COMPANY REGISTRATION NUMBER: SC383167
CHARITY REGISTRATION NUMBER: SC041998

Lorn and Oban Healthy Options Limited

Company Limited by Guarantee

Unaudited Financial Statements

31 March 2026

R A CLEMENT ASSOCIATES CHARTERED ACCOUNTANTS
Chartered accountants
5 Argyll Square
Oban
Argyll
PA34 4AZ

Lorn and Oban Healthy Options Limited

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2026

Lorn and Oban Healthy Options Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2026

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2026.

Reference and administrative details

Registered charity name	Lorn and Oban Healthy Options Limited	
Charity registration number	SC041998	
Company registration number	SC383167	
Principal office	Upper Floor St Moluag Centre Croft Avenue Oban	
Registered office	R A Clement Associates 5 Argyll Square Oban PA34 4AZ	
The trustees		
	H McLean MBE	
	V Kennedy	
	P Wilson	
	J Barron	
	P Thorpe	
	P Wilson	
	H Orrell	(Appointed 22 July 2025)
	D Chefneux	(Appointed 22 July 2025)
Company secretary	R A Clement Associates	
Independent examiner	Angus MacGillivray FCCA of R A Clement Associates 5 Argyll Square Oban Argyll PA34 4AZ	

Structure, governance and management

The organisation is a charitable company limited by guarantee and is recognised as a Scottish charity.

Governing Document
The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Control
The charity is under the direction of the Board of Directors who control its activities and its plans and strategic objectives, as well as pursue funding to enable it to achieve its aims.

Risk Policy
The directors have assessed the major risks to which the charity is exposed, and in particular those related to the operations and finances of the Trust and are satisfied that systems are in place to mitigate any exposure to these risks.

Reserves Policy
It is the goal of the Charity to maintain a General Reserve, within the unrestricted funds, at a level that equates to approximately three months expenditure. This would provide sufficient funds to cover running costs for that period, in adverse conditions.

As at 31st March 2026, the Charity held a balance of circa £80,000 in a separate bank account to ensure this policy was achieved and this forms part of the overall balance of £123,653 of unrestricted funds held at year-end.

The Finance & Governance Sub-Group meets regularly throughout the year, in order to review the latest position on the Management Accounts and to review the Reserves Policy periodically.

Objectives and activities

The Charitable Purposes of the Company are:

- Healthy Options is a charity working with people who are living with, or are at risk of developing, life-long health conditions. We deliver specialist services which support people to learn the skills and tools to self-manage their health and wellbeing.

- We do this by providing access to highly qualified and experienced exercise, health & wellbeing professionals who work collaboratively with clients, supporting behaviour change and enabling engagement in prehabilitation, exercise rehabilitation, and supported self-management of condition programmes.

- The programmes provide activities and lifestyle options to improve knowledge, skills and understanding of health, enabling local people to make a positive impact on their own and their community's physical, mental and emotional well-being.

Lorn & Oban Healthy Options (Healthy Options) has been committed to improving the health and wellbeing of the community since its inception in 2011. What started out as a pilot exercise-on-referral programme is now an established exemplar of supported self-management services, demonstrating how they can positively impact people's physical, mental and emotional wellbeing.

Objectives and activities *(continued)*

Healthy Options has a collaborative and innovative approach to community health. It brings together health professionals, fitness professionals, business expertise and community animators to form an independent community organisation which has the in-built support of the largest medical practice and the best sport facilities in the West Highlands.

Public Health Scotland Locality Profile shows that 24% of the community are living with one or more long term condition (HO data shows the average is 3 LTC). This sits alongside demographics of an aging population, increased sedentary lifestyles and a Health Service in crisis. With all these factors, Healthy Options is very much needed and is committed to improving the health and wellbeing of the people of Lorn & Oban.

Strategic report

The following sections state the Achievements, Performance and financial review and plans for the strategic report of the charity.

