

Conscious Edinburgh
Scottish Charity No – SC049488
Annual Report and Financial Statement
For the financial period 31/07/23 – 01/05/24

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Trustees' Annual Report

For the year ended 31st April 2024

The trustees have pleasure in presenting this report with the financial statements for the year ended 31st April 2024

Reference and Administrative Information:

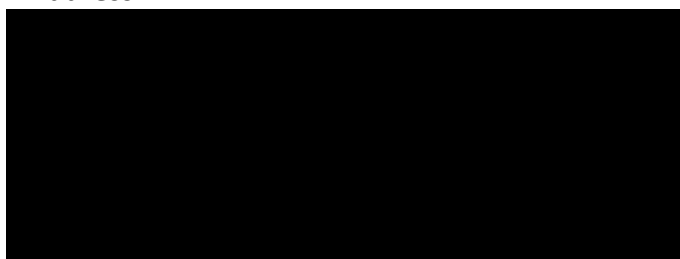
Charity Name:

Conscious Edinburgh

Charity No:

SC049488

Address:



Structure, Governance and Management

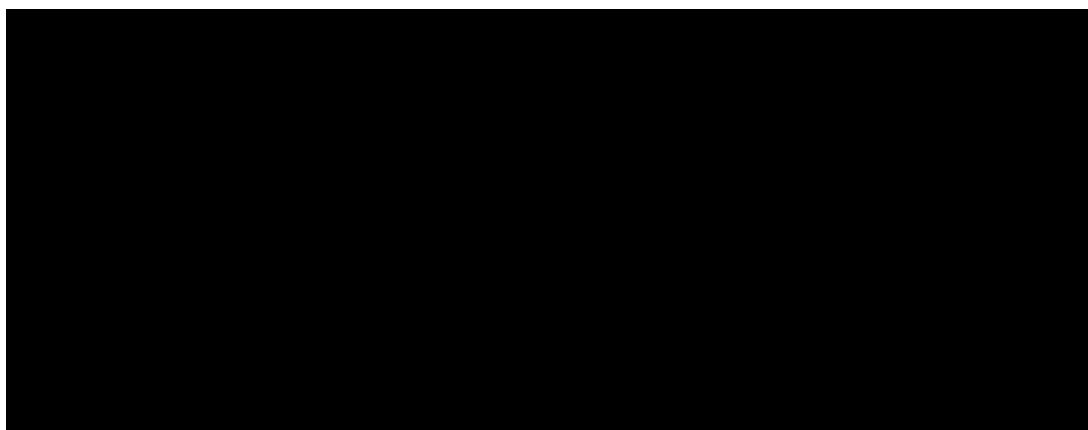
Constitution:

The charity is a Scottish Charitable Incorporated Organisation (SCIO). It was registered in its current legal form on 30/07/2019. The charity was previously an unincorporated organisation but changed its legal form to a SCIO. The assets of the unincorporated organisation were transferred to the SCIO on 30/07/2019. It has a dual tier structure with trustees and a committee.

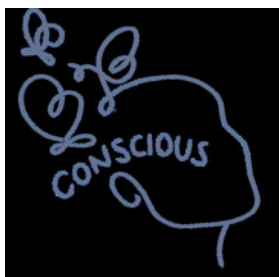
Appointment of trustees:

The committee consists of:

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Past and current presidents are automatically promoted to charity trustees unless they do role. There must be a minimum of three trustees at all times.



Objectives and Activities:

Charitable purposes:

1. To advance the education amongst the student population via information sessions, smaller group sessions and flyers surrounding mental health and how to deal with stress.
2. To advance the health amongst the student population through the provision of safe spaces on campus for students to express their mental health in an encouraging environment enabling peer support, along with the provision of mental health first aid training to spot the signs of depression, anxiety and suicidal thoughts as well as other mental health issues.
3. The provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the person for whom the facilities or activities are primarily intended by encouraging students to take part in activities such as yoga and other team building activities.

Activities:

Conscious Mental Health First Aid Courses

We have been able to run 3 courses this year, training 35 students in mental health first aid from a variety of different student clubs and societies! A huge thank you to [REDACTED] for her continued support in delivering Scotland's mental health first aid courses to our students.

Conscious Edinburgh Peer Support Groups

Our peer support team has continued to help coordinate our valuable grief support groups, with special thanks to [REDACTED] who run the sessions. They have also created and run a new support group for people with ADHD. We have also introduced a medics peer support group, a safe space for medical students to talk about their experiences.

Conscious Conversations

After training in mental health first aid, our conscious conversation team has developed a presentation to deliver informative mental health courses to various student societies and sports clubs.

Subsidised Therapy

We are connecting with Clinical Psychology Collective, who are providing 10% off their therapy sessions to students. We will also be subsidising part of the cost for students looking for therapy sessions with clinical psychologists with a reference from a doctor from September. We are also looking to do the same with a counselling organisation from September, to accommodate a variety of different mental health needs.



