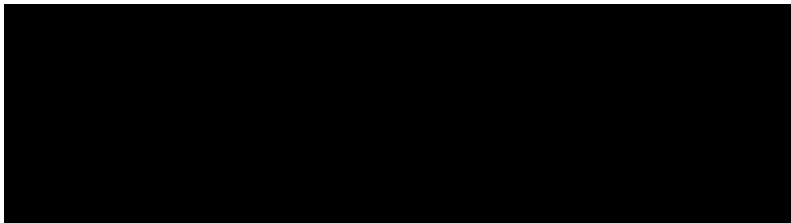


BEECHBRAE SCIO
A SCOTTISH CHARITABLE INCORPORATED ORGANISATION
TRUSTEES' REPORT
AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 MARCH 2025

BEECHBRAE SCIO

LEGAL AND ADMINISTRATIVE INFORMATION

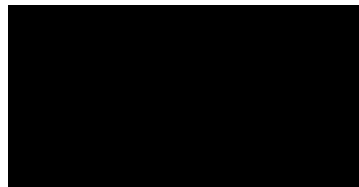
FOR THE YEAR ENDED 31 MARCH 2025



Charity Number

SC046994

Registered Office



BEECHBRAE SCIO

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FOR THE YEAR ENDED 31 MARCH 2025

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BEECHBRAE SCIO

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011, FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities SORP '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)'.

Objectives and activities

Public benefit

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Significant activities and achievements against objectives

Financial review

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 between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management

The charity is a SCIO.

This report was approved by the trustees and signed on its behalf by:

Trustee

Date : 22 December 2025

BEECHBRAE SCIO

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BEECHBRAE SCIO

I report to the trustees on my examination of the financial statements of Beechbrae SCIO (the charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

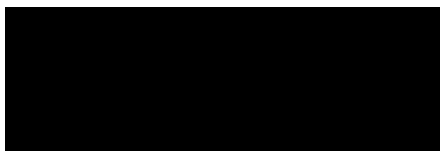
Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

I have completed my examination. I confirm that no 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 charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.



Precision Accountants and Business Advisors Limited

1 Marischal Square
Broad Street
Aberdeen
AB10 1BL

22 November 2024

BEECHBRAE SCIO**STATEMENT OF FINANCIAL ACTIVITIES**

FOR THE YEAR ENDED 31 MARCH 2025

Recommended categories by activity	Notes	Unrestricted funds £	Restricted income funds £	Total Funds 2025 £	Total Funds 2024 £
Income and endowments from:					
Donations and legacies	2	-	35,090.86	35,090.86	66,617.28
Charitable activities	3	47,781.21	-	47,781.21	57,616.90
Other	4	27.16	-	27.16	2,803.35
Total		47,808.37	35,090.86	82,899.23	127,037.53
Expenditure on:					
Raising funds		52,398.57	1,648.09	54,046.66	54,361.93
Charitable activities	5	55,254.32	11,177.54	66,431.86	82,416.14
Total		107,652.89	12,825.63	120,478.52	136,778.07
Net income/(expenditure)		(59,844.52)	22,265.23	(37,579.29)	(9,740.54)
Transfers between funds		(379,052.44)	379,052.44	-	-
Net movement in funds		(438,896.96)	401,317.67	(37,579.29)	(9,740.54)
Reconciliation of funds:					
Total funds brought forward		473,340.25	111,911.74	585,251.99	594,992.53
Total funds carried forward		34,443.29	513,229.41	547,672.70	585,251.99

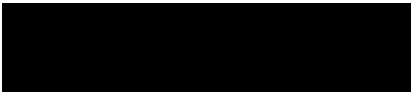
BEECHBRAE SCIO

BALANCE SHEET

FOR THE YEAR ENDED 31 MARCH 2025

Recommended categories by activity	Notes	Total Funds 2025 £	Total Funds 2024 £
Fixed assets			
Tangible assets	7	464,816.25	498,406.07
Total fixed assets		464,816.25	498,406.07
Current assets			
Debtors	8	14,485.99	20,675.76
Cash at bank and in hand	9	103,086.85	102,846.53
Total current assets		117,572.84	123,522.29
Creditors: amounts falling due within one year	10	15,415.06	15,513.01
Net current assets/(liabilities)		102,157.78	108,009.28
Total assets less current liabilities		566,974.03	606,415.35
Creditors: amounts falling due after one year	11	7,291.56	15,624.89
Provisions for liabilities		(12,009.80)	(5,538.47)
Total net assets		571,692.27	596,328.93
Funds of the Charity			
Unrestricted funds	12	34,443.29	473,340.25
Restricted income funds	12	513,229.41	111,911.74
Endowment funds	12	-	-
Total funds		547,672.70	585,251.99

