



Strachur Hub

Trustees' Annual Report

From 1 April 2023 to 31st March 2024

**REGISTERED
SCIO
SC049158**

Charity contact information

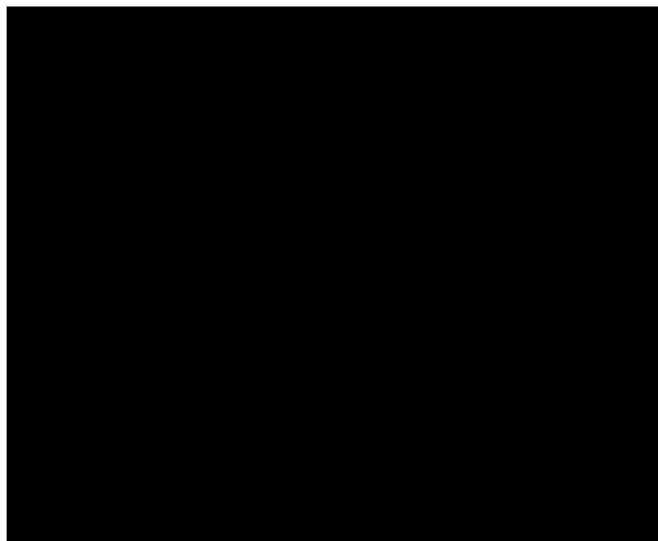




Your charity's name Strachur Hub

Scottish Charity Number: SC049158

Address

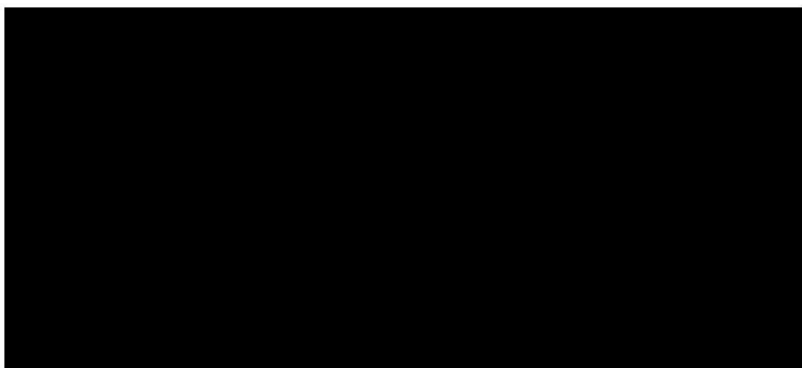


Telephone number

Email address

Charity Trustees

Current Trustees:



Objectives and activities

The objectives continue to be:

Ensure that older people can live active, independent, healthy and happy lives in their own home for as long as possible.

Reduce social isolation and loneliness

Improve their quality of life and to have positive experiences.

Provide some respite with support to carers and family members.

Improve mobility.

Prevent falls.

Assist healthier living.

Reduce health inequalities.

We added to this list during 22-23: To seek and provide via trained counsellors mental health interventions, where we commission our contacts to provide 'local solutions for local issues', as statutory services are unable to meet the high demand, and those particularly from a rural area.

During 2023 to 2024 we have remained active and focussed in promoting the Hub as a source of a healthier lifestyle, based on these objectives, as well as a welcoming place to share time together and improve overall wellbeing. We continued with our Otago regime of strength and balance exercise, short walking, and Tai Chi on a weekly basis. We also continued with an exercise regime in an evening for a 'younger' group, with the focus on a prevention plan, rather than a reactive intervention. This section of our activities is supported by a continuing Grant from the Argyll and Bute Health and Social Care Partnership (HSCP).

Social isolation and loneliness have always been part of our raison d'être. We have continued to provide a weekly lunch for our beneficiaries, and we have taken our beneficiaries out on more trips in our mini -bus, use of another mini-bus, and with some of our volunteers in cars. We also continue to promote our Choir, to which other members of our community have joined and we continue to play games, thus also bringing people together. 65% of our beneficiaries live on their own, and of those, 49% have no family within a close geographical area. (Source: Internal Survey analysis from November 2023).

Reviewing our plan to reduce health inequalities, some of our volunteers continue to visit disabled house-bound community members for outside interaction, as our plan remains to be inclusive, and to keep contact for those who may be socially isolated and are lonely.

Last year we expanded our objectives, to support those in need of mental health interventions to find help and guidance, and to continue to find that assistance, if required. We achieved many of our objectives. Based on our goals, we achieved a change from interventions to preventions with continuing feedback from both individuals, and counsellors alike.

The other part of our development was to be more involved in tackling social isolation on loneliness, an area of great concern in our rural environment.

