

ENTER

Holistic Healing

Welcome to the annual report of Enter Holistic Healing SC052850 for the year 24-25.

Enter Holistic Healing was set up to aid the people of Scotland suffering from poor emotional or mental health. We've found that the people that fall into this category often do not have the disposable income to spend on holistic activities such as programs, sound baths, yoga and meditation classes. We have seen the benefits these types of activities can produce through connection and healing benefits these practices bring.

The founding trustees have all been impacted by poor mental health, either personally, or family and friends. Our mission is to help relief suffering of individuals who find themselves isolated or in a hard place in life

At Enter we help people take part in activities by paying for participation in one off day events, retreats, courses and longer monthly programs. After fundraising in 2024 we sought facilitators to work with and started a collaboration with [REDACTED] in March 2025. [REDACTED] program had a different theme each month, but all centered around connection.

Each Monday there would be an early morning check-in call and meditation to set intentions for the week. There is also an in person meet-up which is centered around an activity ranging from a walk, Thai boxing, cold water dipping, lunch and many more.

Enter have sponsored five people to date on this program with our beneficiaries making new friendships, trying new activities and finding out about themselves through [REDACTED] coaching techniques.

The impact we have had can be demonstrated by the testimonies we have received from the beneficiaries:

[REDACTED]

[REDACTED] February programme has been excellent. There have been plenty of opportunities to reflect, connect, and engage with like-minded people. This opportunity came at a perfect time where I have felt my social connections have felt lacking. I'm extremely grateful to have had the chance to do this programme."

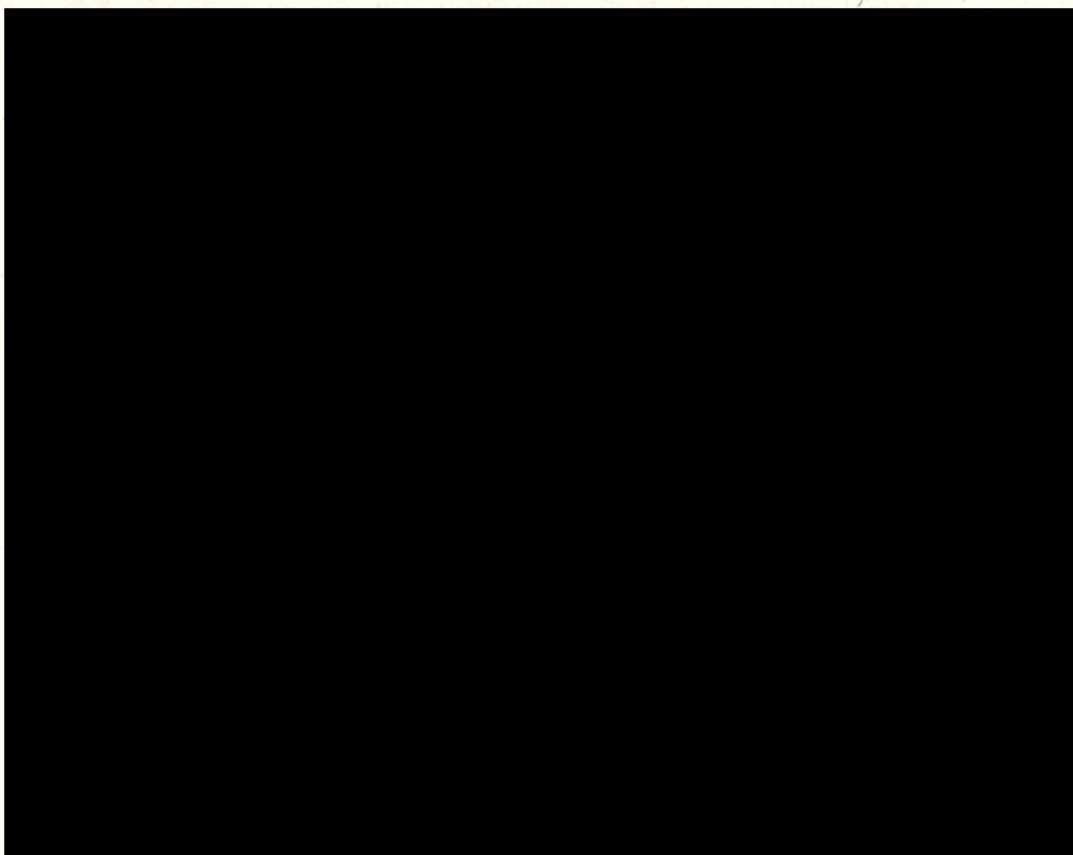
[REDACTED]

"I have just gone into month two of a program funded and SUPPORTED by Enter. I say supported too because it is more than the funding that has helped me it is also the support from them that has been hugely influential.