The financial statements were approved by the trustees on 22 December 2025 and signed on its behalf by:


Trustee

Date : 22 December 2025

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Charity information

The Charity is a Scottish Charitable Incorporated Organisation (SCIO), governed by a constitution.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

BEECHBRAE SCIO
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings 5% straight line
Plant and equipment 25% reducing balance
Fixtures and fittings 25% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

BEECHBRAE SCIO
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Provisions

Provisions are recognised when the charity has a legal or constructive present obligation as a result of a past event, it is probable that the charity will be required to settle that obligation and a reliable estimate can be made of the amount of the obligation.

The amount recognised as a provision is the best estimate of the consideration required to settle the present obligation at the reporting end date, taking into account the risks and uncertainties surrounding the obligation. Where the effect of the time value of money is material, the amount expected to be required to settle the obligation is recognised at present value. When a provision is measured at present value, the unwinding of the discount is recognised as a finance cost in net income/(expenditure) in the period in which it arises.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.13 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

2. Income from Donations and Legacies

Analysis	Restricted income funds	Total funds 2025	Total funds 2024
	£	£	£
Donation and gifts	-	-	3,476.31
General grants provided by Government/other charities	35,090.86	35,090.86	63,140.97
Total	35,090.86	35,090.86	66,617.28

3. Income from Charitable Activities

Analysis	Unrestricted funds	Total funds 2025	Total funds 2024
	£	£	£
Activity workshops	23,132.05	23,132.05	32,083.40
Woodland Centre hire	24,499.16	24,499.16	25,263.50
Woodland produce	150.00	150.00	270.00
Total	47,781.21	47,781.21	57,616.90

4. Other Income

Analysis	Unrestricted funds	Total funds 2025	Total funds 2024
	£	£	£
Gain on disposal of a tangible fixed asset held for charity's own use	-	-	2,507.98
Other	27.16	27.16	295.37
Total	27.16	27.16	2,803.35

5. Expenditure on Charitable Activities

Analysis	Unrestricted funds	Restricted income funds	Total funds 2025	Total funds 2024
	£	£	£	£
Bank charges	-	-	-	0.32
Activity workshop purchases	1,394.29	658.12	2,052.41	7,297.80
Woodland produce purchases	141.46	1,400.00	1,541.46	4,556.26
Capitol works/Projects	-	1,000.00	1,000.00	9,319.26
Total	1,535.75	3,058.12	4,593.87	21,173.64
Support Costs	53,718.57	8,119.42	61,837.99	61,242.50
	55,254.32	11,177.54	66,431.86	82,416.14

6. Support Costs

	Total funds 2025	Total funds 2024
Analysis	£	£
Support Costs		
Wages and salaries	60,052.28	60,521.41
Advertising and marketing	-	11.74
Printing and stationery	88.18	-
Staff recruitment & training	630.00	1,923.45
Staff welfare	167.99	405.06
Travel	387.22	68.14
Equipment repairs and maintenance	2,591.87	3,341.88
Subscriptions	872.26	808.43
Telecommunications	730.85	702.41
Rent	1.00	1.00
Light, heat, power	(342.97)	(1,105.38)
Cleaning	232.62	363.16
Premises repairs and maintenance	2,577.86	3,123.22
Insurance	2,698.83	1,830.96
Depreciation	37,405.33	36,728.38
Governance Costs		
Redundancy provision	6,471.33	5,538.47
Accountants fees	1,320.00	1,342.10
	115,884.65	115,604.43

7. Tangible Fixed Assets

	Freehold Land & Buildings	Plant & Machinery	Fixtures & Fittings
	£	£	£
7.1 Cost or valuation			
At 01 April 2024	617,224.48	21,994.21	21,689.59
Additions	-	2,957.51	858.00
Disposals	-	-	-
Revaluations	-	-	-
Transfers	-	-	-
At 31 March 2025	617,224.48	24,951.72	22,547.59

7.2 Depreciation and impairments

At 01 April 2024	127,192.67	19,315.92	15,993.62
Charge for the year	30,861.22	1,408.95	5,135.16
Disposals	-	-	-
Revaluations	-	-	-
Transfers	-	-	-
At 31 March 2025	158,053.89	20,724.87	21,128.78

