Company registration number SC181430 (Scotland)

Charity registration number SC027773 (Scotland)

THE HEALTH AGENCY

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2026

THE HEALTH AGENCY

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THE HEALTH AGENCY

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2026

The trustees are pleased to present their report and financial statements for the year ended 31 March 2026.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

The Board of Directors is satisfied with the performance of the charity during the year and the position at 31 March 2026 and consider that the charity is in a strong position to continue its activities during the coming year, and that the charity's assets are adequate to fulfil its obligations.

Objectives and activities

Who we are and our purpose

For almost 30 years, The Health Agency has worked alongside local people in Wester Hailes and South-West Edinburgh, developing services that help people lead longer, healthier and more fulfilling lives.

Each year we support more than 2,000 people experiencing poverty, food insecurity, ill health, mental health issues, social isolation and inequality, addressing immediate needs while tackling the wider causes of poor health and disadvantage.

Across all our work, we provide information and advice, along with practical and emotional support tailored to each person's circumstances, giving people agency to make informed decisions to improve and protect their health and wellbeing.

Our services during 2025/26 included:

Tasting Change: Our community food service that helps people access affordable, nutritious food while developing healthier eating habits and building community connections.

Positive Moves: Supporting people to become more active and make healthier lifestyle choices that improve their physical and mental wellbeing

Mental Wellbeing: Providing a safe space where people experiencing mental health issues are heard. We provide practical tools to develop coping skills through counselling, Cognitive Behaviour Therapy (CBT) and peer support to improve emotional wellbeing and build confidence so people can recover and thrive.

Westerhaven: Supporting people and their families affected by cancer and long-term health conditions so they can better manage their health, reduce stress, improve their quality of life and feel less alone.

Whether we're helping someone feed their family, build the coping skills to manage their mental wellbeing, navigate life following a cancer or long-term health condition diagnosis, or to connect with others who understand what they're going through, our aim is always the same - to help people take control of their health and wellbeing so they can live longer, healthier and more fulfilling lives.

Achievements and performance

2025/26 – a year of recovery, focus and progress

The Health Agency entered 2025/26 continuing to implement its Recovery Plan, developed in response to the significant financial and organisational challenges experienced in previous years.

During the year, we strengthened financial management and governance, focused our resources on our core services and improved organisational capacity. Clearer budgets, regular financial monitoring and stronger oversight gave Trustees and Service Leads greater visibility and control over how our resources were being used.

By the end of the year, The Health Agency was a stronger, more focused organisation, with clearer priorities, improved financial resilience and a stronger foundation from which to continue our recovery.

Focusing our resources

During the year, Trustees strengthened the organisation's focus, directing resources towards our core services and the areas where we can have the greatest impact for our community.

We strategically exited the Community Link Worker programme, with the team transferring to Carr Gomm through TUPE arrangements. This enabled the programme to continue while allowing The Health Agency to focus its resources on our core services and reduce organisational risk.

Together with a wider review of how we use our resources, this has resulted in a more focused organisation, with greater clarity about our priorities and how we can best deliver our charitable purpose.

Our services and impact

During 2025/26, our four core services continued to provide practical, preventative and personalised support to people across our communities. We focused on listening, adapting and strengthening the quality and accessibility of our services.

Tasting Change continued to respond to growing demand for affordable food, connection and community participation. Trustees approved the move of the Sunflower Pantry to Gate 55, creating a larger and more flexible base with dedicated Pantry space, storage, kitchen and community facilities. The move creates opportunities to increase capacity, expand cooking and nutrition activities and strengthen volunteering.

Positive Moves expanded accessible physical activity by increasing chair-based exercise from two to four sessions each week. With funding from Walking Scotland, the walking programme also grew from one weekly walk to three, supported by eight trained volunteer Walk Leaders. This offers a range of activities that are suitable for different abilities and confidence levels.

Mental Wellbeing strengthened service capacity and reduced waiting times. A dedicated Mental Wellbeing Lead joined in August 2025 and, with 18 sessional counsellors and student placements, the service now delivers around 40 counselling and CBT sessions each week. Funding secured from the Edinburgh Communities Mental Health and Wellbeing Fund will allow us to introduce Drop-In Kitchen Table Sessions and Peer Wellbeing Groups in 2026/27, creating additional opportunities for people to access early support, build connections and strengthen their wellbeing.

Westerhaven supported more than 250 people affected by cancer and long-term health conditions during the year, as well as unpaid carers and people experiencing bereavement. The team responded to increasingly complex needs by strengthening the quality and personalisation of support, ensuring people could access the right combination of specialist information and advice, one-to-one emotional support, counselling and therapeutic wellbeing activities. This personalised approach helped people navigate life with cancer or a long-term health condition, better manage their health, reduce stress and improve their quality of life, while ensuring they did not face these challenges alone.

