

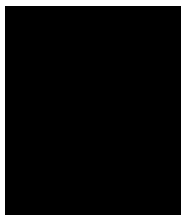
Charity registration number SC046994 (Scotland)

BEECHBRAE SCIO
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

BEECHBRAE SCIO

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees



Independent examiner

Precision Accountants and Business Advisors Limited
1 Marischal Square
Broad Street
Aberdeen
AB10 1BL

BEECHBRAE SCIO

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BEECHBRAE SCIO

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)".

Objectives and activities

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Significant activities and achievements against objectives

Financial review

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management

The charity is a SCIO.

The trustees who served during the year and up to the date of signature of the financial statements were:



The trustees' report was approved by the Board of Trustees.



20 November 2024

BEECHBRAE SCIO

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BEECHBRAE SCIO

I report to the trustees on my examination of the financial statements of Beechbrae SCIO (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Precision Accountants and Business Advisors Limited

1 Marischal Square
Broad Street
Aberdeen
AB10 1BL
20 November 2024

BEECHBRAE SCIO

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes						
Income and endowments from:							
Donations and legacies	3	3,476	63,141	66,617	939	55,905	56,844
Charitable activities	4	57,617	-	57,617	42,939	-	42,939
Other income	5	2,803	-	2,803	-	-	-
Total income		63,896	63,141	127,037	43,878	55,905	99,783
Expenditure on:							
Raising funds	6	98,621	11,444	110,065	36,085	92,034	128,119
Charitable activities	7	1,738	10,117	11,855	2,707	5,563	8,270
Other expenditure	12	8,768	6,089	14,857	-	1,187	1,187
Total expenditure		109,127	27,650	136,777	38,792	98,784	137,576
Net income/(expenditure) and movement in funds		(45,231)	35,491	(9,740)	5,086	(42,879)	(37,793)
Reconciliation of funds:							
Fund balances at 1 April 2023		518,571	76,422	594,993	513,485	119,301	632,786
Fund balances at 31 March 2024		473,340	111,913	585,253	518,571	76,422	594,993

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

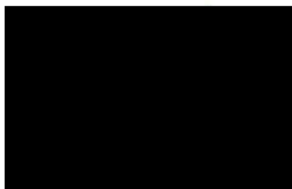
BEECHBRAE SCIO

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	14		498,407		534,274
Current assets					
Debtors	15	20,675		4,085	
Cash at bank and in hand		102,847		107,972	
		123,522		112,057	
Creditors: amounts falling due within one year	17	(15,513)		(24,255)	
Net current assets			108,009		87,802
Total assets less current liabilities			606,416		622,076
Creditors: amounts falling due after more than one year	18		(15,625)		(27,083)
Provision for other liabilities	19		(5,538)		-
Net assets			585,253		594,993
The funds of the charity					
Restricted income funds	21		111,913		76,422
Unrestricted funds	22		473,340		518,571
			585,253		594,993

The financial statements were approved by the trustees on 20 November 2024



BEECHBRAE SCIO

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

The Charity is a Scottish Charitable Incorporated Organisation (SCIO), governed by a constitution.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**FOR THE YEAR ENDED 31 MARCH 2024**

1 Accounting policies**(Continued)****1.5 Expenditure**

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	5% straight line
Plant and equipment	25% reducing balance
Fixtures and fittings	25% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Provisions

Provisions are recognised when the charity has a legal or constructive present obligation as a result of a past event, it is probable that the charity will be required to settle that obligation and a reliable estimate can be made of the amount of the obligation.

