

APPENDIX 1



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	11	2024	To	31	10	2025

Reference and administration details

Charity name	HSTAR Scotland SCIO
Other names charity is known by	HSTAR
Registered charity number	SC051334
Charity's principal address	Viewfield Chambers, Viewfield Place, Stirling
	Postcode: FK8 1NQ

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	Daniel Dunn			
2	Dr Umair Choksy			
3	Maggie Stewart Dickenson			
4	Olga McIntosh			
5				
6				

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
Yeeman Fan	01/11/2024 – 08/09/2025
Emma McCracken	01/11/2024 – 10/09/2025

Structure, governance and management

Type of governing document

HSTAR Scotland is a Scottish Charitable Incorporated Organisation (SCIO) governed by its constitution and regulated by the Office of the Scottish Charity Regulator (OSCR).

Trustee recruitment and appointment

Trustees are appointed in accordance with the charity's constitution. Recruitment takes place through open expression of interest and community engagement where appropriate. The Board ensures that trustees collectively bring a range of relevant professional skills and experience to support effective governance. Trustees are responsible for the strategic direction of the charity, oversight of financial management, and ensuring that the organisation operates in accordance with its charitable purposes and regulatory requirements.

Objectives and activities

Charitable purposes

The charity's purpose is to support women affected by trauma, abuse and adverse life experiences by providing access to trauma-informed counselling, mental health support and recovery-focused wellbeing services.

Summary of the main activities in relation to these objects

During the reporting period the charity provided trauma-informed therapeutic support services for women experiencing the impact of trauma and abuse. Activities included:

- Delivery of multilingual counselling and therapeutic support sessions
- Mental health and wellbeing support programmes
- Survivor recovery and empowerment activities
- Community engagement and partnership work with support organisations

Services were delivered through qualified therapists and trained practitioners, ensuring safe and trauma-informed approaches to recovery.

APPENDIX 1

Achievements and performance

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

During the year ended 31 October 2025 the charity continued to provide trauma-informed counselling and wellbeing services to women experiencing the impact of trauma and abuse.

Key achievements included:

- Continued delivery of counselling and therapeutic support programmes
- Securing and managing restricted grant funding to support service provision
- Maintaining stable financial governance and compliance with regulatory requirements
- Strengthening partnerships with community organisations supporting survivor recovery

These activities contributed to improved access to trauma-informed support and recovery pathways for beneficiaries.

Financial review

Brief statement of the charity's policy on reserves

The charity maintains a prudent level of unrestricted reserves to support operational stability and manage timing differences between grant receipts and programme expenditure.

Trustees aim to ensure that reserves are sufficient to protect the continuity of services while maintaining responsible stewardship of charitable funds.

Details of any deficit

No overall deficit occurred during the reporting period.

The charity recorded net cash receipts of **£20,851**, increasing cash balances from **£51,385 at the beginning of the period to £72,236 at year end**.

Donated facilities and services (if any)

The charity benefits from volunteer contributions and professional support which assist in delivering services and supporting organisational activities.

Other optional information

The charity continues to strengthen its governance, financial management and funding sustainability while expanding access to trauma-informed services for women in the community.

Declaration

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

Signed on behalf of the charity's trustees

Signature(s) <i>OSCR will accept digital or typed signatures</i>	DANIEL DUNN 	Umais Choksy 
Full name(s)	Daniel Alexander Tobin Dunn	Umais Shafi Choksy
Position (e.g. Chair)	Charity Chair	Trustee
Date	31/10/2025	10/7/2026



HSTAR Scotland SCIO Impact Report



Healing Trauma, Rebuilding Lives, Creating Opportunity

HSTAR Scotland SCIO (Healed Scars – Trauma and Abuse Recovery) is a specialist charity supporting women and girls affected by trauma, abuse, violence, poor mental health, social isolation and disadvantage. Based in Stirling and serving communities across Scotland, HSTAR provides trauma-informed, person-centred support that helps women rebuild confidence, improve wellbeing, strengthen resilience and move towards safer, healthier and more fulfilling lives.

For many women, the effects of trauma can be lifelong. Experiences such as childhood abuse, domestic abuse, sexual violence, coercive control, neglect, discrimination, poverty and social exclusion can significantly impact mental health, relationships, education, employment and quality of life. HSTAR exists to ensure that women do not have to face these challenges alone.

Our services are designed to meet women where they are, offering compassionate support, practical guidance and therapeutic interventions that promote recovery and empowerment. We recognise that healing is not a linear journey and that each woman's experience is unique. Through culturally responsive and trauma-informed approaches, we help women develop the skills, confidence and support networks they need to thrive.

Our Reach

Each year, HSTAR supports more than 700 women through counselling, mental health and wellbeing services, consultations, recovery programmes, community engagement activities and specialist support pathways.

Between May 2025 and the present date alone, HSTAR received 325 referrals from women seeking support. During the same period, 31 referrals came from women aged 16–25, representing approximately 9.5% of all referrals. Nineteen young women aged 16–25 have already been supported through our services, with additional young women currently progressing through assessment and onboarding processes.

Demand for our services continues to grow. Women regularly approach HSTAR after experiencing significant barriers to accessing appropriate support elsewhere, including long waiting lists, language barriers, cultural stigma, financial hardship and a lack of trauma-informed provision.

Supporting Women Facing Multiple Disadvantages

The women who access HSTAR often face multiple and interconnected challenges. Many are recovering from childhood trauma, domestic abuse, sexual violence, coercive and controlling relationships, adverse life experiences and long-standing mental health difficulties.

Our monitoring and assessment processes consistently identify common themes including:

- Childhood trauma and adverse experiences
- Sexual, physical and emotional abuse
- Social anxiety and isolation
- Low self-esteem and negative self-beliefs
- Relationship trauma and coercive control
- Financial hardship and poverty
- Caring responsibilities for family members
- Neurodiversity-related pressures within families
- Stress caused by housing, employment and social challenges

Rather than focusing solely on symptoms, HSTAR works alongside women to address the wider factors affecting their wellbeing and recovery.



Breaking Down Barriers Through Multilingual Support

One of HSTAR's distinctive strengths is its commitment to multilingual and culturally responsive service delivery.

Many women who access our services face significant language barriers when attempting to engage with mainstream mental health services. To address this, HSTAR provides support in multiple languages and works with therapists and practitioners who understand the cultural experiences and challenges faced by diverse communities.

This approach helps women feel understood, respected and safe, while reducing isolation and improving engagement with support services.

Our multilingual provision enables us to reach women from refugee, migrant and minority ethnic communities who may otherwise remain excluded from essential mental health and recovery support.

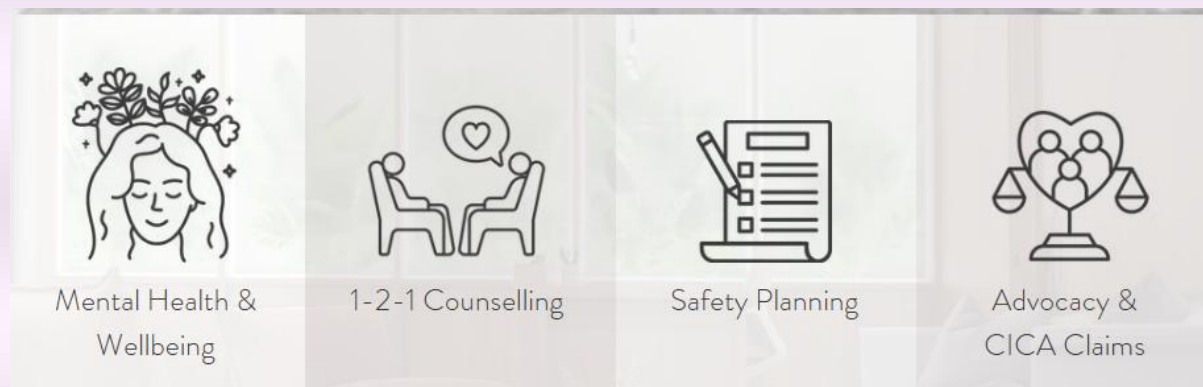
Building Confidence, Resilience and Independence

While counselling and therapeutic support remain central to our work, HSTAR's approach extends far beyond therapy alone.

We support women to rebuild confidence, strengthen self-worth, establish healthy boundaries and develop practical skills that contribute to long-term recovery and independence.

Many women who engage with HSTAR progress into volunteering opportunities, community participation, peer support activities, education, training or employment pathways. These opportunities help women reconnect with their communities, develop new skills and regain a sense of purpose and belonging.

Our recovery-focused model recognises that sustainable change is achieved not only through addressing trauma but also by creating opportunities for growth, connection and empowerment.



Strong Governance and Sustainability

HSTAR is committed to maintaining the highest standards of governance, safeguarding and accountability.

The charity is governed by a dedicated Board of Trustees and supported by experienced staff, consultants, therapists and volunteers who share a commitment to trauma-informed practice and service excellence.

Our latest independently examined accounts demonstrate a stable financial position, diversified income streams and responsible stewardship of charitable resources. We continue to strengthen our organisational capacity to ensure that support remains available for women who need it most.

Investment in leadership, governance, monitoring and evaluation enables HSTAR to continuously improve services, measure outcomes and respond effectively to emerging community needs.

Looking Forward

The need for specialist trauma-informed support remains significant. Demand for HSTAR's services continues to increase as more women seek safe, accessible and effective pathways to recovery.

Our future priorities include:

- Expanding access to multilingual therapeutic support.
- Reducing waiting times for women seeking help.
- Strengthening volunteering and employability pathways.
- Increasing support for young women and girls.
- Enhancing community-based wellbeing and recovery programmes.
- Building organisational sustainability to meet growing demand.

Every woman deserves the opportunity to heal, recover and thrive. Through compassion, expertise and partnership, HSTAR Scotland continues to help women move beyond trauma towards lives characterised by confidence, resilience, hope and opportunity.

Together, we are helping women heal scars that cannot always be seen and build brighter futures for themselves, their families and their communities.