Events

The Winter Wonderland Ball: our biggest fundraiser of the year

We hosted an elegant Ball for 600 people at Dynamic Earth on Saturday the 18th of November. This was to raise money for our initiatives and increase our publicity to students. The events team had been planning this event since June and it was amazing to see all our ideas come together to create such a special evening! We hosted 5 music acts across 2 stages, circus acts, a string quartet, food, raffle, candyfloss, drinks reception and more! We even had our own Christmas market, a platform for student businesses in the Dynamic Earth galleries. In addition to creating a magical night of entertainment, we managed to raise nearly £5000 for our mental health initiatives. We were also shortlisted for Event of the Year in this year's Students' Association's Student Awards.

Yoga with Mari

We hosted two successful yoga workshops with [REDACTED] a yoga therapist. Our first session, with 17 participants, was a yoga therapy session, focusing on how to deal with anxiety in the body through grounding. This second session focused on yoga and mindfulness to help body positivity and self love. We have received very positive reactions to these sessions and participants have communicated how valuable they have been. In May, we will be subsidising a 4-week course of yoga therapy for anxiety for 12 people.

Cupid's Charity Ceilidh

In collaboration with Edinburgh Charity Fashion Show, we hosted a Ceilidh with a Valentine's day theme to fundraise and raise awareness for both our charities. We raised around £500 for each of our respective charities.

Pub Quiz with Movember at Dropkick's

We hosted a successful pub quiz with a turn out of 60 students in collaboration with Movember Edinburgh. This raised over £300 to split between both our charities! Importantly, it gave us an opportunity to talk about what both our charities set out to achieve to support both student and men's mental health.

Sponsorship

Through our successful application, the National Lottery Community Fund has provided funding of £1000 for our initiatives. Through nomination by Baillie Gifford, we have been allocated £1000 from Foundation Scotland. We have received sponsorship from Dropkick Murphy's, who also provided ongoing support and use of their venue!



Reserves policy

The trustees policy is to retain a minimum of £500 for the new financial year, beginning on the 1st August 2021 and on every subsequent 1st August. This is to cover any expenditure for events that the new committee may want to host prior to fundraising events.

Plans for future period

We look forward to focusing on making mental health support more accessible to students next year. University counselling is often oversubscribed and accommodates only 3 sessions in many cases. Furthermore, we have seen a huge rise in student mental health issues over the past few years, particularly with anxiety and depression. 50 % of students have considered leaving their course because of their mental health. 32% say their well-being has worsened since starting university. Meanwhile, waiting times to set up counselling support from universities can be up to three months from referral due to high demand and lack of resources. We have spent time this semester to set up a sustainable subsidised therapy scheme to begin running in September and hope this can make a positive impact on students struggling to find or fund support.

We will also continue our Mental Health First Aid Courses, training individuals and facilitating our Conscious Conversations, enabling informed and educational sessions for sports clubs and societies.



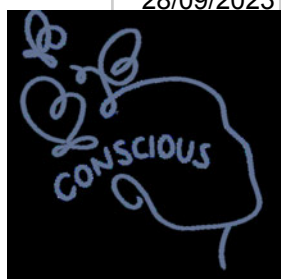
Statement of Receipts and Payments for 31/07/23 – 01/05/24

Incomings:

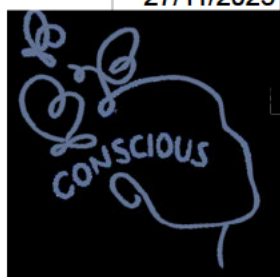
Date	Description	Money In (£)
26/10/2023	CAFGYE31000784658	£560.00
07/11/2023	SQUARE - Movember Quiz	£303.45
09/11/2023	FIXR TICKET SA - BALL Income	£24,230.40
13/11/2023	From A/C [REDACTED] - Reserve Fund	£737.88
15/11/2023	From A/C [REDACTED] - Reserve Fund	£219.78
17/11/2023	AMZNMKTPLACE - REFUND	£32.99
20/11/2023	SQUARE	£13.76
20/11/2023	Edinburgh Univeri - EUMHC Loan	£9,000.00
21/11/2023	VIPR DIGITAL LIMIT - FIXR INCOME	£11,770.60
27/11/2023	Edinburgh Charity	£21.00
01/12/2023	MAIN GRANTS - Deloitte	£1,000.00
04/12/2023	From A/C [REDACTED]	£3,375.00
14/12/2023	DYNAMIC EARTH ENTERPRISE	£2,767.00
15/12/2023	FOUNDATION SCOTLAND	£1,000.00
05/02/2024	RAFFAL LIMITED	£281.45
06/02/2024	RAFFAL LIMITED	£16.45
08/02/2024	[REDACTED]	£1,000.00
20/02/2024	[REDACTED] - SOCIAL	£100.00
21/02/2024	ECFS CEILIDH PROFITS	£1,462.50
27/02/2024	HMRC VAT	£5,014.01
06/03/2024	DOUBLEDAY E R	£75.00
02/04/2024	[REDACTED]	£55.00
03/04/2024	[REDACTED]	£55.00
		REVENUE: £63,091.27

