Report of the Trustees and

Financial Statements for the Year Ended 31 March 2024

for

Common Wheel



Brett Nicholls Associates Herbert House 24 Herbert Street Glasgow G20 6NB

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Reference and Administrative Details for the Year Ended 31 March 2024

TRUSTEES



PRINCIPAL ADDRESS

77 Chapel Street Maryhill Glasgow G20 9BD

REGISTERED CHARITY NUMBER SC031798

INDEPENDENT EXAMINER

Brett Nicholls Associates

Herbert House 24 Herbert Street

Glasgow G20 6NB

BANKERS CAF Bank

25 Kings Hill Avenue

Kings Hill West Malling ME19 4JQ

Report of the Trustees for the Year Ended 31 March 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our vision is that people with mental illness in Glasgow are able to live a meaningful and satisfying life and contribute to society.

Our mission is to improve mental wellbeing, increase skills, reduce isolation, and challenge stigma, through the provision of supported meaningful activities for people with mental illness and dementia.

Our values are:

Care

We're here to make a difference. Above all, we focus on the needs of each of our clients and strive to support them to achieve the best life they can.

Equality

We value and respect everyone equally. Everyone has something to contribute and is welcome to be part of Common Wheel without discrimination. We treat people with respect and dignity.

Positivity

We celebrate strengths, we nurture creativity and find joy in what we do.

Partnership

We recognise that we are only one part of the landscape of support for people with mental ill health and we value the power of collaboration. We are committed and reliable partners - with our clients and with the other organisations we engage with.

Overview for 2023-2024

This has been a very productive year with an increase in the number of sessions delivered, the number of participants engaged and both the number of volunteers and the number of volunteer hours. The more people we work with the bigger difference we can make to individuals and wider society; hence we are pleased to have had such a busy year.

It has been a year of getting our house in order: launching our refurbished workspace in Bridgeton, painting and reflooring our base at Campbell House, reinforcing our IT systems through our work with IT specialist Mother Technologies, writing our risk register, working on our 3-year strategy and recruiting a part time bike engineer to cover absences and holidays and to increase the overall capacity of the bike project.

We employed a Rank Foundation Time to Shine intern who as well as writing our fundraising strategy, piloted the sale of Common Wheel branded merchandise including t-shirts, buffs, badges and mugs. Our Carnival Club designed prints and cards for sale using original artworks. This has helped us to test the market, source providers and trial different products.

We are pleased to have developed new partnerships this year, working with Westbourne Gardens Nursery School on intergenerational art projects and Zurich Community Trust who sent volunteers to transform the garden space outside Campbell House. This space is now the inspiration for a participant led gardening project. We continue to partner with Glasgow Vintage Vehicle Trust who host our Bridgeton bike shop, The Climbing Academy and Climb Scotland who support our climbing project and Berkeley 2 Music Studios where

Report of the Trustees for the Year Ended 31 March 2024

we deliver our Make Music Make a Difference project.

Our volunteer programme has expanded and we now offer volunteer opportunities across all our 4 key projects: bikes, arts, music and climbing.

The funding landscape has become more competitive as organisations deal with rising core costs and greater demand for services. The challenge of raising enough funds will continue.

Core activities

Common Wheel provides meaningful activities for people with mental illness. Our core projects are music, art, bike building and climbing. We use our activities to support our clients to achieve the following outcomes:

- 1. Maintain and improve mental wellbeing;
- 2. Improve socialisation, confidence and motivation;
- 3. Develop the following skills:
- music making
- bicycle maintenance
- creating visual art
- physical fitness through climbing and cycling
- life skills including time keeping, following instructions, communication and team work; and
- 4. Support further progression, e.g. into continued positive activity, training, education, employment or volunteering;
- 5. Challenge stigma surrounding mental illness.

ACHIEVEMENTS AND PERFORMANCE Charitable activities

Music Project

We have focused our music work on three areas: hospital wards, care homes and community work. All our sessions are interactive, participant led, inclusive, and responsive to what happens in the moment. There are many reasons why we want to offer music-making opportunities to people who experience mental illness and dementia. These include:

- A large body of evidence confirming that taking part in music benefits wellbeing
- We believe everybody has the right to take part in artistic, cultural, and creative activities
- We know from experience that the opportunities for personal growth, social connection, creativity, self-expression, and imagination offered by participation in music activity can support recovery, develop identity, and build resilience to face challenges

Music Team

We employ freelance and salaried musicians and trainees as part of our team. This gives us more diversity, a greater range of skills and increased flexibility, it allows us to cater for a wide variety of interests and talents. Our music trainee reports it is helping her to progress in her ambition to work in mental health when she completes her psychology masters: "This is exceptional exposure for me moving forward... I feel like I'm totally part of the team and supported. I feel that when I suggest things people say "yes let's do that". Although I'm the trainee I don't feel like the trainee".

