

NEURO CENTRAL

A Scottish Charitable Incorporated Charity (SCIO)

Annual Report and Financial Statements

For the period: From 01 July 2022

To 30 June 2023





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The trustees are pleased to present their report and financial statements together with the independent examiner's report for the year ended June 30th 2022.

Reference and administration details

Charity Name	Neuro Central	
Charity Number	SC046630	
Principal Address	19 Braemar Grove Dunblane FK15 9EF	
Website Address	neurocentral.org.uk	
Current Trustees	Heather Wilson Jackie Paterson Jane Logan Maira McDonald Paul Rimmer David Thomson Sally Boa Warren Luke	Chair Vice Chair Treasurer Assistant Treasurer Secretary (from 03 October 2022) (from 03 November 2022) (from 27 January 2023)
Other Trustees in the Period	<i>None</i>	
Independent Examiner	David Brash	



Structure, governance and management

Type of governing document

Neuro Central is a Scottish Charitable Incorporated Organisation (SCIO). As such, we are governed by our constitution which is written to comply with the requirements of the Charities and

Trustee Investment (Scotland) Act 2005.

Within these requirements, it also meets the specific needs of our charity.

It is kept under review and was last amended at the Annual General Meeting in December 2021.

Trustee recruitment and appointment

Neuro Central's constitution advises on the appointment of trustees. At each Annual General Meeting (AGM), the members may elect any member to be a charity trustee. Membership of the organisation is open to any person with a neurological condition living in Scotland, their carers, and friends who are interested in helping the group achieve its aims and objectives.

In addition, the Board may at any time appoint any member to be a trustee, or any non-member with specialist experience and / or skills which could be of assistance to the Board.

The constitution allows for a minimum of three and a maximum of eleven trustees.

Neuro Central's application for incorporation as a SCIO was accepted by the Scottish Charity Regulator (OSCR) in June 2016. The trustees at the time were all people living with a neurological condition. This is still the case. We have now recognised that this is a situation that cannot continue if we are to maintain or increase the level of service to our members that we currently provide.

To that end, we are taking the following approach to recruiting more trustees:

- Direct advertising of the post
- Encouraging existing volunteers to consider become trustees

Our recruitment aims to reflect that, as a charity, we encourage diversity and welcome everyone. We will be looking for a willingness to accept this aim, an ability to



ensure good governance, and bring the skills we need meet our charitable purpose.

Suitable candidates will be co-opted on to the Board in accordance with the constitution and invited to stand for election at the subsequent AGM.

Objectives and activities

Charitable purposes

Neuro Central's purpose is stated in our constitution:

To advance the health and wellbeing of people in Scotland who live with neurological conditions through access to high quality services and therapies, information and support for them, their carers and their families, in a friendly relaxed environment, so nobody has to feel alone.

Summary of the main activities in relation to these objectives

We have two main activities to achieve our purpose.

We hold face-to-face meetings in Stirling and Auchterarder. These meetings generally take one of two formats:

- A regular social event where members are able to meet up, chat, have light refreshments and receive a therapy. These include massage therapy, reflexology and feet treatment. These meetings may also include a short talk for information or entertainment.
- A programme of events over a period to provide information on matters of interest to our members.

As with many other organisations, during the COVID pandemic, we had to take all our activities online. We have continued some of these. This allows those of our members who still have concerns about meeting face-to-face, and those who find it difficult to get to our meetings, to be involved and take part in neuro physio, relaxation and mindfulness sessions.



Achievements and performance

We still have concerns about the presence of the Covid virus in our communities. This is particularly relevant to Neuro Central as many of our members have compromised autoimmune systems. In spring 2023, the Scottish Government advised that there were now no Covid-19 rules or restrictions in Scotland. They did however provide advice. This has been incorporated into our guidance to members when attending person-to-person meeting. The key element is that if you feel unwell, please stay away to protect others. We feel confident that we can continue to hold our meetings in Stirling and Auchterarder under these conditions.

This was confirmed at the face-to-face meetings held when we restarted in September 2022 after our summer break. With good turnouts, it was apparent that our members relished the opportunity to be back together and socialising again.