Achievements and performance

Introduction
2025-26 was a defining year for Healthy Options. Against a backdrop of financial uncertainty across health and third sector, we protected our core services, introduced a new long-term wellbeing programme and strengthened partnerships across Argyll & Bute. Demand continued to grow, reinforcing the importance of community-led health in preventing illness, supporting recovery and enabling people to live healthier, more independent lives.

Our Purpose
Healthy Options is an independent charity supporting people living with, or at risk of developing, long-term health conditions. Since 2011 we have demonstrated how specialist exercise rehabilitation, behaviour change and supported self-management improve physical, mental and emotional wellbeing while complementing statutory health services.

Our Services
Our integrated pathway - ADAPT, THRIVE and Elevate & Stay Active - is delivered in line with Public Health Scotland's Physical Activity Referral Standards (PARS). ADAPT is our Tier 1 specialist rehabilitation programme; THRIVE is our Tier 2 physical activity on referral programme, supporting people living with or at risk of developing long-term conditions; and Elevate & Stay Active is our Tier 3-4 partnership programme with Atlantis Leisure, providing long-term supported activity to sustain progress. Together, these programmes create a seamless pathway that improves outcomes for individuals whatever stage they are at on their health journey.

A Year of Challenge and Progress
The future of ADAPT dominated the year. After five years of static HSCP funding, uncertainty over future investment created significant organisational risk. Constructive engagement secured funding for a further year and reinforced the need for sustainable commissioning arrangements. At the same time, Elevate & Stay Active successfully addressed the gap many clients experienced after completing structured rehabilitation, providing an ongoing pathway into active, independent living.

Achievements and performance ***(continued)***

Delivering Impact
Throughout the year staff continued to deliver outstanding services despite significant organisational change. Client outcomes remained excellent, partnerships deepened and the organisation continued to innovate. The greatest measure of success remains the voices of our clients, many of whom describe life-changing improvements in confidence, independence and wellbeing.

Partnerships
Healthy Options strengthened relationships with Atlantis Leisure, Argyll & Bute HSCP, GP practices, TSI and other community partners. We continue as a CIMSPA Employer Partner, invest in local workforce development and remain grateful to the William Grant Foundation and all funders whose support enables our work.

Financial review

The charity remains financially well managed despite an increasingly competitive funding environment. Increased expenditure reflected investment in staffing and the launch of Elevate & Stay Active. Income continues to come from grants, donations and affordable client contributions, while ensuring nobody is excluded because of cost.

Plans for future periods

Looking Ahead
A strategic review during 2026-27 will focus on long-term sustainability, strengthening partnerships and demonstrating the value of community-led health. We remain committed to delivering high-quality services while helping shape a more preventative, collaborative approach to improving health across our communities.

Governance and Thanks
Healthy Options is governed by an experienced Board of Trustees committed to good governance, sound financial stewardship and continuous improvement. We thank our staff, volunteers, partners, funders, and clients for their dedication, trust, and support. Together we remain committed to improving lives through evidence-based, compassionate community-led physical activity, health and wellbeing services. During the year the Board took active steps to strengthen its skills base, welcoming two new trustees. We were pleased to welcome an accountant with several decades of experience across the charity and public sectors, whose financial and governance expertise will support the Board's oversight of the organisation's finances and reporting; and a local GP, whose clinical background and close connection to the communities we serve helps ensure our services remain grounded in local health and wellbeing needs. We are grateful to both new trustees for their willingness to give their time and expertise and look forward to their contribution as the charity takes forward its strategic review in 2026-27.

The trustees' annual report and the strategic report were approved on 4 August 2026 and signed on behalf of the board of trustees by:

H McLean

H McLean MBE
Trustee

Independent Examiner's Report to the Trustees of Lorn and Oban Healthy Options Limited

Year ended 31 March 2026

I report to the trustees on my examination of the financial statements of Lorn and Oban Healthy Options Limited ('the charity') for the year ended 31 March 2026.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 (‘the 2005 Act’), the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Companies Act 2006 (‘the 2006 Act’). You are satisfied that the accounts of the company are not required by charity or company law to be audited and have chosen instead to have an independent examination.

