

Scottish Charity Number: SC049009



WWW.inspiringlife.org.uk

INSPIRING LIFE: Evie Douglas Memorial Fund

Trustees' Annual Report

01/04/2025 - 31/03/2026

INSPIRING LIFE ; EVIE DOUGLAS MEMORIAL FUND

Scottish Charity Number: SC049009

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CHARITY TRUSTEES

Freda Douglas

George Cuthill

Audrey Simpson

Angela Dobson

Our Charity - Introduction

- Objectives and activities

Inspiring Life; Evie Douglas Memorial Fund was set up as a Trust Deed following the suicide of 21 year old, Evie Douglas in 2014. Evie's death shocked our community, and family and friends joined together to make it our mission to improve support available for those suffering from mental health issues. As we gathered support and finance, the trustees decided to apply for Charitable status, which was granted 31/01/19. Our governing document is our Trust Deed.

- Our main aim is to raise awareness of mental health and well-being in The Scottish Borders and Lothian. We fundraise to donate money to organisations, support and activity-based groups, and individuals who work to improve mental health and challenge stigma. We also provide information and sign-post support available via volunteers and mental health professionals.
- We identify and financially support appropriate courses, activities, and events designed to promote good physical and good mental health. In particular, we are interested in promoting good well being through the Arts.

This year, we placed even more emphasis on accessing improved well-being through involvement in the Arts : our festival theme this year was "Opening Doors". We wanted participants to think of doors that might open to new opportunities. What support might we need to open new doors ? We recognised that some doors might feel scary but they can lead to life changes. My own experience, which I have shared in sessions, is that after my daughter's suicide, I felt that every door had closed for me. I could see no purpose in my life and couldn't contemplate the future. With support from Survivors of Bereavement by Suicide and other peer support, I slowly began to get involved in new activities. Nearly twelve years later, I am trustee of a charity, a volunteer and group facilitator with SoBS. I have found a purpose : to reach out to others, offer support, and raise awareness of mental health issues.

The Structure of Our Charity

We are a small committee of four trustees supported by a team of volunteers. The trustees take responsibility for the organisation of the fundraising events, grant applications, and the distribution of money. We share organisational skills and tasks to cover publicity, accountancy, baking, and catering. This is a non profit making group, with no membership. We do not claim expenses or payment for our work.

We have in our team professionals and volunteers with lived experience of mental health issues who can offer support to members of the public at our events, if and when required. We have constraints on the growth of our charity as we are a small group of volunteers who are all now retired. We do this because each of us is passionate about the need to improve mental health and well being for all. Accepting our ageing trustees, we now have to consider new trustees joining us , and are also actively searching for more support and contributions from other agencies. The induction for any new trustees would be familiarisation of our governing document which is our Trust Deed.

Activities and Events

George's Party

A member of our local Scottish Borders Recovery Cafe, George Sutherland, organised a garden party in August '25 to celebrate 18 years of sobriety and to raise awareness of mental health and addiction:

INVITATION ! IT'S JUNE ALREADY SO IM GOING TO OFFICIALLY ANNOUNCE MY BIRTHDAY EVENT ON AUGUST 9TH. IT STARTS 2PM.BUFFET ,BANTER, AND RAFFLE. PLEASE LET ME KNOW IF U WILL BE ABLE TO COME FOR MUSIC, SINGING, AND CELEBRATION . I WILL BE 56 AND 18 YEARS SOBER. ALL MONEY RAISED WILL BE GOING TO INSPIRING LIFE, A CHARTY RUN BY FREDA DOUGLAS. IT WILL BE A DAY YOU WON'T FORGET. MANY THANX . GWS XX

A wonderful event where many stories of recovery and support were shared.



Ceilidh Dance

Two of Evie's former dance students, Bronwyn Lewis and Eilidh Naismith organised a ceilidh in Edinburgh in September '25 on behalf of Inspiring Life.



Inspiring Life Day and Lead up Events

Our main event this year was our Inspiring Life Festival which received funding from the Borders Action This was a series of workshops and performances, including Community Drama. A play funded by Destination Tweed was performed in two locations in the Scottish Borders, Duns Playfest and Eastgate Theatre Peebles.

Most of Inspiring Life Festival coincided with Mental Health Awareness Week.
I enclose a copy of my report .

INSPIRING LIFE FESTIVAL

What's On

Community Art Workshop

with Lynne Grahame
Studio | Sat 18 April, 10:30am – 12noon

Storytelling Workshop

with Franziska Droll
Studio | Wed 6 May, 7pm

Pies and Patter

Drill Hall | Fri 8 May, 7pm

Contemporary Dance Workshop

with Sara Boles
Auditorium | Sat 9 May, 10am

Grief Café

sponsored by William Purves
Studio | Mon 11 May, 10:30am

Improvisation Workshop

with Clare Prenton
Studio | Mon 11 May, 7pm

The Light House

Auditorium | Tues 12 May, 7.30pm

Sound Healing Chamber

with Suzy Nairn
Auditorium | Wed 13 May, 7.30pm

Movement For All – Open Session

with Dance for Parkinsons
Studio | Thu 14 May, 11.30am

Love & Trouble followed by Q&A

Auditorium | Thu 14 May, 7.30pm

Mind the Music

Nomad Beat | Fri 15 May, 10.30am

Drumming Workshop

with Mat Clements
Studio | Fri 15 May, 2pm

Rope & Flame

Auditorium | Fri 15, 7.30pm &
Sat 16 May, 11am

Inspiring Life Finale: Sharing Session

Auditorium | Sat 16 May, 2pm

Everyone's welcome to this informal closing sharing-come and experience some of the inspiring creativity sparked during the festival. Featuring live music from Nomad Beat, storytelling with Franziska Droll, and dance with Sara Boles, it's a relaxed chance to celebrate the ideas, connections and creativity that grew throughout the week.

FREE

INSPIRING LIFE FESTIVAL

Inspiring Life Festival

Celebrating creativity as a pathway to connection, resilience and hope.



Through film, theatre, dance, art, and open conversations this year's theme, Opening Doors, welcomes everyone to share experiences, discover new perspectives and explore what it means to live well and thrive.

For more information, or to book tickets, visit www.eastgatearts.com

FINANCES

OPENING BALANCE: £9082.98

CLOSING BALANCE : £9784.85

Through our own fundraising ,generous donations, and substantial awards from Tweed Forum Ltd, and Borders Community Action Fund, we continued to offer funding to local events.

DONATIONS RECEIVED FROM ;

Brown Brothers

Inspiring Life Festival donations at events

Easyfundraising

Justgiving

George Sutherland

Tweed Forum Ltd

Bronwyn Lewis and Eilidh Naismith

Borders Community Action Fund

PAYMENTS MADE TO:

Inspiring Life Festival : marketing, facilitators, venue

Eastgate Theatre

Clare Prenton , Dragonfly Theatre Productions

Fiona Henderson School of Dance

Nomad Beat Community Music School

In order to have funds available for applications which we anticipate throughout the next financial year we hold a minimum reserve of £3000 in our bank account.

Final Comments :

We are happy to see a continuation and expansion of events to support Inspiring Life: Evie Douglas Memorial Fund. We are so grateful for the partnership and support offered by our community : mental health charities, support groups, drama groups, community music school, and the marvelous facilitators in dance, music, and art. Their support and dedication is invaluable.

Our main project at the Eastgate Theatre, **INSPIRING LIFE FESTIVAL** (Report attached) now has a date in the theatre's annual programme. Thank you to everyone involved and for the grants we have worked hard to secure. Thank you to Clare Prenton who brought together the idea of a full scale theatre production.

Following our feedback meeting (facilitators and theatre management involved), we intend to change the format of Inspiring Life community involvement , and instead of one busy week of festival we will run events throughout the year to promote the arts and wellbeing, mental health, and suicide awareness and prevention.

Our Trustees continue to meet face to face and online to discuss our work. It is important for us to continue making donations. We want to support more local projects more events supporting the Arts in the future.

Many thanks for your support. We will continue to fundraise in 2026/27 and reach out to our community.

Freda Douglas (Trustee)

Declaration

Signed on behalf of the charity trustees:

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Print name

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Designation

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Date

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