We normally hold meetings at Stirling County Cricket Club on the first and third Monday of the month (except in January, July, and August). This year was no exception and meetings were held regularly until the end of June 2023 when we took our usual summer break. It was though considered appropriate to cancel the meeting on 19 September 2022 because it would have coincided with the funeral of Her Majesty Queen Elizabeth.

We were unable to hold meetings as normal in Auchterarder for the first half of 2022 in St Margaret's Hospital Outpatients because of continuing Covid restrictions at the hospital. However, we were fortunate to be able to use Auchterarder Parish Church Hall as an alternative. We greatly appreciated the welcome and help given to us by them. A change in the guidelines at the hospital, allowed us to return there for the last meeting in June 2022, and we continued to hold our events there for this period.

Meetings were normally held on the second Wednesday and fourth Saturday of the month. However, this was proving less than satisfactory, and the members were consulted about their preferences for meeting days. They concluded that they would prefer to meet once a month on the second Wednesday and meet through the two summer months. The local organisers were able to agree to this and it was implemented in March 2023.

We have continued with some online sessions which are open to all members. This allows those who are not comfortable attending face-to-face meetings still to be involved. It also allows an involvement for any member without the need to travel. These sessions included:

- Weekly neuro physio exercise from a Neuro Physio Scotland registered practitioner
- Monthly relaxation session
- Monthly mindfulness session

Our Counsellor has been available throughout the year offering confidential counselling therapy. She has now moved away from Central Scotland but is still available to offer sessions either by telephone or online.



Meetings held in Stirling included:

- The Annual General Meeting on 03 October 2022. This was made available to members by Zoom for those who were unable to travel.
- A Relaxing Sound Therapy Session
- Games sessions with equipment provided by Forth Valley Disability Sport
- Talks from representatives of Leuchie House, the Live Your Life team at Strathcarron Hospice, and the Scottish Fire and Rescue Service

Meetings held in Auchterarder included:

- Weekly Neuro Physio Active Classes thanks to a grant from Friends of St Margaret's
- A series of six pottery classes
- Growing our Health project making use of St Margaret's polytunnel
- Talks on photographing wildlife, advice on healthy eating and one-pot-cooking, and advice on the use of mobility aids

Both Stirling and Auchterarder rounded off 2022 with Christmas meetings in December where the emphasis was on celebrating in the holiday spirit.

Neuro Central organised a programme of events in Auchterarder in 2022 under the title of *Living Well with Neurological Conditions*. The feedback received was overwhelmingly positive and favourable to the extent we held a similar programme in Stirling in 2023. This was possible due to a grant from the Arnold Clark Community Fund. The programme was held over three days, one each in March, April and May and included a buffet lunch for attendees.

The topics covered included:

- | | | |
|-------|---|--|
| Day 1 | <ul style="list-style-type: none">• An insight into the work of a neurological specialist nurse | <ul style="list-style-type: none">• What to expect from a neuro physiotherapist |
| Day 2 | <ul style="list-style-type: none">• An overview of the new Social Security Scotland benefits system | <ul style="list-style-type: none">• Practical advice on looking after our feet from a Foot Care Practitioner |
| Day 3 | <ul style="list-style-type: none">• Introducing the benefits of talking therapy by Neuro Central's counsellor | <ul style="list-style-type: none">• An entertainment session and feedback |

Auchterarder were able to hold a *Scottish Mental Health First Aid* course thanks to a grant from the Perth and Kinross Volunteer Fund. This was held over several sessions in October and November 2022. Nine participants completed the course and achieved Scotland's Mental Health First Aid (SMHFA) certificate.

The feedback provided on our events from all our members was very positive. This was reinforced by a members' survey which we conducted in spring 2023. The comments received were almost universally complimentary. This was particularly



gratifying to all on the Sub-Committee who had spent many hours to organise the events. However, we are not complacent and continue to look for ways to involve all our members.

Overall, interest in Neuro Central continues to grow. We have 129 registered members. We also have our private members-only Facebook group which is active with 267 members. Membership of this group includes those who support our aims and wish to follow our activities. We also promote Neuro Central through a public Facebook page.

We were able to publish a newsletter in summer 2022. Copies were provided to all members and other supporters of Neuro Central. Copies were also made available to the public through various locations. The take-up was so successful that we printed twice the number of the spring 2023 newsletter.

