**APPENDIX 1**

**Trustees' Annual Report for the period**

OSCR

| | Period start date | | | | Period end date | | |
|---|---|---|---|---|---|---|---|
| | Day | Month | Year | | Day | Month | Year |
| From | 31 | 01 | 2025 | To | 31 | 01 | 2026 |

Office of the Scottish **Charity Regulator**

Reference and administration details

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| **Charity name** | HOPE |
| **Other names charity is known by** | (previously was HOPE Wellbeing) |
| **Registered charity number** | **SC049898** |
| **Charity's principal address** | 3 McAdam Court PRESTWICK |
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| | |
| | **Postcode KA9 2NB** |

**Names of the charity trustees on date of approval of Trustees' Annual Report**

| | Trustee name | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|---|---|---|---|---|
| 1 | Elaine Hough | TRUSTEE | | |
| 2 | Stacey Morrison | TRUSTEE | | |
| 3 | Denise McClung | TRUSTEE | | |
| 4 | Peter O'Brien | TRUSTEE | From June 2026 | |
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APPENDIX 1

Reference and administration details

**Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)**

| Name | Dates acted if not for whole year |
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## Structure, governance and management

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| **Type of governing document** | HOPE Constitution |
| **Trustee recruitment and appointment** | New Trustees are appointed by nomination from existing HOPE Trustees. |

## Objectives and activities

Objectives:
HOPE Wellbeing - to improve emotional wellbeing in individuals living in South Ayrshire by offering wellbeing spaces (group and 1:1) that provide accessible and free / affordable support. Offer safe spaces where 'its ok not to be ok' and people can receive help during bereavement, mental health issues and social isolation.

Hope Rising Church fellowship– advancement of Christian faith –to support and encourage those in the church family who wish to grow in their Christian faith. Pastoral care is provided within the church and community and people are given opportunities to develop their gifts and skills through serving.

Activities –

- Hope Wellbeing re-located from St Andrews Church hall in Ayr Town Centre to Monkton and Prestwick Trinity Church on 1st August 2025 due to the forthcoming closure and sale of St Andrews Church. The service continues to offer weekly drop-in sessions and group work - Bereavement Café, Creating Hope and Men's Group.

- We received funding from the Community Mental Health and Wellbeing Fund and used this funding to employ one part-time (24 hour) employee who was the Centre Co-ordinator until March 2025 when the funding period ended.

- We have a male volunteer for Men's wellbeing with a focus on developing a Men's Wellbeing group and linking in with other local services addressing mens' mental health and wellbeing.

- We have approx. 70 volunteers who are committed to bringing hope to the heart of the community.

- The Counselling and Listening Service continues to grow and also re-located to Prestwick in August 2025 using the Prestwick South Church building. We continue to offer counselling placements to trainees and they report a very positive experience with Hope. With a small fund from South Ayrshire HSCP we were able to employ some admin support for 6 hours a week to manage the referrals to the service and oversee the contact with clients and volunteers.

- We have started training a small team to launch a new programme called The Bereavement Journey beginning in Feb 2026. This is a 6/7 week closed group which is a structured and evidence based programme. This addition allows us to have a bereavement pathway through the service from drop in service to group support to 1:1 counselling / listening.

- When the service re-located in Aug 2025, we amalgamated two of the drop in sessions - Creative Wellbeing on a wednesday and Renew Wellbeing session on a Friday. This was due to the capacity of the team and availability of hall space. We now run a creative session on a Friday called Creating Hope. This has been very successful and continues to grow with new clients attending regularly. It continues to be a safe space to connect, chat and create.

- Over this last year we have had the opportunity to strengthen existing partnerships within the local

network of support. GP practices and NHS services continue to be the main source of referral for most of our clients. We are noticing that more people from Troon, Irvine and surrounding areas are now able to access the service due to being located in Prestwick. Our location is close to bus routes and the train station so is accessible for clients from different parts of Ayrshire.

- Hope Rising Church meets every Sunday in Prestwick Community Centre and is a multi-generational church bringing the Hope of Jesus to the heart of the community. We provide spaces and opportunities for the church family to practice and grow in their Christian faith and we are working in partnership with other local churches to put our faith in action to be a visible and supportive presence in the community.

- Hope Youth – we are building a team to work with and support the youth in this area and are currently looking at training needs.

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| **Charitable purposes** | 1.1 **The advancement of health** : HOPE is a Christian organisation that regards each individual as unique and valuable, with the potential to heal and grow. We believe that when hope is rebuilt and renewed then individuals have the capacity to overcome the greatest of challenges in life<br><br>HOPE will offer listening, befriending, counselling support to individuals irrespective of financial status, gender, sexual orientation, religion or ethnic background. The service will offer 1:1 support, group sessions, wellbeing workshops etc.<br><br>HOPE will offer emotional support to individuals experiencing emotional and psychological difficulties that are impacting upon daily life. These difficulties may arise as a result of a loss or change in an individual's life or a situation that they are struggling to cope with. It may be underlying feelings of anxiety, anger or low mood that are making life harder to manage. We aim to offer compassionate and empathic support that builds hope and resilience in individuals and coping skills to improve mental health and emotional wellbeing. This service will be delivered by a team of people with a passion and a vision to serve the local community by using their gifts and professional skills. The team have a significant level of professional experience working in mental health services and counselling services.<br><br>1.2 **The relief of those in need:** HOPE is a service that recognises the growing issue of poor mental health in our community and the alarming suicide rates. The service acknowledges that this has put significant pressure on the NHS and there is increasing demand for services to offer counselling and emotional support and therefore increasing waiting lists. HOPE aims to offer affordable and accessible support whilst working alongside other service statutory and third sector to address the growing need in our community.<br><br>1.3 **Advancement of Religion**: Hope Rising is the Christian church fellowship under the umbrella of the 'Hope' charity. The church offers people opportunities to practise their beliefs and develop their unique gifts through |

