday throughout the second semester of university, encouraging mindfulness and exercise during the colder winter months of the year.

Exam Season Wellness Events

- Nature Walk & Yoga with Edinburgh University Fungi Society, Foraging Society and Yoga Society
- Yoga, Cold plunge & Sauna with Edinburgh University Bluetits and Yoga Society
- Stretch & Tea with Edinburgh University Yoga Society

Welcome Week Conscious-organised activities:

These were free events aimed at new students and designed to increase awareness of the charity and its work. Attendance across all events was very high, providing an effective opportunity to engage with new students, raise awareness of Conscious Edinburgh and promote our Ambassadors Scheme.

- Meadows Picnic with Edinburgh University Rounders Club
- Line Dancing at Dropkicks
- Pub Quiz at Greenmantle

Fundraising Events:

Charity Yoga with Sanitree and Edinburgh University Yoga Society

In collaboration with Sanitree, a social enterprise based across Edinburgh and Jaipur to tackle period poverty, and Edinburgh University Yoga Society, we sold tickets for a charity yoga session, with proceeds being split between Conscious and Sanitree.

Winter Ceilidh with Edinburgh Charity Fashion Show

In collaboration with Edinburgh Charity Fashion Show, we hosted a Ceilidh with a Winter Wonderland theme to fundraise and raise awareness for both our charities. The event sold out in under 2 hours, and we raised around £2,090.00 for each of our respective charities. At the event we also held a silent auction, which raised £148 for Conscious.

Pub Quiz

Following the success of our Welcome Week pub quiz, we held a second quiz in January at Greenmantle. While attendance was lower than the 60 students who attended our Welcome Week event, the quiz provided an opportunity to continue engaging students throughout the academic year and brought together students in a relaxed and social setting



Open Mic Night with West Nic

We organised and ran an open mic night in partnership with West Nic at 32 Below, providing an opportunity for both bands and individual performers to showcase their music. The event was sponsored by Jubel, and attendees were invited to make donations to the charity.

Valentine's Bingo Night

We hosted a Bingo Night at The Pear Tree (Upstairs Hall), featuring drinks, a DJ and a range of prizes kindly donated by local businesses. Prizes included rock climbing sessions at Alien Rock, tickets to Cameo Picturehouse, a Doodles voucher and tickets to a Bedlam Theatre show. The event was a great success, with 72 tickets sold and £546 generated in ticket revenue. The generous prize donations from local businesses also helped us engage with and build relationships within the local community.

Charity Netball Tournament

We hosted a charity netball tournament at Peffermill Courts on the 7th of March, where student groups and friends formed their own teams and took part in a series of matches. In the lead-up to the tournament, teams were encouraged to fundraise for Conscious Edinburgh, with prizes awarded to both the winning team and the team that raised the most money for the charity. Friends and supporters were also invited to attend and were encouraged to wear fun outfits for the day. We ran a bake sale for players and spectators, adding to the fundraising and social atmosphere of the event. Three teams participated in the tournament, which raised £795 for Conscious Edinburgh.

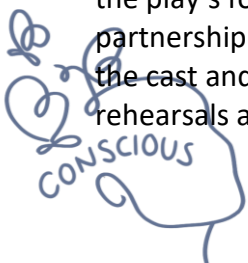
Summer Night with Conscious

Our largest event of the year was a black-tie Ball held at Greyfriars Kirk on 26 May. The evening featured four musical acts, including a soul band, jazz band, ceilidh band, before concluding with a DJ. We also collaborated with Sneaky Pete's for an after-party. The event was attended by 230 people and raised £5,484.50 for Conscious Edinburgh. We were very pleased with the outcome, providing a strong conclusion to the year and raising additional funds to support the incoming 2026/27 committee. The event was the result of significant work from across the committee and provided a memorable opportunity to bring students together in support of the charity.

Sponsorship:

The Seagull

We were the charity partner for *The Seagull*, a student production at Bedlam Theatre and the winner of the University of Edinburgh English and Scottish Literature Play Award. Given the play's focus on significant mental health themes, we felt this was an important partnership. Our involvement primarily focused on providing Conscious Conversations for the cast and crew and acting as a point of contact for mental health support throughout rehearsals and the production run. A small speech about Conscious was made at the end of



each performance, and audience members had the opportunity to make JustGiving donations.

