Edinburgh Blue Balls Charity SCIO

TRUSTEES REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2026

Scottish Charity No. SC053766

1 Trustees' Annual Report

The trustees of Edinburgh Blue Balls Charity SCIO present their report together with the financial statements of the charity for the year ended 31 March 2026.

Reference and Administrative Details

Charity Name
Edinburgh Blue Balls Charity

Address
3 Sydney Terrace, Edinburgh, EH6 7SR

Charity No
SC053766

Current Trustees
Marc Millar (Chair)
Jamie Dunlop
Ian Mayer
Vaughan Statham

Constitution

The charity is a SCIO, regulated by a constitution and governed by a Board of Trustees. It is a registered charity, number SC053766.

All strategic decisions affecting the charity are undertaken by the Board. The Board must have a minimum of two and maximum of five trustees. During the period covered by the report there were a minimum of two and maximum of five trustees. The trustees of the charity meet as a Board on a regular basis, approximately every 3 months weeks.

Appointment Trustees

Prospective trustees are required to be active participants in the Edinburgh Blue Balls and submit an application explaining the skills they can bring to the organisation. If they meet the criteria required, they will be interviewed by two of the Board; successful candidates are then put forward for Board approval. New trustees are briefed by the chair and other board members on the charity's activities and recent financial performance, their legal obligations, the content of governing documents, and the functions of the Board and decision-making processes.

All trustees give their time freely and no member receives remuneration in respect of their trustee role.

Risk Management

Major risks to the charity are identified and managed on an ongoing basis. The Trustees ensure appropriate mitigants are in place to reduce the chance of a risk arising and the potential damage resulting.

Objectives and Principal Activities

1. to advance the awareness of mental health, stigma and advocating for positive mental health and wellbeing.
2. To promote positive mental health and wellbeing and create initiatives and programmes to support dialogue, encourage health and wellbeing through activities including but not limited to cold water bathing as a therapy and to create a community for collective sharing of experience.
3. To provide opportunities to engage in open conversations and dialogue about men's mental health via a range of promotional materials and via social media.

Edinburgh Blue Balls Charity was established to advance positive mental health and wellbeing, with a particular focus on creating opportunities for men to connect, share experiences and support one another.

The charity's purposes are centred on promoting positive mental health, developing initiatives and programmes that encourage open dialogue and wellbeing, and producing materials and communications that raise awareness of mental health issues. Activities include cold-water swimming, community engagement, storytelling and the use of creative publications and social media to encourage conversations about mental health.

The charity developed from Edinburgh Blue Balls, a community initiative founded in 2021 by photographer Marc Millar. What began as a small group of men meeting for cold-water swimming at Portobello Beach in Edinburgh has grown into a supportive and inclusive community, with approximately 40 men regularly participating in Sunday and midweek gatherings.

The establishment of Edinburgh Blue Balls Charity as a Scottish Charitable Incorporated Organisation (SCIO) marked an important milestone, providing a formal charitable structure through which to develop activities, secure funding and extend the reach and impact of the organisation.

Throughout the reporting period, the charity has focused on strengthening its community, promoting positive mental health and delivering its first major charitable project, the Edinburgh Blue Balls Annual.

Publication of the Edinburgh Blue Balls Annual

A significant achievement during the reporting period was the development, production and launch of the first edition of the Edinburgh Blue Balls Annual in November 2025. Supported by funding from the National Lottery Community Fund, the Annual was developed as an ambitious creative project designed to challenge stigma, encourage open conversations about men's mental health and celebrate the experiences of men from different backgrounds.

The publication features more than 40 personal stories, portraits, testimonials and reflections exploring a wide range of experiences, including resilience, recovery, vulnerability, masculinity, friendship, grief and loss.

Featuring contributions from men across Scotland, alongside portraits by photographers Marc Millar and Graham Williams, design by Graham Gilhooley and editing by Vaughan Statham. The Annual provides

an accessible and engaging platform for men to share their experiences in their own words. Contributions from comedian Greg Hemphill and footballer Zander Murray further strengthened the publication's reach and helped encourage conversations about masculinity, vulnerability and mental health across different communities.