Today, I finished up therapy after 9 months, and I was able to do that because of my newfound confidence through the program that's been funded by Enter.

Not only the confidence but the connections and friendships I am making, too. I've got routine back, my mental health has improved, my comfort zone is no more, and each meet up I've stepped out little by little and it's because I've been surrounded by such incredible supportive people through [REDACTED] coaching! I can't thank you enough, and I'm only starting month 2! This has been life changing for me"

Event Pictures

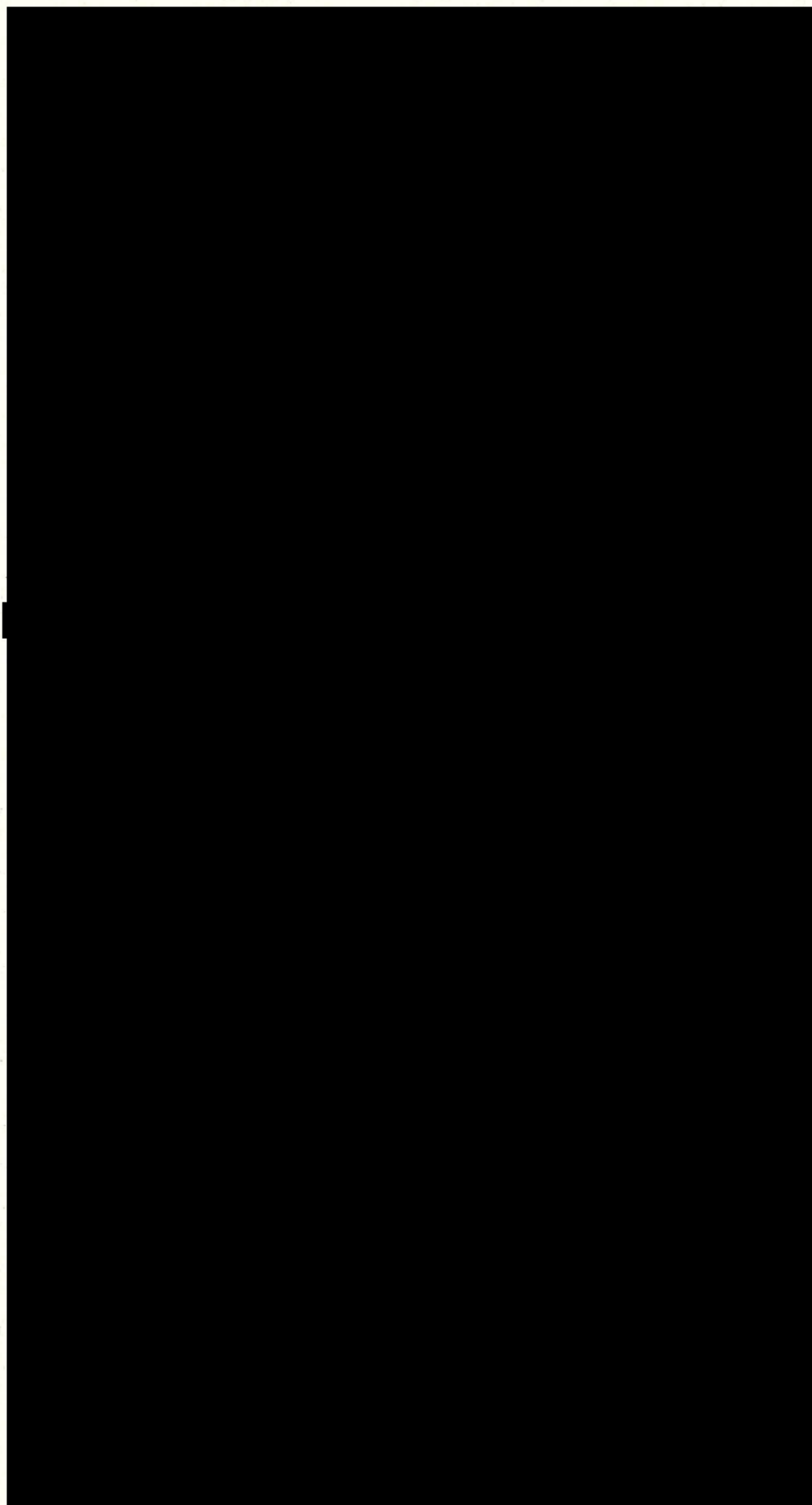


Breathwork day in Stirling

CONNECTED JUNE SCHEDULE

TUE 3 RD	6AM - 6:45AM INTENTION SETTING CALL ON ZOOM 6PM IN PERSON MEET UP WITH [REDACTED] FROM THE SAFE SPACE FOR SOMA BREATH WORKSHOP
MON 9 TH	6AM - 6:45AM MAGNETIC MORNING CALL
FRI 13 TH	7PM IN PERSON MEET UP WITH INTUITIVE ARTIST [REDACTED] FOR A INTUITIVE CREATIVE SELF-EXPRESSION WORKSHOP
MON 16 TH	6AM - 6:45AM MAGNETIC MORNING CALL 12PM - 3PM IN PERSON VISION BOARD WORKSHOP AT MARPOLE RETREAT, LEITH WALK
MON 23 RD	6AM - 6:45AM MAGNETIC MORNING CALL
THURS 26 TH	7PM - 8PM IN PERSON MEET UP WITH [REDACTED] THE B.R.E.A.T.H.E APPROACH WORKSHOP
MON 30 TH	6AM - 6:45AM REFLECTION CALL 7PM MEET AT ALANDAS ICE CREAM FOR A WALK IN MEADOWS

[REDACTED] program for June



Enter will be looking to expand our events and activities as we move forward and already have some exciting collaborations in the pipeline. Once we have a bank of events and programs under our belt, we will be looking to secure grant funding as to date we have done all of this by self-funding.

Thank you for your time and any support for our charity is welcome.

 Trustee at Enter Holistic Healing

Signed: 

Date:

18/06/25

Enter Holistic Healing

SC052850

Additional analysis (3)**6 Breakdown of restricted funds**

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants					-	
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	-	-	-	-	-	-
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	-	-	-	-	-	-
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
Sub total	-	-	-	-	-	-
cross ref error						
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	-	-	-	-	-	-
cross ref error						
Net receipts / (payments)	-	-	-	-	-	-
Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	-	-	-	-	-	-
cross ref error						
Nature and purpose of funds						

Section B Statement of balances

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	302				302	-
	Surplus / (deficit) shown on receipts and payments account	3,260				3,260	302
						-	
						-	
	Cash and bank balances at end of year	3,562	-	-	-	3,562	302
	(Agree balances with receipts and payments account(s))	118	185	-	-	303	- 401

	Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
B2 Investments				
		Total	-	-

	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets					
		Total	-	-	-

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities				
		Total	-	-

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities				
