

# Annual Report

September 30

# 2024

## Dundee Mental Health Cairn Fowk



Supporting the Well-being of Mental Health Carers

### TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 30<sup>TH</sup> SEPTEMBER 2023

The trustees have pleasure in presenting their report together with the financial statements and the independent examiners report for the year ended 30<sup>th</sup> September 2023

### REFERENCE AND ADMINISTRATIVE INFORMATION

**Charity Name**

Dundee Mental Health Cairn Fowk

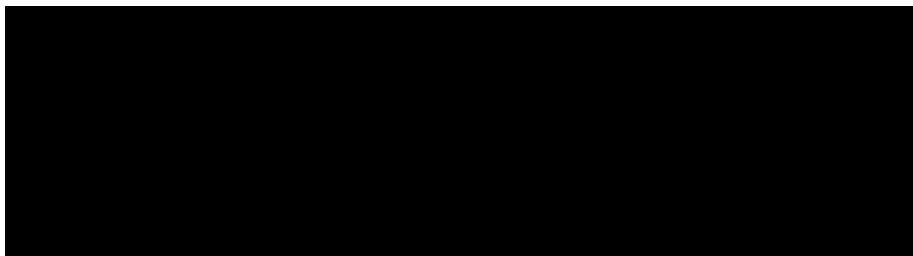
**Registered Charity Number**

SC044807

**Address**

Business Mailing Address:

10 Constitution Road, Dundee, DD1 1LL



## Structure, Governance & Management

### Constitution

We gained our charitable status as a Scottish Charitable Incorporated Organisation (SCIO) SC044807 on the 17<sup>th</sup> April 2014 when our new constitution as a SCIO was formally adopted. Prior to this we were an unincorporated association governed by its Constitution.

### Appointment of Trustees

The management committee, which, under normal circumstances would normally meet monthly, are the charities trustees. The membership of the management committee is open to any member of Dundee Mental Health Cairn Fowk. The minimum number of trustees is three and the maximum number is fifteen.

Standing trustees are automatically re-elected at the Annual General Meeting, which is normally held in November or December. Under the Constitution there must be a minimum of any eight members at an AGM or five charity trustees present at a Committee meeting.

### Management

The trustees are responsible for the day to day running of the charity, including our strategic direction and governance. Our management Committee are all unpaid volunteers, with no paid employees.

## Objectives & Activities

### Charitable Purposes

The organisation's purposes are the relief of those in need by reason of disadvantage through social and emotional isolation and stigma as a carer of someone with a mental illness, by providing the opportunity to take part in social outings and respite activities/breaks to support their well-being.

### Activities

Our activities are all based on helping to improve the well-being of mental health carers.

Help and support come in many forms such as learning coping strategies, help with stigma and isolation that is often felt by mental health carers, and most important make new friends through social activities and just getting to know each other.

We operate a Friendship Group which is held on the last Thursday of the month in the evening, as well as running a weekly "Drop-In" zoom meeting on a Monday morning.

We also encourage our carer membership to take part in Hope and Recovery Courses which are run to support carers/supporters to recognise that they are not just a carer. We look at some aspects of life and how we can change to be the person we would like to be.

## **Fundraising Events**

We have held a Quiz night to help raise funds and this was enjoyed by all who attended.

## **Achievements and Performance:**

### **Membership, Friendship Groups & Drop-Ins**

Our membership rise had stalled during the pandemic.

We have been able to get our groups up and running this year. monthly Friendship Group These are a great help to our members and have slowly been increasing in attendance.

### **Publicity**



Our logo states Unity, Strength and Hope and this ethos is passed on to each person who becomes part of Dundee Mental Health Cairn Fowk who are welcomed and supported by our dedicated team of volunteers, who are all themselves carers.

## **Financial Review:**

### **Funding**

#### **Reserves Policy**

The Trustees' policy is to keep a minimum of three months running costs to meet commitments.

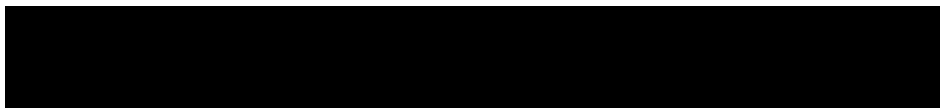
We are also holding funds in order to cover any unexpected costs.

