

APPENDIX 1

OSCR

Scottish Charity Regulator

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	01	12	24	To	30	11	25

Reference and administration details

Charity name	Grey Matters Active Ageing
Other names charity is known by	
Registered charity number	SC049789
Charity's principal address	61 West Princes Street Helensburgh
	Postcode G84 8BN

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 Thomson	Chair		
2	Jan Crawford	Treasurer		
3	Margaret Young			
4	Margaret Harper			
5	Janet Gibb			
6	Irene Stevenson	March 25	Co-Opted	
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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
Ann Roberts	04/07/25
Linda O'Connor	07/08/25

Structure, governance and management

Type of governing document

2 tier SCIO – At annual review, after nominations and voting from the full membership

Trustee recruitment and appointment

Objectives and activities

Charitable purposes

To support those in need by reason of age, ill health, disability, financial hardship or other disadvantage to the provision of activities primarily for those over the age of 60.
To support social interaction and combat loneliness for those over the age of 60

Summary of the main activities in relation to these objects

Activity sessions in our centre, including craft, coffee mornings, exercise such as walking fitness, seated fitness and Tai Chi.
Outings including places of interest, short breaks and accessible concerts via coach and public transport

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Achievements and performance

Summary of the main achievements of the charity during the financial period

Grey Matters Active Ageing continues to operate as a two-tier SCIO, with membership continuing to grow steadily during this reporting period. There has been a noticeable increase in the appetite for organised trips and activities, reflecting members' enthusiasm for staying active, social, and connected within the community.

This has been a positive and upbeat year for the organisation. Our activities have provided many opportunities for members to come together, resulting in lots of smiles, laughter, and the formation of new friendships.

We were delighted to receive funding support during the year from the National Lottery Community Fund, the Community Mental Health and Wellbeing Fund for Adults, and the Bank of Scotland Foundation. In addition to grant funding, we were grateful for the support received through local fundraising efforts, including raffles and sponsored events such as the Kiltwalk and a sponsored challenge on the Alpine Coaster in Edinburgh.

The organisation relies heavily on the dedication of its volunteers. Many of our members volunteer their time to support activities and events, and we are also fortunate to have a small team of young volunteers who are contributing their time while working towards the The Duke of Edinburgh's Award.

During the year, we were proud to be recognised for our work when Grey Matters Active Ageing received the **Volunteer Organisation of the Year Award** from Argyll and Bute Third Sector Interface. This award reflects the commitment, enthusiasm, and community spirit shown by everyone involved with the organisation.

Financial review

Brief statement of the charity's policy on reserves

Our minimum expectation is to hold at least 3 months spending for our reserves.

Our preference is to hold 4-6 months of core spending in reserve

Details of any deficit

N/A

Donated facilities and services (if any)

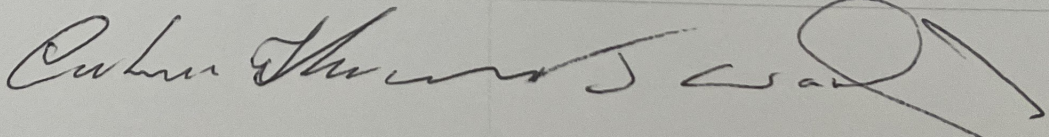
Many of our member also act as volunteers for the charity from time to time

Other optional information

Declaration

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

Signed on behalf of the charity's trustees

<p>Signature(s) OSCR will accept digital or typed signatures</p>		
<p>Full name(s)</p>	<p>Andrew Thomson</p>	<p>Jan Crawford</p>
<p>Position (e.g. Chair)</p>	<p>Chair</p>	<p>Treasurer</p>
<p>Date</p>	<p>26/05/26</p>	<p>26/05/26</p>