The impact of our work is best understood through the experiences of the people we support.

Kenny was referred to the Tasting Change Pantry when poor health, financial pressure and isolation were making everyday life difficult. Living alone with his dog, Honey, the Pantry gave him access to affordable, reliable food, but it also became somewhere he felt welcomed, supported and part of his community.

Today, Kenny often arrives early with Honey, makes tea and coffee for people as they arrive and takes time to chat with other members. Nobody asked him to do this; it grew naturally from the connections he made through Tasting Change. When Kenny himself became ill over Christmas, staff and members delivered his shopping and small gifts, ensuring he knew that the community he cared about also cared about him.

> *"Being able to get a reliable weekly shop has taken so much pressure off and really improved my health. I feel part of something special where everyone cares and helps each other."*

Sarah came to Westerhaven following a diagnosis of rectal cancer. Fit and healthy before her diagnosis, her life changed almost overnight. Treatment brought anxiety, weight loss and the loss of work, affecting her relationships and sense of identity. When a later scan revealed a new growth on her lung, the uncertainty became even harder. Westerhaven supported Sarah throughout, bringing together 1-2-1 support, counselling, massage, dietetic advice and gentle exercise around her changing needs.

> *"Westerhaven became the place where I felt safe. I've been listened to, cared for, and treated as someone who matters."*

Today, Sarah has completed her treatments and continues to live with cancer while getting life back to some kind of normality. Her journey with Westerhaven has also come full circle. Sarah is now volunteering with the service, drawing on both her lived experience and professional experience as a Wellbeing Consultant to deliver emotional resilience workshops for Westerhaven clients living with cancer and long-term health conditions. The workshops help people reconnect with their strengths and feel more confident navigating uncertainty, fatigue, fear and change. We are incredibly grateful to Sarah for giving her time to Westerhaven and helping others feel more supported and less alone as they navigate their own journey.

These experiences reflect what we strive to achieve: not simply providing services, but creating trusted relationships and practical support that help people feel valued, build confidence and live better.

Our people, volunteers and partnerships

Our staff and volunteers are central to our ability to deliver high-quality community services. During 2025/26, we strengthened operational capacity through the introduction of a Head of Operations role, increased support worker capacity across Westerhaven and Mental Wellbeing, and offered permanent contracts to staff on temporary contracts where appropriate.

We introduced an Employee Assistance Programme and involved staff in developing service plans, supporting a more stable and focused workforce. We also created a Development Officer role for 2026/27, using existing capacity to strengthen fundraising, donations, volunteering and membership growth.

More than 50 volunteers contribute across The Health Agency, including volunteer counsellors and eight trained Walk Leaders. Through Tasting Change, people who initially engage with our services can also become volunteers and active contributors to their community.

Partnership working remains fundamental to our approach. We work alongside community, voluntary and statutory organisations to share knowledge, resources and referral pathways where this benefits local people.

We are incredibly grateful to our staff, volunteers and community partners for the commitment, skills and time they bring to The Health Agency, and to the people who use our services for their trust, involvement and contribution to our work.

Governance and financial stewardship

The Board of Trustees has maintained active oversight of the Recovery Plan throughout the year, ensuring that its priorities were reflected in organisational planning and the annual budget.

Financial performance is reviewed at every Board meeting. Budgets are monitored monthly, Service Leads meet quarterly with the Finance Officer to review performance, and Trustees receive regular financial information to support effective challenge and decision-making.

This stronger approach has given the Board greater visibility of the relationship between income, expenditure, service delivery and organisational risk, supporting timely and informed decision-making and ensuring resources remain focused on the charity's purpose.

The Board regularly reviews the principal risks facing the organisation, particularly financial sustainability, income generation and organisational capacity. These remain priorities for 2026/27, alongside continued attention to service quality and continuity.

Financial review

The financial position of The Health Agency improved significantly during 2025/26, reflecting the progress made through our Recovery Plan.

Total income was £426,384 and expenditure was £440,542, resulting in a deficit of £14,158, compared with a deficit of £53,804 in 2024/25. Expenditure reduced by almost £100,000 compared with the previous year, reflecting stronger financial management, careful control of expenditure and a greater focus on our core services.

Fundraising income remained below the level required to achieve a balanced budget. Increasing unrestricted and sustainable income therefore remains a priority, and dedicated development capacity has been introduced for 2026/27 to strengthen fundraising, donations and other sources of income.

At 31 March 2026, total funds were £159,565, including unrestricted funds of £115,793. The Board continues to closely monitor cash flow, reserves and future income as we build on the financial progress achieved during the year.