We have continued to be supported by a Grant from the Scottish Government via the Third Sector Interface.

The cost-of-living crisis continues to be a concern for ourselves with rising prices, and in general within the country. We remain very conscious of ensuring we maintain the Hub as an essential part of our community and those who live here.

Our bank of committed Volunteers is essential to our success, and their dedication to help us achieve our objectives is fully recognised.

Structure, governance and management

Type of governing document

Strachur Hub is governed by a constitution.

Trustee recruitment and appointment

Two of the three signatories to the application for incorporation of Strachur Hub remain the Charity Trustees.

There have been no new appointments or resignations this year.

Charity Trusteeship is open to;

any person aged 16 or over; and/or

any individual who has been nominated for membership by an unincorporated organisation; and/or

any incorporated body,

who subscribes to the purposes of the organisation and wishes to see them fulfilled.

Applications, which must be made in writing, will be considered by the Board.

Achievements and performance

The Covid pandemic and its aftermath, and mental health issues within our community have continued to influence our community. Added to that has been the cost-of-living crisis during 23-24.

In March 2023, we applied, and were successful in winning a further grant from the Scottish Government for Mental Health support, including social isolation, which was originally only a two -year programme. However, based on feedback to the Scottish Government from throughout Scotland, it has continued for a third year. We were awarded a third -year award although for a lesser amount due to the high volume of applications received. This fund continues to be managed by the Third Sector Interface (TSI) in Argyll and Bute, and we have completed a feedback questionnaire to the Government for Year 1.

In November 2023, we carried out a survey of our beneficiaries as to their views on what we provide within our Exercise Programme. Out of 37 beneficiaries surveyed, 42.5% classed them as being beneficial to their health and well-being.

Their views on the social isolation, meeting others, and some part of our choir scored 57.5%. As against our previous survey in September 22, it is clear this aspect is important to our beneficiaries, where a substantial number live on their own in a rural area, and we have an ageing population.

Our weekly attendances were increased to 57 compared with 47 per week for 22-23. These figures include the evening class. Our attendances during the day period over 46 weeks to 31/3/24 were 2141. We normally operated for 50 weeks and on two other weeks we organised trips for our beneficiaries using our minibus with volunteers provide additional transport, with an average number of 14/16 attendees per trip. The other two days were weather related, and a regular occurring hall booking.

Mental health support in this rural area continues to be an issue. People are having to wait long periods before the statutory sector can help. Continuing to work with our GP practice, we made 33 referrals during the year, age range 16 - 76 years, 1 -8 sessions each (if required). From client feedback and from counsellors to our GP practice, there are very positive and beneficial outcomes for those referred, and therefore we have concluded we are succeeding in our mission, and one which we regard as totally invaluable to those who used the services on offer. Most of the Government funding is spent on this 'Talking Therapies' programme with trained counsellors.

Strachur Hub continues to be recognised by Argyll and Bute Health and Social Care Partnership (HSCP) as being an excellent example of the fulfilment of the national health and wellbeing outcomes.

We have also been recognised by receiving a Year 3 grant under the Mental Health Government initiative.

Financial review

Our Otago trained instructor has continued to play a vital role to ensure our objectives are met.

The HSCP grant (restricted) at £13,000pa has never received any increase. We have been prudent in our spend. In our accounts this year we received the second instalment within this financial year, the first was paid to us before 31/3/23.

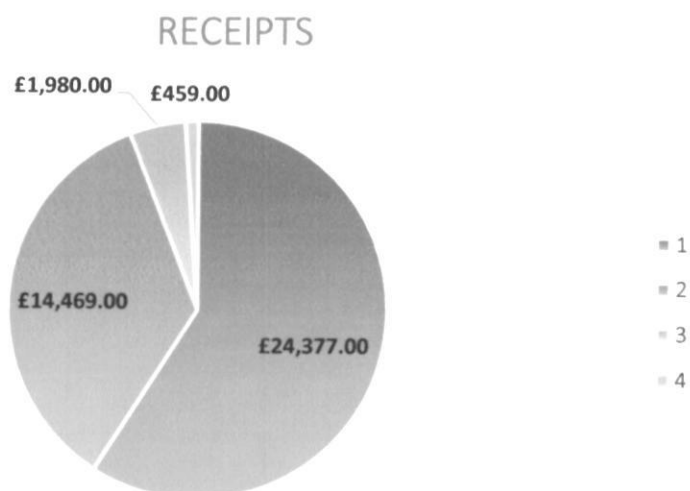
The Scottish Government Grant of £10,000 (restricted) supported our income and enabled us to undertake the objectives of tackling post pandemic social isolation and mental health interventions. We received the Year 3 Grant before 31/3/24 of £7,968 (restricted). Unrestricted donations from our beneficiaries and local benefactors this year amounted to £5,293, and the Highland Community Energy Fund donated £15,500. We received £459 of bank interest.