The amount recognised as a provision is the best estimate of the consideration required to settle the present obligation at the reporting end date, taking into account the risks and uncertainties surrounding the obligation. Where the effect of the time value of money is material, the amount expected to be required to settle the obligation is recognised at present value. When a provision is measured at present value, the unwinding of the discount is recognised as a finance cost in net income/(expenditure) in the period in which it arises.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

BEECHBRAE SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	3,476	-	3,476	939	-	939
Grants	-	63,141	63,141	-	55,905	55,905
	<u>3,476</u>	<u>63,141</u>	<u>66,617</u>	<u>939</u>	<u>55,905</u>	<u>56,844</u>

4 Income from charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Activity workshops		
Sale of goods	32,083	26,115
Woodland Centre hire		
Sale of goods	25,264	16,734
Woodland produce		
Sale of goods	270	90
	<u>57,617</u>	<u>42,939</u>

BEECHBRAE SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

5 Other income

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Net gain on disposal of intangible fixed assets	2,508	-
Other income	295	-
	<u>2,803</u>	<u>-</u>

6 Expenditure on raising funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fundraising and publicity						
Support costs	98,621	11,444	110,065	36,085	92,034	128,119
	<u>98,621</u>	<u>11,444</u>	<u>110,065</u>	<u>36,085</u>	<u>92,034</u>	<u>128,119</u>

7 Expenditure on charitable activities

	Expenses 2024 £	Expenses 2023 £
Direct costs		
Activity workshop purchases	5,036	6,974
Woodland purchases	6,819	1,296
	<u>11,855</u>	<u>8,270</u>
Analysis by fund		
Unrestricted funds	1,738	2,707
Restricted funds	10,117	5,563
	<u>11,855</u>	<u>8,270</u>

BEECHBRAE SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

8 Support costs allocated to activities

	2024 £	2023 £
Staff costs	60,522	62,277
Depreciation	36,728	37,182
Staff recruitment & training	1,923	1,932
Staff welfare	405	1,469
Travel	68	133
Bank charges	-	1
Equipment repairs & maintenance	3,342	337
Advertising	12	294
Software	-	1,200
Subscriptions	808	872
Sundry	-	101
Telephone	702	681
Governance costs	5,555	21,640
	<u>110,065</u>	<u>128,119</u>
Analysed between:		
Fundraising	<u>110,065</u>	<u>128,119</u>

	2024 £	2023 £
Governance costs comprise:		
Accountancy	1,342	1,450
Legal and professional	-	1,120
Rent	1	1
Light, heat & power	(1,105)	11,131
Cleaning	363	181
Premises repairs & maintenance	3,123	5,168
Insurance	1,831	2,589
	<u>5,555</u>	<u>21,640</u>

9 Net movement in funds

	2024 £	2023 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	-	-
Depreciation of owned tangible fixed assets	36,728	37,182
Profit on disposal of intangible assets	(2,508)	-
	<u>-</u>	<u>37,182</u>

BEECHBRAE SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

11 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
	3	3
	<u> </u>	<u> </u>
Employment costs	2024	2023
	£	£
Wages and salaries	59,771	60,921
Social security costs	218	823
Other pension costs	533	533
	<u> </u>	<u> </u>
	60,522	62,277
	<u> </u>	<u> </u>

There were no employees whose annual remuneration was more than £60,000.

12 Other expenditure

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Capitol Works/Projects	3,230	6,089	9,319	-	1,187	1,187
Redundancy provision	5,538	-	5,538	-	-	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	8,768	6,089	14,857	-	1,187	1,187
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

13 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

BEECHBRAE SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

14 Tangible fixed assets

	Freehold land and buildings	Plant and equipment	Fixtures and fittings	Total
	£	£	£	£
Cost				
At 1 April 2023	617,224	18,752	26,580	662,556
Additions	-	3,242	126	3,368
Disposals	-	-	(5,016)	(5,016)
At 31 March 2024	617,224	21,994	21,690	660,908
Depreciation and impairment				
At 1 April 2023	96,331	18,423	13,527	128,281
Depreciation charged in the year	30,861	893	4,974	36,728
Eliminated in respect of disposals	-	-	(2,508)	(2,508)
At 31 March 2024	127,192	19,316	15,993	162,501
Carrying amount				
At 31 March 2024	490,032	2,678	5,697	498,407
At 31 March 2023	520,892	329	13,053	534,274

15 Debtors

	2024	2023
	£	£
Amounts falling due within one year:		
Trade debtors	10,989	4,085
Prepayments and accrued income	9,686	-
	20,675	4,085