Reserves policy

The Directors have established a policy whereby the unrestricted reserves, not invested in tangible assets (the "free reserves") held by the Health Agency should represent approximately 3 months of the resources expended. At this level, the Directors believe it would be possible to continue the current activities for a short period in the event of a significant drop in funding. This would allow the Directors to seek alternative sources of funding, to change the activities of the charity, and, if appropriate, to give adequate notice to staff, and clients. Although the strategy is to build reserves the Directors are aware that it is unlikely that the target can be reached short-term and work is required in the coming year to address this.

Investment policy

Under the Memorandum and Articles of Association, the charity has the power to invest in any way the Directors wish.

Risk management

Internal financial risks are minimised by the implementation of procedures for authorisation of all transactions. Procedures are in place to ensure compliance with health and safety of staff, volunteers, clients, and visitors to the premises. Up to date public liability insurance is in place. All policies and procedures are reviewed periodically to ensure that they continue to meet the needs of the organisation. All staff and volunteers employed in regulated work are subject to checks run by Disclosure Scotland.

Looking ahead

The Health Agency enters 2026/27 with a clearer organisational purpose, stronger financial management and a focused plan for the next stage of its recovery.

Our priorities are to:

- strengthen unrestricted and multi-year income and develop new sources of fundraising and donations to build our financial sustainability;
- increase community reach through outreach and relationship-building, with a particular focus on communities and groups within Wester Hailes who are not currently engaging with our services;
- we will also create new opportunities for people to become involved in The Health Agency through membership, volunteering and food donations;
- improve the accessibility and quality of our services, reducing waiting times and ensuring people receive the right support to meet their needs; and
- strengthen organisational capacity and resilience while ensuring that growth remains sustainable.

The new Development Officer will provide dedicated capacity for fundraising, donations, volunteering and membership growth. We have also begun 2026/27 with positive progress in securing income for both the current year and future years.

The Board recognises the challenges ahead but is confident in the progress made and in our ability, to continue building a strong and sustainable organisation.

Thank you to our supporters

Our work would not be possible without the generosity, commitment and belief of the people and organisations who support The Health Agency. Our donors, fundraisers, corporate partners, grant funders and statutory partners provide the resources that enable us to deliver services, respond to changing needs and give people agency to take greater control of their health and wellbeing.

We are incredibly grateful to everyone who has supported us during a year of recovery and development. Every contribution, whether through a grant, donation, fundraising activity, partnership or practical support, helps us create opportunities for people to live longer, healthier and more fulfilling lives.

We would particularly like to thank:

- Amazon
- Baillie Gifford
- Edinburgh Communities Mental Health and Wellbeing Fund
- Edinburgh Health and Social Care Partnership
- Edinburgh Integration Joint Board
- Macmillan Cancer Support SCAN funding
- The City of Edinburgh Council Third Sector Resilience Fund
- The National Lottery Community Fund
- The University of Edinburgh
- Walking Scotland

Closing Statement

Trustees are proud of what The Health Agency has achieved during 2025/26. It has been a year of significant progress, made possible by the commitment of our staff, volunteers, partners, supporters and the people who use and help shape our services.

As we look ahead, our Northern Star remains the community we are here to serve. We will continue to listen to and work alongside people across Wester Hailes and South-West Edinburgh, ensuring that our decisions, resources and services remain focused on what matters most to them.

The Health Agency has served this community for almost 30 years, and Trustees remain firmly committed to building a strong and sustainable charity that can continue helping people lead longer, healthier and more fulfilling lives for many years to come.

Structure, governance and management

The organisation is a charitable company limited by guarantee, incorporated on 8th December 1997 and obtained charitable status with effect from 15th April 1998. The charity was established under a Memorandum of Association which established the objects and powers of The Health Agency and is governed under its Articles of Association.

In the event of the company being wound up members are required to contribute an amount not exceeding £1 to the company's assets if it should be wound up while s/he is a member or within one year after s/he ceases to be a member, for payment of the Company's debts and liabilities contracted before s/he ceases to be a member, and of the costs, charges and expenses of winding up, and for adjustment of the rights of the contributories among themselves.

Reference and Administrative Details

Charity Number	SC027773
Company Number	SC181430

Registered & Principal Office
Wester Hailes Healthy Living Centre
30 Harvesters Way
Edinburgh
EH14 3JF

Bankers
Bank of Scotland
206 St John's Road
Edinburgh
EH12 SSH

Independent Examiner
Thomson Cooper Accountants
22 Stafford Street
Edinburgh
EH3 7BD

Key Management Personnel
Zoé Mobey (Chief Executive)
Kim Buckley (Head of Operations)

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

E Howard	(Resigned 3 December 2025)
B Magee	
L Farmer	(Resigned 18 July 2025)
V Edwards	(Resigned 9 July 2025)
M Kolhatkar	(Resigned 21 November 2025)
S McMillan	(Resigned 20 February 2026)
A Glasgow	
A Whitelaw	
E Kuperij	
K Murphy	
D Heinrichs	(Appointed 1 November 2025)
A Milne	(Appointed 1 November 2025)

Recruitment and appointment of Directors
The Directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of The Board of Directors. Under the requirements of the Memorandum and Articles of Association, the members of the Board of Directors are elected by the Company members at the Annual General Meeting. Each year one third of the Board and any co-opted members must stand down, although are eligible for re-election.

