

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 December 2025
for
The Nest Wellbeing Group

WR Accountants
Bank Chambers
31 The Square
Cumnock
Ayrshire
KA18 1AT

The Nest Wellbeing Group

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for the Year Ended 31 December 2025

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The Nest Wellbeing Group

Report of the Trustees for the Year Ended 31 December 2025

The trustees present their report with the financial statements of the charity for the year ended 31 December 2025. The trustees have adopted the provisions of 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) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The advancement of citizenship or community development and the provision of recreational facilities, or the organisation of recreational activities The purpose of the organisation is to create the space to advance the social needs, health and wellbeing of community members of all ages and backgrounds living in Cumnock and surrounding area.

This will be achieved by:

- a) Establishing a robust programme of Health & Wellbeing activity that is built on the strengths, interests and support needs of local people and delivered by qualified practitioners
- b) Provide opportunities and experiences where community members build confidence and capacity, develop new skills, which in turn encourages steps towards a more hopeful future
- c) Creating a more connected community, where people share interests, ideas and aspirations through peer-to-peer interactions.
- d) Providing a platform for staff within multi-disciplinary teams and wider community to connect with people in place, offering the right support at the right time
- e) Empowering the community to create and run a facility based on their ideas

OBJECTIVES AND ACTIVITIES

Significant activities

Building Stronger Communities Together

The past year has been another important chapter in the journey of The Nest Wellbeing Group. More importantly, it has been another year in which local people, families, volunteers and partners have demonstrated what is possible when compassion, trust and belonging are placed at the heart of everyday life.

Across Cumnock and the surrounding area, many people continue to face challenges that can leave them feeling isolated, disconnected or unsure where to turn. The Nest exists to ensure that people have somewhere they feel welcomed, valued and connected—a place where they are listened to, accepted without judgement and supported to take positive steps forward in a way that feels right for them. It is this sense of belonging that has helped The Nest become what so many describe as a true home from home.

Our role extends beyond delivering activities or responding to immediate need. We work alongside people, building trusted relationships, recognising strengths and creating opportunities that enable individuals and families to realise their potential. We know that lasting change rarely happens through a single intervention. It happens when people can access the right support, at the right time, in the right place.

People are the experts in their own lives. Rather than expecting people to fit services, we adapt our approach around their strengths, aspirations and experiences. This philosophy continues to shape everything we do, creating environments where confidence grows, barriers are reduced and hope can flourish.

Throughout the year we have continued to develop our work across health and wellbeing, community-wide recovery, learning and development, spaces and places, and partnership working. Each of these strands plays an important role in helping people feel welcomed, valued and connected, while creating opportunities for individuals, families and the wider community to recover, grow and thrive together.

This report reflects another year of progress, but more importantly it reflects the continued growth of an approach that has always placed people, relationships and belonging at its heart. As more people connect with The Nest, we continue to see the lasting difference that compassionate, community-led support can make to individuals, families and the wider community.

Everything that follows in this report is rooted in our belief that when people feel welcomed, valued and connected, they develop a genuine sense of belonging. It is from that sense of belonging that confidence grows, hope is nurtured and lasting change becomes possible.

Snap Shot 2025–2026

240+

Homes supported through the Nest Maker Project

300+

People engaging each week across our programmes

120–160

People attending community celebrations and events

20+

Active volunteers supporting delivery

4

Core strands of delivery

2

Community bases (Greenbraes & The Wee Office) plus development of new space - The Hearth (a collaborative project)

1

New Peer Recovery Worker contract secured

1

Tackling Poverty Reference Group established with East Ayrshire Council

A. Core Strands

1. Health & Wellbeing

Good health and wellbeing are built through connection, purpose, opportunity and belonging. While activities play an important role, we know that lasting improvements often begin with trusted relationships, welcoming places and the confidence to take that first step.

Our role is to create opportunities where people can reconnect with others, discover their strengths and improve their wellbeing in ways that feel right for them. When people feel healthier, more confident and better connected, the benefits extend far beyond the individual. Families become stronger, friendships grow, volunteering increases and communities become more resilient. This is how lasting change takes root.

OBJECTIVES AND ACTIVITIES

Throughout the year local people took part in a diverse programme of wellbeing opportunities shaped around their interests and aspirations. Whether through physical activity, mindfulness, creativity, personal development or simply spending time with others, these experiences helped reduce isolation, improve wellbeing and strengthen relationships.

Health & Wellbeing – Delivery Snapshot

Wellbeing Activities

Community Wellbeing & Partnerships

Weekly wellbeing workshops incorporating mindfulness, CBT, NLP and other evidence-informed approaches to build resilience, self-awareness and healthy coping strategies.

Delivered Pop-up Living Rooms across communities, schools, care settings and NHS services, creating welcoming spaces for conversation, connection and support.

Weekly Clubbercise and Bat & Chat sessions promoting physical activity, confidence and social connection.

Hosted International Women's Day, bringing together a wide range of local partners and community organisations.

Paddleboarding, fishing, walks, nature-based activities and outdoor wellbeing experiences for individuals, families and recovery groups.

Supported Refugee Week, community hospital events, school wellbeing days, Alcohol Awareness Week and community celebrations.

Community Cooking, family film nights and creative wellbeing activities encouraging participation and reducing isolation.

Delivered wellbeing activities and drumming sessions alongside NHS Mental Health Teams, community hospitals and partner organisations.

