Charity registration number SC053048

Keep The Heid Mental Health Café SCIO
Scottish Charitable Incorporated Organisation
Unaudited Annual Financial Statements
31 March 2026

Keep The Heid Mental Health Café SCIO
Annual Financial Statements
Financial Year End 31 March 2026

	Page
Trustees' annual report	**2 -5**
Independent examiner's report to the trustees	**6**
Statement of financial activities (including income and expenditureaccount)	**7**
Statement of financial position	**8**
Notes to the financial statements	**9 - 13**

Keep The Heid Mental Health Café SCIO
Trustees' Annual Report
Financial Year End 31 March 2026

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2026.

Reference and administrative details

Registered charity name	Keep The Heid Mental Health Café SCIO
Charity registration number	SC053048
Principal office and registered office	5 South Charlotte Street Eddinburgh EH42 4AN
The trustees	Mr I Gray (CHAIRMAN) Ms C M Harte (TREASURER) Ms E Mortimore Mrs L Pardoe Mrs J Beck (APPOINTED 18 MAR 2026) Reverend E O'Ryan (RETIRED 15 OCT 2025) Mr N A Bewick (RETIRED 27 MAY 2026)
Key management personnel	The trustees The scheme manager
Company secretary & scheme manager	Mr C Read
Bankers	Bank of Scotland Business
Independent examiner	Anlo Financial Solutions

Structure, Governance and Management

Keep The Heid Mental Health Café SCIO was registered as a Scottish Charitable Incorporated Organisation (SCIO) on 9 January 2024. These financial statements cover the year of trading from 1 April 2025 to 31 March 2026. Trustees are appointed in accordance with the constitution. The charity is managed by the board of trustees, who are responsible for the strategic direction and oversight of the organisation.

Objectives and activities

The objective of the Organisation is to provide activities to communities in Scotland that support mental health and wellbeing.

Activities

Keep The Heid Mental Health Cafés provide safe, stigma-free spaces where people can talk openly about their mental health. Sessions are free, informal and open to anyone aged 16 or over, with no referral or diagnosis required. Each session is co-facilitated by a mental health professional and a peer volunteer with lived experience, bringing together professional expertise and personal understanding in a welcoming and supportive environment.

Keep The Heid has been operating in East Lothian since 2021, initially governed by a Management Committee. In January 2024, we registered as a Scottish Charitable Incorporated Organisation (SCIO) with the Office of the Scottish Charity Regulator (OSCR), with a voluntary Board of Trustees chaired by Iain Gray. During the year, we reached the important milestone of submitting our first set of accounts to OSCR, further strengthening our governance and organisational development.

Our Founder continues to provide administrative and fundraising support on a freelance basis, reporting to the Board of Trustees.

Our Café Crew, comprising facilitators and volunteers, are supported to undertake free Mental Health First Aid and ASIST Suicide Intervention Training. Facilitators also have access to quarterly professional supervision, the majority of which is currently provided in kind. The Café Crew meets quarterly to discuss training and personal development needs, as well as opportunities to strengthen and develop our service. Facilitators are engaged as sessional workers on a freelance basis.

Achievements

During the financial year ending 29 March 2026, Keep The Heid continued to provide weekly facilitated peer support sessions across three East Lothian locations, operating for 46 weeks of the year. Overall attendance was around 1,000, demonstrating the continuing demand for accessible, informal mental health support within local communities. Average attendance was six at Haddington and ten at Tranent.

Achievements *(continued)*

Attendance at our North Berwick Café has remained lower than at our other locations. We were, however, pleased to secure additional funding from the North Berwick Trust, enabling us to invest further in promoting the service. A renewed marketing campaign, including a Royal Mail leaflet drop to households across North Berwick, is planned with the aim of increasing awareness and attendance.

During the year, we commissioned an independent demographic review of Café users. Information was gathered through an anonymous self-completion questionnaire, available both online and in hard copy at Café sessions to maximise accessibility and response rates. In total, 34 questionnaires were completed from 100 distributed. While the sample is not statistically significant, the response represents a very encouraging level of engagement from Café users. The responses were independently analysed by Janet Biggar.