16 Loans and overdrafts

	2024	2023
	£	£
Bank loans	28,125	39,583
Payable within one year	12,500	12,500
Payable after one year	15,625	27,083

BEECHBRAE SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

17 Creditors: amounts falling due within one year

	Notes	2024 £	2023 £
Bank loans	16	12,500	12,500
Other taxation and social security		577	820
Trade creditors		636	9,186
Other creditors		300	300
Accruals and deferred income		1,500	1,449
		<u>15,513</u>	<u>24,255</u>

18 Creditors: amounts falling due after more than one year

	Notes	2024 £	2023 £
Bank loans	16	15,625	27,083
		<u>15,625</u>	<u>27,083</u>

19 Provisions for liabilities

	2024 £	2023 £
Redundancy provision	5,538	-
	<u>5,538</u>	<u>-</u>

Movements on provisions:

	Redundancy provision £
Additional provisions in the year	5,538
	<u>5,538</u>

20 Retirement benefit schemes

	2024 £	2023 £
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	533	533
	<u>533</u>	<u>533</u>

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

BEECHBRAE SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

21 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2023	Incoming resources	Resources expended	At 31 March 2024
	£	£	£	£
	76,422	63,141	(27,650)	111,913
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 April 2022	Incoming resources	Resources expended	At 31 March 2023
	£	£	£	£
	119,301	55,905	(98,784)	76,422
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

22 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2023	Incoming resources	Resources expended	At 31 March 2024
	£	£	£	£
General funds	518,571	63,896	(109,127)	473,340
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 April 2022	Incoming resources	Resources expended	At 31 March 2023
	£	£	£	£
General funds	513,485	43,878	(38,792)	518,571
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

BEECHBRAE SCIO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

23 Analysis of net assets between funds

	Unrestricted funds	Endowment funds General	Restricted funds	Endowment funds general	Total
	2024	2024	2024	2024	2024
	£	£	£	£	£
At 31 March 2024:					
Tangible assets	429,073	-	69,334	-	498,407
Current assets/(liabilities)	70,830	-	37,179	-	108,009
Long term liabilities	(15,625)	-	-	-	(15,625)
Provisions	(5,538)	-	-	-	(5,538)
	<u>478,740</u>	<u>-</u>	<u>106,513</u>	<u>-</u>	<u>585,253</u>
	<u><u>478,740</u></u>	<u><u>-</u></u>	<u><u>106,513</u></u>	<u><u>-</u></u>	<u><u>585,253</u></u>
	Unrestricted funds	Endowment funds General	Restricted funds	Endowment funds general	Total
	2023	2023	2023	2023	2023
	£	£	£	£	£
At 31 March 2023:					
Tangible assets	457,852	-	76,422	-	534,274
Current assets/(liabilities)	87,802	-	-	-	87,802
Long term liabilities	(27,083)	-	-	-	(27,083)
	<u>518,571</u>	<u>-</u>	<u>76,422</u>	<u>-</u>	<u>594,993</u>
	<u><u>518,571</u></u>	<u><u>-</u></u>	<u><u>76,422</u></u>	<u><u>-</u></u>	<u><u>594,993</u></u>

24 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).



Beechbrae



Beechbrae SCIO Activity Report

1 April 2023– 31 March 2024

beechbrae.com

© 2024 Beechbrae SCIO is a Scottish Charity (SC046994) registered at:
Beechbrae Wood Heights Rd, Blackridge EH48 3SW



Overview

At Beechbrae, we are passionate about connection, healing and health, and learning. We believe that the choices we make are important and add to a collective wider story about ways of looking after the environment, our resources, ourselves and each other.

Beechbrae was born out of a dream to live more sustainably and tread lightly on the resources we have. We are a social enterprise and charity based in Beechbrae Wood, West Lothian. Beechbrae Wood is on the edge of our village, Blackridge, and from this greenspace we support people to engage with nature to improve mental health and wellbeing.

Beechbrae works to support people's mental and physical wellbeing through nature connection. This year we continued running Woodland Wellbeing sessions supporting young people to engage with nature, explore, play and ground themselves in nature, in their bodies, and in the present moment. Most of these are tailored sessions for young people who aren't engaging with school and for people with complex needs and trauma backgrounds.

