

APPENDIX 1



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	1	12	2024	To	30	11	2025

Reference and administration details

Charity name	South West Recovery Cafe SCIO
Other names charity is known by	
Registered charity number	SC052963
Charity's principal address	5 Birkie Knowe
	Dumfries
	Postcode DG1 1RQ

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	Andrew Gilmour	Chair		
2	John Minto	Treasurer		
3	Matthew Fotheringham			
4	Mairi Pringle			
5	Sandy Jamieson-Barr			
6	Calum Dirom			
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Structure, governance and management

Type of governing document

Constitution

Trustee recruitment and appointment

As per the constitution

Objectives and activities

Charitable purposes

The relief of those in need by reason of addiction.

South West Recovery Café (SC052963) Chair Person's Report

South West Recovery Café will be there in after referred to as 'SWRC'

December 2024

Drop-ins

SWRC started our second year with our weekly drop-ins held in YMCA in Dumfries and Kate's Kitchen in Annan. These meetings were led by a volunteer and a paid employee. These drop-ins were sporadically attended. These drop-ins were advertised on social media and leaflets were distributed to doctors surgeries, partner agencies for example, 'with you', 'ADP' and 'NHS Drug and Alcohol Specialist Services'. Overtime there was a recognition that follow-up was required from the drop-ins to lead to consistent attendance.

Therapeutic wreath making

In attendance: 23

Venue: YMCA Dumfries

SWRC recognise the lead up to Christmas can be particularly difficult for those who have experienced the loss of a loved one to addiction. We advertised a therapeutic time of wreath making to remember them. This was attended by 23 friends and family of those who have lost loved ones to addiction.

Kirkconnell Recovery Café

In attendance: 20

Venue: Kirkconnell Church

Through working with the local recovery community, a need was identified as a lack of access to services in the area of Kirkconnell. This led to us partnering along side a local church in Kirkconnell to help us deliver a pop-up recovery café. The pop-up recovery café was a very successful, many from the recovery community attended, were fed, given signposting and guidance. As well as this, the chair Andrew sharing his inspiring story of hope in sobriety. Additionally, we have noticed how music can be therapeutic and offers reflection to those in recovery, Nicky (employee of SWRC) sang reflective songs and songs of hope. 20 people were in attendance.

Dumfries Recovery Café

In attendance: 33

Venue: YMCA Dumfries

For our last Dumfries Recovery Café of the year, we held our annual Christmas quiz and games night. SWRC also provided a Christmas dinner. The attendees played bingo, a quiz with prizes and pass the parcel. There was lots of laughter and everyone had fun.

January 2025

Drop-ins

SWRC started our third year with our weekly drop-ins in the YMCA in Dumfries and Kate's Kitchen in Annan. These meetings were led by a volunteer and a paid employee. These drop-ins were advertised on social media and leaflets were distributed to doctors surgeries, partner agencies for example, 'with you', 'ADP' and 'NHS Drug and Alcohol Specialist Services'. These drop-ins were better attended than the year before.

Dumfries Recovery Café

In attendance: 45

Venue: YMCA Dumfries

In January we held our first recovery cafe of the new year. Two speakers Lindsey and Nick from another local agency (Dumfries and Galloway Recovery Together), they both shared their journeys and how being apart of a local recovery community helps them. SWRC served a 3 course meal - which was thoroughly enjoyed by all.

February 2025

Drop ins

SWRC held our weekly Dumfries drop-ins at the Haven of Hope in the town centre of Dumfries. These sessions were led by a volunteer, paid employee and Captain Terry of the Salvation Army helped and has been a huge support to SWRC.

Dumfries Recovery Café

In attendance: 40

Venue: YMCA Dumfries

In February we held our monthly recovery café, Charles Kingsman came and shared his recovery journey. Charles is 20 years into sobriety. He shared how he used to be on of Glasgow's biggest drug dealers/gangsters, his time in prison and his recovery. He now dedicates his life to helping others find freedom and sobriety.

We had a delicious 3 course meal. Attendees feedback they were greatly encouraged and inspired by Charles honest and powerful recovery journey.

