ANAM CARA

Scottish Charity Number SCO42774

ADDRESS

Ash Cottage
Back Lane
Aberlady
East Lothian
EH32 0RU

RECEIPTS & PAYMENTS ACCOUNTS

Trustees' Annual Report and Accounts for the year ended 05-04-25

Current trustees (management committee members)

Chair	Ninian Cassidy
Vice Chair	Sara Strain
Secretary	Cheryl Duncan
Treasurer	Yvonne Jevons

Recruitment and appointment of Trustees
The trustees were those as appointed at the Annual General Meeting (held on Zoom) on 10th April 2026

New appointments and removals are made in accordance with the Constitution.

Governing document

Anam Cara is an unincorporated voluntary association and was recognised as a Scottish Charity with effect from 5th December 2012 under its previous name of Pink Ladies 1st. The association is administered in accordance with the terms of the Constitution.

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

Activities and achievements
The charity in addition to the aforementioned courses and workshops continues to provide the content of the charities workshops on-line to those who register for it. This has provided support to women who are isolated as well as providing referesher information to those who attended the workshops. Online support and workshop content is continuing.

Grant Funding was obtained from the following bodies

East Lothian Council	11,135.75
MELDAP	29,424.96
TOTAL	£40,560.71

Fundraising Events held during the year

Total Fundraising	£0.00

A small donation was received during the year

Total Donations	£52.50

Bank Interest was received during the year

Total Bank Interest	£199.83

Trustee remuneration and expenses

The Chairman of the Charity received the following reimbursement of expenses during the year.

Travel	£0.00
Phone	£0.00
	0.00

Reserves

Opening Balance	13,150.07
Fundraising	0.00
Donations	52.50
Bank Interest	199.83
Sub-total	13,402.40
Expenditure from Reserves	20.00
Closing Balance	13,382.40

As at 05-04-25 the charity held £13,382.40 in reserves. This reserve fund has built up gradually over the years. The Trustees took the decision that these reserves can only be used to carry out activities to support the charity

Approved by the Trustees and signed on their behalf

Signed
Chair

Dated

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RECEIPTS & PAYMENTS ACCOUNTS

Statement of Receipts and Payments

	Unrestricted Funds	Restricted Funds	Total 2026	Total 2025
A1 Receipts				
Donations	52.50	0.00	52.50	574.50
Grants	0.00	40,560.71	40,560.71	39,219.42
Receipts from fundraising activities	0.00	0.00	0.00	17.47
Bank Interest	199.83	0.00	199.83	227.22
Income from Investments other than Land and Buildings	0.00	0.00	0.00	0.00
Gross receipts from other charitable activities	0.00	0.00	0.00	0.00
A1 Sub-total	252.33	40,560.71	40,813.04	40,038.61
A2 Receipts from asset & investment sales				
Proceeds from sale of fixed assets	0.00	0.00	0.00	0.00
Proceeds from sale of investments	0.00	0.00	0.00	0.00
A2 Sub-total	0.00	0.00	0.00	0.00
Total Receipts	252.33	40,560.71	40,813.04	40,038.61
A3 Payments				
Expenses for Fundraising Activities	0.00	0.00	0.00	0.00
Payments relating directly to charitable activities	0.00	38,434.63	38,434.63	38,042.06
Grants and Donations	20.00	0.00	20.00	20.00
Governance Costs	0.00	0.00	0.00	0.00
A3 Sub-total	20.00	38,434.63	38,454.63	38,062.06

A4 Payments Relating to Asset and Investment Movements	Unrestricted Funds	Restricted Funds	Total 2026	Total 2025
Purchases of fixed assets	0.00	0.00	0.00	0.00
Purchase of investments	0.00	0.00	0.00	0.00
A4 Sub-total	0.00	0.00	0.00	0.00
Total Payments	20.00	38,434.63	38,454.63	38,062.06
Net Receipts/payments	232.33	2,126.08	2,358.41	1,976.55
A5 Transfers to (from) funds	0.00	0.00	0.00	0.00
Surplus/ (defecit) for year	232.33	2,126.08	2,358.41	1,976.55

Statement of Balances	2025/26		
	unrestricted	restricted	total

Cash Funds

Cash and bank balances at start of year			14,703.19
Cash and bank balances at end of year			17,061.60
Reserve Fund contained within end of year bank balance			13,382.40
Investments			0.00
Other Assets			
Laptops		0.00	
Phones		0.00	0.00
Total Current Assets			
Cash at Bank		17,061.60	
Investments		0.00	
Other Assets		0.00	17,061.60

Approved by the Trustees and signed on their behalf

Signed
Chair

Dated

Notes to the Accounts

Unrestricted funds are available for general purposes in accordance with the charity's purposes. The restricted

Income & Expenditure
Are as detailed in the above accounts

Grants and Donations
Grant payments of £Nil were made during the year

Payments to Charity Trustees
No payments were made to charity trustees during the year

Additional Analysis	**2026**			**2025**
	unrestricted	**restricted**	**total**	**total**
Affiliated groups membership	0.00	0.00	0.00	0.00
Tea monies	0.00	0.00	0.00	0.00
Bank Interest	199.83	0.00	199.83	227.22
Miscellaneous	0.00	0.00	0.00	0.00
Total	199.83	0.00	199.83	227.22

Grants	**2026**			**2025**
	unrestricted	**restricted**	**total**	**total**
Meldap	0.00	29,424.96	29,424.96	30,257.04
East Lothain Council	0.00	11,135.75	11,135.75	8,962.38
Tesco	0.00	0.00	0.00	0.00
Total	0.00	40,560.71	40,560.71	39,219.42

Gross Receipts from other Charitable Activities	**2026**			**2025**
	unrestricted	**restricted**	**total**	**total**
Fundraising	0.00	0.00	0.00	17.47
Donations	52.50	0.00	52.50	574.50
Miscellaneous	0.00	0.00	0.00	0.00
Total	52.50	0.00	52.50	591.97

Payments relating directly to Charitable Activities	2026			2025
	unrestricted	restricted	total	total
Staff	0.00	30,465.17	30,465.17	31,285.42
Staff expenses	0.00	2,220.00	2,220.00	3,120.00
Volunteers Expenses	0.00	200.00	200.00	222.60
Training	0.00	1,300.00	1,300.00	95.04
Venue	0.00	760.00	760.00	1,091.15
Supplies	0.00	404.58	404.58	265.05
Equipment	0.00	0.00	0.00	0.00
Financial Advisor	0.00	1,650.00	1,650.00	1,134.00
Insurance	0.00	0.00	0.00	0.00
Computers/ Website	0.00	1,158.78	1,158.78	828.80
Sundries	0.00	0.00	0.00	0.00
Reserves	20.00	276.10 20.00	40.00	20.00
Total	20.00	38,454.63	38,198.53	38,062.06