

All Strong Scotland – SC052398 - Annual Trustee's Report



Start Date: 1st April 2025 to End Date: 31st March 2026

Charity Name: All Strong Scotland

Charity Registration Number: SC052398

All Strong Scotland's governing document is a constitution, and is a Scottish Charitable Incorporated Organisations (SCIO)



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Trustees for the period 1st April 2025 to 31st March 2026, and at the date of this report: 21st July 2026.

Trustees are elected by way of a resolution passed by majority vote of the board.

Mark Beveridge: Chairperson

Linda El-Miligy: Secretary

Lorna Duthie: Board Member

Amy Putt: Board Member (elected 9th December 2025)

Gwen Buchan: (resigned 1st May 2025 to become Assistant Manager)

Hannah Duthie: Board Member (resigned 24th April 2025)

OBJECTIVES and ACTIVITIES

All Strong directly supports the improvement and self-management of mental health, connection, and overall wellbeing, particularly for vulnerable and marginalised groups, and those with additional support needs and challenges. This is achieved through providing well-supported, fully-private sessions for specific groups in close partnership with other charities and relevant local organisations, as well as the general public and individuals, both by organisation and self-referral. With three spaces (private gym, public gym, and creative and social space), participants benefit from a range of activities to support their wellbeing, including all-ability physical activity, guided relaxation, meaningful peer support and social interaction, journaling, art and music. All sessions are tailored to the needs of the group and individual. We work with all age groups, and have had participants from ages 5 to 80.

All Strong is a safe and inclusive environment, supporting people through prevention and early intervention in relation to mental health issues, as well as supporting recovery and wellbeing for people emerging from and coping with challenging life situations, mental and physical health struggles, and addiction recovery.

We began our work in 2018 as a Community Interest Company, transitioning to a Scottish Incorporated Charitable Organisation in March 2023.



WHO DO WE HELP?

We a wide variety of other charities and local organisations to provide fully private groups to their service users. This year we have also continued to expand our public offering to include eight weekly sessions supporting mental health, and six for addiction recovery. People can self-refer into our public groups, and we also receive many participants via organisation referral.

In addition to activity provision, we have also supported employability and personal development through volunteer and work experience opportunities. We are currently supporting three participants to gain their Level 2 Gym Instructor qualification, with project funding to support 16 young people with fitness qualifications and practical experience in the next year.

From April 2025 to March 2026, All Strong has worked in partnership with the following organisations, offering our full range of activities and tailoring the content of sessions according to the needs and interests of the group:

We work with people experiencing a wide range of challenges, including:

- Adults and young people with learning disabilities and complex needs
- Autistic adults and young people
- Unpaid carers
- People in addiction recovery
- Children and young people with dyspraxia
- Care experienced teens
- Young people and young adults in or at the edge of the social work system and the criminal justice system
- Children and young people struggling to engage in mainstream education and activities due to various reasons, including bullying, learning difficulties, home issues, and autism
- Those struggling to engage in mainstream education and activities
- People in and transitioning from residential psychiatric care
- Those in and emerging from homelessness
- People with common and significant mental health issues
- People with physical health conditions alongside another challenge (eg. mental health, addiction recovery)
- Those suffering from loneliness and isolation as a primary concern along with other challenges and conditions

Most of our beneficiaries, including in our public offering, struggle with mental health issues and initially low confidence in addition to other conditions and life challenges,

and often lack self-belief, knowledge and positive experience of wellbeing self-management tools prior to their attendance at All Strong. Low mood, anxiety and chronic stress are also common, in addition to behavioural challenges amongst some of the young people's groups. Many participants also suffer from social isolation, loneliness, and a sedentary lifestyle prior to attendance.

Responding to need and demand, our approach is one of flexibility in terms of both session content and use of our space, to best meet the needs and interests of a growing number of partner groups and the wider local community.

