



Project Sonrisa

Trustees' Annual Report and Accounts

**Period From 13th November 2023 to
31st March 2025**

Scottish Charity Number: SC052942

www.ProjectSonrisa.com

info@projectsonrisa.com

Contents

A - Charity trustees

B - Objectives and activities

C - Structure, governance and management

D - Achievements and performance

E - Financial review

F - Future plans

G - Additional information

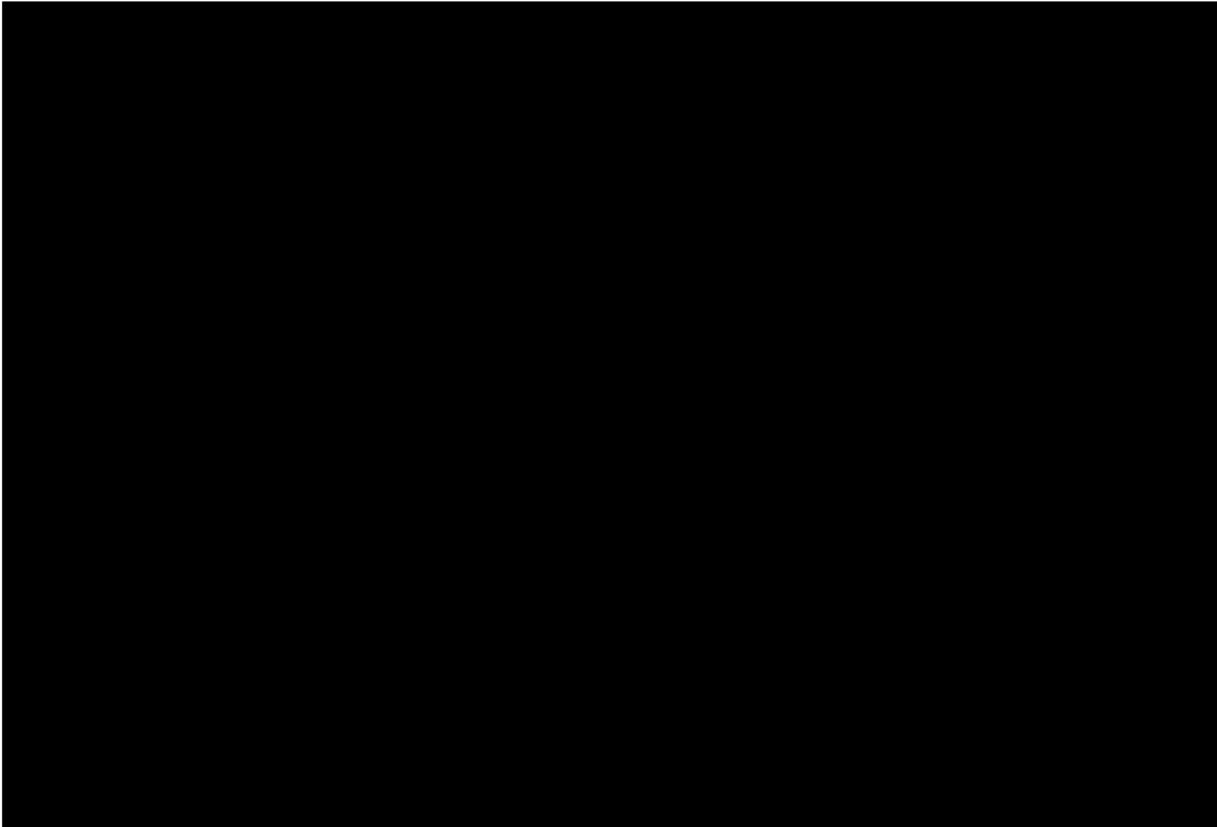
A - Charity Trustees

- [REDACTED]
 - Appointed 13th November 2023
- [REDACTED]
 - Appointed 13th November 2023
- [REDACTED]
 - Appointed 13th November 2023
- [REDACTED]
 - Appointed 13th November 2023

B - Objectives and activities

Project Sonrisa's purpose is the advancement of health, increasing awareness of the stigma surrounding mental health and advocating for positive mental wellbeing.

We achieve this through the power of the creative arts and aligning our charitable activities with our key values of intersectionality, inclusivity and innovation.



C - Structure, governance and management

Project Sonrisa is a Scottish Charitable Incorporated Organisation (a SCIO). It was registered in its current legal form on 13 November 2023. The charity was previously run as a campaign founded in July 2020 before taking the step to become a permanent organisation and incorporated as an SCIO. The assets of the campaign were transferred to the SCIO on the 13th November 2023. It has a single-tier structure, and as such, the trustees are the members of the charity.

Trustee recruitment and appointment

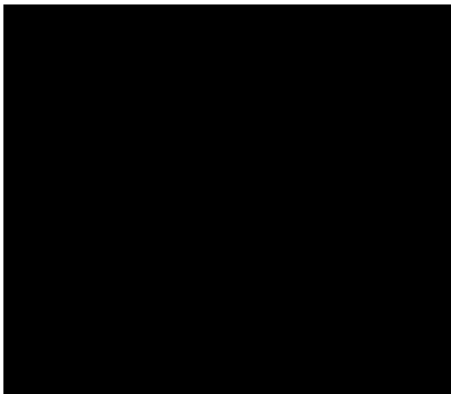
The board of trustees typically meets around every 3 months at a formal board meeting, these meetings are moderated and minuted by our Chief Executive Officer to provide continuity between operational and strategic matters. Trustees are elected at the annual general meeting which is held in November. There must be a minimum of three and a maximum of eight trustees.

D - Achievements and performance

During the reporting period, Project Sonrisa made significant progress in advancing our charitable purposes. From our It All Matters Podcast to our pilot

Creative Wellbeing Packages, we've made a profound impact in the communities we work with.

It All Matters, Project Sonrisa's podcast, provides a platform for underrepresented voices to share their stories around mental health, identity, and community. Some

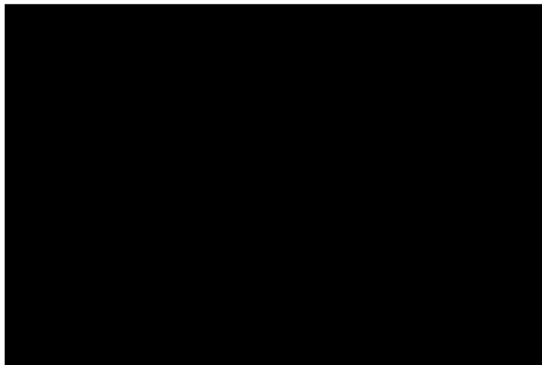


recent episodes focused on topics such as dyspraxia stigma, loneliness in rural youth, and the intersection of creativity and healing. These conversations reached over 600 unique listeners and have been a long-standing part of our commitment to breaking the stigma surrounding mental health and advocating for more positive mental wellbeing. Beneficiaries of this piece of our work said "Having someone represent me in conversations around mental health has really helped me address my own internal stigma and

encouraged me to have my open and honest conversation" and "Taking part in the It All Matters podcast has helped me hugely with my confidence. This experience was inclusive and supportive".

Another key achievement this period was our 'Intersectionality Road Trip' project. This piece of work aimed at understanding how identities—such as race, gender, disability, and sexuality—impact individuals' experiences with mental health services in Lanarkshire and wider Scotland.

Over a three-month period, the project engaged 432 participants through a survey, revealing significant insights: 90% of respondents felt more seen and heard when they could relate to others' experiences, yet only 32% had encountered such representation in mental health media.

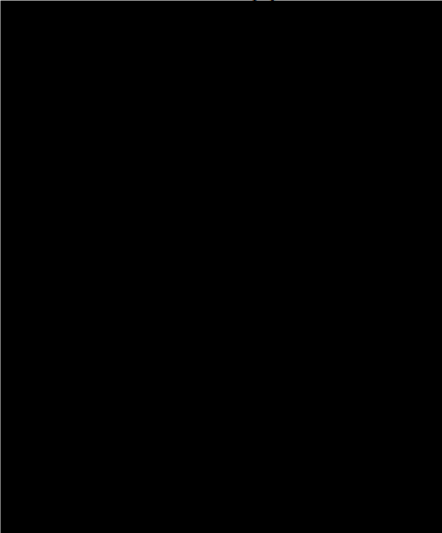


Moreover, a mere 7% believed that current mental health services adequately consider multiple aspects of intersecting identities. These findings underscore the necessity for person-centred approaches and intersectional policies to address systemic barriers in breaking the stigma around mental health, as well as access to support. This piece of work has helped Project Sonrisa to further tackle

the stigma surrounding mental health and created an evidence-based approach to all of our charitable activities.

One stakeholder commented 'Such an incredible piece of research and documentation' in response to our findings.

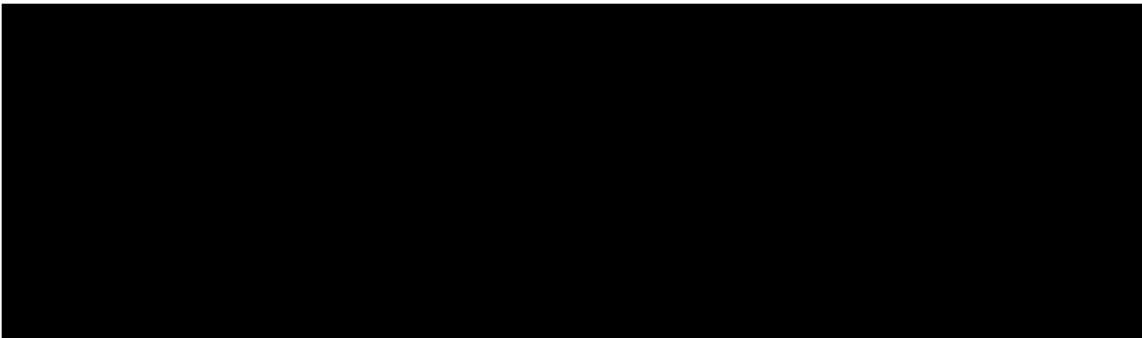
In 2024–25, we also piloted a new piece of work, our Creative Wellbeing Packages initiative to address the barriers individuals face when accessing creative tools that support mental wellbeing. The pilot reached 23 applicants, with 10 individuals receiving bespoke packages tailored to their needs. Participants reported challenges including financial hardship, physical accessibility issues, social stigma, and emotional overwhelm—highlighting a strong need for inclusive, accessible support.