We ran more Branching Out Programmes, supporting adults with mental health conditions through engagement and discovery outdoors. We began a new programme, the Wellbeing Conservation Group, for people who have previously completed Branching Out at Beechbrae. This is a weekly drop in session building on skills learned at Branching Out, providing space to learn more and develop more skills and confidence. Beechbrae Woodland Centre is now open and hosting many wellbeing activities and events. We hosted West Lothian's first Pride Outside Wellbeing Festival and ran many other free woodland events and activities. Beechbrae continued to be a haven for our local community and visitors to go for a walk, relax, unwind, connect with nature, and find stillness.



Beechbrae

Our Values

CURIOSITY: we choose to be open to exploring, learning and fostering curiosity about the natural world, each other and ourselves as a means of strengthening our collective agency.

CONNECTION: we recognise relationship and connection as being at the heart of Beechbrae – within ourselves, with everyone who comes to or is part of Beechbrae, and with the land.

NURTURE: we nurture those who engage with Beechbrae and the land itself. We engage in a trauma-informed way to seek health, wellbeing and wholeness.

What we believe in

- Creating and holding a safe space
- Enabling people to feel welcome, included and accepted for exactly who they are
- Working with adults and young people from where they are and at their own pace
- Acting with humanity and compassion
- Understanding the magic that can happen when trust is present
- Building self-confidence and a sense of what is possible
- Believing in people and nurturing them to find their own way to flourish as humans
- Checking our unconscious bias and striving to be equal with each individual
- Enabling and deepening human connections
- Working from a place of curiosity and wonder
- Supporting risk-taking and challenge
- Appreciating the power of individual and collective agency

The Young People and Adults we work with have experience of:

- Isolation
- Anxiety
- Aggression and anger
- Feeling shut down
- Fear
- Resignation and detachment
- Disappointment
- Neglect / abuse
- Discrimination and feelings of shame / stigma
- Hopelessness
- Depression
- Frustration
- Toxic masculinity
- Uncertainty and insecurity
- Physical and emotional pain
- Sadness
- Bullying
- Fatigue
- Hunger



Beechbrae



At Beechbrae, Young People & Adults...

OUR OUTCOMES

...feel safe, accepted & valued

...build compassion and connection

...are more able to understand, be and express themselves

...improve mental health, confidence and wellbeing

...better appreciate and embody the power of nature

...progress with a sense of curiosity

INDICATORS OF CHANGE

They...

- Keep coming back
- Appear more relaxed
- Open up
- Ask when they can come back
- Make an effort to contribute
- Get to know us individually

They...

- Make friends
- Help each other out
- Share ideas / chat
- Demonstrate kindness and recognising others' emotions
- Work together well
- Swap contact details
- Tell us they have a better relationship with loved ones

They...

- Can describe their experience and emotions
- Express themselves authentically
- Come out of their shell and express themselves
- Find out what they are good at / enjoy doing
- Make choices / have ideas

They...

- Appear more relaxed / content / happy
- Take better care of themselves
- Feel less anxious / manage anxiety
- Understand what helps them
- Develop strategies for staying safe and well
- Become more engaged / involved
- Suggest things and stop asking permission
- Feel less stigmatised

They...

- Can get dirty / stuck in
- Can handle bugs
- Show appreciation of nature
- Find ways to be in nature in their lives
- Want to protect our environment
- Have a sense of wonder
- See the connection between nature and their wellbeing

They...

- Show more enthusiasm for their future
- Make plans / goals
- Can learn and enjoy learning
- Can express what they want
- Have coping strategies for the future
- Demonstrate responsibility / show initiative
- Talk about their future
- Demonstrate resilience



Woodland Wellbeing

Most of us are aware of the benefits of being outside. We can see and sense things differently and it is possible to connect in different ways, to nature, to others and to ourselves.

We continued our work running tailored Woodland Wellbeing sessions to help ground people in nature and in themselves. We worked predominantly with young people who were struggling to engage with school for a variety of reasons. The Beechbrae team has a strong grounding in Trauma Informed Practices and we use a variety of tools to support and engage young people with complex needs and trauma backgrounds.

