South East Area Lifestyle Community Health Project

(A Company Limited by Guarantee)

Trustees' and Directors' Report and Accounts

For the year ended 31st March 2026

Company No : SC198442

Charity No : SC029273

South East Area Lifestyle Community Health Project

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South East Area Lifestyle Community Health Project

Legal and Administrative Information

Trustees and Directors

Elizabeth Cantley - Chair
Charlotte Lafferty - Treasurer
Sammiejo Miller - (Appointed 9 March 2026)
Debbie Innes - (Resigned 9 March 2026)
Patricia Higgins - (Appointed 20 May 2026)
Patricia Hughes - (Appointed 9 March 2026)
Kelly McFadden - (Resigned 9 March 2026)
Diane McDermott - (Resigned 9 March 2026)
Nicola McGill - (Resigned 9 March 2026)
Christine Shaw - (Resigned 20 May 2026)

Company Secretary

Mary Jackson - Secretary(Resigned 31 July 2026)
Sammiejo Miller - Secretary(Appointed 1 August 2026)

Registered Office

St Francis Centre, 405 Cumberland Street,Glasgow,G5 0SE

Company Registration No. SC198442

Scottish Charity No. SC029273

Independent Examiner

Edward B McGuigan B.A. F.F.A. F.I.P.A.
Narplan LLP
Narplan House
63 Main Street
Rutherglen
Glasgow
G73 2JH

Bankers

Bank Of Scotland
464 Victoria Road
Glasgow
G42 8PB

South East Area Lifestyle Community Health Project

Report of the Trustees for the year ended 31st March 2026

Objectives and Principal Activities

SEAL's mission statement is to reduce inequalities and ensure equal access to a healthy lifestyle for all residents in Gorbals and surrounding areas, particularly in areas of deprivation.

Our overall aim it to encourage, active participation, by those who are socially excluded, in activities that will have a positive impact on health and well-being, using a community development approach.

We encourage local residents to involve themselves in voluntary activities which will enable them to realise their full potential. SEAL use a community development approach in collaboration with local people, voluntary and statutory agencies to develop health promoting initiatives which link into local and citywide strategies.

Structure, Governance and Management
The Charity is a Charitable Company limited by guarantee and commenced operations on 27 July 1999. The charity is governed by our Memorandum and Articles of Association.

Governance
Our Board of Trustees, which governs the organisation currently consists of five members who meet monthly to ensure that the organisation operates in accordance with the Companies Act 2006, the Charities Accounts (Scotland) Amendment Regulations 2007 and Charities Accounts (Scotland) Amendment Regulations 2010. Financial reports are circulated to the Board on a monthly basis to monitor the finances of the charity.

Risk Management
The Trustees evaluate risk to the Charity at least once a year. The main risk is that income from donations, fundraising and grant income streams are not sufficient to cover our expenses. The Trustees are ready to take appropriate action in the event that the financial position of the Charity becomes seriously threatened. Procedures are in place to ensure compliance with health and safety of staff, volunteers, and others.

Staff and Volunteers
The charity is grateful for the tireless efforts of its appointed staff and volunteers who are involved in administration, service delivery, and fundraising.

Achievements and Performance

The last 12 months has seen the organisation continue its growth, focusing on early intervention, prevention, empowerment, and community strengthening. Supporting local people from diverse community groups to come together, engage in services that are otherwise inaccessible, building increased knowledge, skills and experiences that help them led more positive, resilient and empowered lives. Whilst our services are open to all community members, we also run targeted services for at risk groups experiencing significant isolation and poor health including new/young/single parents, isolated older people, vulnerable women affected by abuse/discrimination, BAME groups, etc. Our services improve local peoples immediate and long-term outcomes.

Mental health and wellbeing remain a priority due to pandemic legacy and cost-of-living pressures. We continue to offer comprehensive programmes to address how our users can be assisted to cope with these issues both at a mental and physical level.

Our outstanding team has again gone above and beyond for the people who we work with running services including; Adult Yoga & Relaxation (twice weekly), Outdoor Exercise Group, Cycle Group, Winning for Women, Therapy Clinic, Stress Buster's, Baby Massage & Baby Yoga, Positive Parenting, Nutritional Workshop, School Bakery/Cooking Workshops (with free healthy lunches), School Fruit Workshops and Mindfulness Walking. Through securing funding for our new cycle hub early last year we now have 2 cycle groups running, one for adults 16+ and one for a men's group. Our Stress Buster's programme was hugely successful which we ran weekly alternating in four different locations within the Gorbals community. This made the programme more accessible and inclusive as possible for residents. By taking the sessions into different community venues, we reduced barriers such as travel, cost and accessibility, making it easier for people to attend in a location that was convenient and familiar to them. Delivering this across several locations helped us reach a wider range of people within the community, while creating a safe, welcoming space where participants could connect with others, share experiences and build supportive relationships.