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| | Sunday services and prayer groups as well as missionary and community outreach work. Hope Rising Church supports the work of Hope Wellbeing and Hope Youth financially, prayerfully and in the congregation giving of their time and talents to serve the local community. The church aims to provide a significant level of pastoral care to those in the congregation and wider community. |
| **Summary of the main activities in relation to these objects** | • Counselling and listening Sessions – approximately 35 sessions / week carried out by qualified and trainee counsellors and trained listeners<br>• Weekly bereavement café offers support to those who are bereaved offering 1:1 listening spaces and information. approx. 6-8 attendees per week.<br>• Weekly Men's group – core group of 5 men who meet weekly to support each other socially and emotionally<br>• Weekly Creating Hope session – a space to create, connect and chat. approx. 15 attendees per week<br>• Volunteer group have all been trained, PVG's completed etc. |

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| | • New volunteers recruited with different skills to support the Trustees and overall service eg, finance, admin, co-ordination.<br>• Mentoring 8 counselling students on placement.<br>• Fundraising activities – charity shop.<br><br>• Hope Rising Church fellowship meets every Sunday in Prestwick Community Centre and continues to be a space where those in the church family are supported and encouraged in their Christian faith. Particular attention is now being paid to growing the youth and young adults group and building a team around this vision. We are also building stronger relationships with other local churches and looking at opportunities to work in partnership within the local community. |



**APPENDIX 1**

Achievements and performance

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| **Summary of the main achievements of the charity during the financial period** | HOPE Wellbeing continues to develop the Listening and Counselling service and we continue to offer placements to students from different training organisations. This service has seen considerable growth over 2025-2026.<br><br>Since re-location to Prestwick the drop-in sessions have continued to grow in numbers with an increasing number of people accessing these sessions for other parts of Ayrshire.<br><br>We are preparing to further develop our bereavement support to include a group programme.<br><br>The volunteer team of around 70 people now are very reliable and experienced and we are keen to invest in ongoing support and training. We have introduced group supervision sessions to offer more support to our volunteers. The volunteers have been extremely dedicated, consistent and supportive over the last year.<br><br>More volunteers have been recruited and PVG's were carried out. They are trained in Bereavement Support / Active Listening/ Counselling Skills, Child Protection, Adult Protection, Suicide Prevention.<br><br>We are building stronger partnership relationships within statutory and third sector organisations.<br><br>Fundraising and awareness raising activities were carried out successfully<br><br>We have received excellent feedback from our clients – clients report a sense of healing, safety and belonging, feeling cared for and well supported and an overall improvement in mental health and emotional wellbeing. Clients being able to move into voluntary work or return to paid work and take steps forward in positive ways.<br><br>Positive working relationships within NHS and third sector organisations have been established and referrals to the Hope |

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| | Wellbeing Listening Service are increasing significantly from GP practices (MHPs and CLPs).<br><br>Hope Rising Church continues to grow and work alongside other local churches to serve the community of Prestwick and beyond. The financial giving of this church fellowship significantly supports the work of Hope wellbeing services and the church family continue to be very generous in their support of this work in the community. |

## Financial review

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| **Brief statement of the charity's policy on reserves** | The Trustees have agreed that a reserve of £3000 is ring fenced to cover any emergencies etc. |
| **Details of any deficit** | n/a |
| **Donated facilities and services (if any)** | n/a |



## APPENDIX 1

## Other optional information

HOPE Wellbeing has successfully re-located from Ayr town centre to Prestwick town centre and continues to deliver the services to the community laid out in the constitution. The drop-in sessions have grown numerically since we have re-located and we receive positive feedback about this support.

The Listening and Counselling service has seen significant growth with and team of 20 now. We have secured funding from South Ayrshire Health and Social Care Partnership which we use to employ an administrator for 6 hours a week. This has proven to be essential in co-ordinating and managing referrals that mainly now come from the NHS.

We benefit hugely from a very committed team of volunteers who give generously of their time and talents and many 'Partners of Hope' within Hope Rising Church who give financially on a monthly / regular basis to the work of Hope Wellbeing.

We have been working with 'Launch' in Ayr to build a more professional website for Hope and we are due to launch this in the next month.

The name of the charity was changed to HOPE at the end of 2025 to encompass all the work we do within Hope Wellbeing and Hope Rising as well as the vision for Hope Youth

Our other priority is to secure / purchase a building for Hope from which to develop and expand the services that the charity offers. We have identified a building within the local area that would be suitable for the growing needs of the charity and are in discussion / communication with those who are currently overseeing the future sell of this building.

## Declaration

**The trustees declare that they have approved the trustees' report above.**

**Signed on behalf of the charity's trustees**

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| **Signature(s)** | Elaine Hough | Elaine Hough |
| **Full name(s)** | ELAINE HOUGH | |
| **Position (e.g. Chair)** | CHAIR | |
| **Date** | 05/10/26 | |

Elaine Hough