We also attended the production's Burns Night launch party at the Jazz Bar, held in collaboration with Soul Society, where we were able to raise awareness of Conscious Edinburgh and our work. The event also raised £540 for the charity.

Jubel

This year, we established an ongoing partnership with Jubel, who generously donated drinks to support several of our events throughout the year. These donations were used as prizes for our Bingo Night and as part of the silent auction at our Winter Ceilidh. The partnership provided an opportunity to engage with a brand that is familiar to our student community, while also strengthening our relationships with external organisations and supporting our fundraising events.

Albert Hunt

This year, we received a £3,000 grant from The Albert Hunt Trust. This funding made a valuable contribution to the delivery of our initiatives, supporting both our subsidised therapy scheme and Mental Health First Aid courses (MHFACs).

Sense of Belonging Fund

The University of Edinburgh's Sense of Belonging Fund provides funding to support events that encourage community and connection across the University. This year, we received £200 from the fund to support the running of our charity netball tournament, covering the majority of the venue costs. This funding helped to reduce the costs associated with the event, allowing a greater proportion of the money raised through the tournament to go directly towards supporting Conscious Edinburgh.

Buccleuch Charity Foundation

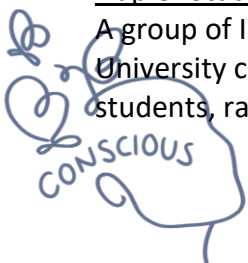
We received a £150 grant from the Buccleuch Charity Foundation to support our work providing mental health support and services to students.

Edinburgh Student Fight Night

We were the charity partner for Fight Night this year, with members of Conscious Edinburgh attending the event and distributing flyers to raise awareness of the charity and its work among attendees.

Napier Students Charity Pilates Event

A group of International Festival and Event Management students at Edinburgh Napier University chose Conscious Edinburgh as their charity and organised a Pilates session for students, raising £240. Members of Conscious Edinburgh also spoke to attendees about the



charity and its initiatives. The event provided an opportunity to raise funds and awareness while strengthening our links with other universities in Edinburgh.

University of Edinburgh Geography AFC

To mark Movember, Geography AFC grew moustaches and raised £247.50 for Conscious Edinburgh.

Reserves Account:

The trustee's policy is to retain a minimum of £500 for the new financial year, beginning on the 1st August 2021 and on every subsequent 1st August. This is to cover any expenditure for events that the new committee may want to host prior to fundraising events.

As of the 1st August 2025, the Reserve Account had a balance of £2,004.31. On the 1st August 2026, this balance was £2021.63. This increase was due to interest alone.

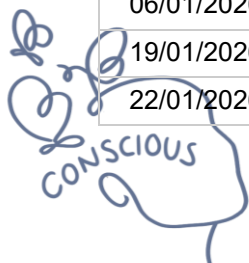


Current Account:

Statement of Receipts and Payments for 31/07/25 – 31/07/26

Incomings:

Date	Description	Money In (£)
08/09/2025	Subsidised Therapy - Michael Song	£66.00
15/09/2025	Ellie Moore	£49.50
17/10/2025	ECFS Deposit Roxy Repayment	£157.50
27/10/2025	Subsidised Therapy - Kate Maughan	£82.50
27/10/2025	Subsidised Therapy - Michael Song	£33.00
27/10/2025	Subsidised Therapy - Yun-Chieh Shen Alice FP	£33.00
05/11/2025	Solen - ceilidh ticket	£12.50
05/11/2025	Square	£31.96
05/11/2025	Subsidised Therapy - Sandhu	£82.50
11/11/2025	Subsidised Therapy - Gomer	£16.50
11/11/2025	Justgiving	£54.90
18/11/2025	Square	£0.05
18/11/2025	Justgiving	£86.78
19/11/2025	Yoga soc	£17.50
20/11/2025	Guntury B Therapy	£49.50
26/11/2025	Silent Auction Prize - Jack Terris	£8.00
26/11/2025	Silent Auction Prize - Ana Aritio	£20.00
27/11/2025	Subsidised Therapy - Gomer	£16.50
27/11/2025	Ceilidh Benefits	£2,090.00
27/11/2025	Ceilidh Expenses Reimbursed	£992.25
01/12/2025	Justgiving	£38.33
01/12/2025	Subsidised Therapy - Daisy Casemore	£16.50
01/12/2025	Subsidised Therapy - Daisy Casemore	£16.50
02/12/2025	Silent Auction Prize - Piers Ninham	£25.00
02/12/2025	Silent Auction Prize - Phoebe Ashton-Barn	£40.00
04/12/2025	Silent Auction Prize - Sophia Hindmarsh	£55.00
12/12/2025	Albert Hunt Grant	£3,000.00
15/12/2025	JustGiving	£71.46
06/01/2026	UOE Sport Hire Grant	£200.00
19/01/2026	JustGiving	£309.69
22/01/2026	EMF Registration Fee - C Gibson-Watt	£25.00

