

NEURO CENTRAL

**A Scottish Charitable Incorporated Charity (SCIO) regulated by the
Scottish Charity Regulator (OSCR)**

Annual Report and Financial Statements

For the period: From 01 July 2025

To 30 June 2026





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The trustees are pleased to present their report and financial statements together with the Independent Examiner's report for the year ended 30 June 2026.

Reference and administration details

Charity Name	Neuro Central	
Charity Number	SC046630	
Principal Address	19 Braemar Grove Dunblane FK15 9EF	
Website Address	neurocentral.org.uk	
Current Trustees	Jackie Paterson Moira McDonald Paul Rimmer David Thomson Sally Boa	Chair Treasurer Secretary
Other Trustees in the Period	Nicola Marshall Lynne Jackson	(resigned 04 October 2025) (resigned 04 March 2026)
Independent Examiner	David Brash FMAAT	



Structure, governance and management

Type of governing document

Neuro Central is a Scottish Charitable Incorporated Organisation (SCIO) which is regulated by the Scottish Charity Regulator (OSCR). As such, we are governed by our constitution which is written to comply with the requirements of the Charities and Trustee Investment (Scotland) Act 2005.

Within these requirements, it also meets the specific needs of our charity.

It is kept under review and was last amended at the Annual General Meeting in October 2024.

Trustee recruitment and appointment

Neuro Central's constitution advises on the appointment of trustees. At each Annual General Meeting (AGM), the members may elect any member to be a charity trustee. Membership of the organisation is open to any person with a neurological condition living in Scotland, their carers, and friends who are interested in helping the group achieve its aims and objectives.

In addition, the Board may at any time appoint any member to be a trustee, or any non-member with specialist experience and / or skills which could be of assistance to the Board.

The constitution allows for a minimum of three and a maximum of eleven trustees.

The Board acknowledges the need for more trustees to spread the workload. We have aimed to recruit more trustees by:

- Direct advertising of the post through volunteering sites
- Encouraging existing volunteers to consider become trustees.

Our recruitment aims to reflect that, as a charity, we encourage diversity and welcome everyone. We will be looking for a willingness to accept this aim, an ability to ensure good governance, and bring the skills we need meet our charitable purpose.

Suitable candidates may be co-opted on to the Board in accordance with the constitution and invited to stand for election at the subsequent AGM.



Objectives and activities

Charitable purposes

Neuro Central's purpose is stated in our constitution:

To advance the health and wellbeing of people in Scotland who live with neurological conditions through access to high quality services and therapies, information and support for them, their carers and their families, in a friendly relaxed environment, so nobody has to feel alone.

Summary of the main activities in relation to these objectives

We have in-person and online activities to achieve our purpose.

We hold face-to-face meetings in Stirling and Auchterarder. Meetings have also been started in Perth during this year. These meetings generally take one of two formats:

- A regular social event where members are able to meet up, chat, have light refreshments and receive a therapy. These include massage therapy, reflexology, Reiki and feet treatment. These meetings may also incorporate a talk for information or an entertainment.
- A programme of events over a period which are adjudged to be of interest and benefit to our members.

For those of our members who either have concerns about meeting face-to-face or unable to travel, we hold two online sessions. These are:

- A weekly neuro physio exercise class with a qualified neuro physiotherapist
- A monthly mindfulness session



Achievements and performance

We held meetings at Stirling County Cricket Club on the first and third Monday of the month (except in January, July, and August). Meetings were held regularly until the end of June 2026 when we took our usual summer break.

We held monthly meetings at St Margaret's Outpatients in Auchterarder in the evening of the second Wednesday of the month (except in January, July, and August). Meetings were held regularly until the end of June 2026 when we took our usual summer break.