The review provided valuable insight into the communities we are reaching. It concluded that: “it is clear that Keep the Heid is effectively reaching groups known to be particularly vulnerable to mental ill-health and who generally find accessing support difficult, such as people with disabilities, neurodiversity, not in employment, living alone/socially isolated, caring and in a degree of poverty. Many of these characteristics are intersectional.”

The Board welcomed these findings as evidence that our model is reaching people who can face significant barriers to accessing traditional forms of mental health support. We also recognise the importance of continuing to broaden our reach. In particular, we identified opportunities to engage more effectively with young people, people from ethnic minority communities and refugees. Reaching these groups will be an important consideration in our future planning and development.

As part of our ongoing organisational development, the Board also identified the need to establish and publish a clear vision, mission and set of values for Keep The Heid. These will help to communicate our purpose, guide future priorities and provide a clear framework for our development. We also intend to develop outcome statements and appropriate measures so that we can be transparent about what we aim to achieve, set meaningful targets and evaluate our impact over time.

We were very grateful for the continued support received from funders during the year, including East Lothian Council through the Tyne & Esk Community Led Local Development Fund, The Weir Charitable Trust and a fourth grant from the East Lothian Community Health and Wellbeing Fund. We also raised approximately £2,000 through the Co-op Local Community Fund, reflecting the strength of public engagement with Keep The Heid and support from our local community.

Our new website was launched during the year and now includes a donation facility. We hope to build on this by developing a local fundraising and marketing campaign, alongside a public fundraising event, during the next financial year. Additional unrestricted income was generated through collections at local events and individual donations, providing further evidence of the strong community support for our work.

Achievements *(continued)*

The reserves carried forward into 2025/26 include multi-year funding from key funders, alongside funds raised through our wider fundraising activity. This provides a valuable foundation from which to continue developing our services.

Partnership working remains an important part of our approach. We have fully established a partnership with East Lothian Foodbank to develop a new service for its users in Musselburgh, with funding being raised by East Lothian Foodbank through the Musselburgh Local Area Partnership. Subject to the recruitment of additional Café Crew members, we hope to launch this new service in autumn 2026. This represents an exciting opportunity to extend the reach of our model and support more people within East Lothian.

We were disappointed that we were unable to secure funding during the year to develop a partnership with Mid and East Lothian Women's Aid to establish a women-only Café in Dalkeith. We remain committed to exploring opportunities to develop our services in response to identified local need as funding and resources allow.

Strengthening the Board remains a priority. We are actively seeking new Trustees to replace members who are retiring and to broaden the range of skills, experience and perspectives available to the organisation. In particular, recruitment of a Treasurer is a priority, which will enable Miriam Harte to step down following five years of dedicated service.

We continue to raise the profile of Keep The Heid through networking and partnership activity, including, and through our ongoing work with organisations such as the Scottish Recovery Network, Volunteer Centre East Lothian and the Mental Health Partners Group. These relationships help us share learning, strengthen our local networks and contribute to discussions around mental health strategy in East Lothian and beyond.

March 2026 marked five years since Keep The Heid was constituted. This milestone provided an opportunity to reflect on the progress made since our establishment and the difference our Café model continues to make within local communities. The Board remains immensely grateful for the dedication, commitment and compassion of our Café Crew, whose contribution is central to providing a welcoming and supportive environment for everyone who attends. Their continued commitment, alongside the support of our volunteers, funders, partners and wider community, provides a strong foundation for the next stage of Keep The Heid's development.

Financial review

During the year the charity had net income of £14,712 as detailed on page 7 and at the year end date had total funds of £48,440 as detailed on page 8.

Summary Table of Key Figures:

			2026			2025
Item	**Unrestricted**	**Restricted**	**Total**	**Unrestricted**	**Restricted**	**Total**
Income	£1,527	£48,258	£49,786	£13,586	£36,946	£50,532
Expenditure	£6,002	£29,072	£35,074	£12,553	£22,847	£35,400
Net Movement	-£4,475	£19,186	£14,711	£1,033	£14,099	£15,132
Year-End Funds	-£4,475	£19,186	£14,711	£1,033	£14,099	£15,132

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Annual Report and financial statements in accordance with applicable law and regulations.

