



Trauma Treatment & Recovery

Trustees' Annual Report

1 April 2025 to 31 March 2026



“We are growth seeking beings, and as we move forward, we are at your happiest”

Esther and Jerry Hicks



07757 136 318

info@mind-set.org.uk

Index

Page 3	Reference & Administrative Information Structure Governance & Management
Page 4	Charitable Purposes Objectives Statement of Chief Executive
Page 5	Activities, Achievements & Performance 2024/25 Client Testimonials 2024/25
Page 6	Staff
Page 7	Financial Review Receipts & Payments
Page 8	Statement of Balances Expenditure Breakdown Statement on Mindset's Policy on Reserves
Page 10	Independent Examiners Report (TBC)
Page 11	Future Plans Declarations

Reference and Administrative Information

Registered Charity Name: MINDSET

Charity Registration Number: SC048581

Principal address: 9 Broom Gardens, Lenzie, Glasgow, G66 4EH

Charity Trustees

1. Scott McAlpine – Chairperson (appointed Chairperson 13 June 2024)
2. Gillian Beattie – Treasurer
3. Mike Strang – Trustee
4. Craig Wilson – Trustee

Names of other trustees during this period:

None

Independent examiner:

Helen Bourquin

Structure, governance, and management

Mindset is a Scottish Charitable Incorporated Organisation (SCIO), incorporated in July 2018 and governed by our constitution.

Trustee recruitment and appointment

Appointments to the Board of Trustees are by invitation not election and will reflect the needs and aims of the SCIO.

The prospective trustees should be able to demonstrate that they have specialist skills, knowledge or experience to assist with the management of the SCIO and that they subscribe to the purposes of the SCIO.

Charitable Purposes

As set out in the 'Constitution' and 'The Charities and Trustee Investments (Scotland) Act 2005' the purpose(s) of Mindset SCIO are:

The advancement of health through the provision of brief, effective therapeutic services, in particular:

The SCIO shall provide psychotherapy to the community improving the overall mental health and well-being, taking a flexible and innovative approach to provision of mental health support services in the community.

The SCIO will work to bring psychological support within everyone's reach, using creative therapies to improve mental health and emotional wellbeing within community settings.

The SCIO shall seek alternative, flexible and sustainable methods of alleviating psychological distress, openly collaborate with others to enhance inclusion, build on resilience, and advance the use of proactive, preventative and early intervention approaches to improving mental health.

The advancement of education through the provision of self-help tools in an online setting.

To advance and promote other similar charitable activities and purposes.

Objectives

Mindset exists to make effective trauma and PTSD treatment more widely available.

We aim to work in partnership with other support services to bring effective trauma treatment within the reach of more people in our communities.

By working in partnership with other agencies we aim to reach more people and provide more effective and lasting change to the lives of those we help.



Stuart Fyfe, Founder and Chief Executive of Mindset

Having spent most of my 30 year career in the charity sector, providing support services to people with often challenging and chaotic lives, I've seen firsthand the effects trauma can have on people's ability to move their lives forward in a positive and lasting way.

So often services, such as employability and personal development, provide huge amounts of support to help build the confidence and skills of service users and match them up with opportunities, only for persistent mental health barriers, such as anxiety, disturbed sleep and panic attacks to resurface and render all the support put in place ineffective.

By partnering with Mindset, a wide range of support services can now include trauma treatment and support from qualified, experienced psychotherapists in their offer to service users. This provides more effective, wrap around support, increasing the impact of stretched resources and achieving more positive, sustained outcomes for their existing service users.

Activities, Achievements & Performance for 2025-26

Most of this year's activity was fulfilling commercial contracts with The King's Trust and Glasgow City Council's On Route project. These contracts provide group sessions and 1to1 mental health support for their young people.

Some of the surplus achieved through fulfilling these commercial contracts is being used to carry out other work not funded elsewhere and to make the charity financially stable by contributing to cash reserves.

This model of income and delivery is allowing us to grow the charity, widen our reach and build a more secure future for Mindset.