SEAL also continue to support the Gorbalites 50+ Project, a local elderly project with bookkeeping, admin, and funding.

All of this work is delivered within the context of increased financial pressures and we are incredibly grateful to all our funders who continue to see the real value and impact of our work here including; The Volant Trust, The Robertson Trust, Bank of Scotland Trust, People's Postcode Trust, Albert Hunt Trust, and others.

We would like to thank the staff and volunteers who consistently go above and beyond to deliver high-quality work to the communities in which we serve.

Our aim for this year ahead, 2026/2027, is to continue the running of our successful groups. To address the everchanging demands of our service users we continually adapt and introduce new services as and when required. We will continue to monitor and evaluate our services and programmes as we go along to ensure they are fulfilling the needs of the people and communities we serve. We will continue to maintain good partnership working alongside many of our partnership community groups including the Gorbals Third Sector Forum strengthening and sharing resources and information whilst building strong links to other community groups. We maintain our outreach to best serve people within our catchment areas who have greatly benefitted from the support that we provide and which they continue to need. Our staff and volunteers will continue to develop and plan our future work with isolated and excluded residents within deprived areas in South East Glasgow. SEAL has a proven record of working with diverse groups to develop initiatives in line with their unique changing needs. We believe that the continued demand for our services, positive client outcomes/achievements, and overwhelming positive feedback received from both members and partners proves that we are effective at reaching/working with diverse groups and that our services are successful.

Monitoring and Evaluation

In order to ensure that we are addressing the needs of our user groups as best we can, our work is regularly reviewed by our Board of Trustees, management team, volunteers, and service users. To ensure that our service users and volunteers can feed back to us as openly and honestly as possible, we hold regular focus groups and drop-in sessions.

Future Plans

Our aim for this year ahead 2026/27 is to continue with our successful groups that are currently running. In order to address the Communities ever changing demands and needs we always aim to adapt and introduce new services when needed. We will continue to monitor and evaluate our services and programmes as we go along to make sure they are identifying the needs of the people and the community. We will continue to maintain good partnership working alongside Gorbals Voluntary Sector Forum which will help to strengthen and share resources and information whilst building strong links to other Community Groups. We maintain our reach out to assist people within our catchment areas who have greatly benefitted from the support that they we provide and which they continue to need. Our staff and volunteers continue to develop and plan our future work with isolated and excluded residents in deprived areas in South East Glasgow.

Financial Review

This year, our total income was £92,451. We finished the year with a deficit of £(5,545) on unrestricted funds and accumulated unrestricted reserves of £20,438. This provides a limited platform as we transition into the new year where hopefully our activities will continue to be supported.

Reserves Policy

The purpose of reserves is to ensure that the charity can meet its obligations against a decline or interruptions in income, which is of particular concern during times of economic downturn. The risk to the charity's income stream is that donations may drop in value, and that support provided by way of grant income is discontinued. The charity has no stocks of shares to generate income. At the year end, we held £20,438 of unrestricted reserves which equates to approximately three months' running costs. It is prudent to keep six months' reserves however we recognise the tension and challenges on income streams within the voluntary sector and we have no option but to revise our policy to align with the commercial realities which we face.

Principal Sources of Funding

In the last financial year, our team raised a total of £105,420 from grant giving bodies, trusts and general donations. The charity would therefore thank the grant-makers and those trusts for their continued support and generosity.

South East Area Lifestyle Community Health Project

Report of the Trustees for the year ended 31st March 2026

Statement Of Trustees Responsibilities

The trustees are responsible for preparing the Report of the Trustees and the financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with the United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements the Trustees are required to:

(a) select suitable accounting policies and apply them consistently;
(b) make judgements and estimates that are reasonable and prudent;
(c) state whether applicable UK Accounting Standards have been followed subject to any material departures disclosed and explained in the financial statements;
(d) observe the methods and principles in the Charities SORP;
(e) prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

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

Audit

For the year ending 31st March 2026 the charitable company trustees consider that the audit requirement of Regulation 10(1)(a)to(c)of the Accounts Regulations does not apply.