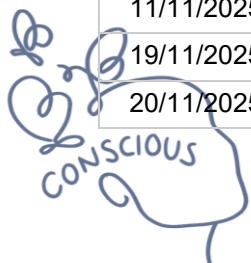


22/01/2026	EMF Registration Fee - Turner	£25.00
23/01/2026	EMF Registration Fee - Margerison	£25.00
26/01/2026	EMF Registration Fee - E Gibson-Watt	£25.00
27/01/2026	Square	£8.93
29/01/2026	Square	£1.96
02/02/2026	Subsidised Therapy - Michael Song	£16.50
12/02/2026	VIPR Digital Ltd - Valentines Bingo	£546.00
12/02/2026	Subsidised Therapy - Daisy Casemore	£49.50
13/02/2026	Buccleuch Charity Foundation	£150.00
16/02/2026	N Gomer - Subsidised Therapy	£16.50
23/02/2026	JustGiving	£150.55
24/02/2026	Square	£8.84
26/02/2026	N Gomer - Subsidised Therapy	£49.50
03/03/2026	W A J Maile - Netball Pub Quiz	£475.00
03/03/2026	JustGiving	£529.44
09/03/2026	Square	£17.65
30/03/2026	N Gomer - Subsidised Therapy	£49.50
22/04/2026	Square	£24.56
27/04/2026	Georgina Barr - Pilates Event	£240.00
28/04/2026	JustGiving	£195.90
05/05/2026	JustGiving	£215.22
18/05/2026	JustGiving	£311.82
27/05/2026	Square	£142.46
29/05/2026	Ball Ticket Revenue	£5,484.50
01/06/2026	JustGiving	£367.37
09/06/2026	JustGiving	£1,547.30
19/06/2026	White G	£121.00
29/06/2026	Subsidised Therapy - Daisy Casemore	£115.00
29/06/2026	Subsidised Therapy - Daisy Casemore	£0.50
30/06/2026	Interest	£1.51
		Total In: £18,609.93

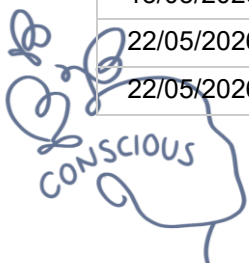


Outgoings:

Date	Description	Money Out (£)
06/08/2025	Subsidised therapy	£103.50
06/08/2025	Subsidised therapy	£103.50
06/08/2025	Subsidised therapy	£103.50
06/08/2025	Subsidised therapy	£103.50
06/08/2025	Subsidised therapy	£103.50
06/08/2025	Subsidised therapy	£103.50
06/08/2025	Subsidised therapy	£103.50
06/08/2025	Subsidised therapy	£103.50
29/08/2025	Vistaprint	£55.58
01/09/2025	Subsidised therapy	£103.50
01/09/2025	Subsidised therapy	£103.50
02/09/2025	Amelie Bone - Wix repayment	£115.20
02/09/2025	Tote Bags	£139.00
04/09/2025	Subsidised therapy	£103.50
04/09/2025	Subsidised therapy	£103.50
04/09/2025	Leafletfrog	£35.00
15/09/2025	Tescos - Rounders snacks	£11.45
15/09/2025	Tescos - Pens	£3.60
15/09/2025	Lidl - Rounders snacks	£15.71
22/09/2025	Dominos	£50.48
22/09/2025	Poundland	£5.00
26/09/2025	Subsidised therapy	£103.50
30/09/2025	Margaret MacMillan - MHFAC	£600.00
01/10/2025	Assembly Theatre Deposit	£315.00
06/10/2025	Subsidised therapy	£103.50
15/10/2025	Subsidised therapy	£103.50
20/10/2025	Briony Stewart - deposit	£150.00
27/10/2025	Nina Mattinson - Flyers Repayment	£56.00
31/10/2025	Briony Stewart - Ceilidh	£300.00
03/11/2025	Subsidised therapy	£103.50
07/11/2025	Subsidised therapy	£103.50
07/11/2025	Assembly Venue	£945.00
10/11/2025	Subsidised therapy	£103.50
11/11/2025	Policy Bee	£85.47
19/11/2025	Subsidised therapy	£103.50
20/11/2025	Subsidised therapy	£103.50