7.3 Net book value

At 01 April 2024	490,031.81	2,678.29	5,695.97
At 31 March 2025	459,170.59	4,226.85	1,418.81

8. Debtors: Amounts falling due within one year

	Total funds 2025	Total funds 2024
	£	£
Prepayments & accrued income	9,685.99	9,685.99
Trade debtors	4,800.00	10,989.77
Total	14,485.99	20,675.76

9. Cash at bank and in hand

	Total funds 2025	Total funds 2024
	£	£
Cash at bank and in hand	103,086.85	102,846.53
Total	103,086.85	102,846.53

10. Creditors: Amounts falling due within one year

	Total funds 2025	Total funds 2024
	£	£
Bank loans and overdrafts	12,500.04	12,500.04
Trade creditors	-	636.38
Accruals and deferred income	1,500.00	1,500.00
Taxation and social security	1,011.39	576.59
Other creditors	403.63	300.00
Total	15,415.06	15,513.01

11. Creditors: Amounts falling due after one year

	Total funds 2025	Total funds 2024
	£	£
Bank loans and overdrafts	7,291.56	15,624.89
Total	7,291.56	15,624.89

12. Charity funds

12.1 Details of material funds held and movements during the CURRENT reporting period

Fund names	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
	£	£	£	£	£	£
Unrestricted funds						
General Fund	-	-	-	(379,052.44)	-	(379,052.44)
	473,340.25	-	-	-	-	473,340.25
Restricted income funds						
Restricted fund	-	-	-	379,052.44	-	379,052.44
	111,911.74	-	-	-	-	111,911.74
Total	585,251.99	-	-	-	-	585,251.99

Transfer of funds in year relates to correcting the allocation from buildings to restricted asset from unrestricted.

12.2 Details of material funds held and movements during the PREVIOUS reporting period

Fund names	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
	£	£	£	£	£	£
Unrestricted funds						
	518,570.69	63,896.56	109,127.00	-	-	473,340.25
Restricted income funds						
	76,421.84	63,140.97	27,651.07	-	-	111,911.74
Total	594,992.53	127,037.53	136,778.07	-	-	585,251.99

12.3 Transfers between funds

This Year

	Amount £
Between unrestricted and restricted funds	379,052.44
Between endowment and restricted funds	-
Between endowment and unrestricted funds	-

Last Year

	Amount £
Between unrestricted and restricted funds	-
Between endowment and restricted funds	-
Between endowment and unrestricted funds	-

12.4 Designated funds

This year

Planned use	Purpose of the designation	Amount
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Last year