The Board of Directors is made up of a mixture of people from various backgrounds including local residents, workers from other local organisations and NHS representatives. Directors are actively involved with The Health Agency through quarterly board meetings and participation in sub-committees and participation in events and activities. Under the Articles of Association, there shall be a minimum of four and maximum of ten Directors.

New Board members meet with the Chief Executive Officer (CEO) and receive an information pack with the appropriate documentation, including the Memorandum and Articles of Association for The Health Agency, a copy of the latest independent examination of accounts, roles and responsibilities of Directors and the most recent ‘What’s on’ guide for the organisation.

Pay policy for staff
The pay of the staff is reviewed annually and normally increased in accordance with average earnings. In view of the nature of the charity, the directors benchmark against pay levels in other charities of a similar size.

Organisational structure
The Health Agency has a Board of Directors consisting of up to 10 members who meet at least once a quarter. Trustees will be invited to contribute their skills and expertise in agreed sub-committees. The Board is responsible for the strategic direction and policies of the organisation. As at 31 March 2026, the Board has seven members from a variety of backgrounds.

The Health Agency Chief Executive has responsibility for the overall day-to-day provision of services, strategic and operational matters and governance - being ably aided by the management and staff team. The Chief Executive is responsible for reporting to the Board of Directors on how the charity provides the services described in the Objectives and Activities set out above. The Chief Executive also has responsibility for overall support and management of the staff team and ensure that the staff team continue to develop their skills in line with good practice. During the year, the charity employed 12 people. The Board would like to acknowledge the continued and valued contribution from a dedicated group of volunteers.

Statement of trustees' responsibilities

The trustees, who are also the directors of The Health Agency for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees' report was approved by the Board of Trustees.



K Murphy
Chair

Dated: 22 September 2026

THE HEALTH AGENCY

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE HEALTH AGENCY

I report on the financial statements of the charity for the year ended 31 March 2026, which are set out on pages 11 to 28.

Respective responsibilities of trustees and examiner

The charity's trustees, who are also the directors of The Health Agency for the purposes of company law, are responsible for the preparation of the financial statements in accordance with the terms of the Charities and Trustee Investments (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The 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 financial statements 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 connection with my examination, no matter has come to my attention:

(a) which gives me reasonable cause to believe that in any material respect the requirements:
   (i) to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
   (ii) to prepare financial statements which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations;

   have not been met or

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



Fiona Haro CA
Thomson Cooper
22 Stafford Street
Edinburgh
EH3 7BD

Dated: 22 September 2026

THE HEALTH AGENCY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2026

Current financial year

	Notes	Unrestricted funds 2026 £	Restricted funds 2026 £	Total 2026 £	Total 2025 £
Income from:					
Donations and legacies	**2**	16,040	341,772	357,812	411,740
Charitable activities	**3**	16,014	52,165	68,179	72,102
Investments	**4**	393	-	393	687
Total income		32,447	393,937	426,384	484,529
Expenditure on:					
Charitable activities	**5**	29,200	411,342	440,542	537,353
Net incoming/(outgoing) resources before transfers		3,247	(17,405)	(14,158)	(52,824)
Gross transfers between funds		13,532	(13,532)	-	-
Net income/(expenditure) for the year/ Net incoming/(outgoing) resources		16,779	(30,937)	(14,158)	(52,824)
Other recognised gains and losses					
Actuarial loss on defined benefit pension schemes	**20**	-	-	-	(980)
Net movement in funds		16,779	(30,937)	(14,158)	(53,804)
Fund balances at 1 April 2025		99,014	74,709	173,723	227,527
Fund balances at 31 March 2026	**15, 16**	115,793	43,772	159,565	173,723

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE HEALTH AGENCY

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2026

Prior financial year

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Income from:				
Donations and legacies	**2**	5,400	406,340	411,740
Charitable activities	**3**	25,121	46,981	72,102
Investments	**4**	687	-	687
Total income		31,208	453,321	484,529
Expenditure on:				
Charitable activities	**5**	7,857	529,496	537,353
Net incoming/(outgoing) resources before transfers		23,351	(76,175)	(52,824)
Gross transfers between funds	**15, 16**	(6,436)	6,436	-
Net income/(expenditure) for the year/ Net incoming/(outgoing) resources		16,915	(69,739)	(52,824)
Other recognised gains and losses				
Actuarial loss on defined benefit pension schemes	**20**	(980)	-	(980)
Net movement in funds		15,935	(69,739)	(53,804)
Fund balances at 1 April 2024		83,079	144,448	227,527
Fund balances at 31 March 2025	**15, 16**	99,014	74,709	173,723

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE HEALTH AGENCY

BALANCE SHEET

AS AT 31 MARCH 2026

	Notes	2026 £	£	2025 £	£
Current assets					
Debtors	**11**	8,953		18,930	
Cash at bank and in hand		182,908		279,476	
		191,861		298,406	
Creditors: amounts falling due within one year	**12**	(31,626)		(123,700)	
Net current assets			160,235		174,706
Defined benefit pension liability	**15**		(670)		(983)
Net assets			159,565		173,723
The funds of the charity					
Restricted income funds	**16**		43,772		74,709
Unrestricted funds	**17**		115,793		99,014
			159,565		173,723

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2026.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 22 September 2026

K Murphy
Chair

1 Accounting policies

Charity information

The Health Agency is a private company limited by guarantee incorporated in Scotland. The registered office is Wester Hailes Healthy Living Centre, 30 Harvesters Way, Edinburgh, EH14 3JF.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum and Articles, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for at least the next 12 months. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.5 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses. Assets are only capitalised if the initial cost exceeds £1,000.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers and equipment	25% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 ‘Basic Financial Instruments’ and Section 12 ‘Other Financial Instruments Issues’ of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity’s contractual obligations expire or are discharged or cancelled.

1 Accounting policies **(Continued)**

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.9 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

The cost of providing benefits under defined benefit plans is determined separately for each plan using the projected unit credit method, and is based on actuarial advice.

The change in the net defined benefit liability arising from employee service during the year is recognised as an employee cost. The cost of plan introductions, benefit changes, settlements and curtailments are recognised as incurred.

The net interest element is determined by multiplying the net defined benefit liability by the discount rate, taking into account any changes in the net defined benefit liability during the period as a result of contribution and benefit payments. The net interest is recognised in income/(expenditure) for the year.

Remeasurement changes comprise actuarial gains and losses, the effect of the asset ceiling and the return on the net defined benefit liability excluding amounts included in net interest. These are recognised immediately in other recognised gains and losses in the period in which they occur and are not reclassified to income/(expenditure) in subsequent periods.

The net defined benefit pension asset or liability in the balance sheet comprises the total for each plan of the present value of the defined benefit obligation (using a discount rate based on high quality corporate bonds), less the fair value of plan assets out of which the obligations are to be settled directly. Fair value is based on market price information, and in the case of quoted securities is the published bid price. The value of a net pension benefit asset is limited to the amount that may be recovered either through reduced contributions or agreed refunds from the scheme.

2 Donations and legacies

	Unrestricted funds general 2026 £	**Restricted funds 2026 £**	**Total 2026 £**	Unrestricted funds general 2025 £	Restricted funds 2025 £	Total 2025 £
Donations and gifts	4,466	13,149	17,615	5,400	13,039	18,439
Grants receivable	11,574	328,623	340,197	-	393,301	393,301
	16,040	341,772	357,812	5,400	406,340	411,740

2 Donations and legacies (Continued)

	Unrestricted funds general 2026 £	Restricted funds 2026 £	Total 2026 £	Unrestricted funds general 2025 £	Restricted funds 2025 £	Total 2025 £
Grants receivable						
The National Lottery Community Fund - Cost of Living	-	-	-	-	70,000	70,000
Walking Scotland (previously Paths for All)	-	3,607	3,607	-	2,146	2,146
Macmillan Cancer Support - SCAN Funding	-	6,085	6,085	-	36,550	36,550
Edinburgh Integration Joint Board	-	42,572	42,572	-	170,287	170,287
Community Grants Scheme	-	1,548	1,548	-	4,895	4,895
With Kids Kidshaven Funding	-	10,685	10,685	-	7,123	7,123
Community Link Work Network	-	42,538	42,538	-	77,300	77,300
The National Lottery Community Fund - Improving Lives	-	50,000	50,000	-	25,000	25,000
City of Edinburgh Council	-	127,707	127,707			-
Baillie Gifford	-	20,000	20,000			-
Edinburgh Communities Mental Health & Wellbeing Fund		10,000	10,000			-
The University of Edinburgh Community Grants		4,296	4,296			-
Other	11,574	9,585	21,159	-	-	-
	11,574	328,623	340,197	-	393,301	393,301

3 Income from charitable activities

	2026 £	2025 £
Management charges and services provided	68,179	72,102
Analysis by fund		
Unrestricted funds	16,014	25,121
Restricted funds	52,165	46,981
	68,179	72,102