21/11/2025	UoE Informations GB	£5.00
25/11/2025	Tilly De Guia - Ceilidh Repayment	£83.27
25/11/2025	Assembly Corkage	£216.00
25/11/2025	Tess Sloan - Ceilidh Alcohol	£234.25
27/11/2025	Subsidised therapy	£103.50
27/11/2025	Margaret MacMillan - MHFAC	£600.00
02/12/2025	Subsidised therapy	£103.50
16/12/2025	University of Edinburgh - Peffermill Courts Booking	£272.00
16/01/2026	GSI Events Ltd	£360.00
27/01/2026	GSI Events Ltd	£360.00
02/02/2026	Subsidised therapy	£103.50
02/02/2026	Subsidised therapy	£103.50
02/02/2026	Subsidised therapy	£103.50
06/02/2025	Pear Tree House - Venue Hire	£250.00
13/02/2026	Ruby Boss - Decor Repayment	£17.39
13/02/2026	Subsidised therapy	£103.50
17/02/2026	Subsidised therapy	£103.50
17/02/2026	Subsidised therapy	£103.50
26/02/2026	Subsidised therapy	£103.50
26/02/2026	Subsidised therapy	£103.50
04/03/2026	Greyfriars Kirk Venue Deposit	£280.00
19/03/2026	Subsidised therapy	£103.50
19/03/2026	Subsidised therapy	£103.50
20/03/2026	Craig Paton - Ball Deposit	£137.50
27/03/2026	Subsidised therapy	£103.50
27/03/2026	Subsidised therapy	£103.50
07/04/2026	Greyfriars Venue	£1,120.00
07/04/2026	Leafree	£27.00
21/04/2026	Subsidised therapy	£103.50
21/04/2026	Subsidised therapy	£103.50
21/04/2026	Subsidised therapy	£103.50
22/04/2026	Yazzoo	£95.71
05/05/2026	Subsidised therapy	£103.50
05/05/2026	Subsidised therapy	£103.50
13/05/26	Subsidised therapy	£103.50
13/05/2026	Leafree	£32.00
22/05/2026	Craig Paton	£412.50
22/05/2026	Amelia Langford - Decor Repayment	£15.97



29/05/2026	Wedding Lighting - Ball Bar	£300.00
29/06/2026	Subsidised therapy	£103.50
29/06/2026	Subsidised therapy	£103.50
29/06/2026	Subsidised therapy	£103.50
06/07/2026	Tess Sloan - Repayment	£410.60
		Total Out: £12,562.18

As of the 31st July 2025, the Current Account had a balance of £11,446.32. By the 31st July 2026, this balance had increased to £17,491.56, representing an increase of £6,047.75. This reflects total income exceeding total expenditure by £6,047.75 over the period.



External Review of Annual Report and Financial Statement

Conscious Edinburgh

Charity number: SC049488

Basis of Independent Examiner's statement:

I have reviewed the accounting records of Conscious Edinburgh for the period of 31st July 2025 to 31st July 2026 and my inspection has covered any unusual items or disclosures in the accounts and explanations from the management committee.

Independent Examiner's Statement:

No matter has come to my attention which, in my opinion, should be highlighted in order to reach a correct understanding of the accounts.

Signed

TOMAS WILSON

Date: 2/10/2026

Name: Tomas Wilson

Contact Details:

Tomaswilson8@icloud.com