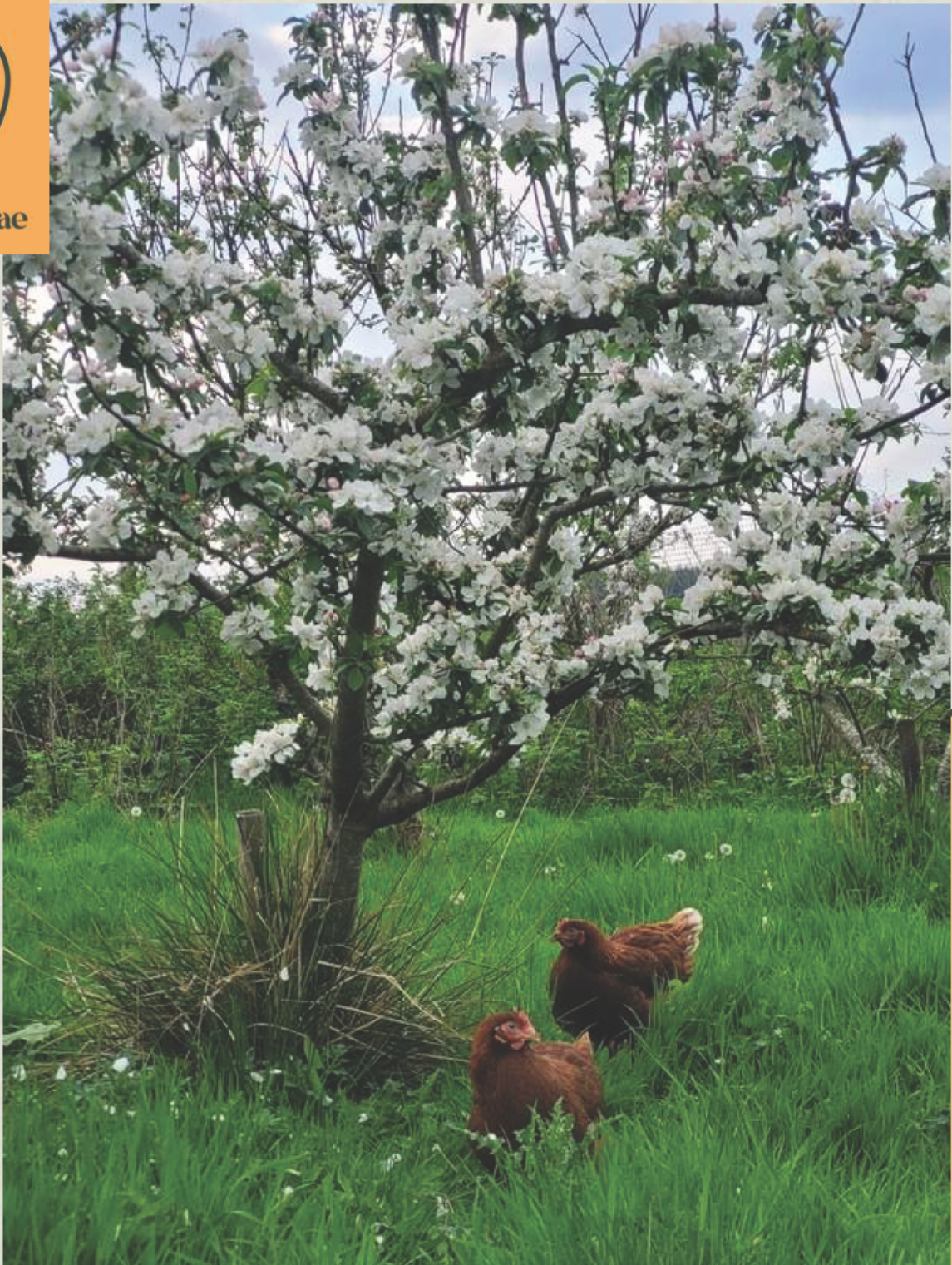
Planned use	Purpose of the designation	Amount
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13. Average Number of Employees

Average number of employees during this year : 3 and last year : 3



Beechbrae



Beechbrae SCIO Activity Report

1 April 2024– 31 March 2025

beechbrae.com

© 2025 Beechbrae SCIO is a Scottish Charity (SC046994) registered at:



Overview

At Beechbrae, we are passionate about connection, healing and health, and learning. We believe that the choices we make are important and add to a collective wider story about ways of looking after the environment, our resources, ourselves and each other.

Beechbrae was born out of a dream to live more sustainably and tread lightly on the resources we have. We are a social enterprise and charity based in Beechbrae Wood, West Lothian. Beechbrae Wood is on the edge of our village, Blackridge, and from this greenspace we support people to engage with nature to improve mental health and wellbeing.

Beechbrae works to support people's mental and physical wellbeing through nature connection. This year we continued running Woodland Wellbeing sessions supporting young people to engage with nature, explore, play and ground themselves in nature, in their bodies, and in the present moment. Most of these are tailored sessions for young people who are not engaging with school and for people with complex needs and trauma backgrounds.

We ran more Branching Out Programmes, supporting adults with mental health conditions through engagement and discovery outdoors. We continued to run the Wellbeing Conservation Group, for people who have previously completed Branching Out at Beechbrae. This is a weekly drop in session building on skills learned at Branching Out, providing space to learn more and develop more skills and confidence. Beechbrae Woodland Centre continues to hold many wellbeing activities and events. Beechbrae continued to be a haven for our local community and visitors to go for a walk, relax, unwind, connect with nature, and find stillness.



Beechbrae

Our Values

CURIOSITY: we choose to be open to exploring, learning and fostering curiosity about the natural world, each other and ourselves as a means of strengthening our collective agency.

CONNECTION: we recognise relationship and connection as being at the heart of Beechbrae – within ourselves, with everyone who comes to or is part of Beechbrae, and with the land.

NURTURE: we nurture those who engage with Beechbrae and the land itself. We engage in a trauma-informed way to seek health, wellbeing and wholeness.

