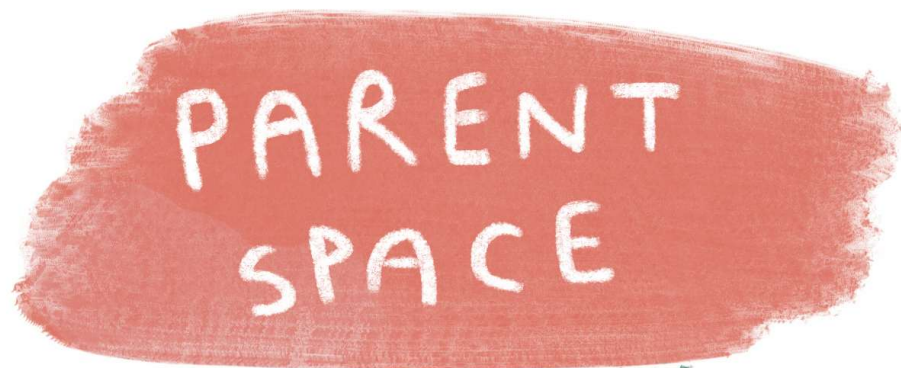


Annual Report 2025



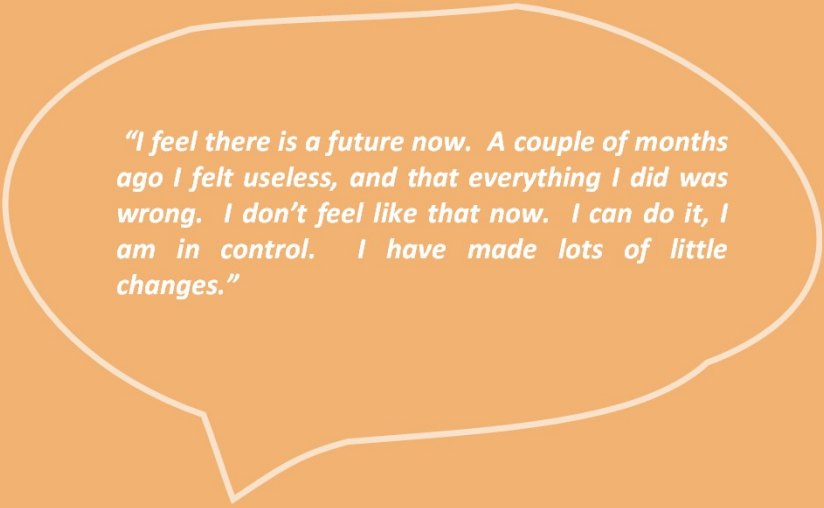
Strengthening families in the
Scottish Borders



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"I feel there is a future now. A couple of months ago I felt useless, and that everything I did was wrong. I don't feel like that now. I can do it, I am in control. I have made lots of little changes."

ParentSpace is a Scottish Charitable Incorporated Organisation (SCIO) for parents and carers covering Berwickshire and surrounding areas in the Scottish Borders.

Charitable objectives

The advancement of education by:

- providing a range of learning opportunities and resources for parents and carers to build healthy families

and by:

- supporting the skills development of volunteers and facilitators

CHAIR'S REPORT

2025 was another year of growth and strengthening for ParentSpace. Our focus has remained on supporting parents and carers across Berwickshire and beyond, while continuing to develop the organisation so that we can respond effectively to the changing needs of families.

The needs we are seeing are becoming increasingly complex. The pressures facing families, including the continuing cost of living crisis and increasing demand on other services, mean that parents and carers are often dealing with multiple challenges at once. Against this backdrop, I am particularly proud of the way the ParentSpace team has continued to provide compassionate, flexible and consistent support. They have worked hard to meet people where they are and to remove barriers wherever possible.

2025 also brought significant organisational change. We have been strengthening our systems and processes, developing our approach to monitoring and evaluation, and investing in training and support for staff. We have also begun to evolve the way we provide support for families with more complex needs. These changes are important in ensuring that ParentSpace is not simply responding to today's needs, but is building the foundations to remain effective and resilient in the future.

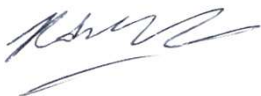
I am hugely grateful to the whole staff team for the way they have embraced this change. They have shown considerable flexibility, professionalism and commitment throughout what has been a demanding period. In particular, I want to thank Sarah Landale, our Project Manager, for the energy and dedication she has brought to leading ParentSpace. We are very sorry that Sarah will be leaving us at the end of October 2026. She has made a significant contribution to ParentSpace and has helped put the organisation in a strong position for its next stage of development. We wish her every success for the future.