In the year from 1 April 2025 to 31 March 2026 Mindset provided:

1to1 therapy to 102 individuals

148 new referrals were received for 1to1 support

69% of new referrals engaged in 1to1 support

More than 900 1to1 sessions scheduled

86% of clients who attended a 1st appointment returned for a 2nd appointment

80% reported an improvement in their mental wellbeing

Client Testimonials from 2025/26

Client 1

"I came to Mindset with social anxiety and I found it very difficult even speaking to people. I really wanted to work and look at me now. I've been on courses and I'm applying for jobs, going to interviews and feeling better about myself. You gave me belief in myself again".

Client 2

"These sessions have been invaluable to me. You helped me move past a very difficult time in my life, which I will not forget. I'll also remember to sharpen the tools you gave me, so I can look after my mental health in the future."

Freelance Staff:



Stuart Fyfe HG.Dip.P, MHGI
Senior Psychotherapist & Project Manager

Stuart is the founder of Mindset.

He has spent almost 30 years working for charities, supporting clients with trauma, anxiety, addictions, homelessness, and involvement in the criminal justice system.

He passed his Diploma in Human Givens counselling and psychotherapy with distinction in 2014, then passed his Practitioner Diploma in 2018.



Dr Malcolm Hanson MA. DSocPrac, MHGI
Supervisor

Malcolm has spent the last fifteen years working as a psychotherapist both in the NHS and private practice. In that time, he has also been a manager and supervisor within the NHS as part of the Combined Mental Health and Social Care Team.

He passed his Diploma in Human Givens Psychotherapy in 2008, then went on to complete an MA in Human Givens Psychotherapy in 2012.

Malcolm also delivers training in Managing Client Suicide Risk for The Human Givens Institute, where he also provides supervision for other Human Givens therapists.



Nicola Swinton HG.Dip.P, MHGI
Senior Psychotherapist

Nicola has over 22 years of experience working as a holistic therapist, and now practices as a Human Givens psychotherapist.

She passed her Human Givens Diploma in August of 2020 with merit and went on to complete her post graduate diploma in Human Givens Psychotherapy in 2021.



Laura Kerr BSc (Hons) Psych Coun (Open), HG Dip P.
Psychotherapist – Mindset

Laura has worked with children and families for over 20 years in an educational setting and now works as a Human Givens Psychotherapist/Counsellor with people of all ages affected by trauma.

Laura achieved her Human Givens diploma in 2021 and then went on to qualify in her practitioner diploma with Human Givens Psychotherapy and Counselling in 2022. She has recently achieved a first-class honours BSc in Psychology with Counselling.

Financial review 2025/26

Full details of our finances for this reporting period can be found in Receipts and Payments accounts, (appendix 2) submitted to OSCR.

Keeping overheads low by using freelance staff and delivering services in the premises of partner organisations, reduces financial risk to the charity and ensures as much of the budget as possible is spent on direct service provision.

This allows Mindset to stay flexible and respond to changing circumstances such as changes in contract and delivery levels.

Moving forward we now intend to use this model to seek new projects and strengthen referral routes from across the community, to embed our support deeper into communities who can benefit significantly from trauma treatment and recovery support.

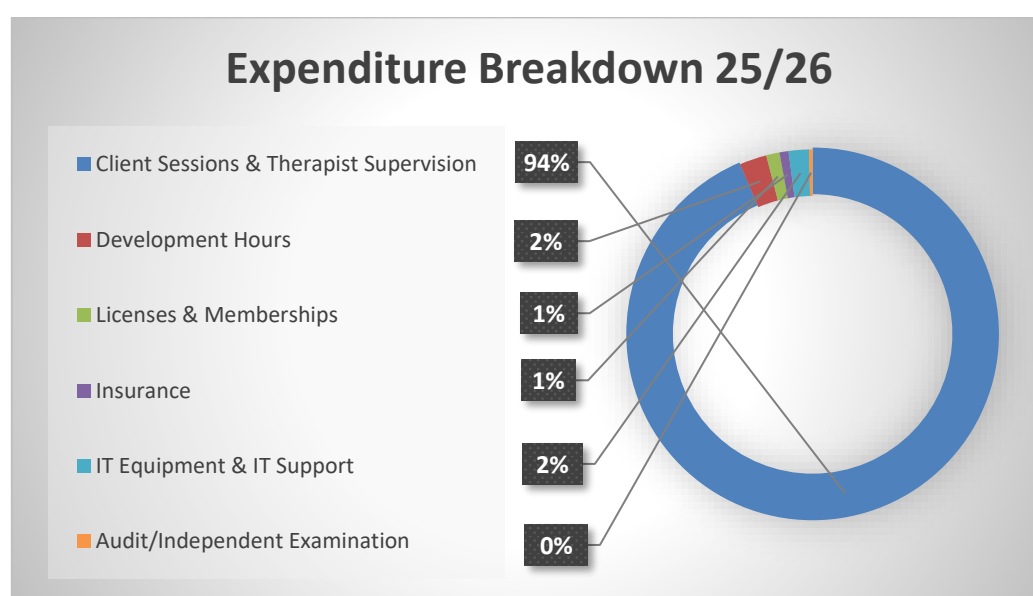
Receipts & Payment Account Year Ending March 2026