SERVICES and ACTIVITIES

Our programmes are designed and proven to:

- empower participants with positive experience and knowledge in the use of self-management tools for mental and physical wellbeing
- directly improve mental and physical health
- prevent decline into mental ill-health for vulnerable and marginalised groups
- develop healthy routine and habits
- promote and directly support recovery for those who have experienced significant mental health episodes, trauma, homelessness, and addiction
- foster positive connections and friendships, reducing isolation and loneliness
- provide opportunity for personal growth and employability

Our private sessions (based on group needs and interests) include:

- All-ability physical activity in a tailor-made and private gym environment
- Guided relaxation and mindfulness, using simple techniques, including breath, awareness, visualisations and affirmations that can be used in everyday life and in stressful or anxious situations
- Social space and time to talk, with a seating and welcome area in our private programme gym as well as further seating in our creative space, fostering meaningful connection and belonging
- Creative and expressive activities including art, music, journaling, all with a focus on improved mental health
- A range of supporting wellbeing materials, including wellbeing and activity journals, resistance bands and aromatherapy bottles, helping to support people between sessions, and highlight progress

In addition to our private group programmes, we also provide:

- **Qualifications opportunities** for young people with additional needs, as well as other participants interested in development and volunteer work with us. We have just received project funding to provide sixteen young people with accredited qualifications and accompanying work experience placements and mentorship over six months, with plans to continue and develop such opportunities.
- Our **secondary gym** allows us to support individuals who may not yet feel comfortable training as part of a group, as well as provide guidance and a quiet space for those training with a support worker present, usually once or twice a week as part of a healthy and active routine. We also have a current project providing individual sessions to young people with additional needs, building confidence towards joining groups and/or training independently.
- Our **Creative & Social Space**, while sometimes used in addition to gym training for certain groups, continues to develop for focussed sessions, and has been used to support our community through ongoing Art for Wellbeing groups, music, games, journalling, social space, as well as to host a number of talking-based wellbeing groups, including bereavement, and suicide and self-harm support groups. Due to a request from Perth and Kinross Council Day Opportunities we have recently introduced additional creative programmes for those with learning disabilities to meet demand, including for young people transitioning from school-aged services and older people.
- **Wellbeing materials**, tailor-made in consultation with participants, help to support people's journeys, with our journals in particular guiding reflection on setting goals and progress, mindfulness and gratitude, anxiety reduction and nutrition. We have recently received funding from The National Lottery Awards for All to launch an Activity Achievement Journal, fostering sense of purpose, self-belief and community connection.
- We also do occasional **Outreach Work**, with a successful block of Tai Chi and gentle movement programme for older people, as well as participation in other local mental health and recovery events.



OUTPUTS and ACHIEVEMENTS

In the year to 31st March 2026, we have:

- Worked with **465 individuals**
- Provided **1,283 group sessions**
- Supported an average of **150 participants each week**
- **Developed new partnerships** with Mindspace mental health charity, Perth Royal Infirmary Sunflower Centre for children with Dyspraxia, and the Stephen Lyon Organisation for mental health and suicide prevention.
- From current partners, including PKC Day Opportunities for learning disabilities, the Integrated Drug and Alcohol Recovery Team/Health and Social Care Partnership, and No.3 Autism Initiative, we have had **requests to increase our offering**, adding 8 new weekly gym, relaxation and creative groups
- We also have **new block programmes** for care experienced young people and young people with behavioural, emotional and social challenges, in partnership with PKC Services for Young People
- Our **employability and personal development** work also continues to grow, and to date we have secured funding to provide accredited fitness qualifications to sixteen young people alongside well-supported work experience placements and mentorship in the coming year.



MEASURING our SUCCESS

We use multiple means to gather feedback, evaluate our services, and measure positive impact, which include:

- **Mood Scores** (1-10 at the start and end of sessions, and indicating by thumbs up, wavering hand or thumbs down if the participant is feeling better, the same/unsure, or worse). These are also useful in highlighting immediate benefits for participants, further helping adherence.
- **Paper Evaluations.** These are kept simple for our beneficiaries and include agree/disagree statements and open space for comment, and are conducted every 8 to 12 weeks.
- **Close consultation with partner organisation staff**, who are present at all partner sessions and often work individually with their service users. This allows

us to understand the benefits participants are receiving, as well as enabling us to adapt sessions to a groups' needs and interests as well as respond to any individual issues or challenges. We are also able to engage in further feedback and discussion, including with parents where relevant.