What we believe in

- Creating and holding a safe space
- Enabling people to feel welcome, included and accepted for exactly who they are
- Working with adults and young people, starting from where they are and at their own pace
- Acting with humanity and compassion
- Understanding the magic that can happen when trust is present
- Building self-confidence and a sense of what is possible
- Believing in people and nurturing them to find their own way to flourish as humans
- Checking our unconscious bias and striving to be equal with each individual
- Enabling and deepening human connections
- Working from a place of curiosity and wonder
- Supporting risk-taking and challenge
- Appreciating the power of individual and collective agency

The Young People and Adults we work with have experience of:

- Isolation
- Anxiety
- Aggression and anger
- Feeling shut down
- Fear
- Resignation and detachment
- Disappointment
- Neglect / abuse
- Discrimination and feelings of shame / stigma
- Hopelessness
- Depression
- Frustration
- Toxic masculinity
- Uncertainty and insecurity
- Physical and emotional pain
- Sadness
- Bullying
- Fatigue
- Hunger



Beechbrae



At Beechbrae, Young People & Adults...

OUR OUTCOMES

...feel safe, accepted & valued

...build compassion and connection

...are more able to understand, be and express themselves

...improve mental health, confidence and wellbeing

...better appreciate and embody the power of nature

...progress with a sense of curiosity

INDICATORS OF CHANGE

They...

- Keep coming back
- Appear more relaxed
- Open up
- Ask when they can come back
- Make an effort to contribute
- Get to know us individually

They...

- Make friends
- Help each other out
- Share ideas / chat
- Demonstrate kindness and recognising others' emotions
- Work together well
- Swap contact details
- Tell us they have a better relationship with loved ones

They...

- Can describe their experience and emotions
- Express themselves authentically
- Come out of their shell and express themselves
- Find out what they are good at / enjoy doing
- Make choices / have ideas

They...

- Appear more relaxed / content / happy
- Take better care of themselves
- Feel less anxious / manage anxiety
- Understand what helps them
- Develop strategies for staying safe and well
- Become more engaged / involved
- Suggest things and stop asking permission
- Feel less stigmatised

They...

- Can get dirty / stuck in
- Can handle bugs
- Show appreciation of nature
- Find ways to be in nature in their lives
- Want to protect our environment
- Have a sense of wonder
- See the connection between nature and their wellbeing

They...

- Show more enthusiasm for their future
- Make plans / goals
- Can learn and enjoy learning
- Can express what they want
- Have coping strategies for the future
- Demonstrate responsibility / show initiative
- Talk about their future
- Demonstrate resilience



Woodland Wellbeing

Most of us are aware of the benefits of being outside. We can see and sense things differently and it is possible to connect in different ways, to nature, to others and to ourselves.

We continued our work running tailored Woodland Wellbeing sessions to help ground people in nature and in themselves. We worked predominantly with young people who were struggling to engage with school for a variety of reasons. The Beechbrae team has a strong grounding in Trauma Informed Practices and we use a variety of tools to support and engage young people with complex needs and trauma backgrounds.

Woodland Wellbeing sessions are for small groups of young people (up to 6) and are tailored for each group's needs, over a minimum of six sessions. Many groups continue longer term, throughout the school year. This year we watched young people feeling safe, accepted & valued, build compassion & connection, be more able to understand, be and express themselves, improve mental health confidence and wellbeing, better appreciate and embody the power of nature, and progress with a sense of curiosity and possibility.

Outcomes:

60 Woodland Wellbeing Sessions

38 Different different young people attended Woodland Wellbeing Sessions (multiple sessions)



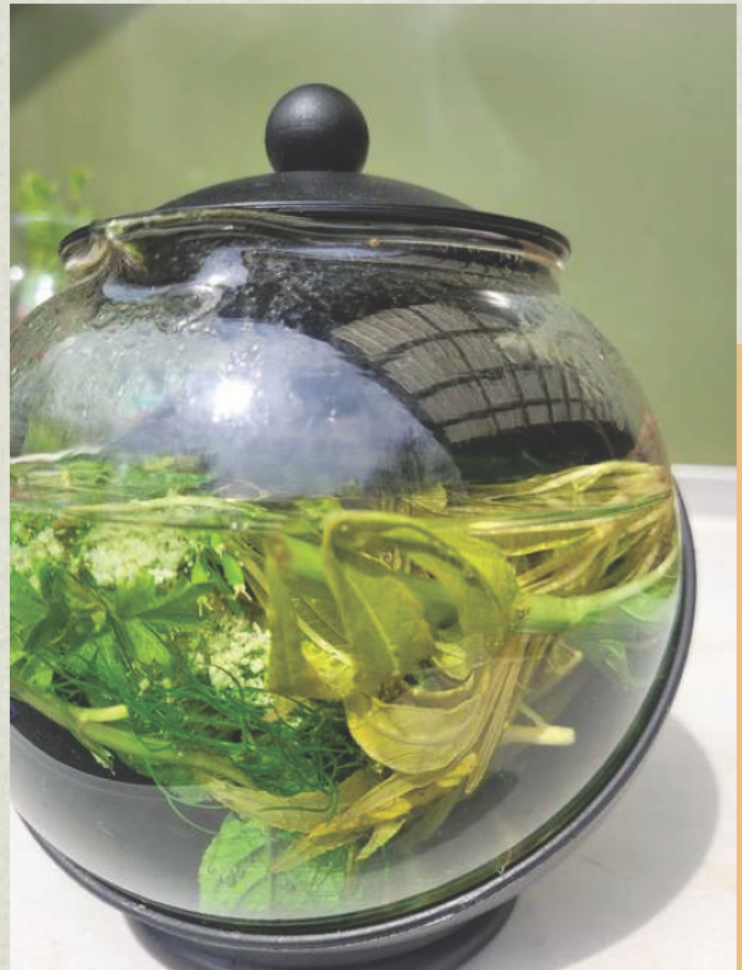
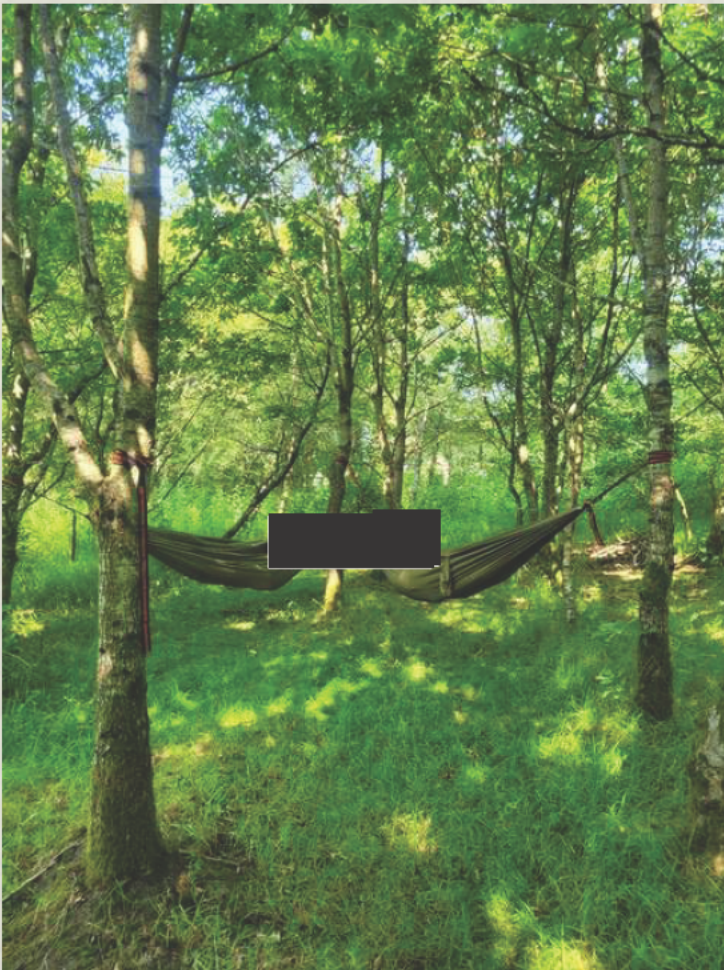
Beechbrae



Branching Out

Branching Out is a free 12 week outdoor programme for adults that was developed by Scottish Forestry to support people who are struggling with their mental health. Branching Out at Beechbrae involves: · Fire lighting · Conservation · Fire Cooking · Self inquiry · Balm making · Foraging · Mindful walks · Plant and tree id · Folklore · Nature Connection and much more.

This year we ran three Branching Out programmes thanks to funding, which significantly reduced our wait times and allowed us to run them on different days to widen accessibility. Funding for the Branching Out groups were possible thanks to National Lottery Awards for all, West Lothian Development Trust and Scottish Forestry.