The project was developed and delivered through the commitment of the charity's volunteers, committee members, contributors and supporters. More than 40 men, families and supporters were directly involved in developing the content, sharing experiences and supporting production.
The publication was designed, coordinated and produced through voluntary contributions, drawing on expertise in photography, graphic design, fundraising, logistics, communications and community engagement.

The charity estimates that approximately 1,000 people benefited from or engaged with the project during the grant period.

The Annual was officially launched in November 2025 at an event attended by more than 150 members of the Edinburgh Blue Balls community, contributors, families, friends and supporters. The launch provided an opportunity to celebrate the experiences of those featured in the publication and create a supportive environment for conversations about men's mental health. The event incorporated an exhibition of photography and personal stories, alongside opportunities for contributors and attendees to reflect on the importance of connection, openness and mutual support.

The event demonstrated the strength of the community surrounding Edinburgh Blue Balls Charity and the appetite for creative and accessible approaches to discussing men's mental health.
Feedback and engagement following the launch were overwhelmingly positive, with contributors and supporters recognising the value of providing a platform for authentic experiences that are often left unspoken.

Distribution and extending the charity's reach

Following the launch, the charity undertook a programme of distribution and engagement to ensure the Annual reached audiences beyond its existing membership. Copies were made available through local independent businesses and community spaces, including retailers and hospitality venues in Portobello, Edinburgh. The charity also established relationships with organisations and venues across Scotland, including community cafés, LGBTQ+ spaces, mental health support organisations and community saunas, helping the publication reach a diverse audience.

The Annual has subsequently been distributed across Scotland and internationally, extending the charity's reach and supporting wider conversations about mental health. This approach reflects the charity's commitment to making conversations about mental health accessible and ensuring that the experiences shared through the publication can reach individuals who may not otherwise engage with formal mental health services or support networks.

Community participation and volunteering

Volunteering and community participation remain central to the charity's approach. During the reporting period, approximately 10 volunteers supported the delivery of the charity's activities and the production of the Annual. Volunteers contributed a wide range of skills and experience, including project management, design, photography, fundraising, event planning, distribution and communications.

The Annual was funded through the National Lottery Community Fund grant, demonstrating the significant contribution of volunteers and the commitment of the wider Edinburgh Blue Balls community.

Impact and public benefit

The trustees consider that the charity's activities during the reporting period have contributed to its charitable purposes by creating opportunities for social connection, raising awareness of men's mental health and encouraging individuals to share experiences and seek support.

The charity recognises the significant challenges surrounding men's mental health in Scotland, including the continued high proportion of deaths by suicide involving men. Through its regular community activities and the publication of the Annual, Edinburgh Blue Balls Charity has sought to provide a positive and accessible response to these challenges.

The Annual has created a platform for individuals to share personal experiences of mental health, helping challenge stigma and encourage understanding among readers, families and wider communities.

The charity has received positive feedback and engagement in response to the publication, with its distribution across Scotland and internationally extending the potential reach of these conversations.
The trustees recognise that measuring longer-term changes in mental health and wellbeing requires further evaluation. However, the participation of contributors, volunteers and members of the wider community, alongside the positive response to the Annual, provides encouraging evidence of the value of the charity's approach.

Financial Position

Results for the year ended 31 March 2026 as reviewed by the Trustees are given in the statement of financial activities and balances on page 7.

Financial Contributions

The trustees could not provide our services without financial contributions from the Corra Foundation and The National Lottery Community Fund.

Non-Financial Contributions

Throughout the reporting period, Edinburgh Blue Balls Charity continued to develop relationships with organisations, businesses and community partners that share its commitment to improving mental health and wellbeing.

A particularly positive development was the establishment of a relationship with Change Mental Health, which provided Mental Health First Aid training free of charge to members of the Edinburgh Blue Balls community.

This training represents an important contribution to strengthening the community's capacity to recognise and respond appropriately to mental health concerns and to support individuals in accessing further assistance where necessary.

The charity also benefited from the generosity of local businesses and community organisations that supported the launch, promotion and distribution of the Annual.