March 2025

Drop-ins

As the year progressed – we continued to hold our weekly drop-ins.

Dumfries Recovery Café

In attendance: 30

Venue: YMCA Dumfries

Our speaker for March was Stuart Patterson from the agency 'Street Connect'. Street Connect offers hope and transformation with those struggling/living with addiction and associated issues such as homelessness and poor mental health.

Stuart has lived experience and shared his story of now sustaining sobriety. He was so passionate about the work he is involved in. He gave out signposting information and this was well-received.

April 2025

Drop-ins

our weekly droppings continued in Annan and Dumfries. However, they continued to be erratically attended – we identified lack of follow-up. We started to review the work at the drop-ins to consider how to move forward.

Dumfries Recovery Café

In attendance: 32

Venue: YMCA Dumfries

Our speaker was Derek Moir from Freedom Fighters and he shared about his journey to recovery and the pathways that helped him.

Freedom Fighters is a Scottish charity founded by Derek in 2008. His charity offers therapeutic counselling, addiction recovery support and trauma counselling. While they are based in Ardrossan, they also offer zoom online meetings which the participants were really interested in. They also offer one-to-one counselling and mentorship.

Attendees enjoyed a delicious three-course meal and were inspired by the speaker.

May 2025

Drop-ins

Given no one attending drop-ins we ceased these.

Considerations must be given to how we engage and do outreach for one-to-one/group work in the future.

Dumfries Recovery Café

In attendance: 30

Venue: YMCA Dumfries

Our trustee John Minto shared his story. John struggled with alcoholism for decades and shared how he overcame and sustains sobriety now. John has a big heart to help those in active addiction/recovery and help them to maintain freedom. He actively helps out in the recovery community.

Additionally, Katie Dalglish from the Annan recovery community shared her battles with addiction, attending a rehabilitation centre and how she copes daily now.

A delicious three course meal was enjoyed by all. Attendees were given hope to hear and see John's transformation from the Dumfries recovery community/Katie's restoration from the Annan recovery community.

June 2025

Dumfries Recovery Café

In attendance: 38

Location: YMCA Dumfries

Our intended speaker Eddie Gorman was unable to attend due to unforeseen circumstances. Our trustee/chair person Andrew Gilmour shared a part of his recovery journey to encourage others. We also celebrated volunteer's week and highlighted/thanked our dedicated volunteers.

Attendees engaged well with each other and huge appreciation was shown to the volunteers.

July 2025

Dumfries Recovery Café

In attendance: 40

Venue: YMCA Dumfries

In July, Leanne Giblin – a recoverist from Cumbernauld shared her story, she touched upon childhood trauma and sexual abuse. It was a hard topic for her to share, she shared so bravely and this resonated with many there. We understand the roots of addiction are often impacted by trauma. Her incredibly heart felt share reminded us all the complex and traumatic roots which lead to a life in active addiction. Her story of overcoming and living victoriously now provided so much hope.

We also congratulated a regular attendee for being 31 years in sobriety – he was delighted to be celebrated!

A tasty meal was enjoyed by all the attendees too.

August 2026

Dumfries Recovery Café

In attendance: 32

Venue: YMCA Dumfries

Our speaker this month was Alistair MacPhee. His addiction led to prison time, while in prison he sought to be educated. When he left prison, an anonymous person paid for his education, and this changed his life. He now has a lovely wife, maintains sobriety, successful in business and regularly shares his stories in prisons all over the United Kingdom.

His story prompted some attendees to consider getting into education and giving their life more purpose.

A delicious three course meal was enjoyed by all attendees.

Social Media/Engagement

Our social media page has also grown significantly. We take time to thank our social media person – Marita for all her hard work over the last two years. She has maintained a vibrant, encouraging and active facebook. She makes regular posters and posts information collaboratively with other organisations. She shares on all local groups all our events. She connects/networks with local agencies/speakers and arranges them. We understand in this modern society, social media is key to engagement with the local recovery community. Additionally, we recognise not everyone has access to social media, we often print off leaflets which some attendees say they keep up on their fridges to remind them of the monthly recovery café!