- **Direct discussion** with participants. Our instructors build excellent rapport with individuals within the group dynamic, ensuring all voices are heard, and through talking and observation are able to determine strengths, weaknesses, helping to set achievable goals, guide and highlight progress.
- **Case studies**, consulting participants in-depth, also enables us to understand fuller life stories and how All Strong has helped people to cope with and move through a variety of challenges.

In recent 2026 participant surveys:

- 100% agreed that participation directly improved their mental wellbeing
- 94% agreed that they felt more connected and less isolated
- 100% agreed that gym programmes provided positive experience of exercise and relaxation techniques
- 92% agreed that participation helped to better self-manage mental and physical health
- 93% agreed that participation has helped to reduce and better cope with stress
- 100% agreed that instructors and staff are friendly and supportive
- 100% agreed that the creative space improved their sense of wellbeing
-

A SAMPLE of RECENT CASE STUDIES and FEEDBACK

"Patients often tell me they feel lighter, calmer, and more capable after an All-Strong session. I've noticed real boosts in confidence — even small achievements in the gym setting make a big difference to how they see themselves. The structure, encouragement, and gentle challenge give many of them something to look forward to, and it's lovely to see them growing more positive and connected each week. Being in such a supportive environment helps patients feel more connected to everyday life, and makes a huge difference to their mental health and recovery journey."

Lisa Balfour, Activity Support Worker, Murray Royal Hospital, Leven Ward (over 65s).

"I cannot distinguish between my recovery and All Strong. I wouldn't like to test what would have happened if I hadn't been referred to All Strong. All Strong provides a sympathetic community of like-minded survivors all with the same intent : to stay abstinent and to keep moving in the same direction.

From the first time I visited All Strong the following has happened :

- *volunteering at ESOL Perth as a Teaching Assistant on the floor below All Strong, with my own class of up to 10 students. I teach three days a week.*
- *myself and another participant started up a new Creative Writing group upon All Strong's invitation to use their Create & Connect space.*

All Strong aids in the process of self-awareness, of responsibility and self-belief; of progress and most importantly of compassion. It is really very, very special."

Ellee Bowden, Recovery Participant

"A group of 8 care experienced young people from Perth High School aged 12-16yrs were given the opportunity to attend 6 sessions at All Strong Gym, which provided a positive and engaging environment focused on health, wellbeing, and personal development, with a clear and meaningful impact on the group.

The young people experienced an increase in overall wellbeing and confidence, supported by the regular physical activity in the gym, creative expression in the art room, and inclusive group activities. They developed a range of personal and social skills, including communication, teamwork, motivation, and self-belief. The sessions encouraged them to try new experiences in a supportive setting, helping them step outside their comfort zones, with creative and interactive ways to engage both physically and mentally.

A strong indicator of the programme's success was the group's enthusiasm and commitment, with the young people expressing a clear desire to return and take part again, demonstrating enjoyment, sustained engagement, and perceived personal benefit.

Overall, the sessions provided a safe, inclusive, and empowering experience that supported improved wellbeing, confidence, and life skills, while fostering a positive attitude toward health and ongoing participation."

Simone Lange, PKC Services for Young People

"Individuals with disabilities have consistently highlighted the importance of having purpose and structure in their daily lives. Access to meaningful opportunities within local communities plays a vital role in promoting a sense of belonging, as well as supporting overall health and wellbeing.

The Health and Social Care Partnership is experiencing sustained growth in demand, driven by increasing numbers of young people transitioning into adulthood with more complex needs, alongside people living longer.

All Strong is a valued partner in this landscape, providing inclusive opportunities that enable individuals to explore creativity, enhance wellbeing, and build social connections. The organisation has demonstrated strong capability through its flexible

and responsive approach, adapting to both current and emerging needs, and supporting individuals to identify and achieve what gives them purpose."
Ashley Blundell, Policy Officer, Perth & Kinross Health and Social Care Partnership

FUTURE PLANS

We continue to experience a steady increase in demand for our services and activities, and plan to develop all aspects of our offering further, providing as many opportunities as possible for both partner organisations and the public to benefit from our sessions and support. In the longer term, we are also looking at the possibility of replicating and expanding our model to provide support to people in other geographical areas.