Animal therapy, music, drumming and creative activities supporting emotional wellbeing across all ages.

Continued delivery of wellbeing programmes within HMP Bowhouse, supporting residents through regular sessions and annual wellbeing events.

Peep sessions supporting children aged 0–5 and their families.

Supported national wellbeing initiatives including United to Prevent Suicide and community awareness campaigns.

Smoking cessation workshops and health awareness sessions delivered in partnership with specialist organisations.

Welcomed learning visits from organisations including Camerados, sharing community-led approaches to wellbeing and belonging.

Opportunity, Connection & Belonging

Alongside our regular wellbeing programme, we created opportunities that encouraged people to build confidence, strengthen relationships and experience things they may never otherwise have had the opportunity to enjoy. Throughout the year this included cultural visits, museums, concerts, community celebrations, outdoor adventures, sporting activities, creative experiences, family trips and wellbeing retreats. These opportunities were not simply days out—they helped reduce isolation, build confidence, create lasting memories and remind people that they are valued members of their community.

Stories of Change

•

A member in their 60s visited Kelvingrove Art Gallery and Museum for the first time, describing it as an experience they never thought they would have.

•

Through Clubbercise, one individual who initially required transport due to anxiety grew in confidence and is now volunteering at community events.

•

A young autistic community member recovering from trauma experienced their first professional haircut and colour, representing a significant personal milestone.

•

We supported a 13-year-old autistic girl living with PTSD by helping organise and host her first ever birthday party in a safe, welcoming environment.

•

Community members participated in activities ranging from Kiltwalk and Loch Lomond to museum visits, music events and wellbeing retreats, creating opportunities for connection, achievement and joy.

Sharing the Love

Beyond our own programme, we continued working alongside local, regional and national organisations, sharing learning and demonstrating the value of compassionate, relationship-based approaches. By doing so, we are helping others build confidence, strengthen local networks and improve wellbeing within their own settings.

Sharing the Love – Delivery Snapshot

Supporting Communities

The Nest Wellbeing Group

Report of the Trustees for the Year Ended 31 December 2025

OBJECTIVES AND ACTIVITIES

Supporting Partners & Systems

Nest Maker – Supported 240+ local homes through practical assistance including gardening, fencing, decorating, furniture deliveries, house moves and property improvements.

Delivered Wellbeing Days for East Ayrshire Council Social Work teams and other partner organisations.

Delivered Pop-up Living Rooms at community events, schools, care homes and celebrations, creating welcoming spaces for conversation, connection and support.

Supported HMP Bowhouse to develop a dedicated wellbeing space for residents through activities and engagement.

Supported local community initiatives including litter picks, bus stop clean-ups, river clean-ups, bulb planting and remembrance displays.

Delivered drumming, volunteering and wellbeing activities alongside NHS Ayrshire & Arran, including Ailsa Hospital and Refugee Week celebrations.

Provided first aid cover and practical support at community events and fundraising activities across the area.

Worked alongside Atrium Housing, Shire Housing and Seascope to provide trusted community spaces where tenants could access advice and support.

Supporting Communities

Supporting Partners & Systems

Supported Community Action Plan (CAP) initiatives through events, consultations and community engagement activities.

Hosted Digital Drop-In sessions for Patchwork Recovery and delivered Sound Healing sessions for NHS Mental Health groups.

Influencing Beyond Our Community

-

Invited to contribute to the Sir Tom Hunter Foundation/BBC Children in Need funding strategy discussions, sharing learning from community-led delivery.

-

Continued to represent community voices through the Poverty & Inequality Strategic Board, ensuring lived experience informs local strategy and decision-making.

-

Worked alongside partners across the public, voluntary and community sectors, sharing knowledge, strengthening relationships and supporting collaborative approaches that benefit communities across East Ayrshire.

Community Events

Our community events remain an important expression of who we are. They celebrate achievement, strengthen friendships and remind people that they are part of something bigger than themselves. Every gathering (150 people)—whether a Burns Supper, Spring Fling or Christmas Lunch—helps create the warmth, trust and belonging that continue to define The Nest.

Community Events – Delivery Snapshot

-

Community Christmas Lunch

-

Burns Supper

-

Spring Fling

-

Halloween Celebration

-

International Women's Day

-

Family Film Nights

-

Community Living Rooms

-

Recovery Concerts and Seasonal Events

Community-Led by Design

OBJECTIVES AND ACTIVITIES

Our community events are created with the community rather than for the community. From planning and preparation through to delivery, local people play a central role in making each event possible. Throughout the year, volunteers and community members prepared, cooked and served meals, creating a welcoming atmosphere where everyone could contribute and feel part of something meaningful. Entertainment was also provided by the community, with local singers, musicians, poets and groups such as Things Tae Dae Club sharing their talents and helping create celebrations that reflected the strengths, creativity and spirit of our community.

2. Learning & Development

Learning is one of the ways people unlock their potential.

At The Nest, learning is about far more than qualifications. It is about discovering strengths, building confidence and creating opportunities that enable people to shape their own future.

Throughout the year we invested in a wide range of learning opportunities that supported personal development, volunteering, employability and leadership. Every course, workshop and training opportunity represented an investment in people whose knowledge, confidence and lived experience continue to enrich the places where they live, work and volunteer.