Approved by the board of trustees and signed on their behalf by:

Iain Gray

Iain Gray (Oct 24, 2026, 11:04am)

Mr Iain Gray
Chairperson

anlo
FINANCIAL SOLUTIONS

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Edinburgh
EH2 4AN

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Independent Examiner's Report to the Trustees of Keep The Heid Mental Health Café

I report on the accounts of Keep The Heid Mental Health Café SCIO for the period ended 31 March 2026.

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) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The 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 seeking 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 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 8 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.

Annja Louca

Annja Louca (Oct 24, 2026, 1:11pm)

Annja Louca CA(SA) ACA
Independent Examiner

Anlo Financial Solutions Edinburgh Ltd
5 South Charlotte Street
Edinburgh
EH2 4AN

Keep The Heid Mental Health Café SCIO
Profit and Loss Account
Financial Year End 31 March 2026

		2026			2025		
		Unrestricted funds	Restricted funds	**Total Fuds**	Unrestricted funds	Restricted funds	**Total Fuds**
	Note	£	£	**£**	£	£	**£**
Income and endowments							
Income	**5**	1,527	48,258	**49,786**	13,586	36,946	**50,532**
Total Income		1,527	48,258	**49,786**	13,586	36,946	**50,532**
Expenditure							
Expenses for charitable activities	**6**	6,002	29,072	**35,074**	12,553	22,847	**35,400**
Total expenditure		6,002	29,072	**35,074**	12,553	22,847	**35,400**
Net income and net movement in funds	-	4,475	19,186	**14,711**	1,033	14,099	**15,132**
Reconciliation of funds							
Total funds carried forward	-	4,475	19,186	**14,711**	1,033	14,099	**15,132**

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Keep The Heid Mental Health Café SCIO
Statement of Financial Activities and Balance Sheet
Financial Year End 31 March 2026

	Note	2026 £	2025 £
Fixed assets			
Tangible fixed assets	**7**	-	-
Current assets			
Cash at bank and in hand	**8**	48,252	33,728
Prepayments		900	-
		49,152	33,728
Creditors amounts falling due within one year	**9**	713	-
Total assets less current liabilities		48,440	33,728
Net assets		48,440	33,728
Funds of the charity			
Restricted funds	**10**	38,736	19,550
Unrestricted funds	**11**	9,703	14,178
Total charity funds		48,439	33,728

For the year ending 31 March 2026, the accounts have been subject to independent examination as required under Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. The independent examiner's report is attached to these accounts.

Iain Gray

Iain Gray (Oct 24, 2026, 11:04am)

Iain Gray
Chairperson

1 General information

The charity is a public benefit entity registered in Scotland and is a Scottish Charitable Incorporated Organisation (SCIO), regulated by the Office of the Scottish Charity Regulator (OSCR).
The address of the registered office is: 5 Meadowpark, Haddington, East Lothian, EH41 4DS

2 Statement of compliance

These financial statements have been prepared in compliance with FRS 102, The Financial Reporting Standard applicable in the UK and the Republic of Ireland, and the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102 (Charities SORP (FRS 102)).

3 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with the Charities SORP (FRS 102), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and in accordance with the Charities Accounts (Scotland) Regulations 2006. The charity is a public benefit entity.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. The financial statements have been prepared on a going concern basis.

Income

Income is recognised when the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably. Donations and grants are recognised when receivable. Income from charitable activities is recognised when the service is delivered.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment, it is probable settlement will be required, and the amount can be measured reliably. Charitable activities include direct costs and support costs. Governance costs include audit, legal, and trustee-related expenses.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

Debtors and creditors

Debtors are recognised at the settlement amount due. Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of

Fund accounting

Funds held by the charity are either:

Unrestricted funds – available for general use.

Restricted funds – subject to specific conditions imposed by donors or grant providers.

4 Trustees and Staff

No trustee received remuneration or reimbursement of expenses during the year.

Staff Costs:

Total staff costs during the year amounted to £0 (2025: £0).

The average number of employees during the year was 0 (2025: 0).