Our attempts to establish a regular monthly meeting in Perth have been problematic because of a few issues. Although we were welcomed at Bowerswell House, it became apparent that the space provided was not suitable particularly for wheelchair users. After reviewing available options in Perth, we chose Edukacyjne Centrum Bajka (the Polish Education Centre). This is available on the last Friday of the month. The first meeting was held there on 26 June 2026. Meetings are scheduled to be held there on the last Fridays of August through to November this year. We look forward to increased member and volunteer participation.

Some adjustments were necessary this year to the usual dates at Stirling and Perth because of a clash with the Easter weekend dates.

We have concerns about the possible presence of viruses in our communities. This is particularly relevant to Neuro Central as many of our members have compromised autoimmune systems. In mitigation, we ask those intending to attend face-to-face that **if you feel unwell, please stay away to protect others**.

We have continued with two online sessions using Zoom which are open to all members. This allows those who are not comfortable attending face-to-face meetings still to be involved. It also allows an involvement for any member without the need to travel. These sessions included:

- Weekly neuro physio exercise from a Neuro Physio Scotland registered practitioner
- Monthly mindfulness session

Our Counsellor has been available throughout the year offering confidential counselling therapy. She is based away from Central Scotland but is still available to offer sessions either by telephone or online.

We have also been able to finance physiotherapy for a limited number of our members. This is only provided when it is adjudged that the wait for NHS support is detrimental to the wellbeing of our members and is subject to available funds.

The essentials of the meetings in Stirling, Auchterarder and Perth are that they provide:

- A place for our members to socialise with others with a neurological condition
- Therapeutic massage, Reflexology, Reiki and foot care
- Information and entertainment events.



Meetings held in Stirling included:

- Meet and greet after the summer and winter breaks
- The Annual General Meeting on 20 October 2025. This was made available to members by Zoom for those who were unable to travel.
- A monthly raffle
- A presentation on the Clackmannanshire and Stirling Community Link Worker Project
- A presentation from Social Security Scotland
- A keyboard performance by one of our members
- Christmas celebrations
- Bingo
- Disability sports day
- Poetry reading
- Rounding of our year in June with afternoon tea

The meetings held on the third Monday of the month are generally a socialising event with refreshments and lots of chat.

Meetings held in Auchterarder included:

- Meet and greet after the summer and winter breaks
- A monthly raffle
- Seated Yoga taster session.
- A talk on Trading Standards in Perth and Kinross Council
- A talk from Chris Grigg from Perth & Kinross Welfare Rights Team who gave advice to people regarding benefits and other services.
- Festive fun and food before the Christmas break
- Planting spring seeds
- A talk from Citizens Advice Scotland on the services they provide
- A talk from a Community Link Worker to hear how they can offer support to improve health and wellbeing
- Fire precaution advice from Asha Lal, Perth Fire Station Officer
- Defibrillator and emergency first aid from Helen Brady
- A talk from Julie Mailer, a local wildlife photographer
- Fun session with goodies and games

Meetings held in Perth included:

- Meet and greet after the summer and winter breaks
- A monthly raffle
- A talk from Chris Grigg from Perth & Kinross Welfare Rights Team who gave advice to people regarding benefits and other services.
- Painting session
- Fire precaution advice from Asha Lal, Perth Fire Station Officer
- Festive treats and Christmas crafts
- Defibrillator and emergency first aid from Helen Brady



- How to grow our health sustainably

Stirling, Auchterarder and Perth rounded off 2025 with Christmas meetings in December where the emphasis was on celebrating in the holiday spirit.

The feedback provided on our events from all our members was very positive.

We continue to seek the views of our members as to which events they would like to see. We aim to include members' suggestions in our programme wherever possible.

Overall, interest in Neuro Central continues. We have 172 registered members. We also have our private members-only Facebook group which is active with 245 members. Membership of this group includes those who support our aims and wish to follow our activities.

We maintain our website at neurocentral.org.uk which provides information on upcoming events.



The website can be accessed through this QR code.

We have introduced the Buttdown newsletter system. This was brought about because the use of standard Outlook email resulted in frequent rejection of emails using an @gmail.com address.

We use Buttdown to send out weekly emails advising our members and other interested parties on events taking place in that week. Events can also be found on our website at neurocentral.org.uk/calendar.

We will also use Buttdown to send out emails advising members of other events or activities which might be of interest or relevance to them. Topics covered have included:

- The Scottish Government's recording of an *FND in Focus* seminar
- Details of Scotland's Disability Summit
- Information for Unpaid Carers and Professionals leaflet produced by the Neurological Alliance of Scotland
- Opportunities for Dance for those with Multiple Sclerosis from Scottish Ballet
- The Scottish Government's Consultation on Right to breaks for unpaid carers

The Board of Neuro Central has seen changes this year. Unfortunately, we have had two resignations due to personal circumstances.:

- Nicola Marshall resigned in October 2025
- Lynne Jackson resigned in March 2026

We thank them for their involvement.

The trustees are very grateful for the efforts and enthusiasm of our sub-committee and volunteers. None of what we have achieved this year would be possible without their involvement.



Like many charities, Neuro Central has had challenges ensuring that there are enough volunteers to support our operations. Neuro Central is fortunate to have new volunteers commit to involvement with the charity, but we need more of both trustees and committee volunteers to maintain and advance the charity.

If you are interested, you can contact us by email to hello@neurocentral.org.uk.



Financial review

Brief statement of the charity's policy on reserves

The trustees have determined that a preferred level of reserves equivalent to six months' necessary operating costs is appropriate for the charity currently. What that represents in monetary terms is determined annually from forecasts of the operating costs for the year ahead.

The current assessment is that the level of reserves required on this basis is £9,000.

However, it should be noted that Neuro Central has no long-term commitments. It is our policy that all invoices are paid as received. We ask that all requests for payment for supplies and services are made promptly. If the cash held in the bank falls below our reserve level, the Board will assess how much longer we can maintain our services if no further funding is achieved. If necessary, the Board will make arrangements to wind up the charity.

This will not happen in the period through to June 2027. We have sufficient funding to maintain our current services for this time. And plans are in place for further fundraising to extend our service provision beyond this.

Details of any deficit

The balance brought forward on 01 July 2025 was £38,794.

The balance at 30 June 2026 is £40,558.

This is a surplus for the year is £1,763.

We are confident that, as of 01 July 2026, there are sufficient funds to maintain services to 30 June 2027.

Donated facilities and services

We are grateful to NHS Tayside which provides meeting facilities free of charge for Neuro Central to use at St Margaret's Out-Patients Department in Auchterarder.

We are grateful to EAC / Caledonia Housing Association which provided meeting facilities free of charge for Neuro Central to use at Bowerswell House in Perth.

We are grateful to the staff at Stirling County Cricket Club for their invaluable assistance.

All administration of the charity and its events are handled by volunteers. In some instances, this includes the use of their own equipment.



**Annual Membership
Fee**

The annual Membership Fee for Neuro Central was set at £10.00 at the AGM on 21 October 2024. There is no proposal to change it.

It is always the intention of the Board that anyone unable to pay the fee should not be prevented from joining Neuro Central if they needed our services. This is reflected in the clause 16.5 of our constitution - *In case of financial hardship, the Board may, at its discretion, waive the membership fee if application is made by a member to the Board.*



Additional Information on Grant Awards and Fundraising

During the year, we have been fortunate to receive the following grants:

- Stirling/Clackmannan Communities Mental Health & Wellbeing Fund **£9,910**
(Year 5) to maintain and possibly expand our services at Stirling County Cricket Club.
- Auchterarder Co-op Community Grant (interim payment) **£500**
- M&G (Stirling) Local Community Grant **£4,176**

We appreciate the support given by these organisations which allow us to continue providing our services

We are very grateful to be supported by the following who have fundraised for and donated to us.