Report of the Trustees for the Year Ended 31 March 2024

Hospital Wards

We continued to deliver participatory music sessions in psychiatric wards at Gartnavel Royal Hospital bringing creativity and activity to patients and working alongside our clinical colleagues to facilitate meaningful engagement and maximise the benefits and enjoyment for patients staff and visitors. We are currently delivering music sessions in 11 psychiatric wards on rotation. "Sometimes music is better than words" Patient Intensive Psychiatric Care Unit.

Care Homes

This year we added three new care homes to our existing list. Currently we work with nine care homes in rotation to provide multi-sensory dementia aware music sessions. After a break due to Covid restrictions we were able once again to host a Big Bang Bash at Campbell House. This is a tea dance hosted by Common Wheel where several care homes come together to sing and dance and enjoy afternoon tea.

"it's my favourite 45 minutes of the week it brings tears to my eyes seeing the ones that don't usually come out of their rooms coming along" staff Cumbrae House.

Community Music

This year we have seen an increase in both attendance and the number of sessions delivered as referrers and participants got back to in person engagement. We delivered a number of themed blocks and the group were able to perform at the hub at Gartnavel Royal as part of The Mental Health Arts Festival and at the launch of our refurbished Bridgeton workshop and celebration of the UCI cycling event in Glasgow.

These activities have offered varied opportunities to create, play and share music e.g., playing instruments, singing and rapping, song-writing and instrumental composition, jamming and improvisation, music listening, performance and discussion about music and the creative process. "She has difficulties with social anxiety. I think this appealed to her because the music group is an activity, she could take part in without pressure to talk" Psychiatrist.

Make Music Make a Difference

This project is a participatory music activity programme for young people experiencing complex mental illness. Our primary partner and source of participant referrals is NHS Esteem, a specialist early intervention service for young people who have been diagnosed with a first episode of psychosis. NHS Esteem also supports patients to engage in our activities.

"What I notice is that when she first came if she was struggling with something she would say 'I can't do that'. Now she'll just keep quietly practicing on her own while people are doing other things until she gets it. Her confidence is really growing, and her piano skills." Music tutor.

Bike Project

We have two purpose-built bike shops one in Maryhill and one in Bridgeton. Our bike team is made up of two full time and one part time bike engineer and Build Your Own Bike (BYOB) graduates who have stayed on to volunteer. They help us with preparing parts for reuse and repairing bikes for customers. Their contribution helps us to generate income that is reinvested into the charity. We are grateful for their hard work and commitment.

The core activities of the bike project are:

- BYOB courses
- Bike maintenance workshops for people with high support needs (Bridgeton bike workshop)
- Volunteering opportunities for long-term clients
- Supporting the circular economy through repair of bikes, reusing and recycling donated parts.
- Responding to the climate emergency through encouraging active sustainable travel on sustainable/repairable bikes

Report of the Trustees for the Year Ended 31 March 2024

Our BYOB programme is a ten-week course where individuals choose a donated frame and then work with our bike engineers to learn the skills and techniques to build a customised bike to keep and ride. This removes the barrier of cost and confidence, encourages cycling with the associated benefits of being outdoors, exercising and connecting more with people and places. We have continued our regular weekly workshop for people with additional support needs who prefer to work on stripping bikes and cleaning and preparing parts for BYOB.

"I am bowled over about how much I have learned and gained during this course - the pace was also spot on. I do feel confident although still so much to learn which doesn't daunt me so much. Made me use another part of my brain and gave me the confidence that I am capable of learning new things" participant BYOB womens group.

The UCI Cycling Championships were held in Glasgow over the summer. With the focus squarely on cycling we chose this time to have an open day event to launch our fully refurbished Bridgeton workspace. All of our projects took part and we had over 100 visitors including: referrers, local organisations, current and past participants from all projects and Common Wheel volunteers. There were displays, music performances, refreshments and even a pedal powered Scalextric set.

'It's really great to be a volunteer in a workshop with all the tools and great people. I've never had this much support before, and it has helped give me a reason not to give up and find a way to carry on'. - Bike Volunteer

Carnival Club

Carnival Club aims to create a studio type of environment where people can learn and create individual works at their own pace but with a live event to work towards as a team. People have fun and gain confidence in a relaxed atmosphere where challenging but achievable goals are set. Towards the end of each project, the completed art-works are showcased at the event for the wider public to appreciate and this provides a great reflection of both individual and combined achievements. This year, the group have made bird feeders for the garden, learned how to crotchet, designed and screen-printed flags and banners for the Govanhill festival parade, Glasgay, and the Bridgeton bike shop open day, tie dyed, designed and made kites and worked with the local nursery to make hats and flags and a giant bird for their graduation parade. Westbourne nursery were so pleased about working together that Carnival Club were asked to create the set for their Christmas nativity play. "I really appreciate the partnership we have and we very much look forward to our parade again this year". Head teacher Westbourne Gardens Nursery.