The Board of Neuro Central has been strengthened by the recruitment of three new trustees:

- David Thomson is a neurological specialist nurse at Forth Valley Royal Hospital. As such, he is known to many of our Forth Valley members. He has been interested in Neuro Central for some years and he has been instrumental in organising fund-raising events for us. He joined as a trustee at the AGM in 2022.
- Sally Boa works at Strathcarron Hospice where she leads the Education and Research team. She has worked in the third sector and NHS for over 35 years and has developed a keen interest in supporting people living with neurological conditions.
- Warren Luke is a member of Neuro Central who lives with his own neurological condition and is a former GP. He welcomes the fact that Neuro Central focuses on fun and friendship without dwelling too much on health and illness.

All three bring additional experiences to the Board which we believe will help us in achieving our core purpose and providing services to our members.

The trustees are very grateful for the efforts and enthusiasm of our sub-committee and volunteers. None of what we have achieved this year would be possible without their involvement.

As with many in this sector who rely on volunteers, we have found it difficult to recruit new volunteers in this post-Covid era. We have continued with our volunteer recruitment campaign throughout the year. This has had some success with new volunteers joining Neuro Central, but others have moved on. There are still more positions we would like to fill. We continue to promote our cause and look for support from volunteers to fulfil our aims and objectives.



Financial review

Brief statement of the charity's policy on reserves

The trustees have determined that a level of reserves equivalent to six months' necessary operating costs is appropriate for the charity currently. What that represents in monetary terms is determined annually from forecasts of the operating costs for the year ahead.

However, following the severe restriction placed on us by the Covid pandemic, we have reduced that to six months of basic operating cost.

The current assessment is that the level of reserves is set at £8,000 from last year.

The level of reserves held at 30 June 2023 is kept as £8,000.

We have had success in attracting further funding this financial period which will allow us to maintain our current services through to June 2024.

We recognise that we will need further fund raising in the next calendar year, 2024. We are already taking steps to put this in place.

Details of any deficit

The balance brought forward at 01 July 2022 was £26,244.

This included £16,686 of unrestricted funds of which £8,000 was set aside as reserves.

The balance at 30 June 2023 is £34,528.

This includes £21,158 of unrestricted funds of which £8,000 is set aside as reserves.

It is of note that the overall situation shows a surplus for the year of £26,245. This includes a surplus in the unreserved funds of £16,687. This is a significant improvement on the deficit in unrestricted funds last year of £4,171.

Since we depend on unrestricted funds to fund many of our core activities, we are confident that, as of 01 July 2023, there are sufficient funds (including the reserve) to maintain services to 30 June 2024. We recognise the necessity to raise funds to prolong our services beyond that date.



Neuro Central receives funds through four main sources:

- Membership fees (which we aim to keep to a minimum)
- Donations
- Fundraising
- Grant applications

We have now removed the restrictions placed on our activities, including fund raising, by the Covid pandemic. Based on income achieved in this financial year, the trustees are confident that we will obtain sufficient funds in the coming year to sustain our operations.

Donated facilities and services *None*



Additional Information on Grant Awards and Fundraising

During the year, we have been awarded the following grants:

- Auchterarder Co-op - for a programme of activities to improve physical & mental health and resilience *TBA October 2023*
- Clackmannanshire, Falkirk and Stirling Staff Lottery Funding for volunteer tee-shirts, and tablet to support volunteer organisation **£378**
- Friends of St Margaret's, Auchterarder for 20 in-person neuro-physio exercise classes **£1,600**
- Perth & Kinross Community Investment Fund 2022-2023 to support members in challenging circumstances to improve their wellbeing **£5,400**
- Stirling/Clackmannan Communities Mental Health & Wellbeing Fund to support members to improve their wellbeing **£7,000**
- Perth & Kinross Community Mental Health (PKAVS) to provide therapy sessions for members **£5,200**

We are very grateful to be supported by the following who have fundraised for us

- Doug Luke – who ran the Glencoe marathon to support members to improve their wellbeing **£1,697**
- State Street (Doug Luke's employer) – match funding **£1,582**

Thank you also to all those who support us with donations made as standing orders, one-off bank payments and cash given at sessions. We have received £6,000 this year – a fantastic sum!