Narplan Accounting Services has been re-appointed as Independent Examiner for the year ending 31st March 2026.

Approval

This report was approved by the Board of Trustees and directors on the 12th October 2026.

Sammiejo Miller ..... Trustee and Secretary
Sammiejo Miller

South East Area Lifestyle Community Health Project

(A Company limited by Guarantee)

Independent Examiner's Report to the Trustees on the Unaudited Accounts

for the year to 31 March 2026

I report on the accounts of the charity for the year ended 31st March 2026 which are set out on pages 8 to 11.

Respective responsibilities of trustees and examiner
The charity's trustees who are also the directors of the company for the purposes of company law, are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustees Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 as amended. The charity trustees consider that the audit requirement of Regulation 10(1)(a)to(c) of the 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.

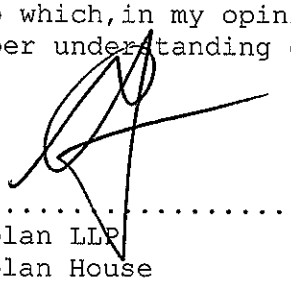
Basis of Independent Examiner's Statement
My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes the review of the accounting records kept by the ch
arity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement
In the course of my examination, no matter has come to my attention 1. which gives me reasonable cause to believe that, in any material respect, the requirements:

(a) to keep accounting records in accordance with Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and

(b) to prepare accounts which accord with the accounting records and comply with Regulation 8 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 accounts to be reached.



..... Edward B McGuigan B.A. F.F.A. F.I.P.A.
Narplan LLP
Narplan House
63 Main Street
Rutherglen Glasgow
G73 2JH
Date 12th October 2026

South East Area Lifestyle Community Health Project

Statement of Financial Activities for the year ended 31 March 2026

	Notes	Unrestricted Funds £	Restricted Funds £	2026 Total Funds £	2025 Total Funds £
INCOME FROM					
Donations and other fundraising	**2.**	92,451	-	92,451	105,420
Other trading activities		-	-	-	-
Investment Income		-	-	-	-
Total		92,451	-	92,451	105,420
EXPENDITURE ON					
Raising funds		940	-	940	8,835
Charitable Activities		97,056	-	97,056	91,358
Total		97,996	-	97,996	100,193
NET (EXPENDITURE)/INCOME		(5,545)	-	(5,545)	5,227
Transfer between funds		-	-	-	-
Net movement in funds		(5,545)	-	(5,545)	5,227
Total funds brought forward		25,983	-	25,983	20,756
TOTAL FUNDS CARRIED FORWARD		20,438	-	20,438	25,983

The notes on page 10 and 11 form part of these financial statements.

South East Area Lifestyle Community Health Project

Balance Sheet as at 31 March 2026

	Note	2026 £	£	2025 £	£
Fixed Assets			109		137
Current Assets					
Cash at Bank and On Hand		21,649		27,166	
		21,649		27,166	
Current Liabilities					
Creditors: Amounts falling due within one year	4	1,320		1,320	
Net Current Assets			20,329		25,846
Net Assets			20,438		25,983
CAPITAL AND RESERVES					
Unrestricted Funds		20,438		25,983	
Restricted Funds		-		-	
			20,438		25,983
			20,438		25,983

For the year ended 31st March 2026;
(a) the charitable company is entitled to the exemption from audit under section 477 of the Companies Act 2006;
(b) the members have not required the charitable company to obtain an audit of its financial statements in accordance with section 476 of the Companies Act 2006.
(c) the trustees acknowledge their responsibility for:
(i) ensuring that the charitable company keeps accounting records which comply with section 386 and 387 of the Companies Act 2006; and
(ii) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year, and of its surplus or deficit for each financial year, in accordance with the requirements of section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as is applicable to the charitable company.
(d) These financial statement have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

The financial statements were approved by the Board on 12th October 2026 and signed on its behalf by

Charlotte Lafferty
..... Trustee and Director
Charlotte Lafferty
The notes on page 10 and 11 form part of these financial statements.

1 Accounting Policies

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS102, have been prepared in accordance with the Charities SORP (FRSSE) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities (the FRSSE) (effective January 2015)', the Financial Reporting Standard for Smaller Entities (effective January 2015), the Charities and Trustee Investment (Scotland) Act 2005 and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income
Incoming resources are recognised in the statement of financial resources in the period in which the charity is entitled to receipt and the amount can be measured with reasonable certainty.

Income is deferred only when the charity has to fulfil conditions before becoming entitled to it or where the donor has specified that the income is to be expended in a future period.

Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

Expenditure
Resources expended are recognised in the period in which they are incurred.

Costs of generating funds comprise those costs associated with generating incoming resources from all sources other than undertaking charitable activities. It includes both costs that can be allocated directly as well as costs of an indirect nature.

Charitable activity expenditure comprises those costs incurred by the charity in the delivery of its objectives and services to its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

All costs are allocated between costs of generating funds and the charitable activities on the basis of management's estimation of staff time or usage.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include independent examination fee and the cost of producing the statutory accounts.

2. Donations and other fundraising	Unrestricted Funds £	Restricted Funds £	2026 Total Funds £	2024 Total Funds £
Donations	-	-	975	1,140
Grants	92,451	-	92,451	104,280
Other Trading Activities	-	-	-	-
	92,451	-	93,426	105,420

3. Governance Costs	2026 £	2025 £
Accounting Fee	1,320	1,320
Payroll Fees	677	684
	1,997	2,004

4. Creditors	2026 £	2025 £
Other Creditors	-	-
Accrued Charges	1,320	1,320
	1,320	1,320

5. Analysis of net assets between funds Fund balances @ 31 March 2026 are represented by	General Funds £	Restricted Funds £	2026 Total Funds £	2025 Total Funds £
Fixed Assets	109	-	109	137
Current Assets	21,649	-	21,649	27,166
Current Liabilities	1,320	-	1,320	1,320
	20,438	-	20,438	25,983

South East Area Lifestyle Community Health Project
Analysis of Activities (Non-statutory additional information)

	2026	2025
	£	£
Incoming Funds		
New Gorbals Housing	-	2,210
General Donations	-	1,140
Peoples Postcode Grant	15,000	-
Robertson Trust	10,000	-
GCC Area Partnership Award	2,364	7,792
Awards For All	-	20,000
Admin Support Gorbalites	4,800	4,800
P1 Contractors	2,000	-
Mugdock Trust	-	500
Albert Hunt Trust	-	5,000
Foundation Scotland	15,210	-
Erskine Trust	1,000	-
Garfield Weston	-	15,000
Glasgow Care Foundation	1,000	1,000
The Russell Trust	-	-
The Souter Trust	-	3,000
Endrick Trust	-	4,000
Outreach Therapy - Penilee Day	400	-
Lintel Trust	1,000	-
Outreach - Cooking School Workshop	1,313	-
Outreach Therapy - Aggreko	1,048	-
Outreach Gorbalites Therapies - Fruit Packs	-	780
Crossroads - Christmas Market Therapy	180	-
The Giving Machine - School Workshop	250	-
Scout Unity Insurance	16	-
Outreach Therapy - Task Event	405	-
Outreach Therapy - IWD Pollok	270	-
New Gorbals Housing - Gorbals Fair	189	-
New Gorbals Housing - Therapy & Exercise	4,870	-
New Gorbals Housing - Stressbusters	9,756	-
Dr Guthrie's	-	1,000
Cycling UK	-	12,895
Bank Of Scotland Foundation	10,000	10,000
Scotmid	500	-
Tesco Community Grant	-	375
W A Cargill	-	3,000
Income C/Fwd	**81,571**	**92,492**

South East Area Lifestyle Community Health Project
Analysis of Activities (Non-statutory additional information)

	2026	2025
	£	£
Income B/Fwd	**81,571**	**92,492**
Culture & Sport - Wellbeing	2,630	960
WM Mann Foundation	1,250	-
Hugh Fraser Grant	4,000	8,000
Robina Goodlad Memorial Trust	3,000	3,968
Total Incoming Resources	92,451	105,420
Resources Expended		
Staff Costs	68,012	68,873
Sessional Staff Costs	960	2,705
Staff & Volunteer Training	658	360
Fundraising Consultancy	940	-
Rent	403	1,135
Room Hire	2,303	1,671
Insurance	1,325	1,294
Stationery, Postage & Office Supplies	1,022	1,562
Maintenance & Repairs	170	120
Cleaning & Hospitality	116	1,297
Accounting Fees	1,320	1,320
Payroll Costs	677	684
Clinic Costs	7,382	6,710
Outreach, Event & Workshop Costs	12,457	3,559
Development Costs	-	8,835
Depreciation	27	34
General Expenses	224	34
Total Resources Expended	97,996	100,193
Net Incoming /(Resources Expended) for the Year	(5,545)	5,227