Last year we received a £500 donation from the Church of Scotland, within the restricted funds, to help tackle the cost -of living -crisis regarding food, in particular. This was fully distributed to those in need of help and support during 23-24.

We also brought forward restricted funds from the Co-op to be spent primarily on foreign languages. We organised French classes throughout the year 23-24 and reduced the fund to nil.

The resulted in net receipts of £11,423 - Receipts and Payments Accounts – Section A, with more detailed analysis in the Additional Notes (Appendix 2)

Receipts Received during the Year



Donations

Grants

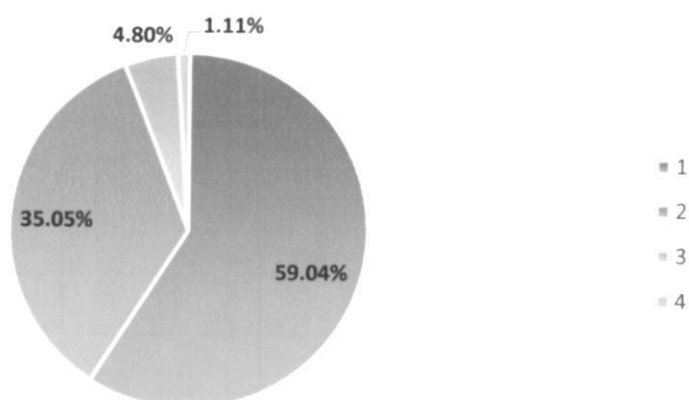
Other charitable income

Investments

TOTAL RECEIPTS

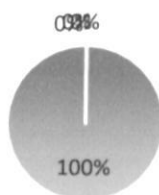
£ 41,285

RECEIPTS by % of TOTAL



Payments made during the Year

TOTAL PAYMENTS IN YEAR - £29.862

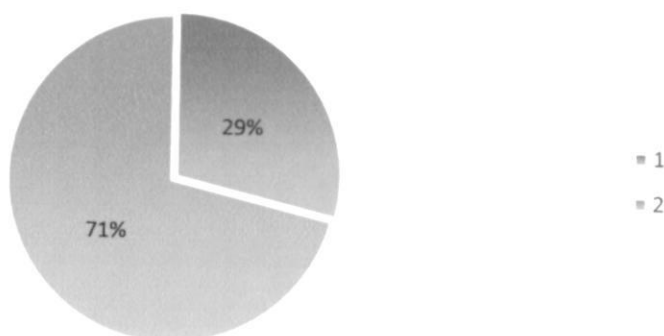


100% spend in the Year – Payments made relating directly to charitable activities.

Payments relating directly to charitable causes'

Restricted and Unrestricted Reserves

Restricted and Unrestricted Reserves



Restricted Reserves: £ 18,668 Unrestricted Reserves: £45, 685

Statement of the charity's policy on reserves.

Strachur Hub's Trustees in the year ended 31 March 2022 decided that a **minimum** of 6 months of operating costs should be always held in reserve, to provide an opportunity to secure alternative funding, if necessary.

Future plans

We wish to continue all our activities which we have evidenced as being beneficial for our community, continuing to move forward to more positive **preventative** health goals, rather than **reactive** planning. We understand that Scottish Government funding for Mental Health and social isolation is to continue

into a 4th year. However, with the volume of applicants, we cannot rely on receiving the full amount, or any. Our aim is to ensure replacement of these funds as we see a need for this project to continue. Mental Health is an on-going issue and our interventions have positively impacted to improve lives.

The grant for 24/25 from the HSCP terminates in March 2025. Because of the way the HSCP funds on a short-term basis, we will be approaching the HSCP again to ascertain their plans. We were given an undertaking this funding would become 'core', but with the shortfall in overall health and council funding, this was not forthcoming, so we need to plan and seek clarity.

We will therefore, in the first instance, review our reserves policy to ensure that we can continue for longer than 6 months on the average costs to operate, approach the HSCP, and seek funding from other sources who will support our objectives.