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity’s accounts carried out under section 44(1)(c) of the 2005 Act. In carrying out my examination I have followed the requirements of Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Independent examiner's statement

Since the charity is required by company law to prepare its accounts on an accruals basis and is registered as a charity in Scotland your examiner must be a member of a body listed in Regulation 11(2) of the Charities Accounts (Scotland) Regulations 2006 (as amended). I can confirm that I am qualified to undertake the examination because I am a registered member of the Association of Chartered Certified Accountants which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act, section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; or

2. the financial statements do not accord with those records or with the accounting requirements of Regulation 8 of the Charities Accounts (Scotland) Regulations 2006; or

3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a ‘true and fair' view which is not a matter considered as part of an independent examination; or

4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Independent Examiner's Report to the Trustees of Lorn and Oban Healthy Options Limited *(continued)*

Year ended 31 March 2026

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Angus MacGillivray 6 August 2026

Angus MacGillivray FCCA
of R A Clement Associates
Independent Examiner

5 Argyll Square
Oban
Argyll
PA34 4AZ

Lorn and Oban Healthy Options Limited

Company Limited by Guarantee

Statement of Financial Activities
(including income and expenditure account)

Year ended 31 March 2026

		2026			2025
	Note	Unrestricted funds **£**	Restricted funds **£**	**Total funds £**	Total funds £
Income and endowments					
Donations and legacies	**5**	114,366	242,491	356,857	320,989
Charitable activities	**6**	26,102	–	26,102	83,736
Other trading activities	**7**	2,250	–	2,250	1,500
Investment income	**8**	1,133	–	1,133	1,180
Other income	**9**	44,805	–	44,805	9,569
Total income		188,656	242,491	431,147	416,974
Expenditure					
Expenditure on charitable activities	**10,11**	189,458	238,224	427,682	444,360
Total expenditure		189,458	238,224	427,682	444,360
Net income/(expenditure) and net movement in funds		(802)	4,267	3,465	(27,386)
Reconciliation of funds					
Total funds brought forward		123,455	15,723	139,178	166,564
Total funds carried forward		122,653	19,990	142,643	139,178

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Lorn and Oban Healthy Options Limited

Company Limited by Guarantee

Statement of Financial Position

31 March 2026

	Note	2026 £	2025 £
Fixed assets			
Tangible fixed assets	16	5,656	7,615
Current assets			
Debtors	17	20,724	18,603
Cash at bank and in hand		138,568	121,779
		159,292	140,382
Creditors: amounts falling due within one year	18	7,305	8,819
Net current assets		151,987	131,563
Total assets less current liabilities		157,643	139,178
Creditors: amounts falling due after more than one year	19	15,000	–
Net assets		142,643	139,178
Funds of the charity			
Restricted funds		19,990	15,723
Unrestricted funds		122,653	123,455
Total charity funds	23	142,643	139,178

For the year ending 31 March 2026 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The statement of financial position
continues on the following page.

These financial statements were approved by the board of trustees and authorised for issue on 4 August 2026 and are signed on behalf of the board by:

H McLean

H McLean MBE
Trustee

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in Scotland and a registered charity in Scotland. The address of the registered office is R A Clement Associates, 5 Argyll Square, Oban, PA34 4AZ.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102: (a) No cash flow statement has been presented for the company.
(b) Disclosures in respect of financial instruments have not been presented.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

3. Accounting policies *(continued)*

Income

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Plant and machinery	-	33% reducing balance
Fixtures and fittings	-	25% reducing balance
Equipment	-	25% reducing balance

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Government grants

Government grants are recognised at the fair value of the asset received or receivable. Grants are not recognised until there is reasonable assurance that the charity will comply with the conditions attaching to them and the grants will be received.

Where the grant does not impose specified future performance-related conditions on the recipient, it is recognised in income when the grant proceeds are received or receivable. Where the grant does impose specified future performance-related conditions on the recipient, it is recognised in income only when the performance-related conditions have been met. Where grants received are prior to satisfying the revenue recognition criteria, they are recognised as a liability.

3. Accounting policies *(continued)*

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

3. Accounting policies *(continued)*

Defined contribution plans *(continued)*

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

The company is a company limited by guarantee and accordingly does not have a share capital.

Every member of the company undertakes to contribute such amount as may be required not exceeding £1 to the assets of the charitable company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2026 £**
Donations			
Donations	16,616	–	16,616
Gift Aid	–	–	–
Grants			
HSCP Localities	–	68,500	68,500
CLLD	–	–	–
Hugh Fraser Foundation	–	–	–
Stafford Trust	3,250	–	3,250
HSCP Living Well	–	36,412	36,412
Oban Common Good Fund	–	2,981	2,981
Waterfall Fund	–	9,997	9,997
ABCD Trust	–	–	–
William Grant Foundation	90,000	–	90,000
Alliance	–	14,995	14,995
Ladbrokes Coral Trust	–	1,500	1,500
King Charles Fund	–	3,000	3,000
Other grants	4,500	–	4,500
A&B Supporting Communities	–	–	–
Investing in Communities Fund	–	105,106	105,106
	114,366	242,491	356,857

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Donations			
Donations	22,458	–	22,458
Gift Aid	640	–	640

5. Donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Grants			
HSCP Localities	–	68,500	68,500
CLLD	–	36,595	36,595
Hugh Fraser Foundation	4,000	–	4,000
Stafford Trust	–	–	–
HSCP Living Well	–	27,309	27,309
Oban Common Good Fund	–	–	–
Waterfall Fund	–	9,844	9,844
ABCD Trust	–	1,000	1,000
William Grant Foundation	20,000	–	20,000
Alliance	–	–	–
Ladbrokes Coral Trust	–	–	–
King Charles Fund	–	–	–
Other grants	9,885	2,250	12,135
A&B Supporting Communities	–	2,500	2,500
Investing in Communities Fund	13,279	102,729	116,008
	70,262	250,727	320,989

6. Charitable activities

	Unrestricted Funds £	**Total Funds 2026 £**	Unrestricted Funds £	Total Funds 2025 £
Sale of goods/services as part of direct charitable activities	1,182	1,182	2,068	2,068
Adapt client contributions	9,159	9,159	10,123	10,123
Thrive client contributions	12,673	12,673	45,412	45,412
Elevate client contributions	90	90	25,979	25,979
Mull income	2,998	2,998	154	154
	26,102	26,102	83,736	83,736

7. Other trading activities

	Unrestricted Funds £	**Total Funds 2026 £**	Unrestricted Funds £	Total Funds 2025 £
Sponsorships	2,250	2,250	1,500	1,500

8. Investment income

	Unrestricted Funds £	**Total Funds 2026 £**	Unrestricted Funds £	Total Funds 2025 £
Bank interest receivable	1,133	1,133	1,180	1,180

9. Other income

	Unrestricted Funds £	**Total Funds 2026 £**	Unrestricted Funds £	Total Funds 2025 £
Other income	44,805	44,805	9,569	9,569

10. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2026 £**
General Activities	186,936	236,667	423,603
Support costs	2,522	1,557	4,079
	189,458	238,224	427,682

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
General Activities	132,191	307,489	439,680
Support costs	4,680	–	4,680
	136,871	307,489	444,360

11. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	**Total funds 2026 £**	Total fund 2025 £
General Activities	423,603	–	423,603	439,680
Governance costs	–	4,079	4,079	4,680
	423,603	4,079	427,682	444,360

12. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2026 £	2025 £
Depreciation of tangible fixed assets	1,959	2,649

13. Independent examination fees

	2026	2025
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	4,079	4,680

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2026	2025
	£	£
Wages and salaries	251,422	246,468
Employer contributions to pension plans	13,052	5,294
	264,474	251,762

The average head count of employees during the year was 7 (2025: 7). The average number of full-time equivalent employees during the year is analysed as follows:

	2026	2025
	No.	No.
Number of staff - Staff	7	7

No employee received employee benefits of more than £60,000 during the year (2025: Nil).

15. Trustee remuneration and expenses

The charity trustees, who are the directors of the company, were not paid and did not receive any remuneration or benefits in kind as a trustee during the year.