Climbing project

The climbing project offers bouldering and rope climbing sessions which are delivered by a climbing instructor, volunteers and the Common Wheel coordinator as well as social climbing which is coordinated by Common Wheel. We remove the barrier of cost and improve confidence with our small friendly groups. 80% of our participants also climb independently. Our partners Climb Scotland provided three outdoor climbing sessions in the summer. They have also subsidised climbing wall Instructor training and coaching workshops for our volunteers.

I think it's been pretty perfect, coming at a time where I've needed something like this quite badly.' Participant Our climbing coordinator attended a training session on inclusive climbing to better support climbers with disabilities. She told The Climbing Academy staff about it and now they have undertaken the training themselves and are making changes to the way they work.

"This is a lovely circular example of our project and partners making small differences together, and collectively working to break down more barriers in accessing climbing for all" Climbing Coordinator.

Report of the Trustees for the Year Ended 31 March 2024

Number of participants and sessions 2023-2024

Activity	No. participants April 2023 - April 2024	No. sessions
	44 (27 completed the course	
Maryhill BYOB	during this time frame)	110
•	29 (14 completed the course	
Bridgeton BYOB	during this time frame)	89
Community Music	35	53
Care Homes	2,359	145
Hospital Wards	802	135
MMMD (a)	30	63
Carnival Club	19	35
Climbing	47	60
Total	3,365	690

Note sessions range from 1 hour to 3 hours in duration and usually take place weekly (a) Make Music Make a Difference

Staffing

Common Wheel employs a core team of salaried staff, supplemented by a number of freelance sessional workers, including our finance manager. The core staff team currently comprises a full-time project manager, two full-time bike engineers, one part-time bike engineer, two part-time music staff, a full-time participation and volunteering coordinator and two part time coordinators for music and art. We use a variety of specialist freelance staff who bring a multitude of skills which greatly enhance the service. The use of freelance staff gives Common Wheel flexibility to increase or decrease the number of sessions provided, depending on demand and available funding at any time. This flexibility enables us to offer a variety of activities adapted to the needs and wishes of the groups of participants. In January 2023 we were successful in being awarded funding to employ an Intern on the Time to Shine programme funded by the Rank Foundation for one year.

Volunteers

Common Wheel has strengthened its volunteer programme. We now have volunteers across all our projects including two new volunteer drivers who pick up donations for the BYOB project. We had three volunteer meetings this year to recognise the contribution of our volunteers and create the opportunity to socialise and learn more about Common Wheel. The participation and volunteering coordinator provides an induction and one to one support throughout the year.

Number of volunteers and hours 2023-2024

Activity	Activity No. volunteers April 2023 - April 2024	No. volunteer hours
Maryhill	64 at both sites	4,039
Bridgeton	4	1,942
Community Music	1	18.5
Care Homes	3	15
Hospital Wards	1	28.83
MMMD (a)	0	0
Carnival Club	2	36

Report of the Trustees for the Year Ended 31 March 2024

Donated facilities and services

We would like to thank NHS Greater Glasgow & Clyde who provide office and music space on the Gartnavel Royal Hospital site, including IT, utilities and maintenance. We would also like to thank We are Brass Tacks for providing consultancy support.

Bicycle recycling

We would like to thank the many people who donate their unwanted bicycles, providing us with the raw materials for our clients to work on. We have also partnered with Glasgow Eco Trust: some bikes which Common Wheel receives are more suitable for their project and vice versa, so we exchange them, to our mutual benefit.

Funders

We would like to thank and acknowledge the support received from the following funders during 2023-24:

- Glasgow Communities Fund
- GLEvents
- Impact Funding Partners
- The National Lottery Community Fund
- Inspiring Scotland
- Rank Foundation Time to Shine
- Cycling Scotland
- Cycling UK
- NHS Greater Glasgow & Clyde
- GCVS Mental Health and Wellbeing Fund
- Zurich Community Trust
- NHS Endowment
- Agnes Hunter Trust
- Hugh Fraser Foundation
- Bridgeman Arts
- Northwick Trust
- Glasgow City Council
- Scottish Mountaineering Trust
- Paths For All (Smarter Choices Smarter Places fund)
- The D'Oyly Carte Charitable Trust

Fundraisers

We would like to say a special Thank You to The Hillhead Ladies Hockey Club who have fundraised for us throughout the year. Thank You to lain Hilton and for raising funds for Common Wheel by taking part in the Berlin Marathon and 10K. Thank You to William Grant & Sons Ltd for match funding employee donations and to all the other generous people and organisations who have supported Common Wheel this year.