5 Analysis of Income

Grants

	Unrestricted funds	Restricted funds	**Total funds 2026**	Unrestricted funds	Restricted funds	**Total funds 2025**
	£	£	**£**	£	£	**£**
Walk with Scott Foundation			**-**		3,000	**3,000**
Cash Donations			**-**		1,167	**1,167**
Allen Lane Foundation			**-**		4,833	**4,833**
Nationale Lottery Community Fund			**-**		19,556	**19,556**
Volunteer Centre East Lothian			**-**		7,390	**7,390**
Co-op Local Community Fund		1,855	**1,855**		500	**500**
East Lothian Council		4,860	**4,860**			**-**
North Berwick Trust		9,400	**9,400**			**-**
Inchrye Trust		500	**500**		500	**500**
Weir Charitable Trust		12,263	**12,263**			**-**
Community Health and Wellbeing Fund		19,380	**19,380**			**-**
	-	**48,258**	**48,258**	-	36,946	36,946

Donations

	Unrestricted funds	Restricted funds	**Total funds 2026**	Unrestricted funds	Restricted funds	**Total funds 2025**
	£	£	**£**	£	£	**£**
Donations Income	1,366		**1,366**	13,576		**13,576**
	1,366	**-**	**1,366**	13,576	-	**13,576**

Investment Income

	Unrestricted funds	Restricted funds	**Total funds 2026**	Unrestricted funds	Restricted funds	**Total funds 2025**
	£	£	**£**	£	£	**£**
Interest Income	161		**161**			**-**
	161	**-**	**161**	-	-	**-**

6 Analysis of Expenditure

	Unrestricted funds	Restricted funds	**Total funds 2026**	Unrestricted funds	Restricted funds	**Total funds 2025**
	£	£	**£**	£	£	**£**
Administration and Fundraising	4,200	7,379	**11,579**	8,995		**8,995**
Facilitators		11,680	**11,680**		16,833	**16,833**
Supervision		120	**120**			**-**
Advertising & Marketing		2,837	**2,837**	2,769		**2,769**
Entertainment-100% business	351		**351**		287	**287**
Insurance		206	**206**			**-**
IT Software and Consumables	330		**330**			**-**
Legal & Professional Expenses		447	**447**			**-**

6 Analysis of Expenditure

	Unrestricted funds	Restricted funds	**Total funds 2026**	Unrestricted funds	Restricted funds	**Total funds 2025**
	£	£	**£**	£	£	**£**
Postage, Freight & Courier		1,436	**1,436**			**-**
Rent		4,968	**4,968**		5,727	**5,727**
Sundry Expenses			**-**	789		**789**
Telephone & Internet	296		**296**			**-**
Travel - National	21		**21**			**-**
Accounting Fees	713		**713**			**-**
Trustees Expenses	91		**91**			**-**
	6,002	**29,072**	**35,074**	**12,553**	**22,847**	**35,400**

7 Tangible Fixed Assets

The charity held no tangible fixed assets during the financial year.

8 Cash at bank and in hand

	2026	**2025**
	£	**£**
Current Account	27,182	13,707
Savings Account	21,070	20,021
Prepayments	900	-
	49,152	**33,728**

9 Creditors: amounts falling due within one year

	2026	**2025**
	£	**£**
Accruals	713	-
	713	**-**

10 Fund Movements

Unrestricted funds

	At 1 Apr 2025	Income	Expenditure	**At 31 Mar 2026**
	£	£	£	**£**
General funds	14,178	1,527	6,002	**9,703**

	At 1 Apr 2024	Income	Expenditure	**At 31 Mar 2025**
	£	£	£	£
General funds	13,145	13,586	12,553	**14,178**

11 Fund Movements

Restricted funds

	At 1 Apr 2025	Income	Expenditure	**At 31 Mar 2026**
	£	£	£	**£**
Restricted funds	19,550	48,258	29,072	**38,736**

Restricted funds

	At 1 Apr 2024	Income	Expenditure	**At 31 Mar 2025**
	£	£	£	**£**
Restricted funds	5,451	36,946	22,847	**19,550**

Signable

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Parties involved with this document

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Date	Action
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Sat, 24th Oct 2026 13:11:22 BST	Signed document confirmation emails have been sent to all parties (104.28.89.93)