Sarah's departure also marks an opportunity for ParentSpace to take another step forward. Her role will be succeeded by a new Charity and Service Manager position, with increased hours and a broader remit. This will give us greater capacity to develop the organisation, support the team and continue to strengthen the services we provide.

I also want to express my sincere thanks to our funders. The continued support of the National Lottery Community Fund, Robertson Trust and our other funders, together with the match funding secured by the team, is fundamental to ParentSpace's ability to continue its work. Funding remains an ongoing challenge for a small charity, and we are extremely grateful to those organisations who continue to believe in what we do and invest in the difference we can make.

Finally, I want to thank our Trustees, facilitators, volunteers and everyone who contributes to ParentSpace. As a small charity, we rely on people giving their time, expertise and commitment, and that collective contribution is what enables ParentSpace to continue to make a meaningful difference to families.

There is much still to do, but I feel confident about the direction ParentSpace is taking. We have a strong and increasingly skilled team, a clearer understanding of our impact, and a commitment to continue adapting our services as the needs of families change. I am proud of what we have achieved together and look forward to seeing ParentSpace continue to grow and develop in the year ahead.



Robert Landon

Chair of Trustees

Supporting Parents and Carers

Activity report

In 2025 ParentSpace continued to solidify and strengthen its workforce, building the most highly skilled and diverse operational team – including contracted and sessional staff – in the charity's history. Practitioners (who deliver one-to-one support) and Facilitators (who deliver courses and drop-ins) frequently carry out both roles, collectively bringing together an exceptional breadth of experience and expertise. The team draws on professional backgrounds from across Local Authority and Third-Sector services, including Adult Education and Family Support, Primary and Secondary School education, Additional Support Needs, Youth Work, Early Years Learning and Childcare. This diversity of experience and knowledge-sharing happens when the team co-facilitate courses, and come together via our closed social media platform, group facilitator meetings, and informal team building days. All this enhances the quality of our services, helping families receive informed, compassionate, and effective support. We've also continued to bring ParentSpace service users into the workforce, providing pathways to employment. At the end of 2025, 85% of ParentSpace workforce, including all the Trustees, were also ParentSpace service users.

2025 saw the needs of families in the Borders become more intense and complex as the cost of living and demand on other services increased. Throughout this, ParentSpace staff continued to deliver courses, 1:1s, workshops and drop-ins, meeting parents and carers where they were at and offering empathy, compassion, timely support and continuity of care.

In the office, we formalised operational processes, providing foundational stability across all our activities meaning that we can effectively reach more families, and understand more clearly the impact we're having. We brought into the team two fixed term contracted Practitioners meaning we can support best the parents who need us the most.

Project Manger Sarah Landale. September 2026.

Courses

We continued to deliver Care for the Family 'Time Out for Parents' courses including: Parenting in the Early Years, Parenting in the Primary Years, Parenting in the Teenage Years, Handling Anger in the Family, and Left to their Own Devices: Confident Parenting in a Digital World.

Delivered in the evenings and/or daytimes, remote and in-person, our broad range of trained and experienced facilitators meant we could accommodate our service users' varied needs. Courses are between 4 and 8 sessions long, 2 hours long, and take place weekly. Sessions continued to be delivered by two facilitators ultimately meaning better support for our staff and for our service users. A celebration session is included at the end of courses providing an opportunity to recognise and celebrate participants' commitment and achievements.

In 2025 we delivered 11 courses, noting a continued demand for the Teenage Years, Handling Anger, and courses for parents of children with additional needs.

One of the biggest changes operationally was removing our Additional Needs Course, and sourcing a different course better suited to the needs of the families we support. This has been a substantial piece of work, and we are currently training with ParentsPlus Home 2026 - Parents Plus! to deliver a suite of ND, neuroinclusive and trauma-informed courses which we are looking forward to delivering.

Courses delivered	Course sessions	Participants
13	56	111

"Refreshing to catch up with others in similar situations. More confident about challenges ahead."
- course participant, January 2025

"It helps to know that we're not alone when dealing with difficult situations. It has also helped to gain more understanding the complex challenges that teenagers face in the modern world."
- course participant, January 2025

"It was very interesting, helpful, run very well, in a great atmosphere. Extremely educative!"
- course participant, January 2025

"Great Facilitators and welcoming non judgemental group."
- course participant, March 2025

"Course was really helpful. Nice to have a safe place to discuss the difficulties of parenting a child with additional needs"
- course participant, August 2025

"Both facilitators care about their presentation and the feelings of the group which makes for a safe environment in which to share."
- course participant, October 2025

1:1 Service

For parents and carers who can't access courses due to barriers such as cost of childcare, and child care in general, location of courses, rural poverty, work and other caring responsibilities and commitments, or mental health challenges. Often it is a combination of these.

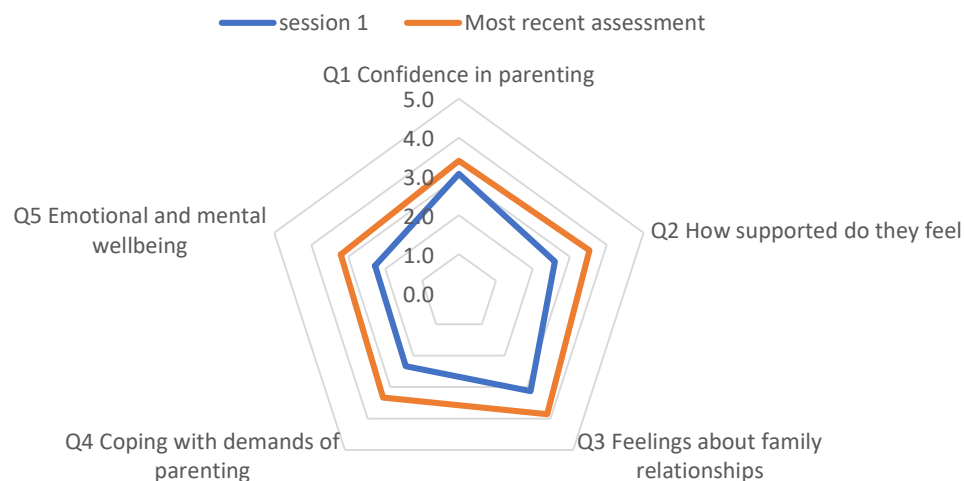
The sessions give parents a chance to talk about the challenges they're experiencing, receive tailored parenting advice based on our courses, set goals, and be referred and/or signposted to other services where required. Sessions are approx. 1hr and take place weekly or fortnightly, either remotely or in person

We delivered 235 1:1 sessions, with a further 112 'contacts'. 27 parents regularly receiving an average of 6 x 1hour regular sessions. Referrals included self-referrals and third-party referrals including other charities, NHS, and local authority. Where 1:1 sessions were missed, staff made contacts to support parents to access the service, including contacting referrers, rescheduling catch-up sessions, having shorter 1:1 appointments, and making referrals. In doing this we provided enhanced continuity of care and helped removed barriers to accessing support.

1:1 sessions	Parents supported regularly with av. 6 sessions	Initial assessments	1:1 sessions
235	27	22	235

"It has made such a difference, just by being heard. It is different telling to a friend or my partner, they want to 'fix' things, and this affects my flow of thoughts. I really appreciate your time, giving me the space to speak and be heard. It has really helped, thank you." 1:1 support parent.

Average wellbeing web results for parents who have received at least 6 sessions of support (some who have been exited, some who are having ongoing support) n=15



Neurodivergent Parent Drop-in

The drop-ins are for parents who are neurodivergent (curious or diagnosed) and are run by facilitators and volunteers with lived experience.

We formalised the running of our drop-ins and were pleased to see them running on a monthly basis on the last Tuesday of each month, with a second online monthly drop-in too. This meant it was possible for parents to access the drop-in who could not have otherwise. The regularity of the sessions provide a much valued predictability for this group of parents, offering peer support and the chance to share resources and support.

Drop-ins	Beneficiaries	Volunteers
12	27	1

Training

In addition to the Care for the Family facilitator training, 3 yearly SBC Public Protection 2 Training, our staff completed Trauma Informed Training, and neurodiversity training with Salveson Mindroom “It Takes All Kind of Minds”.

Monitoring and Evaluating

We now routinely collect Wellbeing Webs for our 1:1 service which reflects changes across the areas of confidence in parenting, how supported parents feel, feelings about family and relationships, coping with the demands of parenting, and emotional and mental wellbeing. We continued to improve our monitoring and evaluating. Our bank of case studies helps us to develop as a service, and to reach out to other parents considering coming to ParentSpace. The case studies also demonstrate to our partner organisations, and funders, what we’re doing and how we’re actively helping people. We collect pre-post course surveys and testimonials, in addition to our recording of numbers attending activities.

Staffing and Recruitment

One significant change in 2025 was the recruitment of 2 fixed term contracted Practitioners. With their enhanced level of training, support and supervision, their role is predominantly 1:1 support for our more complex families.

This organisational shift is different for ParentSpace having previously worked with sessional staff, and is in response to the higher level of need that service users are presenting with.

Funding

We secured funding to keep ParentSpace going via our biggest funders The National Community Lottery, and Roberston Trust, and ongoing match funding which is a continued requirement.

Structure & Governance

Organisation type and governing document

ParentSpace was registered as a SCIO (Scottish Incorporated Charitable Organisation) on 19th March 2019. Our constitution describes how the organisation is structured, and decisions are made. We're a membership organisation and the powers and rules for members are explained in the constitution.

Trustee recruitment and appointment

We are grateful for the wisdom and support of our dedicated team of trustees.

Members can propose themselves, or other members to become trustees subject to election at the annual general meeting. Trustees can also appoint members to be trustees at any meeting of the board.

Charity Trustees

1. Robert Landon – Chair (initial trustee)
2. Elizabeth Buchan- Secretary (started 20/06/2019)
3. Louise Scott (started 03/03/2020)
4. Jan Dishington (started 30/06/2026)

Retired trustees who served during the year

1. Barry Lavelle (started 22/09/2025, resigned 15/07/2026)

Financial Accounts

Section A - Receipts and Payments

January to December 2025

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts				
Donations	100	-	100	40
Grants	61,738	40,107	101,845	85,207
Receipts from fundraising activities	72		72	
Income from investments other than land and buildings	78		78	-
			-	-
A1 Sub total	61,988	40,107	102,095	85,247
A2 Receipts from asset & investment sales				
Proceeds from sale of fixed assets			-	
A2 Sub total	-	-	-	-
Total receipts	61,988	40,107	102,095	85,247
A3 Payments				
Payments relating directly to charitable activities	46,774	39,188	85,962	71,500
Governance costs:			-	-
Audit / independent examination			-	75
Other	10		10	60
A3 Sub total	46,784	39,188.00	85,972	71,635
A4 Payments relating to asset and investment movements				
Purchases of fixed assets		1,007	1,007	
A4 Sub total	-	1,007	1,007	-
Total payments	46,784	40,195	86,979	71,635
Net receipts / (payments)	15,204	(88)	15,116	13,612
A5 Transfers to / (from) funds			-	
Surplus / (deficit) for year	15,204.16	(88)	15,116	13,612

Section B – Statement of balances

At 31st December 2025

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year	26,573	18,300			44,873	31,261
	Surplus / (deficit) shown on receipts and payments account	15,204	(88)			15,116	13,612
						-	
	Cash and bank balances at end of year (Agree balances with receipts and payments account(s))	41,777	18,212	-	-	59,989	44,873
B2 Investments	Details			Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £	
				Total	-	-	
B3 Other assets	Details		Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £	
	Laptop		Unrestricted	1,677		670	
	Recording equipment		Unrestricted	240		240	
			Total	1,917	-	910	
B4 Liabilities	Details			Fund to which liability relates	Amount due to nearest £	Last year to nearest £	
				Total	-	-	
B5 Contingent liabilities	Details			Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £	
				Total	-	-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval				
		ROBERT LANDON	08 September 2026				

Section C – notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

Quilter Foundation - Parenting Courses focussed on Handling Anger and Additional Needs, plus drop-in groups for parents.
Bank of Scotland – Services and core costs aimed at improving mental health
People's Postcode Trust – Services in the Galashiels area including 1:1 support and drop-ins
Communities Mental Health & Wellbeing – Courses, 1:1 support, Drop-ins, Staff training, co-working with Insight Youth and Lead Practitioner support

C2 Grants

Type of activity or project supported	Individual/ institution	Number of grants made	£
Main grant	Robertson Trust	1	15,000
Parenting services in the Galashiels area	People's Postcode Trust	1	20,107
Improving Lives Fund core funding	The National Lottery	1	45,000
Courses and Drop-ins	Quilter Foundation	1	10,000
Communities fund for parenting activities	Co-op	1	1,738
Energise fund - Support of Parents	Bank of Scotland	1	10,000
		Total	101,845

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	X
--	---

Authority under which paid

£

C3b Trustee remuneration -

--	--

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	
---	--

C4b Trustee expenses -

	Number of trustees	£
Treasurer Andrew Gilbert - travel expenses for board duties	1	10

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Trans action amount (£)	Balance outstanding at period end (£)
			0

C6 Other information

--

Additional Analysis (1) – Analysis of receipts & payments

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
Fundraising activities	72		72	40
Other Donations	100		100	-
Total	172	-	172	40
	-	-	-	-