16. Tangible fixed assets

	Plant and machinery	Fixtures and fittings	Equipment	**Total**
	£	£	£	**£**
Cost				
At 1 Apr 2025 and 31 Mar 2026	3,000	6,079	9,395	18,474
Depreciation				
At 1 Apr 2025	2,333	5,590	2,936	10,859
Charge for the year	222	122	1,615	1,959
At 31 Mar 2026	2,555	5,712	4,551	12,818
Carrying amount				
At 31 Mar 2026	445	367	4,844	5,656
At 31 Mar 2025	667	489	6,459	7,615

17. Debtors

	2026	2025
	£	£
Trade debtors	15,000	–
Prepayments and accrued income	1,770	1,770
Other debtors	3,954	16,833
	20,724	18,603

18. Creditors: amounts falling due within one year

	2026	2025
	£	£
Accruals and deferred income	7,305	8,819

19. Creditors: amounts falling due after more than one year

	2026	2025
	£	£
Accruals and deferred income	15,000	–

20. Deferred income

	2026	2025
	£	£
Amount deferred in year	15,000	–

21. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £13,052 (2025: £5,294).

22. Government grants

The amounts recognised in the financial statements for government grants are as follows:

	2026	2025
	£	£
Recognised in income from donations and legacies:		
Government grants income	105,106	116,008

23. Analysis of charitable funds

Unrestricted funds

	At 1 Apr 2025	Income	Expenditure	**At 31 Mar 2026**
	£	£	£	£
General funds	123,455	188,656	(189,458)	122,653

	At 1 Apr 2024	Income	Expenditure	At 31 Mar 2025
	£	£	£	£
General funds	94,079	166,247	(136,871)	123,455

Unrestricted income includes grant funding of £90,000 received in the year from the William Grant Foundation to support the general purposes of the organisation.

23. Analysis of charitable funds ***(continued)***

Restricted funds

	At 1 Apr 2025 £	Income £	Expenditure £	**At 31 Mar 2026 £**
Alliance	–	14,995	(14,186)	809
Community Mental Health and Wellbeing (administered by TSI Argyll & Bute)	–	–	–	–
Community Led Local Development (CLLD)	4,690	–	(1,173)	3,517
HSCP	–	104,913	(100,754)	4,159
National Lottery	–	–	–	–
Investing in communities	–	105,106	(105,106)	–
Oban Common Good Fund	1,524	2,980	(3,362)	1,142
Supporting Communities	2,500	–	(2,500)	–
ADP	–	–	–	–
ABCD Trust	–	–	–	–
Arnold Clark	–	–	–	–
Rotary Club	–	–	–	–
Scottish Sea Farms	–	–	–	–
Waterfall Fund	7,009	9,997	(9,643)	7,363
Ladbroke Coral Trust	–	1,500	(1,500)	–
King Charles Fund	–	3,000	–	3,000
	15,723	242,491	(238,224)	19,990

	At 1 Apr 2024 £	Income £	Expenditure £	At 31 Mar 2025 £
Alliance	–	–	–	–
Community Mental Health and Wellbeing (administered by TSI Argyll & Bute)	18,751	–	(18,751)	–
Community Led Local Development (CLLD)	–	36,595	(31,905)	4,690
HSCP	2,475	95,809	(98,284)	–
National Lottery	20,000	–	(20,000)	–
Investing in communities	7,479	102,729	(110,208)	–
Oban Common Good Fund	2,032	–	(508)	1,524
Supporting Communities	1,748	2,500	(1,748)	2,500
ADP	20,000	–	(20,000)	–
ABCD Trust	–	1,000	(1,000)	–
Arnold Clark	–	750	(750)	–
Rotary Club	–	500	(500)	–
Scottish Sea Farms	–	1,000	(1,000)	–
Waterfall Fund	–	9,844	(2,835)	7,009
Ladbroke Coral Trust	–	–	–	–
King Charles Fund	–	–	–	–
	72,485	250,727	(307,489)	15,723

23. Analysis of charitable funds *(continued)*

Alliance
A grant of £14,995 was received in the year to contribute to staffing costs.