4 Investments

	2026	2025
	£	£
Interest receivable	393	687

5 Expenditure on charitable activities

	2026	2025
	£	£
Direct costs		
Staff costs	204,725	270,641
Sessional workers and therapists	32,587	48,906
Staff travel	452	2,091
Equipment and consumables	13,489	19,869
Legal and professional	1,633	1,340
	252,886	342,847
Share of support and governance costs (see note 6)		
Support	185,016	190,906
Governance	2,640	3,600
	440,542	537,353
Analysis by fund		
Unrestricted funds	29,200	7,857
Restricted funds	411,342	529,496
	440,542	537,353

6 Support costs

	Support costs	**Governance costs**	**2026**	Support costs	Governance costs	2025
	£	**£**	**£**	£	£	£
Staff costs	145,143	-	145,143	135,843	-	135,843
Depreciation	-	-	-	61	-	61
Other staff costs	1,939	-	1,939	12,584	-	12,584
Rent, rates and insurance	13,374	-	13,374	12,998	-	12,998
Repairs and maintenance	-	-	-	583	-	583
Telephone, fax and postage	11,089	-	11,089	9,498	-	9,498
Stationery and printing	841	-	841	1,265	-	1,265
Equipment hire	8,255	-	8,255	7,248	-	7,248
Travel and subsistence	53	-	53	469	-	469
Other legal and professional	3,175	-	3,175	7,861	-	7,861
Other expenses	1,147	-	1,147	2,496	-	2,496
Independent Examination fees	-	2,640	2,640	-	3,600	3,600
	185,016	2,640	187,656	190,906	3,600	194,506

All support and governance costs are allocated on a direct basis.

7 Net movement in funds

	2026	**2025**
	£	**£**
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	2,640	3,600
Depreciation of owned tangible fixed assets	-	61

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2026 Number	2025 Number
	12	13

Employment costs	2026 £	2025 £
Wages and salaries	313,831	365,324
Social security costs	27,748	30,495
Other pension costs	8,289	10,665
	349,868	406,484

No trustee or other person related to the charity had any personal interest in any contracts or transactions entered into by the charity in either year.

Details of the members of Key Management Personnel are disclosed within the Legal and Administrative information, total remuneration paid to those members in the year was £100,782 (2025: £56,812).

There were no employees whose annual remuneration was £60,000 or more.

10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

11 Debtors

Amounts falling due within one year:	2026 £	2025 £
Trade debtors	1,738	14,055
Prepayments and accrued income	7,215	4,875
	8,953	18,930

12 Creditors: amounts falling due within one year

		2026	2025
		£	£
Other taxation and social security		3,609	4,610
Deferred income	**14**	16,138	31,154
Trade creditors		4,437	4,835
Other creditors		3,843	79,499
Accruals and deferred income		3,599	3,602
		31,626	123,700

12 Provisions for liabilities

	Notes	2026	2025
		£	£
Retirement benefit obligations	**15**	670	983
		670	983

14 Deferred income

Deferred income is included in the financial statements as follows:

	2026	2025
	£	£
Deferred grant income is included within:		
Current liabilities	16,138	31,154
Movements in the year:		
Deferred income at 1 April 2025	31,154	11,574
Released from previous periods	(31,154)	-
Resources deferred in the year	16,138	19,580
Deferred income at 31 March 2026	16,138	31,154

Edinburgh Communities Mental Health and Wellbeing Fund

This £16,138 grant was received for The Health Agency's Mental Wellbeing Service in 2026/27.

15 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £8,289 (2025: £10,665).

Further information on the defined benefit scheme is shown in note 20.

16 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes.

Current year

		Movement in funds			
	Balance at 1 April 2025	Incoming resources	Resources expended	Transfers	Balance at 31 March 2026
	£	£	£	£	£
Core Service					
Edinburgh Integration Joint Board	-	42,572	(42,572)	-	-
CEC - Third Sector Resilience Fund	-	127,707	(127,707)	-	-
Groups					
Groups (Women's and Carers)	1,698	1,548	(3,993)	747	-
Mental Wellbeing Service					
Edinburgh Communities Mental Health and Wellbeing Fund	7,993	-	(7,993)	-	-
Positive Moves	-	16,559	(22,041)	5,482	-
Walking Scotland (Paths for All)	-	3,607	(3,607)	-	-
Edinburgh Communities Mental Health and Wellbeing Fund	-	10,000	(10,000)	-	-
Westerhaven	47,920	11,077	(28,077)	-	30,920
The National Lottery Community Fund	-	25,000	(25,000)	-	-
Primary Care Funding	-	51,252	(51,252)	-	-
MacMillan Cancer Support - SCAN Funding	-	6,086	(6,086)	-	-
Tasting Change	17,098	10,990	(15,236)	-	12,852
The National Lottery Community Fund	-	25,000	(25,000)	-	-
Baillie Gifford	-	20,000	(20,000)	-	-
Community Link Worker Network					
Community Link Worker Network	-	42,538	(22,778)	(19,760)	-
	74,709	393,936	(411,342)	(13,531)	43,772