FINANCIAL OVERVIEW

For accounts ending 31st March 2026, we had £24,525.93 cash in the bank. We are currently recipients of two three-year funds, which contribute to both core costs and project costs, and we will continue to apply for further funding from a variety of sources to sustain and develop our work.

RESERVES POLICY

We have a separate bank account for holding reserves, and we aim to build up to holding three months of all costs in reserve, to approximately £24,000. This amount has been established as important due to the unpredictability of acquiring funding through grants and specific timelines for funds, especially as a newer charity. Reserves will primarily be generated from use of our facilities by individuals and groups, and from rental of space to personal trainers, with the majority of clients training with mental and physical health improvement as a priority.

Our reserves policy will be reviewed annually in April.

Signed on behalf of the board:

Linda El-Miligy, Board Member and Secretary


DATE: 22nd July 2026

Independent Examiner's Report to the Trustees of All Strong Scotland

I report on the accounts and financial statements of the charity for the year ended 31st March 2026 which are set out on the following pages.

Respective responsibilities of directors and examiner

The charity's directors are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 (the Act) and the Charities Accounts (Scotland) Regulations 2006 (the Accounts Regulations). The charities directors consider that the audit requirement of Regulation 10(1) (a) to (c) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the financial statements 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 was 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 financial statements and seeking explanations from you as Directors 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

During 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

- To prepare financial statements which accord with the accounting records, Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard in the UK and Republic of Ireland (FRS 102) and in other respects comply with regulation 8 of the 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.

Darren Kane MAAT
Accountant

A handwritten signature in black ink that reads "D Kane". The signature is written in a cursive, slightly informal style.

23/07/2026

Office 2, Milton Business Centre, 10 Milton Street, Dundee, DD3 6QQ

All Strong Scotland
Statement of Receipts and Payments
For the year ended 31 March 2026

Account	RES	UNR	2026	2025
Receipts				
Sales	0.00	15,514.11	15,514.11	7,569.16
Grant Income	93,400.00	37,000.00	130,400.00	116,352.00
Interest Income	0.00	11.01	11.01	18.23
Total Income	93,400.00	52,525.12	145,925.12	123,939.39
Payments				
Direct Expenses	7,498.12	0.00	7,498.12	13,193.94
Sessional Staff	20,630.67	13,006.26	33,636.93	26,665.59
Advertising & Marketing	746.98	0.00	746.98	2,230.45
Audit & Accountancy fees	600.00	0.00	600.00	695.00
Bank Fees	96.41	0.00	96.41	0.00
Insurance	1,150.82	2,547.72	1,150.82	907.19
Interest Paid	0.00	0.00	0.00	1,154.10
IT Software and Consumables	969.65	0.00	969.65	1,743.02
Postage, Freight & Courier	15.85	0.00	15.85	495.44
Printing & Stationery	121.65	0.00	121.65	182.50
Utilities	2,736.08	0.00	2,736.08	50.00
Rent	0.00	31,445.92	33,993.74	25,200.00
Repairs & Maintenance	2,647.25	0.00	2,647.25	0.00
Staff Salaries	36,603.22	3,037.46	39,640.68	33,886.74
Staff Training	550.00	0.00	550.00	1,162.16
Subscriptions	2,169.65	0.00	2,169.65	1,478.83
Telephone & Internet	1,232.36	0.00	1,232.36	756.61
Volunteer Expenses	586.31	0.00	586.31	1,357.99
Total Overheads	78,355.02	50,037.36	128,392.48	111,159.56
Surplus/Defecit For The Year	15,044.98	2,487.76	17,532.64	12,779.83