Community Mental Health and Wellbeing (administered by TSI Argyll & Bute)
Funding was received in an earlier year to continue the tailored support offered to local people to learn skills, techniques and activities which empower a self-management approach to living with mental health conditions.

CLLD
Funding was received in a prior year to launch Elevate, a pilot programme designed to run in tandem with our existing programmes (Adapt and Thrive) to cope with service demands and community needs. Grant monies were fully spent in accordance with the grant agreement by February 2025. The remaining fund balance at 31 March 2026 represents depreciation charged in the year against equipment purchased under the grant.

HSCP

HSCP (Living Well)
Funding of £36,413 was received in the year to deliver the Adapt and Thrive programmes, to pilot the Thrive programme on Mull one day per week, and to support continued workforce development in Oban and Lorn.

HSCP (Localities)
Funding of £68,500 was received in the year under Year 2 of a 2+1 funding arrangement to support Healthy Options to continue to deliver direct services in support of the overall aims of the Oban Living Well initiative, in particular services delivered in support of clients identified as mildly frail or at risk of becoming frail, as well as those with a chronic long-term condition which could be improved by a supported exercise programme. A one-year extension at the same rate has been agreed for FY26-27.

National Lottery
A grant of £20,000 was received in an earlier year to support Thrive, a community programme designed to provide ongoing access to self-management strategies for the community of Oban and Lorn. Funding was carried forward into FY24-25 and spent within the grant term.

Investing in Communities
Funding received in the year was year 3 funding of a three-year grant; the funding supports the work of the Connecting Communities Collective, of which Healthy Options is a founding member. The funding helps to improve provision and access to wellbeing services and improve partnership working between local service providers, ultimately improving services for local people most in need. The majority of the funds received pass through to the other partner organisations: Hope Kitchen, AliEnergy and Oban Youth Cafe, as well as other charities in the area.

Oban Common Good Fund
Funding was received in the prior year to purchase technical equipment to support service delivery, deprecation is charged against the fund on an annual basis.

Supporting Communities
Funding was received to support a Community Accessibility Fund for clients who face financial barriers to accessing Healthy Options' services, including subsidised membership fees and contributions towards participation in community activities.

23. Analysis of charitable funds *(continued)*

ADP
Funding was received in an earlier year as part of a joint grant in partnership with Hope Kitchen, to provide information sessions about what recovery is and to promote the support available both locally and nationally to support recovery; provide a range a meaningful peer-to-peer activities to support recovery; and to provide volunteering opportunities for people to help to remove barriers to training and employment.

Funding was carried forward into FY24-25 and spent within the grant term.

ABCD Trust
A grant of £1,000 was received in the prior year in the year to help fund staff training.

Arnold Clark
Funding was received in the prior year towards facilities hire for physical activity classes.

Rotary Club
Funding was received in the prior year to help fund support materials and equipment for our educational programme.

Scottish Sea Farms
A grant of £1,000 was received in the prior year to contribute towards a Support Fund for clients who face additional barriers to accessing Healthy Options' services, including transportation, equipment, and external services.

Waterfall Fund
In conjunction with the HSCP Living Well funding received to pilot services on the Isle of Mull, these funds support additional capacity for this work, allowing us to contract an additional worker (a Mull resident) who can deliver an additional day of services on the island. A second year of funding was awarded in October 2025, representing an exception to the fund's usual one-time award policy, in recognition of the project's strong outcomes and its value to the Mull community. The balance carried forward represents funds to be spent in the next grant period.

A grant of £25,000 was awarded in December 2025 to support the delivery of the Thrive programme, a 12-week community exercise referral programme for people living with, or at risk of, long-term health conditions including cardiovascular, neurodegenerative and respiratory conditions. The grant period is 2026/27, with payments of £15,000 and £10,000 due in April and September 2026 respectively. The first instalment of £15,000 was received in the year and is included in the accounts as a debtor at 31 March 2026. **Ladbrokes Coral Trust** A grant of £1,500 was received in the year in support of the Thrive programme, which works with clients who need moderate support to improve their health and to self-manage their long-term conditions.