16 Restricted funds **(Continued)**

Prior year

	Balance at 1 April 2024	Movement in funds: Incoming resources	Movement in funds: Resources expended	Movement in funds: Transfers	Balance at 31 March 2025
	£	£	£	£	£
Core Service					
Edinburgh Integration Joint Board	13,618	170,287	(183,905)	-	-
Groups					
Groups (Women's and Carers)	3,040	-	(1,342)	-	1,698
Mental Wellbeing Service					
Edinburgh Communities Mental Health and Wellbeing Fund	19,993	-	(12,000)	-	7,993
Safe Spaces	769	-	-	(769)	-
Positive Moves	-	4,772	(11,977)	7,205	-
Westerhaven	77,245	7,584	(36,909)	-	47,920
The National Lottery Community Fund	-	25,000	(25,000)	-	-
Primary Care Funding	-	46,981	(46,981)	-	-
MacMillan Cancer Support - SCAN Funding	-	36,550	(36,550)	-	-
Willow Garden	2,888	-	(2,888)	-	-
Tasting Change	4,550	14,847	(2,299)	-	17,098
The National Lottery Community Fund	-	70,000	(70,000)	-	-
Community Link Worker Network					
Community Link Worker Network	22,345	77,300	(99,645)	-	-
	144,448	453,321	(529,496)	6,436	74,709

16 Restricted funds **(Continued)**

Edinburgh Integration Joint Board – funded through their large grants programme, this covers core costs and salaries up to and including the first quarter of 2025/26.

City of Edinburgh Council (CEC) Third Sector Resilience Fund – Funding to support the core running of the charity from July 2025.

Groups (Womens and Carers) – to support women and carers through positive changes in their health and wellbeing.

Mental Wellbeing Service – Support for people experiencing mental health issues through Counselling, Cognitive Behaviour Therapy and Peer Support. By providing a safe place to be heard, and practical tools to develop coping skills that build confidence and resilience, so people can recover and thrive.

Edinburgh Communities Mental Health and Wellbeing Fund – to support wellbeing activities to improve mental wellbeing.

Positive Moves – Positive Moves helps people get physically active and make healthier lifestyle choices to improve their health and wellbeing. The service offers supported gym visits, gentle exercise classes and walking groups. Our nutrition, diabetes and menopause workshops give people useful knowledge to make healthier choices.

Westerhaven – Offers practical and emotional support for people and their families affected by cancer and long-term conditions like COPD, Heart Failure, MS, etc. It provides access to 1-2-1 experts, counselling, benefits advice, relaxation therapies and peer support. It's a welcoming space where people can manage their health, reduce stress, feel less alone on their journey and improve their quality of life. This is funded by the National Lottery Community Fund – Improving Lives Grant and a Primary Care grant from Edinburgh Health and Social Care Partnership.

Macmillan Cancer Support – funding for Westerhaven to participate in the South East Scotland Cancer Network (SCAN) to develop a comprehensive prehabilitation programme to provide support to patients diagnosed with cancer to optimise their wellbeing before they have treatment (surgery, chemotherapy or radiotherapy) in order that they are in the best place to be able to manage their multiple conditions and symptoms.

Tasting Change – Tackles food insecurity to help families stay nourished, resilient and well. It offers access to affordable, nutritious food through our Pantry and Community Lunch. Practical workshops build the skills and confidence to plan and prepare healthy meals at home. Our community events provide welcoming spaces where neighbours can connect, share and support one another. This is generously funded by Baillie Gifford and The National Lottery Community Fund's Improving Lives Grant (25/26) and Cost of Living Grant (24/25).

Community Link Work Network – managed by EVOC on behalf of Edinburgh Health and Social Care Partnership this funding is provided to The Health Agency to support and provide two Senior Community Link Workers and a Community Link Worker at Wester Hailes Medical Practice. All work relating to this service has now been completed and in agreement with funder expenditure spent in previous years has been released in the year.

Willow Garden - local volunteering project which works with all abilities, although focuses on people struggling with mental health issues or those with learning difficulties and operates from the Calders Community Garden. We run supported skills development sessions and outdoor and gardening related activities that are tailored to meet the needs of the individual attendees.

17 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2025	Incoming resources	Resources expended	Transfers	Gains and losses	At 31 March 2026
	£	£	£	£	£	£
General funds	99,014	32,447	(29,200)	13,532	-	115,793

Previous year:	At 1 April 2024	Incoming resources	Resources expended	Transfers	Gains and losses	At 31 March 2025
	£	£	£	£	£	£
General funds	83,079	31,208	(7,857)	(6,436)	(980)	99,014

18 Analysis of net assets between funds

	Unrestricted funds 2026	Restricted funds 2026	Total 2026	Unrestricted funds 2025	Restricted funds 2025	Total 2025
	£	£	£	£	£	£
Fund balances at 31 March are represented by:						
Current assets/(liabilities)	70,754	89,481	160,235	99,997	74,709	174,706
Provisions and pensions	(670)	-	(670)	(983)	-	(983)
	70,084	89,481	159,565	99,014	74,709	173,723

19 Related party transactions

There were no disclosable related party transactions during the year (2025 - none).