- An anonymous donation to support our services **£1,000**
- Raised from the Kiltwalk by a supporter of Neuro Central **£340**
- Raised by our trustee David Thomson through sponsored 5k runs **£410**

(Please note that because of a change in payment administration by Peoples' Fundraising, these three monies have not yet been transferred to Neuro Central. As a result, they are not included in this year's accounts.)

- An anonymous donation to support our services **£300**
- A member's donation **£100**

Thank you also to all those who support us with membership fees, raffles and donations which raised over £4,000.



Trustees Declaration of Report Approval

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

Signed on behalf of the charity's trustees

Signature

Jackie Paterson

Full name

Jackie Paterson

Position

Chair

Date

12 October 2026



Independent Examiner's Report

APPENDIX 3

OSCR
Scottish Charity Regulator

Report to the
trustees/members of

Registered charity
number

On the accounts of the
charity for the period

Set out on pages

Respective
responsibilities of
trustees and examiner

Basis of independent
examiner's statement

Independent examiner's
statement

Signed**:

Name:

Relevant professional
qualification(s) or body
(if any):

Address:

Independent examiner's report on the accounts							V2
Charity name							Neuro Central
Registered charity number							SC 046630
Period start date					Period end date		
Day	Month	Year		to	Day	Month	Year
01	07	2025			30	06	2026
							(remember to include the page numbers of additional sheets)

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.

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.

In the course of my examination, no matter has come to my attention ~~other than that disclosed on the attached page*~~

- which gives me reasonable cause to believe that in any material respect the requirements:
 - 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

have not been met, or

- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

[Signature]

Date: 5/10/2026

DAVID BRASH

FMAAT

ORCHIL HOUSE
ORCHIL ROAD
AUCHTERLOCH
PH3 1NB

*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.



The Financial Statements

The following pages are the detailed accounts presented to comply with statutory requirements. They are submitted to OSCR (Office of the Scottish Charity Regulator) through their website oscr.org.uk.

This includes a statement of approval of accounts by the Board of Neuro Central at the end of Section B: Statement of Balances.

This is signed by the Chair and Treasurer of the Board on behalf of all trustees.



Section A: Statement of Receipts and Payments

	Unrestricted funds (£)	Restricted funds (£)	Total funds (£) year to 30/06/2026	Total funds (£) year to 30/06/2025
Receipts				
Donations and Subscriptions	2,927		2,927	5,934
Legacies			0	0
Grants received	4,176	10,410	14,586	17,360
Receipts from fundraising activities	1,719		1,719	2,640
Bank interest	187		187	0
Receipts from other activities			0	0
Sub total	9,009	10,410	19,419	25,934
Receipts from sales of fixed assets				
Proceeds from sale of fixed assets			0	0
Total receipts	9,009	10,410	19,419	25,934
Payments				
Expenses for fundraising activities			0	0
Payments relating directly to charitable activities	3,710	13,535	17,245	23,004
Grants and donations	269		269	150
Other Governance costs	141		141	0
Sub total	4,121	13,535	17,656	23,154
Purchases of fixed assets	0	0	0	0
Total payments	4,121	13,535	17,656	23,154
Net receipts / (payments)	4,889	-3,125	1,763	2,780
Transfers To / From Funds	195	-195	0	0
Surplus / (deficit) for year	5,084	-3,320	1,763	2,780



Section B: Statement of Balances

	Unrestricted funds (£)	Restricted funds (£)	Total funds (£) this period	Total funds (£) last period
Cash Funds				
Cash and bank balances at start of year 01/07/2025	28,322	10,472	38,794	36,016
Surplus / (deficit) shown on receipts and payments account	5,084	-3,320	1,763	2,780
Cash and bank balances at end of year 30/06/2026	33,406	7,152	40,558	38,796

Make-up of Cash Funds

Unrestricted Funds

For General Use	7,587
For Stirling specific use	4,441
For Auchterarder specific use	1,191
For Perth specific use	0
Savings Account	20,187