Declaration

Signed on behalf of the charity trustees:

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Print name

Designation

Chair Person-

Date

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Receipts and payments accounts						
For the period from				to		
	01	04	2023		31	03
						2024

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	24,377				24,377	9,735
Legacies					-	
Grants		14,469			14,469	29,500
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings	459				459	60
Rents from land & buildings					-	
Gross receipts from other charitable activities		1,980			1,980	1,816
					-	
A1 Sub total	24,836	16,449	-	-	41,285	41,111
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	24,836	16,449	-	-	41,285	41,111
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	2,486	27,376			29,862	22,497
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
A3 Sub total	2,486	27,376	-	-	29,862	22,497
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	2,486	27,376	-	-	29,862	22,497
Net receipts / (payments)	22,350	(10,927)	-	-	11,423	18,614
A5 Transfers to / (from) funds						
Surplus / (deficit) for year	22,350	(10,927)	-	-	11,423	18,614

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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 £
Sundry members/beneficiaries donations	8,877				8,877	4,635
Church of Scotland		-			-	500
Highland Community Energy	15,500				15,500	4,600
					-	
Total	24,377	-	-	-	24,377	9,735

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
Argyll and Bute HSCP		6,500	6,500	19,500
Argyll and Bute Third Sector Interface		7,969	7,969	10,000
			-	
			-	
Total	-	14,469	14,469	29,500

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 £
Minibus Donations		1,980			1,980	1,816
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	1,980	-	-	1,980	1,816

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 £
Instructors fees		4,553			4,553	4,193
Hall rental		2,826			2,826	2,524
Vehicle Expenses/Hire		4,950			4,950	3,256
Catering		5,726			5,726	5,052
Equipment	155				155	-
Fruit and Flowers	45				45	80
Insurance	179				179	158
Mental Health Wellbeing Counselling Services		6,309			6,309	5,614
Others	2,107	490			2,597	1,620
Cost of Living crisis		500			500	-
Language classes		2,022			2,022	-
Total	2,486	27,376	-	-	29,862	22,497

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Additional analysis (2)**5 Breakdown of unrestricted funds**

					Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations	24,377				24,377	9,235
Legacies					-	
Grants					-	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from other than land and buildings	459				459	60
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	1,816
Sub total	24,836	-	-	-	24,836	11,111
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	24,836	-	-	-	24,836	11,111
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	2,486				2,486	1,231
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Sub total	2,486	-	-	-	2,486	1,231
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	2,486	-	-	-	2,486	1,231
Net receipts / (payments)	22,350	-	-	-	22,350	9,880
Transfers to / (from) funds					-	
Surplus / (deficit) for year	22,350	-	-	-	22,350	9,880

The spend covers a printer, posts, printing, stationery, GDPR, Xmas party, PL Insurance, fruit and flowers re bereavement and home from inpatient stays in hospital

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

					Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants	6,500	7,969			14,469	30,000
Receipts from fundraising activities		1,980			1,980	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	6,500	9,949	-	-	16,449	30,000
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	6,500	9,949	-	-	16,449	30,000
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	13,546	11,308	2,522	-	27,376	21,266
Grants and donations					-	
Governance costs					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
Sub total	13,546	11,308	2,522	-	27,376	21,266
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	13,546	11,308	2,522	-	27,376	21,266
Net receipts / (payments)	(7,046)	(1,359)	(2,522)	-	(10,927)	8,734
Transfers to / (from) funds					-	
Surplus / (deficit) for year	(7,046)	(1,359)	(2,522)	-	(10,927)	8,734
Nature and purpose of funds						

APPENDIX 3



Independent examiner's report on the accounts

v2

Report to the trustees/members of	Charity name STRACHAN HUB									
Registered charity number	SC	049158								
On the accounts of the charity for the period	Period start date			Period end date						
	Day	Month	Year	to	Day	Month	Year			
	01	04	2023		31	03	2024			
Set out on pages								(remember to include the page numbers of additional sheets)		

Respective responsibilities of trustees and examiner

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.

Basis of independent examiner's statement

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.

Independent examiner's statement

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

1. 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

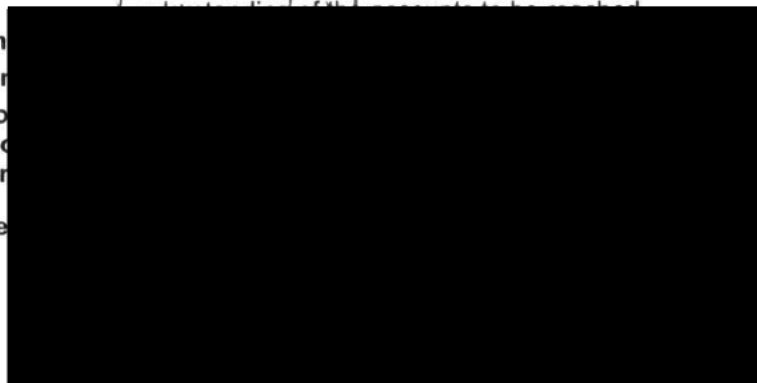
2. to which, in my opinion, attention should be drawn in order to enable a proper

Sign

Name

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

Address



30/4/24

*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.