20 Pension commitments and contingent liabilities

The Health Agency operates a defined contribution pension scheme for the benefit of its employees and also contributes to personal pension arrangements. The defined benefit scheme is closed to new members and future accrual.

Defined benefit pension scheme:

The company participates in the scheme, a multi-employer scheme which provides benefits to some 638 non-associated participating employers. The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore it accounts for the scheme as a defined contribution scheme.

The scheme is subject to the funding legislation outlined in the Pensions Act 2004 which came into force on 30 December 2005. This, together with documents issued by the Pensions Regulator and Technical Actuarial Standards issued by the Financial Reporting Council, set out the framework for funding defined benefit occupational pension schemes in the UK.

The scheme is classified as a 'last-man standing arrangement'. Therefore the company is potentially liable for other participating employers' obligations if those employers are unable to meet their share of the scheme deficit following withdrawal from the scheme. Participating employers are legally required to meet their share of the scheme deficit on an annuity purchase basis on withdrawal from the scheme.

A full actuarial valuation for the scheme was carried out at 30 September 2023. This valuation showed assets of £514.9m, liabilities of £531.0m and a deficit of £16.1m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

Deficit contributions		
From 1 April 2025 to 31 January 2028:	£2,100,000 per annum	(payable monthly)

Unless a concession has been agreed with the Trustee the term to 31 March 2028 applies.

Note that the scheme's previous valuation was carried out with an effective date of 30 September 2020. This valuation showed assets of £800.3m, liabilities of £831.9m and a deficit of £31.6m. To eliminate this funding shortfall, the Trustee asked the participating employers to pay additional contributions to the scheme as follows:

Deficit contributions		
From 1 April 2022 to 31 January 2025:	£3,312,000 per annum	(payable monthly)

The recovery plan contributions are allocated to each participating employer in line with their estimated share of the Series 1 and Series 2 scheme liabilities.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The present value is calculated using the discount rate detailed in these disclosures. The unwinding of the discount rate is recognised as a finance cost.

PRESENT VALUE OF PROVISION

	31 March 2026 (£s)	31 March 2025 (£s)	31 March 2024 (£s)
Present value of provision	670	983	363

RECONCILIATION OF OPENING AND CLOSING PROVISIONS

	Period Ending 31 March 2026 (£s)	Period Ending 31 March 2025 (£s)
Provision at start of period	983	363
Unwinding of the discount factor (interest expense)	38	10
Deficit contribution paid	(351)	(370)
Remeasurements - impact of any change in assumptions	(0)	6
Remeasurements - amendments to the contribution schedule	-	974
Provision at end of period	670	983

INCOME AND EXPENDITURE IMPACT

	Period Ending 31 March 2026 (£s)	Period Ending 31 March 2025 (£s)
Interest expense	38	10
Remeasurements – impact of any change in assumptions	(0)	6
Remeasurements – amendments to the contribution schedule	-	974
Contributions paid in respect of future service*	*	*
Costs recognised in income and expenditure account	*	*

*includes defined contribution schemes and future service contributions (i.e. excluding any deficit reduction payments) to defined benefit schemes which are treated as defined contribution schemes. To be completed by the company.

ASSUMPTIONS

	31 March 2026 % per annum	31 March 2025 % per annum	31 March 2024 % per annum
Rate of discount	4.92	4.84	5.31

The discount rates shown above are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

SCHEME: TPT Retirement Solutions - The Growth Plan

The following schedule details the deficit contributions agreed between the company and the scheme at each year end period:

DEFICIT CONTRIBUTIONS SCHEDULE

Year ending	31 March 2026 (£s)	31 March 2025 (£s)	31 March 2024 (£s)
Year 1	351	351	370
Year 2	351	351	-
Year 3	-	351	-
Year 4	-	-	-
Year 5	-	-	-
Year 6	-	-	-
Year 7	-	-	-
Year 8	-	-	-
Year 9	-	-	-
Year 10	-	-	-
Year 11	-	-	-
Year 12	-	-	-
Year 13	-	-	-
Year 14	-	-	-
Year 15	-	-	-
Year 16	-	-	-
Year 17	-	-	-
Year 18	-	-	-
Year 19	-	-	-
Year 20	-	-	-

The company must recognise a liability measured as the present value of the contributions payable that arise from the deficit recovery agreement and the resulting expense in the income and expenditure account i.e. the unwinding of the discount rate as a finance cost in the period in which it arises.

It is these contributions that have been used to derive the company's balance sheet liability.