

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	Jan	2025	To	31	Dec	2025

Reference and administration details

Charity name	Neil's Hugs Foundation
Other names charity is known by	
Registered charity number	SC047055
Charity's principal address	Crofthead Farm Community Centre Templar Rise
	Postcode EH54 6DG

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	Kerry Hammond	Chair	June 22 nd 2025	Members at AGM
2	Kerry Hammond	Treasurer	Jan-June 22 nd 2025	
3	Anmarie Rickis	Treasurer	June 2025	
4	Janice Muir	Secretary		
5	Loueis Stewart	Fundraising		
6	Heather McCormack	Volunteer Coordinator		
7	Katherine Yule	ITadmin		
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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
Claire Knox-Thomson	Resigned 21/01/2025
Steven Cook	Resigned 22/06/2025

Structure, governance and management

Type of governing document

The Charity is a Scottish Charitable Incorporated Organisation (SCIO). It was registered in this form on 20th December 2016.

It has a single tier structure and as such the trustees are the members of the charity.

Trustee recruitment and appointment

The management committee, which normally meets minimum every 2 months are the charity's trustees. Membership of the management committee is open to all members of the club.

Trustees are made up of people appointed to the board at the AGM. The board Members believe that there is a genuine need for this service and have been very forward thinking for the future of the charity. Future trustee's will be elected at the Annual General Meeting. There must be a minimum of 3 and a maximum of 8 trustees.

Objectives and activities

Charitable purposes

- To support family members or friends who are struggling to cope when a loved one attempted or completed suicide
- To raise awareness of the issues surrounding suicide
- To reduce the stigma attached to suicide
- To assist in reducing suicides by signposting people to organisations who help their loved one / friend
- To provide a safe space to talk about loved ones
- To improve the mental health of people effected by the loss of a loved one or friend

Summary of the main activities in relation to these objects

During 2025 our support was a mixture of 1:1 in person support, groups and virtual/telephone calls.

The charity provides a safe space for people who have been bereaved by suicide to talk about their loss either in a group setting or 1:1.

The charity provides 1:1 supports for people who are supporting a person with suicidal ideations.

The charity supports people with mild to moderate mental ill health.

All our support services are provided in a way that works best for the client, telephone support, text support, email support, counselling where appropriate from a qualified counsellor or trainee counsellor on placement with support and supervision and insurance in place.

We provide 12-week CBT counselling and 12-week person centred counselling for some people who use our service where it is appropriate.

We have a befriending service when we believe the time is right for people to move forward in their journey.

The groups we ran in 2025 are, two physical groups weekly for people who have lost a loved one to suicide. One group is in West Lothian the other is in Clackmannanshire.

We ran a once-a-month sudden loss group in West Lothian.

We ran two physical women's support groups weekly; these are safe spaces to allow women to speak to each other if they are suffering from mild to moderate mental ill health. One group is in West Lothian the other is in Clackmannanshire.

We supported men on a 1:1 basis only; this is a safe space that allows men to speak and seek support.

We ran a Tea & Talk group at West Lothian College weekly, during term time.

We ran a neurodiverse group in Clackmannanshire, a mixed sex group and a woman's group both ran 2 weeks of the month.

We also ran a gardening group in Clackmannanshire which mixes nature and company, we have a reflection garden in Alloa, this is at Wimpy Park where they have given us the space to develop it.

We ran a silent book group in West Lothian.

We ran a craft group in West Lothian.

All our groups are open groups, no referral or appointment necessary and are mainly peer lead.

We offer phone support and signposting where appropriate.

We raise awareness about mental ill health, early intervention, and suicide, in as many platforms as possible, in person, on virtual media, by emails.

Achievements and performance

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

We lead on a national suicide awareness/prevention campaign, on the 5th September 2025 in West Lothian, it is a tour around the UK called The Baton of Hope. West Lothian was the only area that had the event in Scotland and people from all over Scotland attended, either carrying the Baton or helping to support the event.

The Baton is carried by people bereaved by suicide, people who had made suicide attempts and people impacted by suicide.

We travelled around 7 areas in West Lothian, we had 60 people walking, these were, bereaved families and friends, people who had made a suicide attempt and we include representatives from the 999 services, MSP and we had events in all the local areas, safe space, hot drinks and food, we walked through the Designer Outlet in Livingston, we finished at West Lothian College with local artists gifting their time. We brought over 1000 people together to raise awareness and hope it let people know they are not alone and to reach out for support.

We are still involved with Lothian Speak Their Name Quilt; this is a quilt made in memory of people we have lost in the Lothians. The quilt is toured to start conversations by recognising that people lost to suicide are not statistics, we have brought it to West Lothian College, various Partnership Centre's and will continue this in 2026.

We continue to work hard in raising awareness of the charity we have received funding again this year from the local council in West Lothian for staff costs connected to our work in suicide prevention both locally and nationally.

We have received funding for office rental costs in West Lothian & Clackmannanshire.

Between groups and 1:1 support we supported we supported approx. 60 people weekly.

The invisible reach of our support is the improved mental wellbeing of family members and friends who can see the difference in their persons mental health.

We provide 1:1 support in our local office's, in West Lothian College, community centres. If the person cannot come to the office or leave their home we will arrange, phone or online.

We do not provide a one size fits all service; we tailor our support to the needs of the individual's.

Some people do not feel ready to attend a group or may never feel that groups are the right place for them, we work with them to reduce isolation with the aim of encouraging them to make positive steps to look after their mental health.

We are working hard promoting our service locally, in both West Lothian and Clackmannanshire, involving our organisations with other bereavement services, mental health professionals, local councillors & MP's, colleges, schools, workplaces.

Our awareness raising in the local area's have encouraged people to talk about issues that are otherwise considered taboo.

We have been working with Scottish Recovery Network and a number of other third sector organisations on training for peer led support.

Financial review

Brief statement of the charity's policy on reserves

It is the trustee's policy to achieve and retain at least one year's running costs to meet commitments and cover any unexpected expenditure.

At the end of 2025 we have a cash fund of £124,147 which ensures we have running cost in place for next year, we have ring fenced £55,000 to cover staffing costs.

Details of any deficit

Not applicable

Donated facilities and services (if any)

We are grateful to everyone who allows us use rooms to provide support to local people. We are grateful to West Lothian College for their support of the charity. We are grateful for the supporters who have volunteered their services throughout the year, we are grateful to all our fundraisers, to everyone who has donated money we would not be able to function without their/your support.
Thank you for everything you do, helping us to help others.

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APPENDIX 1

Other optional information

Declaration

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

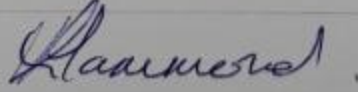
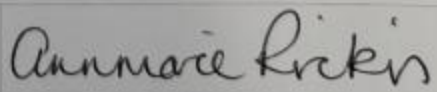
Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Kerry Hammond	Annmarie Rickis
Position (e.g., Chair)	Chair	Treasurer
Date		

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Kerry Hammond	Annmarie Rickis
Position (e.g., Chair)	Chair	Treasurer
Date	29/3/2026	29.3.2026