		Total	-	-

Signed by one or two trustees
on behalf of all the trustees

Signature

Print Name

Date of
approval

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

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Type of activity or project supported	Individual / institution	Number of grants made	£
Total			

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)	
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Authority under which paid	£

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	x
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	Number of trustees	£

Nature of relationship		Nature of transaction		Transaction amount (£)	Balance outstanding at period end (£)

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Receipts and payments accounts		
For the period	01 April 2024	to 31 March 2025

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations	2,186				2,186	703
Legacies	-				-	
Grants		-			-	
Receipts from fundraising activities	1,856				1,856	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities	-				-	
					-	
A1 Sub total	4,042	-	-	-	4,042	703
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	4,042	-	-	-	4,042	703
A3 Payments						
Expenses for fundraising activities	-				-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	900				900	
Grants and donations		185			185	
Governance costs:					-	
Audit / independent examination	-				-	
Preparation of annual accounts	-				-	
Legal costs	-				-	
Other	-				-	
					-	
A3 Sub total	900	185	-	-	1,085	-
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	900	185	-	-	1,085	-
Net receipts / (payments)	3,142	(185)	-	-	2,957	703
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	3,142	(185)	-	-	2,957	703

Enter Holistic Healing

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Additional analysis (1)

Analysis of receipts and payments

1 Donations

	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 £
	2,186				2,186	
					-	
					-	
					-	
Total	2,186	-	-	-	2,186	-
	reference	-	-	-	reference	reference

2 Grants

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

3 Gross receipts from other charitable activities

	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 £
	1,856				1,856	
					-	
					-	
					-	
					-	
					-	
					-	
Total	1,856	-	-	-	1,856	-
	reference error	-	-	-	reference error	-

4 Payments relating directly to charitable activities

	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 £
	1,085				1,085	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
					-	
Total	1,085	-	-	-	1,085	-
	reference error	-	-	-	reference error	-

Examiner's Report to the Trustees of Enter Holistic Healing Company

I report on the accounts of the charity for the year ended 31st March 2025.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) 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) (a) to (c) 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.

Name

[REDACTED]

Relevant Professional qualification/professional body: AAT

[REDACTED]

Date: 02nd June 2025

Signed:

[REDACTED]