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
The National Lottery Improving Lives	45,000		45,000	50,000
Co-Op Community Fund	1,738		1,738.18	
Quilter Foundation		10,000	10,000.00	
The Robertson Trust	15,000		15,000	15,000
Bavs Microgrant			-	211
Bank of Scotland		10,000	10,000	10,000
Communities Mental Health & Wellbeing Fund			-	9,996
People's Postcode Lottery		20,107	20,107	
			-	
		-	-	
			-	
Total	61,738	40,107	101,845	85,207
	-	-	-	-

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
			-	
Total	-	-	-	-
	-	-	-	-

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
Delivery	6,187.49	10,055	16,242.96	15,005.74
Training	871.56	826	1,697.62	3,486.98
Central Function	6,743.35	2,641	9,384.56	12,499.29
Material & equipment	99.88	19	118.86	192.57
Promotion	-	-	-	90
Staff	32,872.03	25,646	58,518.31	40,225.07
			-	
			-	
			-	
			-	
Total	46,774.31	39,188.00	85,962.31	71,499.65

Additional Analysis (2) – Breakdown of unrestricted funds

5 Breakdown of unrestricted funds

	Unrestricted fund.	Total unrestricted funds	Total unrestricted funds last period
Receipts			
Donations	100	100	
Legacies	-	-	-
Grants	61,738	61,738	65,000
Receipts from fundraising activities	72	72	
Income from investments other than land and buildings	78	78	40
Sub total	61,988	61,988	65,040
Receipts from asset & investment sales			
Proceeds from sale of fixed assets		-	
Proceeds from sale of investments		-	
Sub total	-	-	-
Total receipts	61,988	61,988	65,040
Payments			
Payments relating directly to charitable activities	46,774	46,774	66,116
Governance costs:		-	-
Audit / independent examination	-	-	75
Other	10	10	60
Sub total	46,784	46,784	66,251
Payments relating to asset and investment movements			
Purchases of fixed assets		-	-
Sub total	-	-	-
Total payments	46,784	46,784	66,251
Net receipts / (payments)	15,204	15,204	(1,211)
Transfers to / (from) funds		-	-
Surplus / (deficit) for year	15,204	15,204	(1,211)

Additional Analysis (3) – Breakdown of restricted funds

6 Breakdown of restricted funds

	Quilter Foundation	Bank of Scotland	People's Postcode Trust	Communities Mental Health & Wellbeing Fund	Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	
Legacies					-	-
Grants	10,000	10,000	20,107		40,107	20,207
Receipts from fundraising activities					-	-
Gross trading receipts					-	-
Income from investments other than land and buildings					-	-
Rents from land & buildings					-	-
Gross receipts from other charitable activities					-	-
Sub total	10,000	10,000	20,107	-	40,107	20,207
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	10,000	10,000	20,107	-	40,107	20,207
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	9,796	10,866	12,596	5,931	39,188	5,384
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Sub total	9,796	10,866	12,596	5,931	39,188	5,384
Payments relating to asset and investment movements						
Purchases of fixed assets		1,007			1,007	
Purchase of investments					-	
Sub total	-	1,007	-	-	1,007	-
Total payments	9,796	11,873	12,596	5,931	40,195	5,384
Net receipts / (payments)	204	(1,873)	7,511	(5,931)	(88)	14,823
Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	204	(1,873)	7,511	(5,931)	(88)	14,823

Nature and purpose of funds

Quilter Foundation - Parenting Courses focussed on Handling Anger and Additional Needs, plus drop-in groups for parents.
Bank of Scotland – Services and core costs aimed at improving mental health
People's Postcode Trust – Services in the Galashiels area including 1:1 support and drop-ins
Communities Mental Health & Wellbeing – Courses, 1:1 support, Drop-ins, Staff training, co-working with Insight Youth and Lead Practitioner support

Independent Examiner's Report

I report on the accounts of the charity ParentSpace for the year ended 31.12.2025.

Respective responsibilities of trustees and examiner

The 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 trustees consider that the audit requirement of Regulation 10(1) (a) to (c) of the 2006 Accounts Regulations does not apply.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts as required under section 44(1) (c) of the Act.
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was 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 seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In the course of my examination, no matter has come to my attention 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 which accord with the accounting records, comply with Regulation 8 of the 2006 Accounts Regulations and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met

Or, to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

A handwritten signature in blue ink that reads "Abigail Hallas". The signature is written in a cursive style with a long horizontal flourish underneath the name.

Abigail Hallas

Independent Examiner

Borders Community Action

Registered Office: 1 Drygrange Cottages, Drygrange Steading, Melrose, TD6 9DJ

Date: 29/09/2026

GET IN TOUCH

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ParentSpace (SCIO) is a Scottish Charitable Incorporated Organisation (SCIO) regulated by the Scottish Charity Regulator (OSCR), Scottish Charity number: SC049137

With thanks to