These relationships have helped increase the visibility of the charity, broaden its networks and create opportunities for future collaboration.

Reserves Policy

With a sizeable portion of our funding coming from grants and fundraising efforts, the trustees are aware of the need to accumulate unrestricted funds to help reduce risks and overcome situations arising from any potential anticipated or unanticipated difficulty, including the contingency of dissolution. The charity maintains unrestricted funds at a level equivalent to 3 months of regular operating costs.

Plans for the Future

Building on the success of its first major publication, Edinburgh Blue Balls Charity intends to continue developing activities that promote positive mental health, encourage connection and create opportunities for men to share their experiences.

The trustees are actively considering opportunities to secure additional funding and support the development of future charitable projects. A key ambition is to build on the success of the first Edinburgh Blue Balls Annual, including exploring the feasibility of producing a second edition that features additional stories and reaches new audiences.

The charity also intends to strengthen its relationships with community organisations, mental health charities, local businesses and other potential partners. Alongside future publications, the charity will continue to recognise the importance of its established community activities, particularly cold-water swimming and the informal opportunities these gatherings create for friendship, conversation and mutual support.

The trustees will seek to ensure that future developments remain aligned with the charity's purposes, available resources and commitment to delivering meaningful public benefit.

Declaration
The trustees declare that they have approved the trustees' report above.
Signed on behalf of the charity's trustees.

[redacted]
Marc Millar (Oct 12, 2026 10:16:49 GMT+2)

Marc Miller, Chairperson
9th September 2026

2 Independent examiner's report on the accounts

I report on the financial statements of the charity for the year ended 31 March 2026 which are set out on page 7.

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) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the 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 financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements 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 financial statements.

Independent examiner's statement
In the course of my examination, no matter has come to my attention:

1. 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 financial statements which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations have not been met, or

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

Signed

[redacted] ct 13, 2026 19:40:01 GMT+1)

Name: Hilary Ramsay
Date: 9th September 2026
Address: 12 North Bughtlinrig
Edinburgh
EH12 8XY

3 Finance Reports

Income

Income	Unrestricted	Restricted	Total
Donations	£3,322.27	£0.00	£3,322.27
Grants	£0.00	£11,000.00	£11,000.00
Fundraising	£0.00	£0.00	£0.00
Membership Fees	£0.00	£0.00	£0.00
Other Income	£0.00	£0.00	£0.00
Total Income	**£3,322.27**	**£11,000.00**	**£14,322.27**

Expenditure

Expenditure	Unrestricted	Restricted	Total
Printing	£0.00	£7,372.36	£7,372.36
Venue	£272.00	£960.00	£1,232.00
Subscriptions	£0.00	£320.74	£320.74
Equipment	£0.00	£0.00	£0.00
Administration	£0.00	£0.00	£0.00
Bank Charges	£71.64	£0.00	£71.64
Other Expenses	£0.00	£0.00	£0.00
Total Expenditure	**£343.64**	**£8,653.10**	**£8,996.74**

Summary

	Unrestricted	Restricted	Total
Opening Bank Balance	£60.00	£0.00	£60.00
Surplus for the Period	£2,978.63	£2,346.90	£5,325.53
Closing Bank Balance	**£3,038.63**	**£2,346.90**	**£5,385.53**

Assets

Assets	Unrestricted	Restricted	Total
Bank Account	£3,038.63	£2,346.90	£5,385.53
Cash	£0.00	£0.00	£0.00
Equipment	£0.00	£0.00	£0.00
Total Assets	**£3,038.63**	**£2,346.90**	**£5,385.53**

Liabilities

Liabilities	Unrestricted	Restricted	Total
Unpaid Bills	£0.00	£0.00	£0.00
Loans	£0.00	£0.00	£0.00
Total Liabilities	£0.00	£0.00	£0.00

Notes to the Accounts

Accounting Policies

Basis of Preparation of Financial Statements

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended)

Nature and purpose of funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity. The trustees maintain a single unrestricted fund. Funds this year have been received from member fees for attending regular sessions and donations given directly.

Restricted funds may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes. Restricted grants have been received this year from Corra Foundation and The National Lottery Community.