Woodland Wellbeing sessions are for small groups of young people (up to 6) and are tailored for each group's needs, over a minimum of six sessions. Many groups continue longer term, throughout the school year. This year we watched young people feeling safe, accepted & valued, build compassion & connection, be more able to understand, be and express themselves, improve mental health confidence and wellbeing, better appreciate & embody the power of nature, and progress with a sense of curiosity and possibility.



Outcomes:

80 Woodland Wellbeing Sessions

50 Different different young people attended Woodland Wellbeing Sessions (multiple sessions)



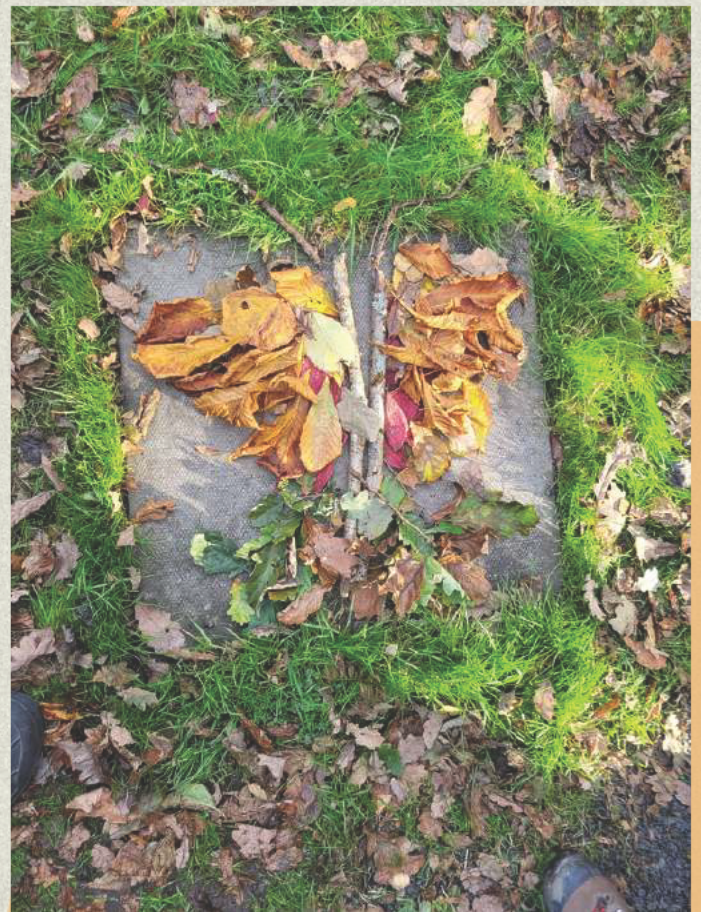
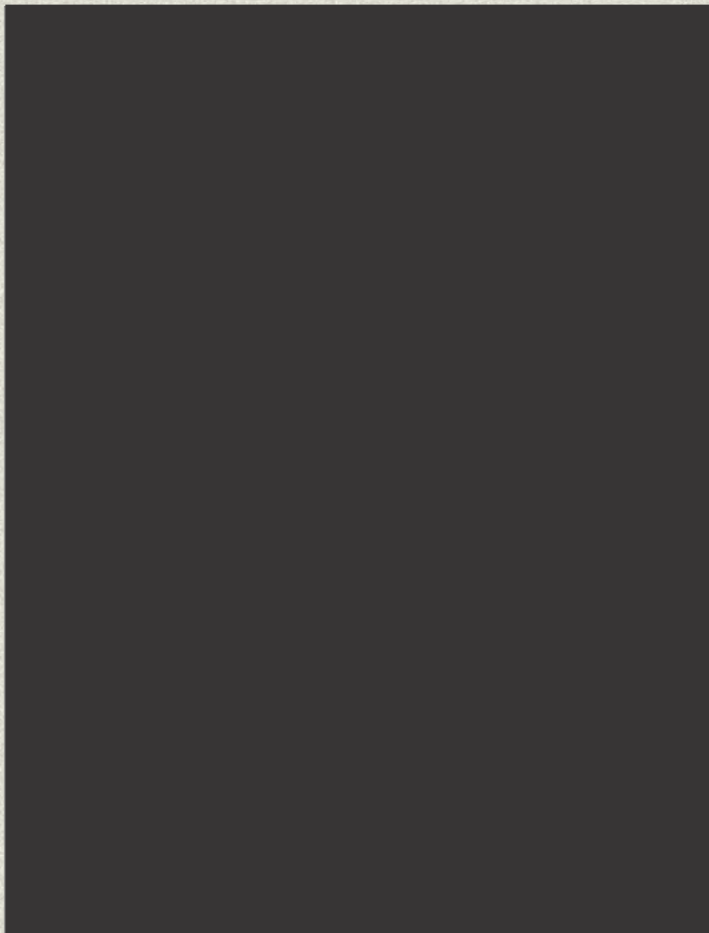
Beechbrae



Branching Out

Branching Out is a free 12 week outdoor programme for adults that was developed by Scottish Forestry to support people who are struggling with their mental health. Branching Out at Beechbrae involves: · Fire lighting · Conservation · Fire Cooking · Self inquiry · Balm making · Foraging · Mindful walks · Plant and tree id · John Muir Discovery Award · Folklore · Nature Connection and much more.

This year we ran four Branching Out programmes thanks to increased funding, which significantly reduced our wait times and allowed us to run them on different days to widen accessibility. Three of the Branching Out groups were possible thanks to funding from West Lothian Communities Mental Health & Wellbeing Fund, and the fourth was funded by Scottish Forestry.



“I was so anxious to start branching out, but I was instantly made to feel welcome and accepted from the beginning. I have always loved being in nature and having the opportunity to learn about my surroundings has been wonderful, and to learn about things from such passionate people has been an experience I will carry with me forever. From the beginning of branching out to the end, and to this day, it has been the most helpful and rewarding experience I have had.”

– Feedback from a Branching Out Participant

Outcomes:

4 x 12 week Branching Out Programmes

36 Adults participated in Branching Out



Beechbrae



Wellbeing Conservation Group

This is our second year running our Wellbeing Conservation Group. It is a follow-on for people who have completed the 12 week Branching Out programme at Beechbrae. Many programmes that support people who are struggling with mental health are short term and, while they do make a difference, tend to leave people on their own after completion, often just as they are feeling more confident, have increased skills and are open to stepping out of their comfort zone. We wanted to do things differently and be able to offer a lighter touch and more long-term community level support. We had dreamt for a long time of offering this and we were delighted to receive funding from the Communities Mental Health and Wellbeing Fund to finally make it happen.

The Wellbeing Conservation Group is a place where people can continue to learn new skills and put ones they learned at Branching Out into practice. It's a drop in session that is run on a Friday afternoon. Some people come every week, others come when they can, and when they need it. Together, we do outdoor tasks that look after and manage the Wood and Garden at Beechbrae.



Outcome: 41 Wellbeing Conservation Sessions



Beechbrae



West Lothian Pride Outside Wellbeing Festival

Beechbrae was delighted to host West Lothian's second Pride Outside Wellbeing Festival. This was done in partnership with Pride Outside CIC and a whole heap of fantastic volunteers. We had a great turnout with folk from across West Lothian of all ages. We had a nature area with bushcraft and art activities, a wellbeing area with free taster sessions, entertainment area with music, a rainbow family area with face-painting, and games and tasty food around the fire. This was possible thanks to funding from West Lothian Communities Mental Health & Wellbeing Fund.



Outcome: 43 people attended



Beechbrae



Other Beechbrae Sessions

We ran a variety of one off sessions and events at Beechbrae that were free and open to our local village and the wider public.

Beechbrae Summer Outdoor Activities

Beechbrae ran four Summer Sessions for young people and two Family Woodland Sessions in Summer 2023. We enjoyed exploring, playing and learning in the woods. These were possible thanks to funding from the Ernest Cook Trust.