“I was so anxious to start Branching Out, but I was instantly made to feel welcome and accepted from the beginning. I have always loved being in nature and having the opportunity to learn about my surroundings has been wonderful, and to learn about things from such passionate people has been an experience I will carry with me forever. From the beginning of Branching Out to the end, and to this day, it has been the most helpful and rewarding experience I have had.”

– Feedback from a Branching Out Participant

Outcomes:

3 x 12 week Branching Out Programmes

30 Adults participated in Branching Out



Beechbrae



Wellbeing Conservation Group

Our Wellbeing Conservation Group is a follow-on for people who have completed the 12 week Branching Out programme at Beechbrae. Many programmes that support people who are struggling with mental health are short-term and, while they do make a difference, tend to leave people on their own after completion, often just as they are feeling more confident, have increased skills and are open to stepping out of their comfort zone. We wanted to do things differently and be able to offer a lighter touch and more long-term community level support. We had dreamt for a long time of offering this and we were delighted to finally make it happen.

The Wellbeing Conservation Group is a place where people can continue to learn new skills and put ones they learned at Branching Out into practice. It's a drop-in session that is run on a Friday afternoon. Some people come every week, others come when they can, and when they need it. Together, we do outdoor tasks that look after and manage the Wood and Garden at Beechbrae.