September 2026

Dumfries Recovery Café

In attendance: 40

Location: YMCA Dumfries

One of our trustee's Matthew Fotheringham was our speaker, He shares his recovery story through rapping/poetry. Attendees were impressed at how he expressed his recovery story in a creative way.

We also celebrated Matthew Fotheringham and Nicky Gilmour's 6 years of sobriety with gifts, kind words and hand-iced cakes.

October 2026

Dumfries Recovery Café

In attendance: 40

Location: YMCA Dumfries

We had two speakers this month, firstly, Charly Dempster from another local recovery community group, 'Dumfries and Galloway Recovery Together' (DGRT). She shared her recovery story through her poetry. Her poetry was very emotive and heartfelt. Charly was also hired as our family work for SWRC. She spoke about how she had recently arranged a 'fun day' at the Apache Land (community garden in Dumfries). Forty young people and families attend the fun day, the fun day brought families together.

Secondly Craig from Bethany Trust. Bethany Trust offers support/advice and housing for those struggling with addiction/recovery/mental health. Craig shared his own story of recovery and the services this local service offers.

We also celebrated Katie Dalglish's three year anniversary since leaving the rehabilitation centre and celebrated her as a person.

November 2026

Recovery Café/Event – Barry Woodward

In attendance: 70

Location: Lorebourne Hall, Dumfries Town Centre

In November, we hosted Barry Woodward from Proclaim Trust. We worked hard to promote and engage local agencies to let clients be aware of this event. Proclaim Trust was established in 1999, the trust communicates the message of hope in communities and prisons across the United Kingdom. Barry shared his story of being dependent on heroin for fifteen years and spending numerous terms in prison. Then he had a transformative experience which led to his life being completely changed. This led to him becoming a national public speaker and the author of, 'once an addict'. Barry is a contemporary communication who is humorous, creative, passionate and inspired many of the attendees.

Joint Event with Lighthouse Church Dumfries – John Edwards

In attendance: 40

Location: Haven of Hope, Dumfries Town Centre

SWRC partnered with Lighthouse Church Dumfries to host John Edwards. John Edwards has helped possibly thousands of people get into recovery over the last few decades, him and his wife Trish are dedicated to helping others into and maintaining recovery. John has a charity, 'John Edwards Walking Free' (established in 1992) and an outreach ministry (Charity ref: 107118) focused on helping individuals struggling with drug addiction, alcoholism and homelessness. He overcame severe addiction and shared his story at this event. He now is a recognised public speaker who runs rehabilitation centres, feeding programs and support networks. He also has a well-known podcast, 'Recovery Radio International'. Over the last 33 years, John and Trish have truly pioneered rehabilitation centres, welcome so many addicts, men and women into their home to detox from heroin, street drugs and prescription medications such as methadone, Valium, anti-depressants and more.

All the attendees were engaged, full of hope and truly inspired by John's recovery journey and all that he and his wife do for the recovery community.

An extra note for our volunteers -

We are incredibly grateful for all volunteers who faithfully and diligently service the local recovery community. Thank you so much to all our volunteers – your volunteering makes a huge difference in the lives of others who are struggling and helps to give them hope.

Financial review

Brief statement of the charity's policy on reserves

We will attempt to keep £3,000 in reserves to cover running costs for a period of three months.

Details of any deficit

Donated facilities and services (if any)

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)

Sandy Jamieson-Barr

Position (e.g. Chair)

Trustee

Date

28/07/2026

APPENDIX 3



**Report to the
trustees/members of**

**Registered charity
number**
**On the accounts of the
charity for the period**

Set out on pages

Independent examiner's report			
South West Recovery Café SCIO			
SC052963			
Period start date			
Day	Month	Year	
01	12	2024	to
10-13			

**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

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 understanding of the accounts to be reached.

Signed:**

Date:

28th July 2026

Name:

Simo Bradley

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

Address:

1/2 59 Skirving Street

Glasgow

G41 3AH

*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

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

**Give here brief details of
any items that the
examiner wishes to
disclose**

South West Recovery Cafe SCIO

SC052963



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	12	2024		30	11	2025

Section A Statement of receipts and payments

			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	315				315	525
Legacies					-	
Grants	2,500	4,605			7,105	30,920
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Other	190				190	600
A1 Sub total	3,005	4,605	-	-	7,610	32,045
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	3,005	4,605	-	-	7,610	32,045
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	1,037	16,914			17,951	12,074
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	100				100	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
Other					-	600
A3 Sub total	1,137	16,914	-	-	18,051	12,674
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	1,137	16,914	-	-	18,051	12,674
Net receipts / (payments)	1,868	(12,309)	-	-	(10,441)	19,371
A5 Transfers to / (from) funds					-	
Surplus / (deficit) for year	1,868	(12,309)	-	-	(10,441)	19,371

Section B Statement of balances

Categories	Details	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 £
B1 Cash funds	Cash and bank balances at start of year	1,025	18,346			19,371	-
	Surplus / (deficit) shown on receipts and payments account	1,868	(12,309)			(10,441)	19,371
						-	
						-	
	Cash and bank balances at end of year	2,893	6,037	-	-	8,930	19,371
	(Agree balances with receipts and payments account(s))	- 0	-	-	-	- 0	-

	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
B2 Investments				
		Total	-	-

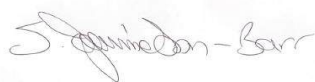
	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets					
		Total	-	-	-

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities				
		Total	-	-

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities				
		Total	-	-

Signed by one or two trustees
on behalf of all the trustees

Signature



Print Name

Sandy Jamieson-Barr

Date of
approval

28/07/2026

--

[illegible]

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	
---	--

Authority under which paid	£

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	
--	--

	Number of trustees	£
Travel Expenses	1	173

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)
Wife of Trustee	Wages	2,089	
Wife of Trustee	Wages	2,089	

--

South West Recovery Cafe SCIO

SC052963

Additional analysis

6 Breakdown of restricted funds

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Restricted fund g - enter name of fund below	Total restricted funds	Total restricted funds last period
	Scottish Recovery Network Recovery Seed	Awards for All	Robertson Trust Wee Grant	Family Recovery Initiative Fund	ANCBC		
Receipts							
Donations						-	
Legacies						-	
Grants					4,605	4,605	30,420
Receipts from fundraising activities						-	
Gross trading receipts						-	
Income from investments other than land and buildings						-	
Rents from land & buildings						-	
Gross receipts from other charitable activities						-	
Sub total	-	-	-		4,605	4,605	30,420
Receipts from asset & investment sales							
Proceeds from sale of fixed assets						-	
Proceeds from sale of investments						-	
Sub total	-	-	-		-	-	-
Total receipts	-	-	-		4,605	4,605	30,420
Payments							
Expenses for fundraising activities						-	
Gross trading payments						-	
Investment management costs						-	
Payments relating directly to charitable activities	1,314	11,357	917	828	2,498	16,914	12,074
Grants and donations						-	
Governance costs:						-	
Audit / independent examination						-	
Preparation of annual accounts						-	
Legal costs						-	
						-	
Sub total	1,314	11,357	917		2,498	16,914	12,074
Payments relating to asset and investment movements							
Purchases of fixed assets						-	
Purchase of investments						-	
Sub total	-	-	-		-	-	-
Total payments	1,314	11,357	917		2,498	16,914	12,074
Net receipts / (payments)	(1,314)	(11,357)	(917)		2,107	(12,309)	18,346
Transfers to / (from) funds						-	
Surplus / (deficit) for year	(1,314)	(11,357)	(917)		2,107	(12,309)	18,346

Nature and purpose of funds

Scottish Recovery Network Recovery Seed Fund - Seed funding | The National Lottery Community Fund, Awards for All - Recovery cafes in Dumfries and Annan | Robertson Trust, Wee Grant - Dumfries Town Centre Recovery café | Family Recovery Initiative Fund - Family support | ANCBC - Dumfries Town Centre Recovery cafe