Full details of our accounts can be found in Appendix 2, Mindset R&P accounts

	Kings Trust Contract	Glasgow City Council - On Route	People's Postcode Trust	Total restricted funds
Receipts				
Grants			9,900	9,900
Gross trading receipts	63,900	2,500		66,400
Sub total	63,900	2,500	9,900	76,300
				-
Total receipts	63,900	2,500	9,900	76,300
				-
Payments				
Gross trading payments	38,751	6,616	880	46,247
				-
Total payments	38,751	6,616	880	46,247
				-
Net receipts / (payments)	25,149	(4,116)	9,020	30,053
Transfers to / (from) funds				
Surplus / (deficit) for year	25,149	(4,116)	9,020	30,053

Statement of Balances

Details	Unrestricted funds	Restricted funds	Total current period
	to nearest £	to nearest £	to nearest £
Cash and bank balances at start of year	10,494	50,350	60,844
Surplus / (deficit) shown on receipts and payments account	(1,811)	30,053	28,242
Cash and bank balances at end of year	8,683	80,403	89,086



Overheads are kept low to reduce financial risk to the charity and to ensure as much of the budget as possible is spent on direct service provision.

Statement on Mindset's policy on reserves

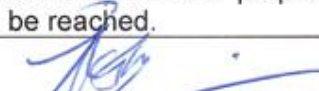
The charity has no employees and very low fixed overheads. Funding is primarily derived from commercial contracts and restricted grants.

The trustees have reviewed the risks and determined that a modest unrestricted reserve of £10,000 is sufficient. This buffer ensures core administrative compliance, covers any cash flow fluctuations between payments received through commercial contracts and grant disbursements, and provides a responsible wind-down of operations if required.

Our current unrestricted reserves of £8,683 represent 87% of our reserves target

Our policy on reserves will be reviewed every financial year, to take account of changing costs, overheads and delivery levels as the charity grows.

Independent Examiners Report

	Independent Examiner's Report on the Financial Statements	
Report to the trustees/members of	Mindset SCIO	
Registered charity number	SC048581	
On the accounts of the charity for the year ended	31 st March 2026	
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 ('the 2005 Act') and the Charities Accounts (Scotland) Regulations 2006(as amended) ('the 2006 Accounts regulations') The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the 2005 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 2006 Accounts Regulations. 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 : 1. 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 with accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations have 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.	
Signed:		Date: 13th September 2026
Name:	Helen Bourquin	
Relevant professional qualification	Associate member of : Association of Charity Independent Examiners (ACIE)	
Address:	The Dell East End Gordon Berwickshire TD3 6JS	

Future Plans

In this reporting period we received our first small pot of grant funding. We're committed to ensuring this funding brings the most benefit to the communities we support and to the development of the charity. To this end we're providing more free spaces for trauma treatment, building a website and developing new referral partnerships with charities embedded in the communities we want to support. Alongside this we will also use some of our reserves to pay for an independent impact report, gathering feedback from service users and referral partners. This will allow us to further develop our service and provide evidence of impact to potential funders.

We will also continue delivering commercial contracts which fit with our aims and allow us to generate surpluses which can then be used to deliver support elsewhere.

Getting to this stage in the development of Mindset has taken a great deal of work from the trustees and freelance staff providing the service. It is our intention to use this solid foundation to continue to provide more trauma specific treatment in communities most in need of this service. This specific area of mental health support is where we believe our resources can provide the biggest impact and benefit to the communities we want to serve.

Declaration

Signed on behalf of the charity trustees:



Print name: **Scott McAlpine**

Designation: **Chairperson**

Date: **7th September 2026**