Outcome: 49 Wellbeing Conservation Sessions



Beechbrae

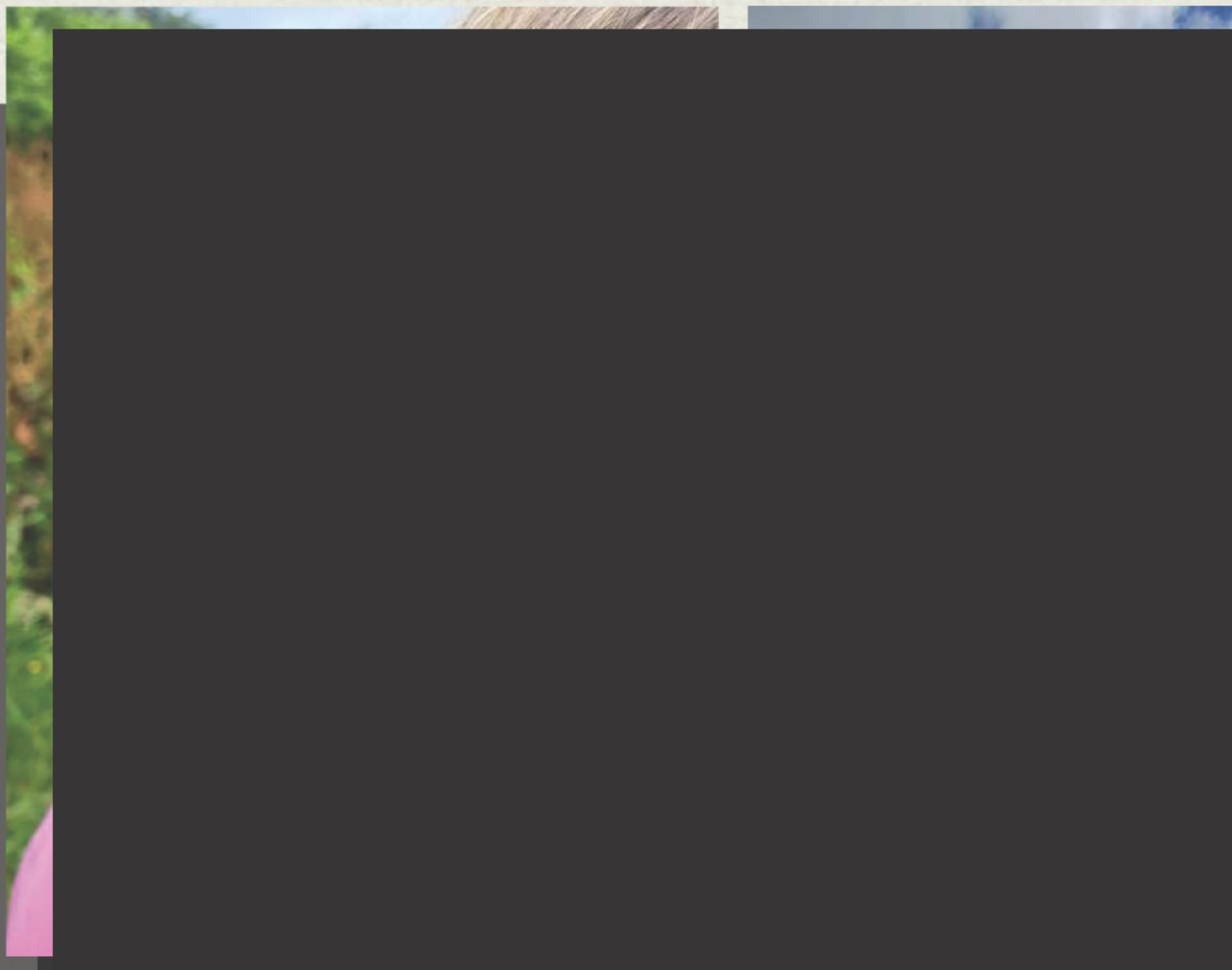


Other Beechbrae Sessions

We ran a variety of one-off sessions and events at Beechbrae that were free and open to our local village and the wider public.

Beechbrae Summer Outdoor Activities

Beechbrae ran four Summer Sessions for young people and two Family Woodland Sessions in Summer 2024. We enjoyed exploring, playing and learning in the woods. These were possible thanks to funding from the Ernest Cook Trust.



As well as the above events, we also ran sessions for Blackridge Primary, Eastertoun & St Anthony's Primary Schools at Blawhorn Moss, Forest Bathing, learning exchanges and team away days at Beechbrae.

Outcome: 310 people attended a variety of Beechbrae Woodland Sessions & Events

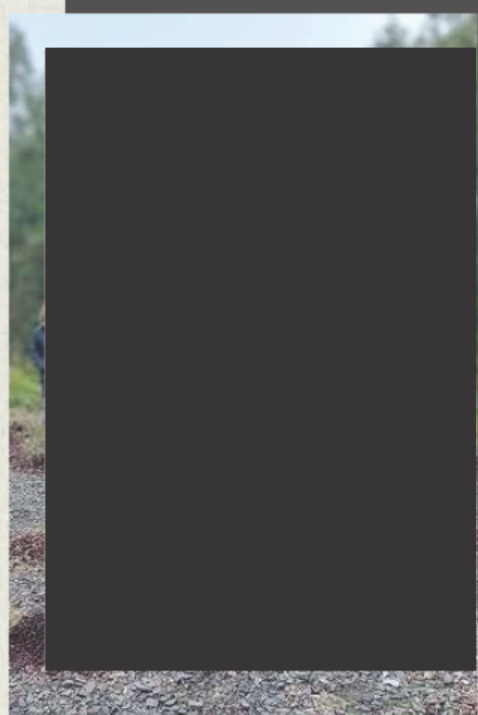


Beechbrae



Beechbrae Woodland Centre

Beechbrae Woodland Centre has been busy this year with a variety of groups, individuals and businesses bringing their wellbeing activities to Beechbrae. The space was used for wellbeing days, foraging, community herbalism, team away days, counselling, art, outdoor first aid, yoga, and training. Many groups chose this venue because of the access to nature and indoor/outdoor spaces available.



Outcome:
262 Bookings in Woodland Centre
2210 People through the Woodland Centre door



24-25 Outcomes Summary

Woodland Wellbeing Outcomes:

60 Woodland Wellbeing Sessions

38 Different different young people attended Woodland Wellbeing Sessions (multiple sessions)

Branching Out Outcomes:

3 x 12 week Branching Out Programmes

30 Adults participated in Branching Out

Wellbeing Conservation Outcomes:

49 Wellbeing Conservation Sessions

Beechbrae Woodland Sessions (one off) Outcomes:

310 people attended a variety of Beechbrae Woodland Sessions & Events

Beechbrae Woodland Centre Outcomes:

262 Bookings in Woodland Centre

2210 People through the Woodland Centre door



Conclusion

This was a tough year for Beechbrae with anticipated funding not being renewed and wider public budget issues reducing the number of Woodland Wellbeing sessions we were able to run. We adapted as well as we could and are especially grateful to the funders who stepped in to help fill the gaps so we could continue to provide our programmes. We have continued to specialise in nature-based, trauma-informed mental health and wellbeing support for young people in West Lothian and our adult offerings continue to provide longer-term and more sustainable support. We have offered many low-cost Woodland sessions to our community and wider West Lothian. Beechbrae Woodland Centre has been busy with a variety of wellbeing activities. This has been a year full of increased wellbeing through nature connection at Beechbrae, and we are grateful to have played a part.