One of the most rewarding aspects of our work is seeing people grow in confidence and begin contributing to the lives of others. Many who first come to The Nest looking for support go on to volunteer, share their lived experience, develop new skills or take on leadership roles within the organisation and the wider community. This journey reflects our belief that everyone has strengths to offer, and that when people are given the opportunity to grow, they often inspire and support others to do the same.

Learning & Development – Delivery Snapshot

Professional Development & Accredited Learning

Community Learning & Personal Growth

Leadership Embodiment Coaching and Teacher Training

Self Leadership and Confidence Building

International Leadership & Management (Level 6)

Exploring Values, Boundaries and Meaningful Dialogue

Counselling Studies (Introduction Level 5 & Theory Level 6)

Circle of Control, Inner Critic and Inner Child

Professional Development & Accredited Learning

Community Learning & Personal Growth

Community Health & Wellbeing (East Ayrshire Council)

Mindfulness, Mindful Listening and Mindfulness in Nature

Level 3 Outdoor First Aid and CPR Training

Emotions, Window of Tolerance and Emotional Wellbeing

Suicide Prevention & Intervention

Forgiveness, Grief Awareness and Hopes & Fears

Harm Reduction, Drug Trends and Naloxone Training

Internal Family Systems, Archetypes and Integrating the Shadow

Neurodevelopment, Autism and Parent/Carer Training

Breaking the Habit of Being Yourself and Embracing Your True Self

Psychology, Neuroscience, Carl Jung and Brain & Recovery

Colours & Emotions, Emotions as Weather and Mindful Snakes & Ladders

Trauma, Self-Harm and ACE Awareness

Action for Happiness and Community Wellbeing Workshops

Specialist Learning & Partnerships

•

Leadership Embodiment Coaching and Teacher Training.

•

Samye Ling retreats and training, including Changing the Habits of a Lifetime, Taming the Tiger and Finding Peace in a Stressful World.

•

Haus of Seisay six-week Get Creative programme, incorporating creativity, hairdressing and ACE awareness.

•

Barnardo's Positive Parenting programme.

•

Experiential Data Interviewing training supporting Scottish Government research and community engagement.

•

OBJECTIVES AND ACTIVITIES

Charter of Rights for Recovery (Scottish Recovery Consortium) learning.

•

Hope for Autism and specialist neurodevelopment training.

3. Community-wide Recovery

At The Nest we believe that everyone is in recovery from something.

People seeking support with their recovery journey come to The Nest with many different experiences and often a combination of challenges. There is rarely a single reason someone reaches out for support. Whether they are living with addiction, trauma, poor mental or physical health, bereavement, loneliness, financial hardship or other life challenges, our starting point is always the same: listening without judgement, building trusting relationships and ensuring people feel welcomed, valued and connected.

Many people tell us that The Nest doesn't feel like a service. Instead, it feels like somewhere they belong—a welcoming place where they are accepted for who they are, encouraged to recognise their strengths and supported to take positive steps forward at a pace that feels right for them.

We believe recovery is strengthened through connection, compassion and shared experience. We believe recovery is strengthened through connection, compassion and shared experience. By walking alongside people, creating opportunities to connect with others and encouraging them to recognise the strengths they already possess, we help individuals rebuild confidence, rediscover hope and take positive steps towards the future they want for themselves.

Throughout the year we have continued to see recovery become something people experience together rather than alone. Families support one another, people with lived experience inspire hope in others, and recovery is increasingly recognised as something that can be nurtured within communities as well as through specialist services. That shift continues to be one of the most rewarding aspects of our work.

Our community-wide recovery approach continues to evolve through a combination of peer support, structured programmes, one-to-one engagement, family support and opportunities for people to reconnect with others. Together, these approaches help reduce stigma, build resilience and demonstrate that recovery is not simply about overcoming challenges, but about creating fulfilling, connected and purposeful lives.

Recovery in Action

During the year, our community-wide recovery approach was delivered through a range of programmes, partnerships and initiatives

Regional and national recovery events provided opportunities to celebrate progress, challenge stigma, share learning and strengthen connections across the wider recovery movement. They also reflected The Nest's growing contribution to promoting recovery as something that belongs to everyone.

Community-wide Recovery – Delivery Snapshot

Recovery Support

Recovery Leadership & Community Engagement

Recovery Skills Programme and Moving Up & Moving On groups providing ongoing peer support and personal development.

Recovery Coordinator appointed Chair of the East Ayrshire Lived Experience Panel, member of the ADP Finance Group and contributor to the Criminal Justice Group.

Regular one-to-one recovery support, providing personalised guidance and encouragement throughout individual recovery journeys.

Continued professional development through a Master's in Alcohol & Drug Studies, strengthening knowledge and leadership within the organisation.

Digital Lifelines recovery drop-in sessions and digital inclusion support.

Led the International Overdose Awareness Walk, supported by our community piper and drummer.

Weekly Cocaine Anonymous meetings hosted at The Nest, providing safe, accessible peer support.

Participated in the National Recovery Walk (Stirling) and Recovery Walk at HMP Bowhouse, promoting hope, visibility and recovery within our communities.

Naloxone (Nabaxone) awareness and emergency overdose response promotion during Alcohol Awareness activities, helping increase access to potentially life-saving interventions.

Hosted the local ADP Showcase and Grassroots Event, celebrating recovery and strengthening partnership working.

Mocktails & Pop-up Living Room during Alcohol Awareness Week, encouraging open conversations around alcohol and recovery.