Rewilding Talk with Nick Benge of Watergems

Beechbrae welcomed Nick Benge, an ecologist who began a rewilding project in two fields in Roborough, rural North Devon in 2020. The aim of the project was to increase biodiversity as much as possible. The fields were a mixture of grazed pasture and rush pasture before and have been utterly transformed. It was inspiring and practical to learn what they did and show the astounding impact in just 3 years. "Build it and they will come." If you missed out you can watch it on [youtube](https://www.youtube.com/watch?v=...). For more information on the project please visit www.roboroughrewilders.org



Beechbrae



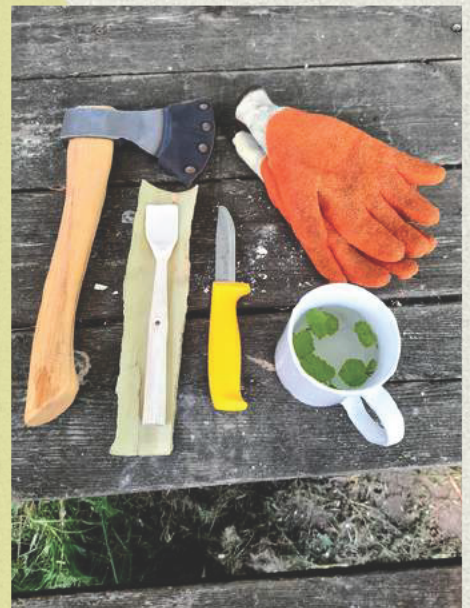
Other Beechbrae Sessions Cont.

Dreamcatcher making workshop with local artist Natalie Ritchie

Beechbrae were delighted to team up with local artist Natalie Ritchie to run a dreamcatcher making workshop in October 2023. We explored the history of dreamcatchers and then make own from natural materials. It was a special day beautifully captured in a video [here](#).

Whittling workshop with Sam Gardener

Beechbrae were delighted to welcome Sam Gardiner to Beechbrae to teach basic a whittling skills & tool care workshop. We learned a variety of ways to work with knives and axes, different carving techniques as well as tool sharpening and care.



As well as the above events, we also ran sessions for Blackridge Primary at Blawhorn Moss, Forest Bathing, learning exchanges and team away days at Beechbrae.

Outcome: 524 people attended a variety of Beechbrae Woodland Sessions & Events



Beechbrae Woodland Centre

Beechbrae Woodland Centre has been busy this year with a variety of groups, individuals and businesses bringing their wellbeing activities to Beechbrae. The space was used for wellbeing days, foraging, community herbalism, team away days, counselling, art, outdoor first aid, yoga, and training. Many groups chose this venue because of the access to nature and indoor/outdoor spaces available.



Outcome:

232 Bookings in Woodland Centre

2,185 People through the Woodland Centre Door



Beechbrae



23-24 Outcomes Summary

Woodland Wellbeing Outcomes:

80 Woodland Wellbeing Sessions

50 Different different young people attended Woodland Wellbeing Sessions (multiple sessions)

Branching Out Outcomes:

4 x 12 week Branching Out Programmes

36 Adults participated in Branching Out

Wellbeing Conservation Outcomes:

41 Wellbeing Conservation Sessions

West Lothian Pride Outside

Wellbeing Festival Outcomes:

43 people attended

Beechbrae Woodland Sessions (one off) Outcomes:

524 people attended a variety of

Beechbrae Woodland Sessions & Events

Beechbrae Woodland Centre Outcomes:

232 Bookings in Woodland Centre

2185 People through the Woodland Centre Door



Conclusion

It has been an exciting year, with Beechbrae growing from strength to strength. We've continued to specialise in nature based trauma informed mental health and wellbeing support to young people in West Lothian and have increased our adult offerings to have longer-term more sustainable support. We've offered many free Woodland sessions to our community and wider West Lothian including West Lothian's second Pride Outside Wellbeing Festival. Beechbrae Woodland Centre has been busy with a variety of wellbeing activities. This has been a year full of increased wellbeing through nature connection at Beechbrae, and we are grateful to have played a part.



Beechbrae