Our reserves are presently set at £1200.

#### **Plans for the future:**

Unfortunately we have to give up our charity status as our dwindling membership and ill health of many of the trustees.

We do plan on continuing with our peer support groups as this is very much a need within our group.



**Dundee Mental Health Cairn Fowk**  
**Scottish Charity SC044807**

**Receipts and payments account for the year ended 30th September 2024**

|                                                                                  |      | Total Funds      |              |
|----------------------------------------------------------------------------------|------|------------------|--------------|
|                                                                                  |      | 2024             | 2023         |
|                                                                                  | Note | £                | £            |
| <b>Receipts</b>                                                                  |      |                  |              |
| Bank Interest                                                                    |      | 65               | 72           |
| Friendship Group                                                                 |      | -                | 40           |
| Fundraising                                                                      |      | -                | 1,268        |
| Donations                                                                        |      | 1,015            | 597          |
| Refunds                                                                          |      | -                | 200          |
| <b>Total Receipts</b>                                                            |      | <b>1,081</b>     | <b>2,176</b> |
| <b>Payments</b>                                                                  |      |                  |              |
| Administration                                                                   |      | 210              | 210          |
| Charitable Activities                                                            |      | 2,028            | 1,640        |
| Flowers                                                                          |      | 245              | 150          |
| Donations to other organisations                                                 |      | 500              | -            |
| Independent Examination                                                          |      | 125              | -            |
| Carers Respite                                                                   |      | 3,863            | -            |
| Insurance                                                                        |      | 164              | 317          |
| Overpayment of Expenses                                                          |      | -                | 16           |
| <b>Total Payments</b>                                                            |      | <b>7,134</b>     | <b>2,332</b> |
| <b>Excess of receipts/(payments)<br/>over (payments/receipts in the<br/>year</b> |      | <b>- 6,054 -</b> | <b>156</b>   |

**Dundee Mental Health Cairn Fowk**  
**Scottish Charity SC044807**

**Statement of Balances as at 30 September 2024**

|                                               | Unrestricted | Total Funds<br>2024<br>£ | Total Funds<br>2023<br>£ |
|-----------------------------------------------|--------------|--------------------------|--------------------------|
| <b>Cash at Bank and in hand</b>               |              |                          |                          |
| Bank and Deposit balances brought forward     | 6,871        | 6,871                    | 7,027                    |
| <b>Movement in year</b>                       |              |                          |                          |
| Excess of receipts over payments for the year | - 6,054 -    | 6,054 -                  | 156                      |
| Bank and Deposit balances carried forward     | <b>817</b>   | <b>817</b>               | <b>6,871</b>             |
| <b>Represented By:</b>                        | <b>Bank</b>  | 817                      | 6,871                    |
|                                               |              | <b>817</b>               | <b>6,871</b>             |

The financial statements were approved by the Trustees on

Signed for and on behalf of the Board of Trustees.

**Dundee Mental Health Cairn Fowk  
Scottish Charity SC044807**

**Notes to the financial statements**

**1 Accounting policies**

**Basis of accounting**

These financial statements have been prepared on the receipts and payments basis in accordance with the Charities & Trustees Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

**2 Nature and purpose of Funds**

Unrestricted funds can be used in furtherance of any of the charitable objects at the discretion of the trustees. A single unrestricted fund is maintained for the day to day operations of the charity.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

**3 Trustees Remuneration and expenses**

No remuneration was paid to trustees during the year and no expenses were reimbursed to them. There were no related party transactions.

**Independent Examiners Report to the Trustees of Dundee Mental Health Cairn Fowk  
SC044807**

I report on the accounts of the Charity for the year ended 30<sup>th</sup> September 2024, which are set out on the accompanying pages.

**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. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Account 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 Charities Accounts (Scotland) Regulations 2006. 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 accounts.

**Independent examiner's statement**

In the course of my examination, no matter has come to my attention

- 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

- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

[REDACTED]  
Dundee Volunteer & Voluntary Action  
Number Ten  
10 Constitution Road  
Dundee  
DD1 1LL  
[REDACTED]