



Sticks and Stones Therapeutic Forest School SCIO

Trustees' Annual Report

28.2.25 to 28.2.26

Charity contact information

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Sticks and Stones Therapeutic Forest School SCIO

Scottish Charity Number: SC050762

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Charity Trustees

Name all of your charity trustees for the period, and the date they left if they were not in post for the whole year

1. Coral Golfarb Chairperson
2. Paul Golfarb Treasurer
3. Emma Miller Secretary
4. Heather Watson (appointed 19.10.23)
5. Nikcy Knox (appointed 19.10.23)
6. Alan Knox (appointed 19.10.23)

Objectives and activities

Sticks and Stones was set up due to the recognition of young people in the area who were disconnected to nature, with mental health difficulties and neurodevelopmental disorders, who, research suggests would benefit from increased nature connection and the benefits of forest school and outdoor learning.

Our purposes are:

To advance the education of children and young people in North East Scotland by offering opportunities for the development of knowledge and skills in an outdoor woodland setting.

To promote the health and education of children and young people in North East Scotland through provision of training, consultancy and support to professionals and organisations.

To improve the health and well-being of children, young people and families through provision of inclusive as well as targeted therapeutic outdoor interventions.

We ran as a CIC from 2017 up until February 2022. Our switching from the CIC to the SCIO was delayed due to a number of set backs culminating in major storms hitting our forest site forcing us to close to the public. We finally reopened to the public in November, 2022.

Structure, governance and management

Constitution

The Charity is a Scottish Incorporated Organisation (SCIO). It was registered in its current legal form on 9th February, 2021. Our operations moved over to the charity from the previous CIC in March, 2022.

It has a single tier structure, as such the trustees are members of the charity.

Trustee recruitment and appointment

At our AGM it was agreed that all trustees will continue for the next year. No objections were raised to this.

Achievements and performance

This year we have continued with our regular groups such as Wild Things Self-Directed Learning Group, Saturday club and Holiday clubs. We have increased the number of spaces offered for therapeutic one to one support.

Wild Things Self-directed learning group runs weekly for around 42 weeks a year. Around 10 home- educated and flexi-school children attend regularly, with all having a say in how the group runs, how they spend their day and how the group develops for the future. We currently offer two spaces for young people who benefit from one to one support to attend. We are currently seeking new members to join the community.

Saturday and Holiday Club sessions are public session open to all and aim to be as inclusive as possible. Attendance is generally 10-15 children. It has been identified that funding would be beneficial to ensure we can meet the needs of all children attending without passing the burden of extra support onto the families of children with additional needs. Some funding applications have been made this year to allow more flexibility with the provision of additional support.

Therapeutic One to one support is offered to children referred by education currently we are working only with Angus council. We are currently offering one to one sessions over 4 days per week with a total of 10 children and young people attending weekly over term time. We also have several referrals pending.

The majority of sessions are led by Pip who is a Freelance Therapeutic Forest School Leader with Fiona McNally, Forest School Leader, Stewart Troup, Forest School Leader and trainer and John Jones acting as Forest School Assistant. Supervision is provided by Dr Emma Miller, Clinical Psychologist and Forest School Leader.

We aim over the coming year to engage in consultation with the local community regarding redesign and a widening of our aims.

It has been agreed that the charity will fund a post for 3-4 months for charity development to consider the local context including demand and need for services, what we are able to offer in terms of skills and resources and how we can best redesign what we offer to better meet the needs of our community.

Site projects

We have worked on our woodwork shelter over the past year and continue to develop this area to allow us to expand the workshops we can offer involving green woodworking. It has been exciting to get our pole lathe working and this is proving very popular with the young people attending.

The major site developments for this year have been adding car parking space, which will give much greater flexibility in what we can offer, and the planned addition of a yurt to provide us with a more flexible sheltered space.

Financial review

Our total income for the year has been £45,405, increasing from £33,846 the year before. Our expenditure was £36,437 leaving a profit for the year of £8968

Statement of the charity's policy on reserves

We aim to hold 3 months running costs in reserve. This year we have additionally kept funds back to pay for site developments.

Details of any deficit

there is no deficit

Future plans

Over the coming year we hope to redesign and develop the charity to better meet the changing needs of our community and the developing skills of our team. We hope to offer a program of workshops introducing new skills and activities to a wider audience and to recruit new volunteers as well as new group members.

We also have freelance team members who are undertaking training which we hope to apply to our work in the forest.

Declaration

Signed on behalf of the charity trustees:



Print name

Emma Miller

Designation

Trustee

Date

29th May, 2026