Hosted the Gambling With Lives event, raising awareness of gambling-related harm and recovery support.

Recovery wellbeing activities including Dumfries House wellbeing walks, Auchincruive Recovery Gardens, and the Kilmarnock Recovery Football Tournament.

Delivered addiction awareness sessions for apprentices at Emergency One, helping reduce stigma and increase awareness of local support.

OBJECTIVES AND ACTIVITIES

Recovery peer opportunities through Zone Dalmellington, bringing people together through shared meals and recreational activities.

Contributed to Scottish Government experiential data interviews, ensuring lived experience continues to shape national policy and service development.

4. Spaces & Places

Places matter because people matter.

We believe that places matter because people matter. The environments we create influence how people feel about themselves, how they connect with others, and whether they believe positive change is possible. That is why we continue investing in welcoming spaces, shaped by and with the community, where everyone feels safe, respected, valued and able to belong.

Greenbraes continues to grow as the heart of The Nest, providing a welcoming space where people come together to connect, recover and belong. Although progress towards community ownership has been slower than anticipated during the year, our commitment to securing the building's long-term future remains strong. The overwhelming support previously shown by local people continues to reinforce our belief that Greenbraes is a valued community asset worth protecting for generations to come.

The Community Garden continues to provide opportunities for people to reconnect with nature, improve wellbeing and develop practical skills while creating friendships and shared purpose.

As demand for private one-to-one support continues to grow, we secured a repurposed former NHS medical trailer for Greenbraes during the year. While it is not yet operational, it represents an important investment in our future capacity. The additional on-site space will enable more responsive one-to-one support, provide a confidential setting for partner organisations to meet with community members, and create opportunities for services such as NHS clinics to be delivered directly from Greenbraes.

Community Hospital

Round Robin Room - East Ayrshire Community Hospital is used twice weekly to deliver wellbeing activities, strengthen partnership working with the NHS Mental Health Team, and provide a welcoming space where creativity, connection and recovery can flourish. The space continues to bridge the gap between statutory services and community-based support, strengthening relationships and improving access for local people.

The Wee Office continues to provide a trusted base for ongoing one-to-one support, practical guidance and encouragement as people navigate life's challenges. Away from the busy Greenbraes site, it offers a dedicated environment for confidential conversations, while also providing a welcoming space for partner organisations to deliver advice, support and specialist services closer to the community.

The continued development of The Hearth, in partnership with Cumnock & District Men's Shed, reflects a shared commitment to creating lasting opportunities for local people. Designed as a welcoming and inclusive community space, The Hearth will support creativity, enterprise, learning and wellbeing, complementing our existing spaces and strengthening the opportunities available for people to connect, contribute and thrive.

Together these places provide something every town needs: welcoming spaces where people feel they belong, where ideas grow, where support is easy to find and where lasting relationships are built every day.

Delivery Snapshot

Community Spaces

Community Investment

Greenbraes

240+ homes supported through Nest Maker

The Wee Office

Gardening & environmental improvements

The Hearth

Furniture deliveries & house moves

Robin Room (EACH)

Decorating & practical assistance

Former NHS trailer secured

Pop-up Living Rooms

Community Garden

Community clean-ups & volunteering

B. Community Engagement

Meaningful community development begins by listening.

Throughout the year we created opportunities for local people to influence both our own work and wider conversations about health, wellbeing, recovery and tackling inequality.

OBJECTIVES AND ACTIVITIES

Whether contributing to consultations, participating in local and national forums or taking part in community conversations, our aim has remained the same: ensuring that lived experience helps shape the decisions that affect people's lives.

Listening is not simply something we do—it is how we continue learning, improving and ensuring our work reflects the strengths, ambitions and priorities of local people.

Community Engagement & Influence

Consultation & Community Voice

Strategic Influence & Partnership

NHS Breast Screening Consultation – Facilitated two community consultation sessions to better understand the reasons for low local

Parliamentary Reception (Corra Foundation) – Invited to speak about

Consultation & Community Voice

Strategic Influence & Partnership

screening uptake and inform future service improvements.

community-led approaches and The Nest's work in supporting local people.

Gender Based Violence Consultation – Hosted two consultation sessions to inform national conversations and the development of future policy and practice.

Digital Lifelines National Event (Murrayfield) – Invited to share learning and experiences from local delivery with a national audience.

Seascope Consultation – Supported community engagement to help shape the organisation's future policy and approach.

Industrial Transition Round Tables – Contributed community perspectives during discussions with Members of Parliament on future economic transition.

Community Action Plan – Collected surveys and community feedback at Cumnock Juniors to support the next phase of the local Community Action Plan.

Belonging Forum – Participated in discussions with MP Elaine Stewart to highlight the importance of belonging, community resilience and relationship-based support.

Community Mental Health Network – Continued to work alongside NHS Mental Health teams and partners to strengthen collaborative working and improve local support pathways.

Recognition – Received a letter of commendation from MP Elaine Stewart recognising The Nest's contribution to the local community and its positive impact.

C. Partnerships

The challenges facing our communities are too complex for any one organisation to address alone.

Throughout the year, we continued to strengthen relationships across the third sector, public services, education, health, local businesses and community groups. Increasingly, our role has been to act as a trusted bridge—connecting people with opportunities, organisations with one another, and shared ambition with practical action.

