

ADORED SCIO
Report and Financial Statements of the Trustees
for the year ended 30 November 2025

Company No: CS005475

Charity No: SCO 51410

ADORED SCIO
REPORT AND FINANCIAL STATEMENTS
for the year ended 30 November 2025

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ADORED SCIO
LEGAL AND ADMINISTRATIVE DETAILS
for the year ended 30 November 2025

Charity Number: SC051410

Company Number: CS005475

Principal Address: 23 Glen Eagles
East Kilbride
Glasgow
G74 2JN

Independent Examiner: Louise Tobin
Helen Lowe Ltd
17-21 East Mayfield
Edinburgh
EH9 1S

Trustees: Jill Bonomy Lindsay
Ann Bonomy
Zoe Lindsay
Jack Smith

ADORED SCIO
TRUSTEES' REPORT
for the year to 30 November 2025

The Trustees present their report with the financial statements of the Charity for the year ended 30 November 2025.

Objectives and Activities

Charitable purposes

The charitable purpose of the Charity is the saving of lives and in furtherance of this purpose the charity will:

- Raise awareness and foster communication, primarily but not exclusively amongst young people about mental health issues with a specific focus on suicide.
- Construct and maintain a wishing well within East Kilbride to symbolise growing rates of suicide in young people and provide information on site to assist people should they require help.
- Provide a safe space for open conversation to take place around mental health through provision of support and assistance by arranging talks by motivational speakers for those suffering from mental health issues or who may have suicidal ideation.

Activities, achievements and performance

Adored was established in order to assist in the prevention of suicide in young men. We are a local charity and are involved in local projects. We run an annual football tournament called the Alex Lindsay Cup whereby all proceeds are collected on behalf of Adored. We have continued to receive donations including from individuals and organisations who have carried out fundraising activities on our behalf. There have been a number of benefits evenings together with individuals carrying out sporting activities which have been supported and funded through our Just Giving page.

We work with No Limits Coaching who provide outdoor retreats and we pay for two places in all of these retreats for those requiring it. We work with Alan Syme from No Limits Coaching together with local secondary schools to carry out group interventions whereby No limits coaching take a group of individuals on outdoor trips and to visit wellbeing environments such as sole suites with cold water emersion. We also pay for the transport for this. We also provide funding for 1-2-1 sessions for mental help support and coaching with Alan Syme.

Future plans

We will continue to fund the outdoor retreats. The Alex Lindsay Football Tournament is to be extended to include younger football clubs in order to ensure longevity. We will be working with South Lanarkshire council on an outreach programme for inclusion which will allow for more extensive work with pupils from local secondary schools. There is the possibility of working on transition with primary 7 pupils within South Lanarkshire Council and we will continue to fund the 1-2-1 sessions with Alan Syme.

ADORED SCIO
TRUSTEES' REPORT (Continued)
for the year to 30 November 2025

Financial Review

The financial statements follow on pages 6 to 10. These statements are prepared in terms of the Statement of Recommended Practice 2015 – Accounting and Reporting by Charities.

Total income for the year was £20,295 (2024: £26,202) and the total expenditure was £10,191 (2024: £11,612), resulting in a surplus of £10,104 (2024: £14,590). The total funds held at 30 November 2025 amounted to £64,376 (2024: £54,272) all of which were unrestricted.

Reserves Policy

The Trustees are currently considering their reserves policy.

Unrestricted funds – these consist of funds which are available to the charity to use in the furtherance of achieving its objectives.

Structure Governance and Management

Governing Document

The charity is a Scottish Charitable Incorporated Organisation (SCIO), charity registration number SC051410 and is governed by its constitution. It has a single tier structure and as such the trustees are the members of the charity.

Trustees Appointment

The Board of Trustees are appointed in accordance with the constitution. There must be a minimum of three and a maximum of six trustees.

Organisation

The Board of Trustees meet regularly and are responsible for all decision making.

Training of Trustees

The trustees have considerable professional and personal experience, but if additional training is required in any area, we would be happy to consider this.

Risk Management

The trustees have considered the principal risks facing the charity and have implemented appropriate procedures to monitor and manage these risks. The major risks identified are:

- Funding and income risk – The charity relies on donations and fundraising income which may fluctuate from year to year. The trustees monitor cash flow and financial performance regularly and seek to diversify income sources where possible.

ADORED SCIO
TRUSTEES' REPORT (Continued)
for the year to 30 November 2025

Risk Management cont.

- Operational risk – As a small organisation with reliance on freelance practitioners, there is a risk of disruption to planned activities. The trustees maintain forward planning, appropriate contracts and contingency arrangements to minimise disruption.
- Governance risk – The trustees meet regularly to oversee the charity's activities, finances and legal responsibilities, ensuring compliance with the SCIO constitution and charity legislation.
- Health and safety and safeguarding – As the charity delivers activities for young people, appropriate safeguarding procedures, risk assessments and health and safety policies are maintained and reviewed regularly.
- Reputational risk – The trustees recognise that maintaining the confidence of participants, funders and partners is essential. Policies and procedures are in place to support high-quality delivery, equality, diversity and inclusion, and prompt resolution of any concerns or complaints.

The trustees review these risks on a regular basis and are satisfied that appropriate systems and controls are in place to mitigate them.

Signed on behalf of the Board of Trustees



Ann Bonomy

26/08/2026

Date: _____

ADORED SCIO
REPORT OF THE INDEPENDENT EXAMINER
for the year ended 30 November 2025

I report on the accounts of the charity for the period ended 30 November 2025 which are set out on pages 6 to 10.

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) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10 (1) (a) to (c) of the Accounts 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 view given by the accounts.

Independent Examiner's statement

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

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - a. to keep accounting records in accordance with Section 44 (1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations
 - b. to prepare accounts which accord with the accounting records and comply with regulation 8 of the 2006 Accounts Regulationshave 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.

L. Tobin

Louise Tobin, Chartered Accountant
Helen Lowe Limited
Chartered Accountants
17-21 East Mayfield
Edinburgh
EH9 1SE

Date 26 August 2026

ADORED SCIO
Statement of Financial Activities
(incorporating Income and Expenditure account)
for the year ended 30 November 2025

	Notes	Unrestricted Funds £	Restricted Funds £	2025 Total £	2024 Total £
Income from					
Donations and other fundraising	2	20,295	-	20,295	26,202
Total		20,295	-	20,295	26,202
 Expenditure on					
Fundraising and publicity	3	858	-	858	3,014
Charitable activities	4	9,333	-	9,333	8,598
Total resources expended		10,191	-	10,191	11,612
 Net movement in funds					
		10,104	-	10,104	14,590
Total funds brought forward		54,272	-	54,272	39,682
Total funds carried forward		64,376	-	64,376	54,272

ADORED SCIO
Balance Sheet
As at 30 November 2025

	Notes	2025	2024
Fixed Assets			
Tangible Fixed Assets		-	-
Current Assets			
Debtors	5	1,250	-
Cash at bank and in hand		63,726	54,522
		<u>64,976</u>	<u>54,522</u>
Liabilities			
Amounts falling due within one year	6	600	250
Net Current Assets		64,376	54,272
Total Assets		<u>64,376</u>	<u>54,272</u>
Funds			
Unrestricted Funds		63,126	54,272
Restricted Funds		-	-
Total Fund		<u>63,126</u>	<u>54,272</u>

The financial statements were approved by the Trustees on 26/08/2026 and are signed on their behalf by:



Ann Bonomy

ADORED SCIO
Notes to the Financial Statements
As at 30 November 2025

1) Accounting Policies

Basis of Accounting

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these financial statements. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) as read with the update bulletin entitled 'Charities SORP FRS102 Update Bulletin' published on 2 February 2016 and the Charities and Trustee Investment (Scotland) Act 2005. The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provision in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

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 £.

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 the income will be received.

Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future projects or commitment.

Restricted funds may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for a particular restricted purpose.

ADORED SCIO
Notes to the Financial Statements
As at 30 November 2025

1. Accounting Policies cont

Debtors

Trade and other debtors are recognised at the settlement amount.

Creditors

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for goods and services it must provide.

Taxation

The charity is exempt from tax on its charitable activities.

2) Income from charitable activities

	2025	2024
	£	£
Donations	11,735	22,723
Fundraising	8,560	3,479
	<u>20,295</u>	<u>26,202</u>

3) Expenditure on raising funds

	£	£
Advertising and promotional materials	94	615
Medals and trophies	406	478
Merchandise	-	1,921
Subscriptions	216	-
Other fundraising costs	142	-
	<u>858</u>	<u>3,014</u>

4) Expenditure on charitable activities

	£	£
Retreats, coaching and wellness sessions	7,980	8,348
Travel	553	-
Interest and penalties	100	-
Misc	100	-
	<u>8,733</u>	<u>8,348</u>
Governance costs	£	£
Independent Examination fee	600	250
	<u>9,333</u>	<u>8,598</u>

ADORED SCIO
Notes to the Financial Statements
As at 30 November 2025

5) Debtors

	£	£
Gift aid	1,250	-
	<u>1,250</u>	<u>-</u>

6) Creditors

	£	£
Accruals	600	250
	<u>600</u>	<u>250</u>

7) Statement of Funds

	As at 30.11.2024 £	Incoming resources £	Resources expended £	Transfers £	As at 30.11.2025 £
Unrestricted funds					
General funds	54,272	20,295	10,191	-	64,376
Restricted funds	-	-	-	-	-
Total Funds	<u>54,272</u>	<u>20,295</u>	<u>10,191</u>	<u>-</u>	<u>64,376</u>

Unrestricted funds

Unrestricted funds are available at the discretion of the Trustees in furtherance of the general objectives of the charity.

8) Trustee Remuneration and Related Party Transactions

None of Trustees (or any persons connected with them) received any remuneration or benefits in respect of their position as Trustees during the year (2024: nil).

Jack Smith, a Trustee, received a £100 gift voucher in thanks for all their work in organising a fundraising event. (2024 nil)