We would also like to thank our retired trustee, who has been generous with his time and skills and has supported the organisation in both practical and strategic ways to maintain our governance.

Report of the Trustees for the Year Ended 31 March 2024

FINANCIAL REVIEW

Financial position

The Accounts for the year to 31 March 2024 show a deficit of £45,895 (2023: surplus £11,337).

At the end of 2023-24 Common Wheel was in a stable financial position, showing a total reserves of £142,303 (2023: £188,198).

At 31 March 2024 reserves stood at £142,303 (2023: £188,198), with £12,227 (2023: £78,089) of these being unrestricted general reserves, £91,165 (2023: £71,875) being restricted reserves and £38,911 (2023: £38,234) being designated funds representing the book value of tangible fixed assets.

Principal funding sources

Trading income: £65,272 - 20% (2023: £57,865 -17%) Grants: £249,678 - 76% (2023: £232,234 - 69%)

Donations and sponsored events: £12,157 - 4% (2023: £46,475 - 14%)

Reserves policy

It is the policy of the charity to maintain unrestricted funds (i.e. unrestricted funds not committed or invested in fixed assets) at a level that equates to approximately three months of expenditure excluding cost of sessional staff - currently approximately £79,000 (2023: £73,000). This is to enable the charity to meet fluctuations in receipts and payments, and makes provision for contingencies and risks. In particular the reserves provide some protection from inflation and from uncertainties in grant funding.

At 31 March 2024 unrestricted free reserves stood at £12,227 (2023: £78,089). The Trustees are aware that the policy is not being met and will seek ways to improve this through unrestricted income generation.

At the end of 2023-24, the net current assets stood at £103,392 (2023: £146,432) of which unrestricted 'free reserves' amounted to £12,227. The remaining £91,165 is restricted funding received in advance for projects which are continuing in 2024-25.

The Trustees are keeping reserves under regular review during this dynamic period in order to make careful decisions about deploying, retaining or rebuilding reserves in the charity's best interests.

FUTURE PLANS

The board of Trustees and staff have met to begin to create the strategy document for the next 3 years. It is likely that some things from our previous document will be carried forward.

A more innovative, creative and inclusive mental health organisation

We will continue to listen to our participants to ensure we remain relevant and our activities are meeting their needs and matching their interests and aspirations.

We will learn from other organisations and work in partnership to deliver the best service we can.

A more visible, connected and agile organisation

We will continue to build on our recent achievements of a refreshed social media presence. We have reactivated our twitter and Instagram accounts and created a new website. We have started to put together a social media strategy that will improve our visibility and ability to connect with others. We have appointed Mother Technologies as our IT support and will work closely with them to make our systems efficient and secure.

Report of the Trustees for the Year Ended 31 March 2024

FUTURE PLANS

Improved Volunteer experience

We now have a better range of volunteer opportunities across all of our projects, we will continue to develop our volunteer programme.

A stronger and more resilient core infrastructure

We will work with Mother Technologies to strengthen our IT functions. Our new Finance Manager, Treasurer and Project Manager will continue to manage our finance processes and will create a finance manual to ensure continuity and clarity. A fundraising and social media strategy will help us to manage our work to further strengthen our core infrastructure.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Until 30 March 2015 Common Wheel ('the charity') was a company limited by guarantee (No. SC220247) and a recognised Scottish charity (No. SC031798), governed by its Memorandum and Articles of Association. The company was incorporated on 14 June 2001.

As from 31 March 2015 Common Wheel converted to a Scottish Charitable Incorporated Organisation (SCIO) governed by a new Constitution. The charity number remains the same.

Accounting

As a SCIO with income above £250,000 we have prepared fully accrued accounts.

Recruitment and appointment of new trustees

New Trustees are appointed at the discretion of the Board. One third of the Trustees retire at each AGM but may be re-elected.

Organisational structure

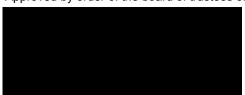
The Trustees are responsible for the overall direction of the charity and serve voluntarily.

Although the full board retains responsibility for key decisions, it is advised by sub-committees comprised of two or more board members and the relevant staff members. Current subcommittees are Music, Bikes, Premises.

Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Approved by order of the board of trustees on ... August 14th 2024 and signed on its behalf by:



Independent Examiner's Report to the Trustees of Common Wheel

I report on the accounts for the year ended 31 March 2024 set out on pages eleven to twenty four.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity's 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 the independent examiner's report

My examination was 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 seeking explanations from you as 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 connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
- 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 to 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.



The Association of Chartered Certified Accountants Brett Nicholls Associates Herbert House 24 Herbert Street Glasgow G20 6NB

Date:				
Dale.	 	 	 	