By working collaboratively, we help remove barriers, improve access to support and create more joined-up pathways for people and families. Many of our partners now deliver services within The Nest's trusted community spaces, enabling people to access support in welcoming, familiar environments where relationships can develop naturally.

Our partnerships are built on mutual trust, shared values and a commitment to putting people first. Whether through shared delivery, consultation, learning, wellbeing, recovery or community development, we continue to strengthen the wider network of support available across our communities.

Together, these relationships demonstrate what becomes possible when organisations work collaboratively around shared values rather than organisational boundaries, creating stronger, more connected communities where people feel welcomed, valued and supported to thrive.

Partnership Delivery Snapshot

Strategic Partnerships

•

East Ayrshire Council – Close collaboration across Community Planning, Community Learning & Development, Housing, Community Action Planning and Anti-Poverty initiatives.

•

East Ayrshire Health & Social Care Partnership – Joint working to strengthen health, wellbeing, recovery and whole-family support.

•

East Ayrshire Alcohol & Drug Partnership (ADP) – Delivery partner for recovery initiatives, Peer Recovery Workers, Digital Lifelines and strategic recovery development.

•

OBJECTIVES AND ACTIVITIES

Children's Services Planning Partnership – Collaborative working to strengthen early intervention, prevention and whole-family approaches.

Health Partnerships

-

NHS Community Mental Health Team

-

Community Psychiatric Nurses (CPNs)

-

NHS Community Hospital

-

Public Health teams

-

Podiatry and Musculoskeletal (MSK) outreach through Pop-Up Living Rooms

-

Suicide Prevention partners

Children & Families

-

Barnardo's

-

Local Primary Schools

-

Barony Campus

-

Educational Psychology

-

Children's & Families Social Work

-

Family Support Services

-

Positive Parenting Programme delivery

Recovery & Justice

-

Police Scotland

-

Justice Social Work

-

HMP Kilmarnock and HMP Bowhouse

-

East Ayrshire Lived Experience Panel

-

Recovery communities across Ayrshire

Poverty & Community Support

-

Tackling Poverty Reference Group (commissioned by East Ayrshire Council)

-

Local food and welfare partners

-

Employability services

-

Financial inclusion organisations

-

Community transport providers

-

Volunteer organisations

Community & Third Sector

-

Cumnock & District Men's Shed (The Hearth)

OBJECTIVES AND ACTIVITIES

- Haus of Seisay

- United to Prevent Suicide

- Local community groups and volunteers

D. Progress & Recognition

The achievements of the past year reflect far more than organisational growth.

They reflect growing confidence among local people, stronger partnerships, increasing opportunities for volunteering and leadership, and wider recognition of the value of relationship-based, community-led approaches.

Every milestone reminds us that lasting change happens when people are trusted, supported and encouraged to build on their strengths.

Highlights included:

- Working in partnership with East Ayrshire Council, we established the Tackling Poverty Reference Group (TPRG) and secured further investment to expand our Anti-Poverty & Deprivation work. Together, these developments reflect growing confidence in The

Nest's community-led approach and our ability to work alongside local people and partners to influence lasting change.

- Successfully secured the Peer Recovery Worker contract, extending recovery support across Cumnock and New Cumnock and recognising The Nest's expertise in community-based recovery.

- Strengthened Greenbraes as the heart of The Nest while continuing to work towards securing its long-term future and investing in its future capacity.

- Continued development of The Hearth in partnership with Cumnock & District Men's Shed, creating new opportunities for wellbeing, creativity and community connection.

- Expanded partnership working through The Wee Office and future on-site facilities at Greenbraes, improving access to advice, support and specialist services within trusted community settings.

- Expanded partnership working through The Wee Office and future on-site facilities at Greenbraes, improving access to advice, support and specialist services within trusted community settings.

- Secured funding to strengthen organisational sustainability, invest in people and places, and increase our capacity to meet growing community need.

- Expanded our team and volunteer opportunities, strengthening our ability to deliver relationship-based support across wellbeing, recovery and family services

- Key speaker at Parliamentary Reception for Corra Foundation Getting Alongside Communities programme

- Award given to Wellbeing Manager - Ayrshire & Arran Suicide Prevention
Community Champion Shining Star Award.

- Recovery Coordinator – National Drug Mission – Recognition Award

E. Looking Ahead

The year ahead presents exciting opportunities to build on everything we have achieved together.

We will continue investing in trusted relationships, welcoming places, community leadership and strong partnerships, creating more opportunities for people to shape the future of the communities they call home.

A key priority for the year ahead is to continue progressing our ambition for community ownership of Greenbraes. While this journey has taken longer than anticipated, our commitment remains unwavering. We believe Greenbraes is more than a building—it is a place of welcome, belonging and opportunity, and securing its future in community ownership will help ensure it continues to serve local people for generations to come.

We are also committed to expanding our work with children, young people and families, recognising the importance of providing early, relationship-based support that helps families

OBJECTIVES AND ACTIVITIES

build resilience, strengthen connections and access the right support before challenges escalate. By working alongside families and our partners, we aim to create more opportunities for children and young people to feel safe, heard, valued and able to thrive within their communities.

Alongside this, we will continue developing The Hearth as a shared community asset, strengthening partnerships, expanding opportunities for wellbeing, learning, creativity and recovery, and responding to the changing needs of our communities.