All Strong Scotland
As at 31 March 2026

Account	RES	UNR	31 Mar 2026	31 Mar 2025
Fixed Assets				
Tangible Assets				
Fixtures and Fittings	0.00	6,192.00	6,192.00	6,192.00
Plant and Machinery	5,044.98	20,432.83	25,477.81	20,432.83
Total Fixed Assets	5,044.98	26,624.83	31,669.81	26,624.83
Current Assets				
Cash at bank and in hand				
ALL STRONG SCOTLAND	10,000.00	11,468.09	21,468.09	18,483.12
ALL STRONG SCOTLAND#001	0.00	3,057.84	3,057.84	1,418.23
Total Cash at bank and in hand	10,000.00	14,525.93	24,525.93	19,901.35
Total Current Assets	10,000.00	14,525.93	24,525.93	19,901.35
Creditors				
PAYE Payable	0.00	2,152.04	2,152.04	2,879.27
	0.00	2,152.04	2,152.04	2,879.27
Net Current Assets (Liabilities)	10,000.00	12,373.89	22,373.89	17,022.08
Total Assets less Current Liabilities	15,044.98	38,998.72	54,043.70	43,646.91
Creditors Over One Year				
RBS Bounce Back Loan	0.00	9,407.61	9,407.61	14,023.29
Social Investment Loan	0.00	0.00	0.00	2,520.17
	0.00	9,407.61	9,407.61	16,543.46
Net Assets	0.00	29,591.11	44,636.09	27,103.45
Reserves				
Current Year Earnings	15,044.98	2,487.76	17,532.74	10,117.35
Retained Earnings	0.00	27,103.45	27,103.45	16,986.10
Total Reserves	15,044.98	29,591.21	44,636.19	27,103.45

Signed by:

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Lorna Duthie

Miss L Duthie

7/26/2026

Grants received by All Strong Scotland (SC052398)
1st April 2025 to 31st March 2026

Date	Amount	Funder	Restricted/ Unrestricted	Purpose
24/04/2025	£4,000	Hugh Fraser Foundation	Restricted	Management Costs
24/04/2025	£5,000	SSEN	Restricted	Instructor Costs & Consumables
21/05/2025	£10,000	Garfield Weston	Restricted	Core Costs
23/05/2025	£20,000	National Lottery	Restricted	Management Salaries
23/05/2025	£30,000	National Lottery	Restricted	Instructors, Rent, Insurance, Consumables
30/05/2025	£25,000	People's Postcode	Unrestricted	Salaries & Overheads
11/07/2025	£3,500	Scottish Children's Lottery	Restricted	Instructor Costs
23/07/2025	£400	Warburtons	Restricted	Instructor Costs
08/09/2025	£1,000	Watler Craig Charitable Trust	Restricted	Instructor Costs & Consumables
27/10/2025	£4,500	Baily Thomas Charitable Trust	Restricted	Rent & Utilities
01/12/2025	£12,000	The Robertson Trust	Unrestricted	Salaries & Overheads
26/02/2026	£3,000	Souter Charitable Trust	Restricted	Instructor Costs
12/03/2026	£2,400	Trefoil Society	Restricted	Art Supplies, Consumables
30/03/2026	£10,000	The Gannochy Trust	Restricted	Core Costs

TOTAL **GRANTS RECEIVED** = £130,800
TOTAL **RESTRICTED*** = £93,800
TOTAL **UNRESTRICTED** = £37,000

*Please note that Core Costs grants are still considered restricted, but can be used for salaries, overheads, insurance, or anything else to keep the organisation and premises running.

We also received regular monthly income from PTs paying to use our space and equipment, as well as a payment of £990 on 30th June from PKC for delivery of services.

Cost of Charitable Activities

Direct Expenses	7,498.12
Sessional Staff	33,636.93
Advertising & Marketing	746.98
Insurance	1,150.82
IT Software and Consumables	969.65
Postage, Freight & Courier	15.85
Printing & Stationery	121.65
Utilities	2,736.08
Rent	33,993.74
Repairs & Maintenance	2,647.25
Staff Salaries	39,640.68
Staff Training	550.00
Subscriptions	2,169.65
Telephone & Internet	1,232.36
Volunteer Expenses	586.31
Total	128,392.48

Finance and Governance Costs

Independent Examination	600.00
Bank Fees	96.41
Total	696.41

Equipment

During the year, £5,044.98 was spent on new gym equipment using grant funding