Statement of Financial Activities for the Year Ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds	Year Ended 31/3/24 Total funds £	Period 1/3/22 to 31/3/23 Total funds £
INCOME AND ENDOWMENTS FROM Donations and legacies	3	12,157	-	12,157	46,475
Charitable activities Direct charitable activities	6	7,800	241,878	249,678	232,234
Other trading activities Investment income	4 5	65,272 1,847		65,272 1,847	57,865 581
Total		87,076	241,878	328,954	337,155
EXPENDITURE ON Raising funds	7	17,248	38,909	56,157	42,939
Charitable activities Direct charitable activities	8	135,013	183,679	318,692	282,879
Total		152,261	222,588	374,849	325,818
NET INCOME/(EXPENDITURE)		(65,185)	19,290	(45,895)	11,337
RECONCILIATION OF FUNDS Total funds brought forward		116,323	71,875	188,198	176,861
TOTAL FUNDS CARRIED FORWARD		51,138	91,165	142,303	188,198

CONTINUING OPERATIONS

This statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities in both years. Comparative figures for the previous year by fund type are shown in Note 13. The notes on pages 13 to 24 form part of these financial statements.

Balance Sheet 31 March 2024

	Notes	2024 £	2023 £
FIXED ASSETS Tangible assets	14	38,911	41,766
CURRENT ASSETS Stocks Debtors Cash at bank	15 16	15,252 4,292 93,859	16,549 13,869 126,068
		113,403	156,486
CREDITORS Amounts falling due within one year	17	(10,011)	(10,054)
NET CURRENT ASSETS		103,392	146,432
TOTAL ASSETS LESS CURRENT LIABILITIES		142,303	188,198
NET ASSETS		142,303	188,198
FUNDS Unrestricted funds:	19		
General fund Designated Fixed Asset		12,227 38,911	78,089 38,234
		51,138	116,323
Restricted funds		91,165	71,875
TOTAL FUNDS		142,303	188,198

The financial statements were approved by the Board of Trustees and authorised for issue on 14/8/2024 and were signed on its behalf by:

Notes to the Financial Statements for the Year Ended 31 March 2024

1. GENERAL INFORMATION

Common Wheel (SCIO) ("the charity") is Scottish charitable incorporated organisation governed by its constitution. It was registered as a charity in Scotland (registered number SC031798) on 14 June 2001. Its registered address is 77 Chapel Street, Maryhill, Glasgow, G20 9BD.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements are prepared on an accruals basis, and on a going concern basis, in accordance with:

- the Charities and Trustee Investment (Scotland) Act 2005;
- Regulation 8 (Statement of account Fully accrued accounts) of The Charities Accounts (Scotland) Regulations 2006;
- the Financial Reporting Standard applicable in the UK and Republic of Ireland, published in March 2018 ("FRS 102"), to the extent that it applies to small entities and public benefit entities;
- '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, published in October 2019 (FRS 102)' ("the Charities SORP");
- UK Generally Accepted Accounting Practice; and
- the historical cost convention.

The charity meets the definition of a public benefit entity under FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value, unless otherwise stated in the relevant accounting policy.

The financial statements are presented in UK sterling, which is the charity's functional currency, and rounded to the nearest pound.

There have been no changes to the basis of preparation this financial year or to the previous financial year's financial statements.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Income from government or other grants, whether 'capital' or 'revenue' grant, is recognised when the charity has entitlement to the fund, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can reliably measured and is not deferred.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

The trustees have elected to capitalise individual equipment costing in excess of £1,000. Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Page 13 continued...

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

2. ACCOUNTING POLICIES - continued

Tangible fixed assets

Improvements to property - 4% on cost

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

3. DONATIONS AND LEGACIES

		Period
		1/3/22
	Year Ended	to
	31/3/24	31/3/23
	£	£
Donations	12,157	46,475
		===

4. OTHER TRADING ACTIVITIES

		Period 1/3/22
	Year Ended	to
	31/3/24 £	31/3/23 £
Sale and repair of bikes	65,272	57,865