Restricted Funds

Auchterarder Co-op Community Fund	37
Perth & Kinross Council Whole Family Wellbeing Fund	0
Perth Community Investment Fund	2,027
Stirling & Clackmannan Mental Health and Wellbeing Fund (4)	0
Stirling & Clackmannan Mental Health and Wellbeing Fund (5)	5,088
Check total	7,152

		Value (£) to this year	Value (£) to last year
Investments	None	0	0

Other Assets

	Original Cost		
IT Equipment - existing	1,004	444	1018
IT Equipment - new	0	0	0
Total	1004	444	1018

Liabilities	None	0	0
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Contingent Liabilities	None	0	0
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Signed by one or two trustees on behalf of the Trustees

Signature	Name	Date of Approval
Jackie Paterson	Jackie Paterson (Chair)	12/10/2026
M McDonald	Moir McDonald (Treasurer)	12/10/2026



Section C: Notes to the Accounts

Nature and purpose of funds

All funds are used to further the purpose of the charity. This is: To advance the health and wellbeing of people in Scotland who live with neurological conditions through access to high quality services and therapies, information and support for them, their carers and their families, in a friendly relaxed environment, so nobody has to feel alone.

In addition restricted funds are grants given for specific reasons. Grants awarded this year are:

Stirling / Clackmannan Communities Mental Health & Wellbeing Fund (Year 5): to maintain and possibly expand our services at Stirling County Cricket Club.

Auchterarder Co-op Community Grant: to support Auchterarder meetings.

Grants made

Receipient and Activity / project supported	£
None	

Trustees Remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box.	X
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Trustees Expenses

If no expenses were paid during the period to any charity trustee cross this box - otherwise complete next section	X
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Trustees Expenses - Details

	No of Trustees	£

Transactions with Trustees and connected persons

None

Other Information

The use of rooms and other facilities at St Margaret's Out-Patients in Auchterarder is provided free of charge by NHS Tayside.

The use of rooms and other facilities at Bowerswell House in Perth is provided free of charge by Bowerwell Retirement Housing Scheme managed by Caledonia Housing Association.

We are grateful to the staff at Stirling County Cricket Club for their invaluable assistance.

We are grateful to M&G Stirling for a local community grant of £4,176.

All administration of the charity and its events are handled by volunteers. In some instances, this includes the use of their own equipment.



Section D: Analysis of Receipts and Payments

	Unrestricted funds (£)	Restricted funds (£)	Total funds (£) year to 30/06/2026	Total funds (£) year to 30/06/2025
Donations and Subscriptions				
Subscriptions	755		755	910
Donations	2,172		2,172	5,024
Total	2,927	0	2,927	5,934
Check total	2,927	0	2,927	
Grants Received				
Perth & Kinross Whole/Family, Wellbeing Fund			0	320
Stirling & Clackmannan Mental Health and Wellbeing Fund - Year 4			0	11,700
Perth Community Investment Fund			0	5,340
Stirling & Clackmannan Mental Health and Wellbeing Fund - Year 5		9,910	9,910	
Auchterarder Co-op Community Grant		500	500	
M&G (Stirling) Local Community Grant	4,176		4,176	
Total	4,176	10,410	14,586	17,360
Check total	4,176	10,410	14,586	
Receipts from fundraising activities				
Raffles	1,477		1,477	2,271
Miscellaneous fundraising	243		243	369
Total	1,719	0	1,719	2,640
Check total	1,719	0	1,719	
Payments relating directly to charitable activities				
Therapists	2,339	10,228	12,567	12,561
Activities	363	2,245	2,608	6,834
Newsletter / Promotion	44		44	1,656
Special meals	400	1,062	1,462	800
IT	437		437	896
Sundries	127		127	257
			0	
			0	
			0	
Total	3,710	13,535	17,245	23,004
Check total	3,710	13,535	17,245	