King Charles Fund
A grant of £3,000 was received in the year to support the delivery of the Thrive programme on the Isle of Mull, enabling continuation of community exercise referral services for people living with, or at risk of, long-term conditions in this rural and access-deprived area.

24. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2026 £**
Tangible fixed assets	996	4,660	5,656
Current assets	128,962	30,330	159,292
Creditors less than 1 year	(22,305)	–	(22,305)
Net assets	107,653	34,990	142,643

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Tangible fixed assets	1,401	6,214	7,615
Current assets	130,873	9,509	140,382
Creditors less than 1 year	(8,819)	–	(8,819)
Net assets	123,455	15,723	139,178

The following pages do not form part of the financial statements.

Lorn and Oban Healthy Options Limited

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 31 March 2026

	2026 £	2025 £
Income and endowments		
Donations and legacies		
Donations	16,616	22,458
Gift Aid	–	640
HSCP Localities	68,500	68,500
CLLD	–	36,595
Hugh Fraser Foundation	–	4,000
Stafford Trust	3,250	–
HSCP Living Well	36,412	27,309
Oban Common Good Fund	2,981	–
Waterfall Fund	9,997	9,844
ABCD Trust	–	1,000
William Grant Foundation	90,000	20,000
Alliance	14,995	–
Ladbrokes Coral Trust	1,500	–
King Charles Fund	3,000	–
Other grants	4,500	12,135
A&B Supporting Communities	–	2,500
Investing in Communities Fund	105,106	116,008
	356,857	320,989
Charitable activities		
Sale of goods/services as part of direct charitable activities	1,182	2,068
Adapt client contributions	9,159	10,123
Thrive client contributions	12,673	45,412
Elevate client contributions	90	25,979
Mull income	2,998	154
	26,102	83,736
Other trading activities		
Sponsorships	2,250	1,500
Investment income		
Bank interest receivable	1,133	1,180
Other income		
Other income	44,805	9,569
Total income	431,147	416,974

	2026	2025
	£	£
Expenditure		
Expenditure on charitable activities		
Wages and salaries	(251,422)	(246,468)
Pension costs	(13,052)	(5,294)
Rent	–	(12,000)
Insurance	(2,484)	(1,921)
Other motor/travel costs	(807)	(1,193)
Legal and professional fees	(4,134)	(4,752)
Telephone	(4,020)	(4,165)
Other office costs	(5,360)	(2,851)
Depreciation	(1,959)	(2,649)
Other interest payable and similar charges	(670)	(2,120)
Bank charges	(834)	(773)
Publicity & Advertising	(51)	(287)
Sundry expenses	(3,353)	(3,276)
Programme costs	(131,312)	(137,861)
Staff training	(3,268)	(5,423)
Fundraising expense	(4,956)	(13,327)
	(427,682)	(444,360)
Total expenditure	(427,682)	(444,360)
Net income/(expenditure)	3,465	(27,386)

Lorn and Oban Healthy Options Limited

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2026

	2026	2025
	£	£
Expenditure on charitable activities		
General Activities		
Activities undertaken directly		
Wages & salaries	(251,422)	(246,468)
Staff pension costs	(13,052)	(5,294)
Rent	–	(12,000)
Insurance	(2,484)	(1,921)
Travel & other expenses	(807)	(1,193)
Professional fees	(55)	(72)
Telephone & internet	(4,020)	(4,165)
Office expenses - post & stationery	(5,360)	(2,851)
Depreciation	(1,959)	(2,649)
Bank charges	(670)	(2,120)
Payroll costs	(834)	(773)
Publicity & advertising	(51)	(287)
Sundry expenses	(3,353)	(3,276)
Programme costs	(131,312)	(137,861)
Staff training	(3,268)	(5,423)
Fundraising expense	(4,956)	(13,327)
	(423,603)	(439,680)
Governance costs		
Accountancy	(4,079)	(4,680)
Expenditure on charitable activities	(427,682)	(444,360)