Our ambition is not simply to grow The Nest, but to strengthen the people, relationships, places and partnerships that enable lasting change. We will continue working alongside local people and organisations to remove barriers, create opportunities and ensure that everyone can access the right support, at the right time, in the right place.

As we look ahead, our vision remains unchanged: a future where people feel they belong, where strengths are recognised, where hope is nurtured and where communities are empowered to thrive together.

Closing Reflection

The story of The Nest has never been about buildings, projects or programmes. It has always been about people.

Every conversation, every act of kindness, every volunteer, every partnership and every opportunity created has strengthened the place we share. Together they demonstrate the extraordinary difference that becomes possible when people are trusted, welcomed and empowered to shape their own future.

We remain deeply grateful to every member, volunteer, trustee, staff member, partner and supporter who continues to walk alongside local people every day.

Together we will continue building places of hope, strengthening connections and creating opportunities where people, families and neighbourhoods can recover, grow and thrive.

FINANCIAL REVIEW

Investment policy and objectives

The company only holds cash funds and does not invest in any higher-risk investments. The funds are required for both short and long term strategies and therefore are not invested in longer-term investments

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 the trustees estimate of the occasional administration expense that will arise over the next year. This level of reserves has been maintained throughout the year.

The trustees consider that the company's funds should have no exposure to risk. Accordingly, the company does not have any investments other than funds held on bank deposit from time to time, to allow ready access to monies as and when required.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Organisational structure

The company's management is carried out by the relevant trustees to achieve the objectives decided at the board meetings.

Induction and training of new trustees

New trustees are requested to familiarise themselves with the requirements from OSCR and the company policies in place.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

SC052218

The Nest Wellbeing Group

Report of the Trustees
for the Year Ended 31 December 2025

Principal address

17 Warrick Drive
Cumnock
Ayrshire
KA18 1DF

Trustees

D A Carmichael
Mrs R S C Stone
Mrs H Sykes
Mrs I Allan
Mrs J Cross
Mrs J Baird
Mrs K Taylor

Independent Examiner

William Russell Cowan
WR Accountants
Bank Chambers
31 The Square
Cumnock
Ayrshire
KA18 1AT

Approved by order of the board of trustees on 14 August 2026 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'Alex' followed by a stylized surname.

D A Carmichael - Trustee

Independent Examiner's Report to the Trustees of
The Nest Wellbeing Group

Independent examiner's report to the trustees of The Nest Wellbeing Group

I report to the charity trustees on my examination of the accounts of The Nest Wellbeing Group (the Trust) for the year ended 31 December 2025.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants of Scotland, which is one of the listed bodies.

I have completed my examination. I confirm that no material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts 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 accounts to be reached.



William Russell Cowan

WR Accountants
Bank Chambers
31 The Square
Cumnock
Ayrshire
KA18 1AT

14 August 2026

The Nest Wellbeing Group

Statement of Financial Activities
for the Year Ended 31 December 2025

	Notes	Unrestricted funds £	Restricted funds £	31.12.25 Total funds £	31.12.24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		<u>8,338</u>	<u>354,477</u>	<u>362,815</u>	<u>155,247</u>
EXPENDITURE ON					
Other resources expended	2	-	188,021	188,021	141,499
Charitable activities					
Nest Wellbeing		<u>3,827</u>	<u>57,260</u>	<u>61,087</u>	<u>30,664</u>
Total		<u>3,827</u>	<u>245,281</u>	<u>249,108</u>	<u>172,163</u>
NET INCOME/(EXPENDITURE)		4,511	109,196	113,707	(16,916)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>23,393</u>	<u>124,997</u>	<u>148,390</u>	<u>165,306</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>27,904</u></u>	<u><u>234,193</u></u>	<u><u>262,097</u></u>	<u><u>148,390</u></u>

The notes form part of these financial statements

The Nest Wellbeing Group

Balance Sheet
31 December 2025

	Notes	Unrestricted funds £	Restricted funds £	31.12.25 Total funds £	31.12.24 Total funds £
FIXED ASSETS					
Tangible assets	5	1,995	26,553	28,548	33,066
CURRENT ASSETS					
Cash at bank and in hand		25,911	207,638	233,549	116,404
CREDITORS					
Amounts falling due within one year	6	-	-	-	(1,080)
NET CURRENT ASSETS		<u>25,911</u>	<u>207,638</u>	<u>233,549</u>	<u>115,324</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>27,906</u>	<u>234,191</u>	<u>262,097</u>	<u>148,390</u>
NET ASSETS		<u>27,906</u>	<u>234,191</u>	<u>262,097</u>	<u>148,390</u>
FUNDS	7				
Unrestricted funds				27,906	23,393
Restricted funds				<u>234,191</u>	<u>124,997</u>
TOTAL FUNDS				<u>262,097</u>	<u>148,390</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 14 August 2026 and were signed on its behalf by:



D A Carmichael - Trustee



R S C Stone - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

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.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. OTHER RESOURCES EXPENDED

Investment management costs

	31.12.25	31.12.24
	£	£
Rent/let	<u>16,782</u>	<u>18,125</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2025