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

5. INVESTMENT INCOME

5.	INVESTMENT INCOME		
			Period
			1/3/22
		Year Ended	to
		31/3/24	31/3/23
		£	£
	Interest receivable	1,847	5 81
	interest receivable	===	===
6.	INCOME FROM CHARITABLE ACTIVITIES		
0.	INCOME FROM CHARITABLE ACTIVITIES		Period
			1/3/22
		Year Ended	
			to
		31/3/24	31/3/23
	Occurrence	£	£
	Grants	249,678	232,234
	Grants received, included in the above, are as follows:		Destad
			Period 1/3/22
		Year Ended	1/3/22 to
		31/3/24	31/3/23
		£	£
	Glasgow City Council	5,210	L
	Hugh Fraser Foundation	5,000	-
	Foundation Scotland	5,000	10,000
	Glasgow Communities Fund	34,474	32,832
	Impact Funding Partners - Volunteering Support Fund	13,000	38,000
	NHS Endowment	16,800	13,800
	The National Lottery Community Fund	32,857	31,114
	Inspiring Scotland	31,631	9,732
	Rank Foundation - Time to Shine	13,320	14,536
	Corra Foundation	6,000	14,000
	National Lottery Community Fund - Awards For All	10,000	10,000
	Anonymous Trust	10,000	5,000
	Groundwork (UK)	_	1,000
	UK Give Local Charity	_	1,500
	NHS Greater Glasgow & Clyde	_	2,170
	Zurich Community Trust	27,750	18,000
	Rank Foundation - Upshot Bursary	27,700	500
	Shift from Cycling UK	_	10,000
	UK Cyclist Club	_	2,000
	GCVS - Mental Health and Wellbeing Fund	_	18,050
	Cycling Scotland	3,500	10,000
	Scottish Mountaineering Trust	9,753	_
	Northwick Trust	5,000	_
	GL Events	10,400	_
	Other small grants	7,483	_
	Smarter Choices	7,500	_
	Agnes Hunter Trust	10,000	_
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		249,678	232,234

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

7. RAISING FUNDS

Other trading activities

	Other trading activities Bike spares/consumables		Year Ended 31/3/24 £ 56,157	Period 1/3/22 to 31/3/23 £ 42,939
8.	CHARITABLE ACTIVITIES COSTS	Direct Costs (see note 9)	Support costs (see note 10)	Totals £
	Direct charitable activities	315,620	3,072	318,692
9.	DIRECT COSTS OF CHARITABLE ACTIVITIES			Period
			Year Ended 31/3/24	1/3/22 to 31/3/23
	0. %		£	£
	Staff costs		219,461	179,611
	Insurance		2,195	1,637
	Light and heat		4,632	4,582
	Telephone and broadband		1,221 1,288	1,152 1,422
	Postage and stationary Sundries		4,553	3,310
	Rent		10,474	12,362
	Subscriptions		334	324
	Water rates		990	1,613
	Professional fees		360	2,850
	Training costs		532	206
	Computer and software		4,669	2,054
	Sessional staff		58,554	66,548
	Repairs		3,502	-
	Depreciation		2,855	2,855
			315,620	280,526

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

10. SUPPORT COSTS

Direct charitable activities		Finance £ 3,072
Support costs, included in the above, are as follows:		Period
	Year Ended	1/3/22 to
	31/3/24 Direct	31/3/23
	charitable activities	Total activities
	£	£
Independent examination	2,040	1,800
Bank charges	1,032	553
	3,072	2,353

11. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the period ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the period ended 31 March 2023.

12. STAFF COSTS

Year Ended 31/3/24 £	1/3/22 to 31/3/23
203,091	165,787
11,938	10,114
4,432	3,710
219,461	179,611
	31/3/24 £ 203,091 11,938 4,432

The average monthly number of employees during the year was as follows:

		Period 1/3/22
	Year Ended	to
	31/3/24	31/3/23
Employees	9	7
		====

No employees received emoluments in excess of £60,000.

Period

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

13.	COMPARATIVES FOR THE STATEMENT OF FINAN	Unrestricted funds	Restricted funds	Total funds
	INCOME AND ENDOWMENTS FROM Donations and legacies	£ 46,475	£	£ 46,475
	Charitable activities Direct charitable activities	-	232,234	232,234
	Other trading activities Investment income	57,865 581	-	57,865 581
	Total	104,921	232,234	337,155
	EXPENDITURE ON Raising funds	9,270	33,669	42,939
	Charitable activities Direct charitable activities	85,718	197,161	282,879
	Total	94,988	230,830	325,818
	NET INCOME	9,933	1,404	11,337
	RECONCILIATION OF FUNDS Total funds brought forward	106,390	70,471	176,861
	TOTAL FUNDS CARRIED FORWARD	116,323	71,875	188,198
14.	TANGIBLE FIXED ASSETS	Improvements to property £	Plant and machinery	Totals £
	COST At 1 April 2023 and 31 March 2024	71,371	5,144	76,515
	DEPRECIATION At 1 April 2023 Charge for year	29,605 2,855	5,144 -	34,749 2,855
	At 31 March 2024	32,460	5,144	37,604
	NET BOOK VALUE At 31 March 2024	38,911	<u> </u>	38,911
	At 31 March 2023	41,766		41,766

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

15.	STOCKS			2024	2023
				£	£
	Stock			15,252	16,549
40	DEDTORO: AMOUNTO FALLING DUE WIT	TUN ONE VEAD			
16.	DEBTORS: AMOUNTS FALLING DUE WI	THIN ONE YEAR		2024	2023
				2024 £	2023 £
	Trade debtors			4,200	13,800
	Prepayments			92	69
				4,292	13,869
17.	CREDITORS: AMOUNTS FALLING DUE	VITHIN ONE YEA	R		
				2024	2023
				£	£
	Trade creditors			2,658	3,603
	Taxation and social security			4,044	3,243
	Other creditors			3,309	3,208
				10,011	10,054
				====	====
18.	ANALYSIS OF NET ASSETS BETWEEN F	UNDS			
		Harrant data d	Destricted	2024	2023
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
	Fixed assets	£ 38,911	3	£ 38,911	£ 41,766
	Current assets	22,238	91,165	113,403	156,486
	Current liabilities	(10,011)	31,103	(10,011)	(10,054)
	Odiferit liabilities	(10,011)			(10,004)
		51,138	91,165	142,303	188,198
	Comparatives for analysis of net assets	between funds			
				2023	2022
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		3	£	£	£
	Fixed assets	41,766	_	41,766	35,734
	Current assets	84,611	71,875	156,486	148,795
	Current liabilities	(10,054)	-	(10,054)	(7,668)
		440.000	74.075	400.400	470.004
		116,323	71,875	188,198	176,861

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

19. MOVEMENT IN FUNDS

At 1/4/23 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
78,089	(65,185)	(677)	12,227
38,234	<u> </u>	677	38,911
116,323	(65,185)	_	51,138
-	5,000	-	5,000
12,185	4,615	-	16,800
26,035	5,257	-	31,292
-	9,375	-	9,375
8,739	(8,739)	-	-
-	7,994	-	7,994
576	(576)	-	-
13,935	(5,985)	-	7,950
2,000	(2,000)	-	-
355	(355)	-	-
8,050	(8,050)	-	-
-	7,310	-	7,310
-	2,882	-	2,882
	2,562		2,562
71,875	19,290		91,165
188,198	(45,895)		142,303
	78,089 38,234 116,323 - 12,185 26,035 - 8,739 - 576 13,935 2,000 355 8,050 - - - 71,875	At 1/4/23 movement in funds £ 78,089 (65,185) 38,234 (65,185) 116,323 (65,185) - 5,000 12,185 4,615 26,035 5,257 - 9,375 8,739 (8,739) - 7,994 576 (576) 13,935 (5,985) 2,000 (2,000) 355 (355) 8,050 (8,050) 7,310 2,882 2,562 71,875 19,290	At 1/4/23 movement in funds £ between funds £ 78,089 (65,185) (677) 38,234 - 677 116,323 (65,185) - - 5,000 - 12,185 4,615 - 26,035 5,257 - 9,375 - - 8,739 (8,739) - - 7,994 - 576 (576) - 13,935 (5,985) - 2,000 (2,000) - 355 (355) - 8,050 (8,050) - 7,310 - - 2,882 - - 2,562 - - 71,875 19,290 -

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Notes to the Financial Statements - continued for the Year Ended 31 March 2024

19. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds
Unrestricted funds			
General fund	87,076	(152,261)	(65,185)
Restricted funds			
Glasgow City Council	5,210	(5,210)	-
Hugh Fraser Foundation	5,000	-	5,000
NHS Endowment	16,800	(12,185)	4,615
Glasgow Communities Fund	34,474	(34,474)	· -
Impact Funding Partners - Volunteering	,	, , ,	
Support Fund	13,000	(13,000)	-
The National Lottery Community Fund	32,857	(27,600)	5,257
Inspiring Scotland	31,631	(22,256)	9,375
Rank Foundation - Time to Shine	13,320	(22,059)	(8,739)
Nationall Lottery Community Fund -	,	, , ,	, ,
Awards For All	10,000	(2,006)	7,994
Anonymous Trust		(576)	(576)
Zurich Community Trust	25,950	(31,935)	(5,985)
Shift from Cycling UK	-	(2,000)	(2,000)
UK Cyclist Club	-	(355)	(355)
GCVS - Glasgow Community Mental		, ,	, ,
Health and Wellbeing Fund	-	(8,050)	(8,050)
Cycling Scotland	3,500	(3,500)	· <u>-</u>
Scottish Mountaineering Trust	9,753	(2,443)	7,310
Northwick Trust	5,000	(5,000)	-
GL Events	10,400	(10,400)	-
Other small grants	7,483	(4,601)	2,882
Smarter Choices	7,500	(7,500)	-
Agnes Hunter Trust	10,000	(7,438)	2,562
	241,878	(222,588)	19,290
TOTAL FUNDS	328,954	(374,849)	(45,895)

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Notes to the Financial Statements - continued for the Year Ended 31 March 2024

19. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/3/22 £	Net movement in funds £	At 31/3/23 £
Unrestricted funds			
General fund	68,156	9,933	78,089
Designated Fixed Asset	38,234		38,234
	106,390	9,933	116,323
Restricted funds			
NHS Endowment	14,400	(2,215)	12,185
Glasgow Communities Fund	187	(187)	-
Impact Funding Partners - Volunteering			
Support Fund	634	(634)	-
The National Lottery Community Fund	13,910	12,125	26,035
Inspiring Scotland	2,984	(2,984)	
Rank Foundation - Time to Shine	-	8,739	8,739
Anonymous Trust	-	576	576
Zurich Community Trust	-	13,935	13,935
Shift from Cycling UK	-	2,000	2,000
UK Cyclist Club	-	355	355
GCVS - Glasgow Community Mental		0.050	0.050
Health and Wellbeing Fund	4 000	8,050	8,050
Scotland Cycle Repair Scheme	1,300	(1,300)	-
Positive Pathways	1,100	(1,100)	-
The Screwfix Foundation	9,000	(9,000)	-
Adapt and Thrive	26,956	(26,956)	
	70,471	1,404	71,875
TOTAL FUNDS	176,861	11,337	188,198

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Notes to the Financial Statements - continued for the Year Ended 31 March 2024

19. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds
Unrestricted funds			
General fund	104,921	(94,988)	9,933
Restricted funds			
Foundation Scotland	10,000	(10,000)	-
NHS Endowment	13,800	(16,015)	(2,215)
Glasgow Communities Fund	32,832	(33,019)	(187)
Impact Funding Partners - Volunteering	•	, , ,	` ,
Support Fund	38,000	(38,634)	(634)
The National Lottery Community Fund	41,114	(28,989)	12,125
Inspiring Scotland	9,732	(12,716)	(2,984)
Rank Foundation - Time to Shine	14,536	(5,797)	8,739
Corra Foundation	14,000	(14,000)	_
Anonymous Trust	5,000	(4,424)	576
Groundwork (UK)	1,000	(1,000)	-
UK Give Local Charity	1,500	(1,500)	-
NHS Greater Glasgow & Clyde	2,170	(2,170)	-
Zurich Community Trust	18,000	(4,065)	13,935
Rank Foundation - Upshot Bursary	500	(500)	-
Shift from Cycling UK	10,000	(8,000)	2,000
UK Cyclist Club	2,000	(1,645)	355
GCVS - Glasgow Community Mental		, ,	
Health and Wellbeing Fund	18,050	(10,000)	8,050
Scotland Cycle Repair Scheme	-	(1,300)	(1,300)
Positive Pathways	-	(1,100)	(1,100)
The Screwfix Foundation	-	(9,000)	(9,000)
Adapt and Thrive		(26,956)	(26,956)
	232,234	(230,830)	1,404
TOTAL FUNDS	337,155	(325,818)	11,337

20. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

Notes to the Financial Statements - continued for the Year Ended 31 March 2024

21. PURPOSE OF FUNDS

Glasgow Communities Fund: represents funding for staff costs.

Rank Foundation - Time to Shine: represents funding for the Fundraiser Intern post.

Rank Foundation - Upshot Bursary: represents funding for our Upshot monitoring and evaluation software.

National Lottery Awards for All Scotland: represents funding for climbing.

Impact Funding Partners Volunteering Support Fund: represents funding for staff costs and overheads for our new Volunteer Programme.

GroundWork UK - Tesco: represents funding for Build Your Own Bike activities.

The National Lottery Community Fund: represents funding for the Esteem project (Make Music Make a Difference).

UK Give Local Charity: represents funding for Carnival Club activities.

NHS Greater Glasgow & Clyde: represents funding for Mental Health Anti-Stigma funding for Carnival Club activities.

GCVS -Glasgow Communities Health and Wellbeing Fund: represents funding for salaries.

Zurich Community Trust: represents funding for music activities in hospital and care homes.

Corra Foundation Shift the Power Fund: represents funding for Build Your Own Bike and community music activities.

Shift From Cycling UK (BYOB): represents funding for Build Your Own Bike and Bridgeton renovations.

NHS Endowments: represents funding for music activities at Gartnavel Royal Hospital.

Agnes Hunter Trust: contribution to salary for Participation and Volunteering Coordinator.

Scottish Mountaineering Trust: contribution to salary for Climbing Coordinator.

Inspiring Scotland: funding towards cost of a block each of carnival club, music, photography and an exhibition of works.

Hugh Fraser Foundation: represents funding towards costs of Build Your Own Bike project.

Cycling Scotland: funding for costs of Build Your Own Bike project.

Northwick Trust: contribution towards bike engineer salaries.

GL events: represents funding for costs towards an event to celebrate UCI cycling championships.

Smarter Choices: funding for costs of Build Your Own Bike project.