Trustees Declaration of Report Approval

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

Signed on behalf of the charity's trustees

Signature

Full name

Heather Wilson

Position

Chair

Date

30 September 2023



Independent Examiner's Report

OSCR

Office of the Scottish Charity Regulator

Independent examiner's report on the accounts		v2					
Report to the trustees/members of	Neuro Central						
Registered charity number	SC046630						
On the accounts of the charity for the period	Period start date			Period end date			
	Day	Month	Year	to	Day	Month	Year
	01	July	2022		30	June	2023
Set out on pages							(remember to include the page numbers of additional sheets)
Respective responsibilities of trustees and examiner	<p>The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) 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.</p>						
Basis of independent examiner's statement	<p>My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity 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 accounts.</p>						
Independent examiner's statement	<p>In the course of my examination, no matter has come to my attention other than that disclosed on the attached page*</p> <p>1. which gives me reasonable cause to believe that in any material respect the requirements:</p> <ul style="list-style-type: none"> • to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and • to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations <p>have not been met, or</p> <p>2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.</p>						
Signed:						Date:	05/09/2023
Name:	David Brash						
Relevant professional qualification(s) or body (if any):	FMAAT						
Address:							

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.



Statement of Receipts & Payments

STATEMENT OF RECEIPTS & PAYMENTS - YEAR ENDED 30TH JUNE 2023

Total		Unrestricted	Restricted	Total
Jun-22	RECEIPTS	Funds	Funds	Jun-23
2,694	Donations - Individuals	3,579		3,579
280	Donations - Organisations	1,683		1,683
13,629	Grants		19,500	19,500
245	membership	555		555
2,821	Fundraising	4,224		4,224
19,669		10,041	19,500	29,541
	PAYMENTS			
	Fund raising			
10,853	Therapies	3,378	9,431	12,809
2,709	Charitable Activities	394	3,618	4,012
1,371	Hall Hire	504	516	1,020
	Insurance		89	89
1,021	IT	694	555	1,249
	Promotional expenses	152	535	687
1,698	Admin/Sundries	448	944	1,392
17,652	TOTAL PAYMENTS	5,570	15,688	21,258
2,017	SURPLUS/-DEFICIT) FOR THE YEAR	4,471	3,812	8,283
24,227	SURPLUS B/F FOR THE YEAR	16,687	9,558	26,245
26,244	SURPLUS C/F FOR THE YEAR	21,158	13,370	34,528



Statement of Balances

STATEMENT OF BALANCES AT 30TH JUNE 2023

<u>Total</u>	<u>Total</u>
24,227 Balance 1st July 2022 - b/f	26,245
2,017 Surplus/Deficit	8,283
<u>26,244</u> Balance 30th June 2023 - c/f	<u>34,528</u>

Current Assets	
26,243 Cash at bank	34,528
<u>1</u> Petty cash	<u>0</u>
<u>26,244</u>	<u>34,528</u>
2,249 Other Assets	2,249
Liabilities	0

<u>RESTRICTED GRANTS</u>	<u>B/F</u>	<u>Receipts</u>	<u>Payments</u>	<u>Adjust</u>	<u>C/F</u>
Arnold Clark Community Fund	2,000		845		1,155
Perth & Kinross Volunteer Fund	2,000		1,934		66
Auchterarder Community Fund	4,212		2,360		1,852
Perth & Kinross CIF	1,346	5,400	4,865		1,881
Friends of St Margarets		1,600	1,440		160
Stirling / Clackmannan Communities		7,000	2,640		4,360
Mental Health & Wellbeing Fund					
PKAVS		5,500	1,604		3,896
	<u>9,558</u>	<u>19,500</u>	<u>15,688</u>	<u>0</u>	<u>13,370</u>
UNRESTRICTED FUNDS	16,687	10,041	5,570	0	21,158
TOTAL	<u>26,245</u>	<u>29,541</u>	<u>21,258</u>	<u>0</u>	<u>34,528</u>



Approval of Accounts

These accounts were approved by the trustees on 30 September 2023 and signed on their behalf by:

Name: Jane Logan (Treasurer)

Name: Heather Wilson (Chair)

Trustee

Trustee