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2025 nor for the year ended 31 December 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2025 nor for the year ended 31 December 2024.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	<u>41,732</u>	<u>113,515</u>	<u>155,247</u>
EXPENDITURE ON			
Other resources expended	8,125	133,374	141,499
Charitable activities			
Nest Wellbeing	<u>10,484</u>	<u>20,180</u>	<u>30,664</u>
Total	<u>18,609</u>	<u>153,554</u>	<u>172,163</u>
NET INCOME/(EXPENDITURE)	23,123	(40,039)	(16,916)
RECONCILIATION OF FUNDS			
Total funds brought forward	270	165,036	165,306
TOTAL FUNDS CARRIED FORWARD	<u>23,393</u>	<u>124,997</u>	<u>148,390</u>

5. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Motor vehicles £	Computer equipment £	Totals £
COST				
At 1 January 2025	12,867	36,588	3,112	52,567
Additions	<u>5,201</u>	<u>-</u>	<u>999</u>	<u>6,200</u>
At 31 December 2025	<u>18,068</u>	<u>36,588</u>	<u>4,111</u>	<u>58,767</u>
DEPRECIATION				
At 1 January 2025	2,606	14,816	2,079	19,501
Charge for year	<u>1,705</u>	<u>7,317</u>	<u>1,696</u>	<u>10,718</u>
At 31 December 2025	<u>4,311</u>	<u>22,133</u>	<u>3,775</u>	<u>30,219</u>
NET BOOK VALUE				
At 31 December 2025	<u>13,757</u>	<u>14,455</u>	<u>336</u>	<u>28,548</u>
At 31 December 2024	<u>10,261</u>	<u>21,772</u>	<u>1,033</u>	<u>33,066</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2025

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.25	31.12.24
	£	£
Other creditors	<u>-</u>	<u>1,080</u>

7. MOVEMENT IN FUNDS

	At 1.1.25	Net movement in funds	At 31.12.25
	£	£	£
Unrestricted funds			
General fund	23,393	4,513	27,906
Restricted funds			
East Ayrshire Council	-	80,714	80,714
HSCP Wellbeing Fund	5,905	(617)	5,288
Coloursplash	55	-	55
ADP Grassroots	1,675	(203)	1,472
WMTU projects	3,161	(410)	2,751
Corra CRF Fund	3,379	(424)	2,955
STV Childrens Appeal	18,228	(7,317)	10,911
Recovery Coordinator	34,377	(34,373)	4
Wellbeing Resilience worker	11,635	(11,635)	-
STAGECOACH	1,000	(1,000)	-
National Lottery	45,582	(12,000)	33,582
Robertson Trust	-	14,000	14,000
Kells Trust	-	2,500	2,500
Scottish Land Fund	-	12,000	12,000
Community Fund	-	40,486	40,486
The Scott - DLF	-	25,139	25,139
Ayrshire Climate Hub	-	2,334	2,334
	<u>124,997</u>	<u>109,194</u>	<u>234,191</u>
TOTAL FUNDS	<u>148,390</u>	<u>113,707</u>	<u>262,097</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2025

7. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	8,338	(3,825)	4,513
Restricted funds			
East Ayrshire Council	180,964	(100,250)	80,714
HSCP Wellbeing Fund	1	(618)	(617)
ADP Grassroots	1	(204)	(203)
WMTU projects	-	(410)	(410)
Corra Foundation	48,553	(48,553)	-
Corra CRF Fund	-	(424)	(424)
STV Childrens Appeal	1	(7,318)	(7,317)
Recovery Coordinator	-	(34,373)	(34,373)
Wellbeing Resilience worker	-	(11,635)	(11,635)
STAGECOACH	-	(1,000)	(1,000)
COLUMBA	750	(750)	-
CBO 7C	15,000	(15,000)	-
National Lottery	-	(12,000)	(12,000)
Robertson Trust	14,000	-	14,000
Kells Trust	2,500	-	2,500
Scottish Land Fund	12,000	-	12,000
Community Fund	40,486	-	40,486
The Scott - DLF	37,721	(12,582)	25,139
Ayrshire Climate Hub	2,500	(166)	2,334
	<u>354,477</u>	<u>(245,283)</u>	<u>109,194</u>
TOTAL FUNDS	<u>362,815</u>	<u>(249,108)</u>	<u>113,707</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2025

7. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.24 £	Net movement in funds £	At 31.12.24 £
Unrestricted funds			
General fund	270	23,123	23,393
Restricted funds			
HSCP Wellbeing Fund	8,192	(2,287)	5,905
Breakfast Club	11,396	(11,396)	-
Coloursplash	378	(323)	55
Comic Relief	6,492	(6,492)	-
ADP Grassroots	16,100	(14,425)	1,675
WMTU projects	8,927	(5,766)	3,161
Anchor Fund	3,127	(3,127)	-
Corra CRF Fund	5,592	(2,213)	3,379
STV Childrens Appeal	25,546	(7,318)	18,228
Wellbeing Development Officer	31,535	(31,535)	-
Recovery Coordinator	36,116	(1,739)	34,377
Wellbeing Resilience worker	11,635	-	11,635
STAGECOACH	-	1,000	1,000
National Lottery	-	45,582	45,582
	<u>165,036</u>	<u>(40,039)</u>	<u>124,997</u>
TOTAL FUNDS	<u>165,306</u>	<u>(16,916)</u>	<u>148,390</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2025

7. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	41,732	(18,609)	23,123
Restricted funds			
HSCP Wellbeing Fund	-	(2,287)	(2,287)
Breakfast Club	-	(11,396)	(11,396)
Coloursplash	-	(323)	(323)
Comic Relief	-	(6,492)	(6,492)
ADP Grassroots	(1)	(14,424)	(14,425)
WMTU projects	-	(5,766)	(5,766)
Corra Foundation	46,388	(46,388)	-
Anchor Fund	-	(3,127)	(3,127)
Corra CRF Fund	-	(2,213)	(2,213)
STV Childrens Appeal	-	(7,318)	(7,318)
Wellbeing Development Officer	-	(31,535)	(31,535)
Recovery Coordinator	(1)	(1,738)	(1,739)
STAGECOACH	1,000	-	1,000
COLUMBA	7,547	(7,547)	-
National Lottery	<u>58,582</u>	<u>(13,000)</u>	<u>45,582</u>
	<u>113,515</u>	<u>(153,554)</u>	<u>(40,039)</u>
TOTAL FUNDS	<u><u>155,247</u></u>	<u><u>(172,163)</u></u>	<u><u>(16,916)</u></u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2025

7. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.24 £	Net movement in funds £	At 31.12.25 £
Unrestricted funds			
General fund	270	27,636	27,906
Restricted funds			
East Ayrshire Council	-	80,714	80,714
HSCP Wellbeing Fund	8,192	(2,904)	5,288
Breakfast Club	11,396	(11,396)	-
Coloursplash	378	(323)	55
Comic Relief	6,492	(6,492)	-
ADP Grassroots	16,100	(14,628)	1,472
WMTU projects	8,927	(6,176)	2,751
Anchor Fund	3,127	(3,127)	-
Corra CRF Fund	5,592	(2,637)	2,955
STV Childrens Appeal	25,546	(14,635)	10,911
Wellbeing Development Officer	31,535	(31,535)	-
Recovery Coordinator	36,116	(36,112)	4
Wellbeing Resilience worker	11,635	(11,635)	-
National Lottery	-	33,582	33,582
Robertson Trust	-	14,000	14,000
Kells Trust	-	2,500	2,500
Scottish Land Fund	-	12,000	12,000
Community Fund	-	40,486	40,486
The Scott - DLF	-	25,139	25,139
Ayrshire Climate Hub	-	2,334	2,334
	<u>165,036</u>	<u>69,155</u>	<u>234,191</u>
TOTAL FUNDS	<u>165,306</u>	<u>96,791</u>	<u>262,097</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2025

7. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	50,070	(22,434)	27,636
Restricted funds			
East Ayrshire Council	180,964	(100,250)	80,714
HSCP Wellbeing Fund	1	(2,905)	(2,904)
Breakfast Club	-	(11,396)	(11,396)
Coloursplash	-	(323)	(323)
Comic Relief	-	(6,492)	(6,492)
ADP Grassroots	-	(14,628)	(14,628)
WMTU projects	-	(6,176)	(6,176)
Corra Foundation	94,941	(94,941)	-
Anchor Fund	-	(3,127)	(3,127)
Corra CRF Fund	-	(2,637)	(2,637)
STV Childrens Appeal	1	(14,636)	(14,635)
Wellbeing Development Officer	-	(31,535)	(31,535)
Recovery Coordinator	(1)	(36,111)	(36,112)
Wellbeing Resilience worker	-	(11,635)	(11,635)
STAGECOACH	1,000	(1,000)	-
COLUMBA	8,297	(8,297)	-
CBO 7C	15,000	(15,000)	-
National Lottery	58,582	(25,000)	33,582
Robertson Trust	14,000	-	14,000
Kells Trust	2,500	-	2,500
Scottish Land Fund	12,000	-	12,000
Community Fund	40,486	-	40,486
The Scott - DLF	37,721	(12,582)	25,139
Ayrshire Climate Hub	2,500	(166)	2,334
	<u>467,992</u>	<u>(398,837)</u>	<u>69,155</u>
TOTAL FUNDS	<u>518,062</u>	<u>(421,271)</u>	<u>96,791</u>

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2025.

The Nest Wellbeing Group

Detailed Statement of Financial Activities
for the Year Ended 31 December 2025

	31.12.25 £	31.12.24 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	8,551	23,730
Grants	<u>354,264</u>	<u>131,517</u>
	<u>362,815</u>	<u>155,247</u>
Total incoming resources	362,815	155,247
EXPENDITURE		
Other trading activities		
Opening work in progress	281	-
Direct costs	82,583	30,793
Wages	<u>88,375</u>	<u>92,581</u>
	171,239	123,374
Investment management costs		
Rent/let	16,782	18,125
Charitable activities		
Insurance	2,206	560
Light and heat	7,076	444
Postage and stationery	86	329
Vehicle costs	12,858	3,453
Sundries	868	507
Repairs and renewals	<u>10,595</u>	<u>12,871</u>
	33,689	18,164
Support costs		
Management		
Telephone	2,037	1,622
Fixtures and fittings	1,707	1,288
Motor vehicles	7,318	7,318
Computer equipment	<u>1,696</u>	<u>1,027</u>
	12,758	11,255
Governance costs		
Bank charges	290	165
Accountancy and legal fees	2,350	1,080
Other professional fees	<u>12,000</u>	<u>-</u>
	<u>14,640</u>	<u>1,245</u>
Total resources expended	<u>249,108</u>	<u>172,163</u>
Net income/(expenditure)	<u>113,707</u>	<u>(16,916)</u>

This page does not form part of the statutory financial statements