APPENDIX 1

OSCR

Office of the Scottish **Charity Regulator**

Trustees' Annual Report for the period							
	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
From	6	4	2025	To	5	4	2026

Reference and administration details

Charity name	Anam Cara	
Other names charity is known by		
Registered charity number	**SC042774**	
Charity's principal address	Ash Cottage	
	Back Lane	
	Aberlady	
	East Lothian	**Postcode EH32 0RU**

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Ninian Cassidy	Chair		
2	Sara Strain	Vice Chair		
3	Cheryl Duncan	Secretary		
4	Yvonne Jevons	Treasurer		
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Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year
See Other Information hereunder	

Structure, governance and management

Type of governing document	The organisation is registered as a Charity & is administered as set out in the Charities Constitution
Trustee recruitment and appointment	The Trustees & members are appointed and removed in accordance with the charities Constitution. The committee shall consist of up to 10 members from which the committee of Chair, Vice Chair, Secretary & Treasurer all serve up to three years

Objectives and activities

Charitable purposes	The purpose of the charity is to inspire & empower women in Scotland with mental health issues; improving their social, emotional and physical well-being.
Summary of the main activities in relation to these objects	To provide free motivational and confidence building courses, workshops and support groups to women experiencing mental health issues and to increase knowledge of mental health, reducing isolation and stigma. Giving women in the community a sense of belonging

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Achievements and performance

Summary of the main achievements of the charity during the financial period	The charity has continued to provide self-management programmes, workshops and support groups to around 100 women with mental health issues. Funding during the year was obtained from the following organisations East Lothian Council MELDAP

Financial review

Brief statement of the charity's policy on reserves	All grants received are restricted funds and are governed by the awarding bodies who impose strict controls and monitoring on their grants. Budgets are strictly adhered to and are accounted for in full. Financial Reports and analysis are required by all awarding bodies and are provided to each by Anam Cara
Details of any deficit	None
Donated facilities and services (if any)	None

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Other optional information

The Management convened a Board Meeting of Trustees as listed hereunder who resigned on 7th March 2026. The new Board of Trustees were appointed at a meeting on 6th April 2026

Chair	Jan Liddle
Vice Chair	LaurenJeffery
Secretary	CherylDuncan
Treasurer	Kenneth Paul
Trustee	JoanMonaghan
Trustee	June McKinnon

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Ninian Cassidy	
Position (e.g. Chair)	Chair	
Date		