Outgoings:

Date	Description	Money Out (£)
08/09/2023	Mail Boxes Et	-£185.00
28/09/2023	VIPR DIGITAL LIMIT	£22.00
	Dynamic Earth	-£5,200.00
	[REDACTED]	-£600.00

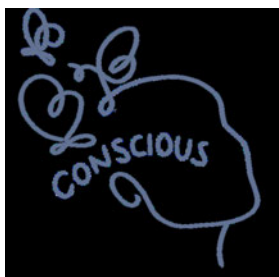


13/10/2023	██████████ CBall Stilt Walker	-£415.00
13/10/2023	████████████████████	-£900.00
13/10/2023	████████████████████	-£60.00
16/10/2023	4Imprint Direct Li - TOTE Bags	-£359.99
19/10/2023	██████████ - Pot Luck	-£4.00
25/10/2023	Edinburgh Event - Candy Floss CBall	-£300.00
06/11/2023	██████████ - Quiz Printing	-£10.00
08/11/2023	██████████ - LED Letters	-£320.00
08/11/2023	Make Believe Scotl - Dressing DE	-£555.00
08/11/2023	Edinburgh Copy Shop	-£36.00
08/11/2023	Edward Roberts - Movember Quiz	-£144.73
10/11/2023	Dynamic Earth	-£24,230.40
10/11/2023	Facebook - Ads	-£7.00
13/11/2023	Dynamic Earth	-£737.88
13/11/2023	Facebook - Ads	-£7.00
13/11/2023	Facebook - Ads	-£7.00
13/11/2023	Amazon - Snow Machine	-£81.99
13/11/2023	Edinburgh Copy Shop	-£13.50
13/11/2023	Facebook - Ads	-£7.00
14/11/2023	VMS ECCI - Coffee Chinwag	-£6.85
14/11/2023	PEGASUS SOUND	-£1,728.00
15/11/2023	Garlands - Flowers	-£80.00
17/11/2023	Amazon Market Place - Decoration	-£104.01
20/11/2023	Boteco Do Brasil	-£8.00
20/11/2023	Amazon - Snow Machine	-£26.29
20/11/2023	TESCO - Drink for ball acts	-£47.39
20/11/2023	PolicyBee LTD	-£74.75
22/11/2023	██████████ Ball BagPiper	-£50.00
22/11/2023	████████████████████	-£3,600.00
22/11/2023	██████████ - Ceilidh Band	-£650.00
22/11/2023	To ██████████ - Reserve Fund	-£957.66
23/11/2023	Edinburgh Univeri - EUMHC Loan	-£9,000.00
27/11/2023	██████████ hotographer	-£100.00
27/11/2023	██████████ Photographer	-£100.00
27/11/2023	Facebook - Ads	-£7.00
	██████████ - Small Business Reim	-£50.00
	██████████ MHFAC	-£600.00



04/12/2023	Lewis Residential	-£3,375.00
04/12/2023	[REDACTED]	-£150.00
04/12/2023	Pegasus Sound	-£216.00
04/12/2023	[REDACTED]	-£60.00
05/12/2023	Beatitude Products	-£16.00
12/02/2024	FACEBOOK AD	-£12.00
14/02/2024	[REDACTED] VALENTINES DECOS	-£38.46
15/02/2024	V HOTEL EDINBURGH	-£970.00
19/02/2024	[REDACTED] - CUPID CEILIDH BAND	-£430.00
19/02/2024	[REDACTED] BULL CUPID CEILIDH DJ	-£40.00
19/02/2024	FIXR.CO	-£79.20
20/02/2024	V HOTEL EDINBURGH	-£180.00
20/02/2024	DMN/FLIGHT CLUB - SOCIAL	-£100.00
26/02/2024	FACEBOOK AD	-£9.00
01/03/2024	SAINSBURYS	-£2.50
27/03/2024	WH SMITH EDI - peer support group paper, labels and pens	-£5.29
05/04/2024	TESCO STORES	-£7.50
		TOTAL SPENT: £57,040.39

Profit in Year: £6,050.88



External Review of Annual Report and Financial Statement

Conscious Edinburgh

Charity number: SC049488

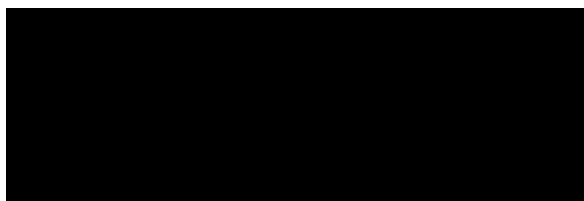
Basis of Independent Examiner's statement:

I have reviewed the accounting records of Conscious Edinburgh for the period of 31st July 2023 to 31st April 2024 and my inspection has covered any unusual items or disclosures in the accounts and explanations from the management committee.

Independent Examiner's Statement:

No matter has come to my attention which, in my opinion, should be highlighted in order to reach a correct understanding of the accounts.

Signed



Date: 31/04/2024

Name:



Contact Details:

