



**FEBRUARY 2024 - JANUARY 2025**

# **TRUSTEES' ANNUAL REPORT**

**Stirling4Community SCIO**

**Scottish Charity Number SC051038**

Registered Address:

16 Laurehill Gardens

Stirling

FK8 2PT

Tel: 07826 556302

Email: [stirling4community@gmail.com](mailto:stirling4community@gmail.com)

Website: [www.stirling4community.org.uk](http://www.stirling4community.org.uk)



## STIRLING WELLBEING & FRIENDSHIP CHOIR

WE ARE AN INFORMAL CHOIR WITH CHOIR LEADER - NO EXPERIENCE NEEDED - NO INTERVIEWS - COME ALONG AND ENJOY SINGING TO A WIDE VARIETY OF SONGS

**EVERY THURSDAY (TERM TIME)  
7.30PM TO 9PM**

**HOLY TRINITY CHURCH HALL  
DUMBARTON ROAD, STIRLING**

E: PAULAFRECKSTIRLING4COMMUNITY@GMAIL.COM

Contact Tel : 07826 556302  
or  
stirling4community@gmail.com

**NEW**

## Latin & Ballroom Dance Class

**THE LAST WEDNESDAY OF EVERY MONTH**

Join us for a fun 1 hour dance class

**12pm to 1pm**  
followed by a cuppa and cake

**Holy Trinity Church Hall  
Dumbarton Road  
Stirling FK8 2RG**

£5 per person

Led by  


**Art Group**  
Every Friday  
10.30am to 12noon  
@  
**Holy Trinity Church Hall  
Dumbarton Road  
Stirling FK8 2RG**

E: [stirling4community@gmail.com](mailto:stirling4community@gmail.com)

£4 per person  
All materials supplied

A friendly, weekly & led art group

## S4C'S MEN'S GROUP

Stirling 4 Community's Men's Group is an opportunity for men to join together in community projects such as gardening and DIY, make new friends and enjoy occasional social gatherings and outings together




Contact us on Facebook 'S4C Men's Group' or by email to [Stirling4Community@gmail.com](mailto:Stirling4Community@gmail.com)

[www.stirling4community.org](http://www.stirling4community.org)

## S4C Lunch Club

Just £4 per person

ENJOY A DELICIOUS LUNCH  
MEET NEW FRIENDS  
FUN ACTIVITY / ENTERTAINMENT

CONTACT US  
T: Paula on 07974 371089  
E: [paulafreckstirling4community@gmail.com](mailto:paulafreckstirling4community@gmail.com)

WHERE  
Holy Trinity Church Hall, Dumbarton Road, Stirling

WHEN  
Thursdays from 12noon to 1.30pm

[www.stirling4community.org](http://www.stirling4community.org) SC051038



## WOMEN'S HEALTH & WELLBEING GROUP

A friendly group who meet weekly on weight loss, healthy eating, exercise & mental health

**MONDAY'S FROM 6PM TO 7PM  
AT  
THE MAYFIELD CENTRE, SUNNYBANK ROAD,  
STIRLING FK7 0DB**

Contact Lorna  
T: 07905 747337

[www.stirling4community.org](http://www.stirling4community.org)

**Stirling4Community**  
Bringing Community Together

Our knit and stitch group meet  
Monday mornings 10:30-12  
Everyone welcome and all abilities  
£2 suggested donation towards costs



**The Mayfield Centre, Sunnybank Road,  
Stirling, Fk7 0DB,  
Contact Paula : 07974371089  
[www.stirling4community.org](http://www.stirling4community.org)**

**Stirling4Community**  
Bringing Community Together

## Charity Trustees

Jane Steel - Chairperson  
Sally Forshaw - Secretary & Fundraising Co-ordinator  
David Boyd - Depute Chairperson  
Lorna Shaw - Treasurer  
Gerry Forshaw - Assistant Treasurer  
Raymond Phillips - Membership Secretary  
Natalie Forshaw - Trustee  
Jennifer MacMillan - Trustee  
Sheena Baker - Trustee  
Tina Cochrane - Corporate Trustee

## Objectives & Activities

The purposes of Stirling4Community are to provide a range of services either on its own initiative or in association with others, geared to responding to community needs. At the outset, this will focus on four areas:

- Addressing the challenges of loneliness and isolation
- Nurturing community and building a sense of belonging
- Developing friendship and fellowship
- Promoting wellbeing

We work with others to promote our objectives.

Stirling4Community is founded on the Christian values of love, service and inclusivity.

We are a welcoming organisation open to anyone. We strive to be inclusive and open to all members of society.

We currently hold several community groups each week including a Dementia and Older People's Lunch Club, a Wellbeing & Friendship Choir, a Men's Group, a Knitting & Sewing Group, a Women's Health & Well-being group, an Art Group as well as a Monthly Dancing Class for all ages and abilities.

All of our groups aim to combat loneliness and isolation by encouraging community, welcoming people and developing friendships.

## Structure, Governance & Management

### Type of governing document

Scottish Charitable Incorporated Organisation (SCIO)

### Trustee recruitment and appointments

At the end of year 2024/25, we had ten trustees, having recruited two new trustees in May and June 2024 respectively. We warmly welcome Sheena Baker and Jennifer MacMillan to the Board of Trustees.

We very much welcome corporate trustees to join, and currently one of our ten trustees, is a corporate trustee, from our partner organisation, 'William Simpsons' care home. We are currently working on a joint project on their site at Plean, Stirling, where our Men's Group are continuing to develop and maintain raised vegetable beds and to carry out occasional activities at the care home with residents.

Our current board of trustees have diverse working experiences including retired Directors, retired Teachers, a Transport Manager, Finance Manager, retired Business & Social Care Manager, retired Electrician and HGV Driver, each bringing mixed life experiences and skills.

We plan to continue to actively seek new trustees this coming year to widen our board experience and skills, and bring a greater diversity to the board.

## Achievement & Performance

It's been another very good year, running our community groups, including Lunch club, Choir, Knitting group, Art group, Dance classes, our Women's Health & Wellbeing group and our Men's Group. Attendance is up in most of the groups, with Art, Wellbeing and Knitting groups having particularly large attendance.

Our partnership with William Simpsons is continuing to go very well, and we are very thankful to their Chief Executive and to their Board of Directors who continue to fully support us, in our use of a former graveyard of William Simpsons, as a Memorial Garden and Community Garden space and for allowing our Men's Group to manage multiple vegetable plots at their land in Plean.

We have been very blessed to have been supported financially by many different external funders, following applications made by our funding coordinator. We're also very thankful to our members for their membership fees and donations which contribute to our stable financial position.

We are very thankful to all of the following funders who supported us in 2024/25

|                            |                               |
|----------------------------|-------------------------------|
| Age Scotland               | McCarthy Stone                |
| Allan Lane Foundation      | R S MacDonald                 |
| Arnold Clark               | Robertson Trust               |
| Artlink                    | Stirling Council              |
| Asda Foundation            | Stirling Council Warm Spaces  |
| Bank of Scotland           | Stirling Voluntary Enterprise |
| Baynes Foundation          | The Lottery Fund              |
| Charles Hayward Foundation | The National Lottery          |
| Co-Op                      | The Round Table               |
| Foundation Scotland        |                               |

## Halls

We have been blessed to have had the use of two great spaces to run our groups from, in the absence of finding our own space – Holy Trinity Church hall next to the Albert Halls on Dumbarton Road, Stirling and The Mayfield Centre, in St Ninians, Stirling.

Our application to Stirling Council for the East Argyle Centre to take it on as a community asset transfer has now closed and the centre went up for rent at an 'offers over' price and with maintenance conditions that were not feasible for us to consider.

Thanks are due to all of our Board of Trustees for their support and hard work this year, with special thanks to our Secretary/Fundraising-Coordinator, who has done an excellent job of taking the minutes each meeting and has raised substantial grant funding to allow our groups to continue into the future, and many thanks to our Membership Secretary, who deals with membership queries, and to both our Treasurer and Depute Treasurers, who have kept the financial accounts in good order throughout the year, and have prepared our year end management accounts ready for independent examination.

We are very excited to continue our work in the Stirling community and continue our partnership with William Simpsons, and we hope to generate more mutual opportunities for interaction with the residents there. We recently completed garden works with Roselea, another local care home, helping set their garden up so that the residents can make use of them more easily.

We continue to have our primary focus on reducing loneliness and isolation, particularly through the growth of further community groups, and we hope through rental of our own premises at some point in the coming year, as suitable premises become available to us.

## Staff

We operate with three funded staff – a Lunch Club Co-ordinator, a Manager/Co-ordinator of Volunteers, and a Wellbeing Group Co-ordinator. All posts are fully funded and are part time posts.

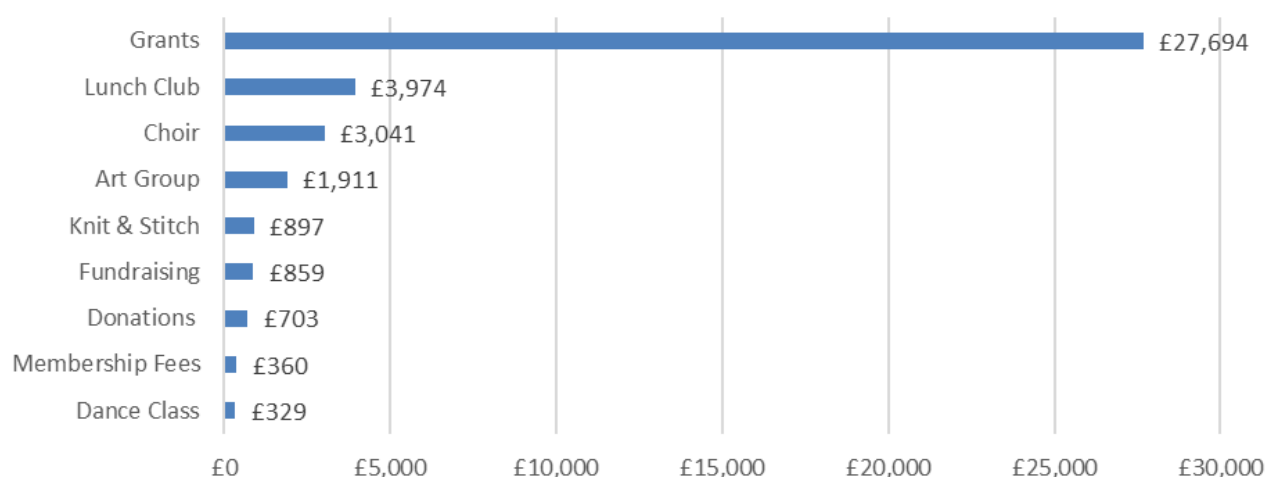
## Volunteers

We have a large group of over 20 volunteers who work with our groups on a weekly basis, giving their time selflessly to support us and help our community group attendees.

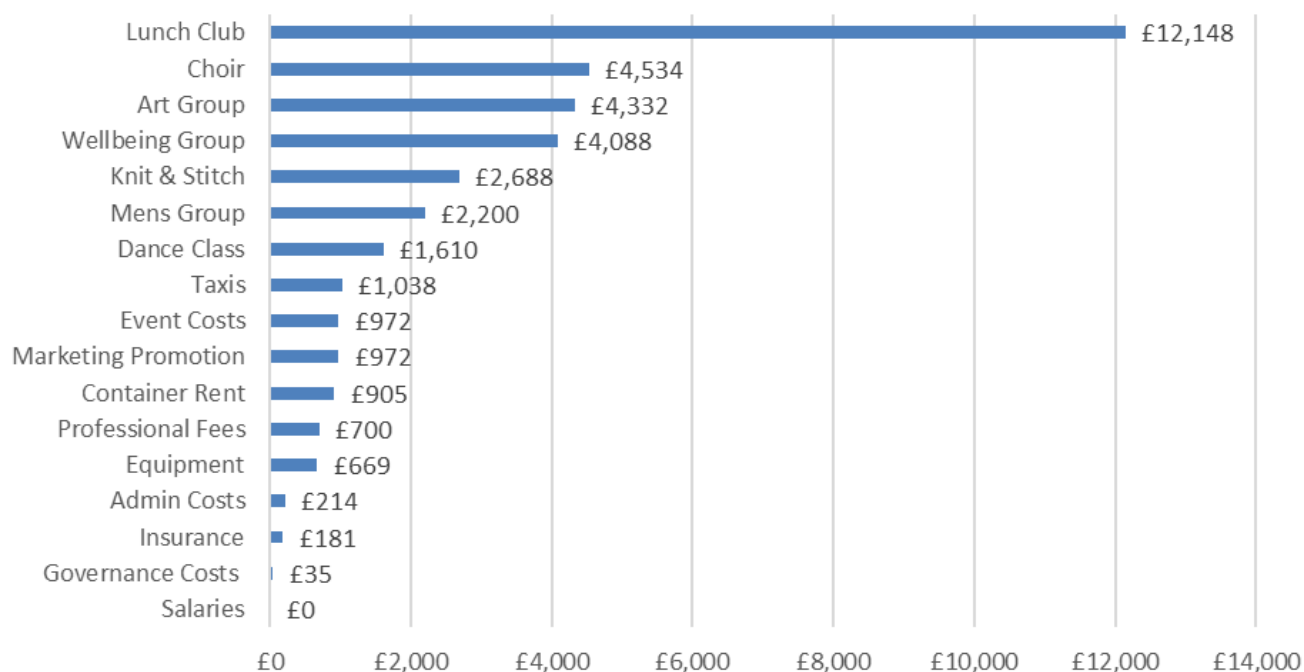
We are very thankful for our amazing staff and volunteers, without whom we could not continue our work.

## Financial Review

Income in £'s



Expenditure in £'s



## Details

Opening balance at 1st February 2024 = £39,492

Total income = £39,768

Total expenditure = £37,285

Closing bank balance = £41,976

Our closing bank balance is made up of £17,946 in Restricted Funds, £24,030 in Unrestricted Funds of which £12,000 is allocated to Reserves.

Huge thanks are due to Sally Forshaw, our Volunteer Funding Co-ordinator, who this year successfully applied for and has raised over £27,693 in grant funding to allow our groups to continue into the future. We are extremely grateful to all our funders without whose support we could not operate.

## Grant Funding received in 2024/25

- £5,000 from RS MacDonald in support of our Lunch Club
- £800 from Asda Foundation for our Men's Group
- £500 from Roberston Trust for Cost of Living support of our community
- £3,414 from Foundation Scotland for our Women's Wellbeing Group
- £2,380 from Allen Lane to support Lunch Club
- £10,000 from Bank of Scotland for overall support of our projects
- £500 from Age Scotland for support of our 'Mental Health Groups
- £100 from Baynes Foundation for overall support of our projects
- £5,000 from RS MacDonald for support of Lunch Club in 2025/2026

Other forms of income came from our annual membership fees, donations, and a steady income from our attendees at the various groups we hold.

We had increased costs year on year, with a much needed replacement laptop for the Treasurer, as well as increased salaries from £7,930 the previous year to £9,999 in line with Living Wage recommendations.

Our rents increased from £4,316 to £6,436, largely due to having had to take on a storage container, to store all of our group materials and equipment, as well as a small increase in Administration costs. Overall group project costs (excluding rent salaries) decreased from £19,215 the previous year to £17,130 this year.

2025 may bring additional salary increases as the minimum wage continues to rise to £12.21 per hour, so this will be raised for board discussion in March/April 2025.

## **Statement of the Charity's Policy on Reserves**

The trustees aim to maintain free reserves in our reserves fund at a level which equates to approximately three to six months of unrestricted expenditure.

In 2024/25 we have set aside £12,000 of reserves from our unrestricted funds.

The trustees consider that this level will provide sufficient funds to ensure that support and governance costs are covered in the event of any unexpected loss of income.

The trustees consider that a level of four to six months is currently sufficient given our ongoing funding situation and the nature of our work, not having the burden of owning any property to be maintained, and the short notice (normally one month) required on giving up any rented premises that we use.

We continue to have a fairly healthy balance sheet and with our groups also bringing in their own income through weekly attendee donations, this will contribute to our position this year. It will be necessary to continue to focus on grant funding for the foreseeable future to secure our future position.

## **Future Plans**

We aim to continue with all of our current groups and to grow our services by considering other needs in the local community.

We are still hopeful that we may find our own suitable rental premises available full time in 2025/26 as this would significantly help organisationally and it would allow our community users to attend at the same premises when coming to multiple different groups.

We look forward to another exciting year of serving the community in our local area.

## Declaration

Signed on behalf of the charity trustees:

|             |                      |
|-------------|----------------------|
| Print name  | JANE STEEL           |
| Signature   | SIGNED BY JANE STEEL |
| Designation | CHAIRPERSON          |
| Date        | 28TH SEP 2025        |