Each package contained items such as journals, art supplies, and books, selected to encourage self-expression and emotional regulation. 100% of recipients expressed interest in accessing the service again, with feedback indicating improved wellbeing, daily routine development, and increased confidence in using creative tools.

The pilot confirmed the positive impact of creative resources on mental health and laid the foundation for a scaled-up, fully funded service as part of Project Sonrisa's core charitable activities in the future.

In addition to our larger-scale projects, Project Sonrisa also delivered a range of smaller, community-focused activities throughout the year. These included attending local gala days, contributing to community wellbeing events, and offering creative engagement stalls to connect directly with the public. These grassroots efforts allowed us to build relationships, raise awareness of our mission, and reach individuals who may not otherwise engage with traditional mental health initiatives. These smaller projects are an essential part of our approach, ensuring that our work remains grounded in community and accessible to all.



Financial review

Our main source of unreserved income in this period has come from donations. During this period, we focused our efforts on growing our reserves which are now in excess of our reserves policy.

Throughout this period, our community donated to us through fundraising efforts such as our Winter Quiz Night and the Kiltwalk. Both of these focused efforts performed better than expected which has put us in a strong position as a charity.

Statement of the charity's policy on reserves

The trustees' policy is to hold reserves of six months of total running costs in order to meet commitments and to cover any unexpected expenditure. Six months expenditure stands at £50 and reserves are well in excess of this, sitting at £388.13, mainly due to donations in excess of projections. The trustees believe that this excess should be spent to further our charitable purposes by expanding our existing work to reach more beneficiaries. Trustees will continue to monitor this position.

The trustees would especially like to thank fundraiser [REDACTED] for their efforts in the Edinburgh Kilt Walk for Project Sonrisa.

Project Sonrisa had no deficits.

This reporting period Project Sonrisa did not donate any facilities or services.

F - Future plans

Shortly after the end of this reporting period, our team came together for our AGM and Annual In-Person Day—a chance to reflect on everything we've achieved in our first reporting year as a SCIO and to plan for the future. We are incredibly excited about the year ahead as we expand our work to reach more of our community. The trustees are especially enthusiastic about plans to scale up our Creative Wellbeing Packages project, which, thanks to the success of the pilot as well as our community for their donations, will be developed into a wider-reaching programme with more consistent content and increased accessibility.

We're also thrilled to share that we will soon be entering post-production after a weekend of filming our next short film, which aims to further challenge stigma surrounding mental health and share powerful lived experiences through inclusive storytelling and the creative arts. This project is possible thanks to the support of our community, who voted for us to receive a Tesco Stronger Starts funding grant—we're so grateful for your belief in our work. Your continued encouragement, donations, and engagement fuel our mission, and we're excited for what we'll build in the year ahead.

G - Additional information

Project Sonrisa received grant funding of £490 from the Tesco Stronger Starts fund supported by Groundwork UK in this reporting period to produce a short film on mental health. This project is due to be finished and reported on by May 2025 and funds are projected to be spent in April 2025 thus no payments in relation to this grant appear in *this* reporting period and will fall into the *following year's*.

Statement of Receipts and Payments for the period ended 31st March 2025

	Unrestricted Funds	Restricted Funds	Year Ended 31/03/2025
Receipts			
Donations	£603.69		£603.69
Grants		£491.00	£491
Total Receipts	£603.69	£491.00	£1094.69

	Unrestricted Funds	Restricted Funds	Year Ended 13/11/2024
Payments			
Cost of charitable activities	£120.56		£120.56
Governance Costs	£96.00		£96.00

Total Payments	£216.56
Surplus for the year	£878.13

Declaration

Signed on behalf of the charity trustees:

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Print name

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Role

Chair

Date

18/04/2025

Independent Examiner's Report to the Trustees of Project Sonrisa (Scottish Charity Number SC052942)

I report on the accounts of the charity for the year ended 31 March 2025 which are set out on pages 7 to 8.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention which;

1. 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
- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations have not been met, or

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

Callum Parr

Independent Examiner

Thursday 18 December 2025

Correspondence address:

