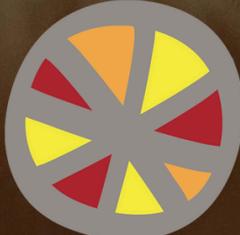
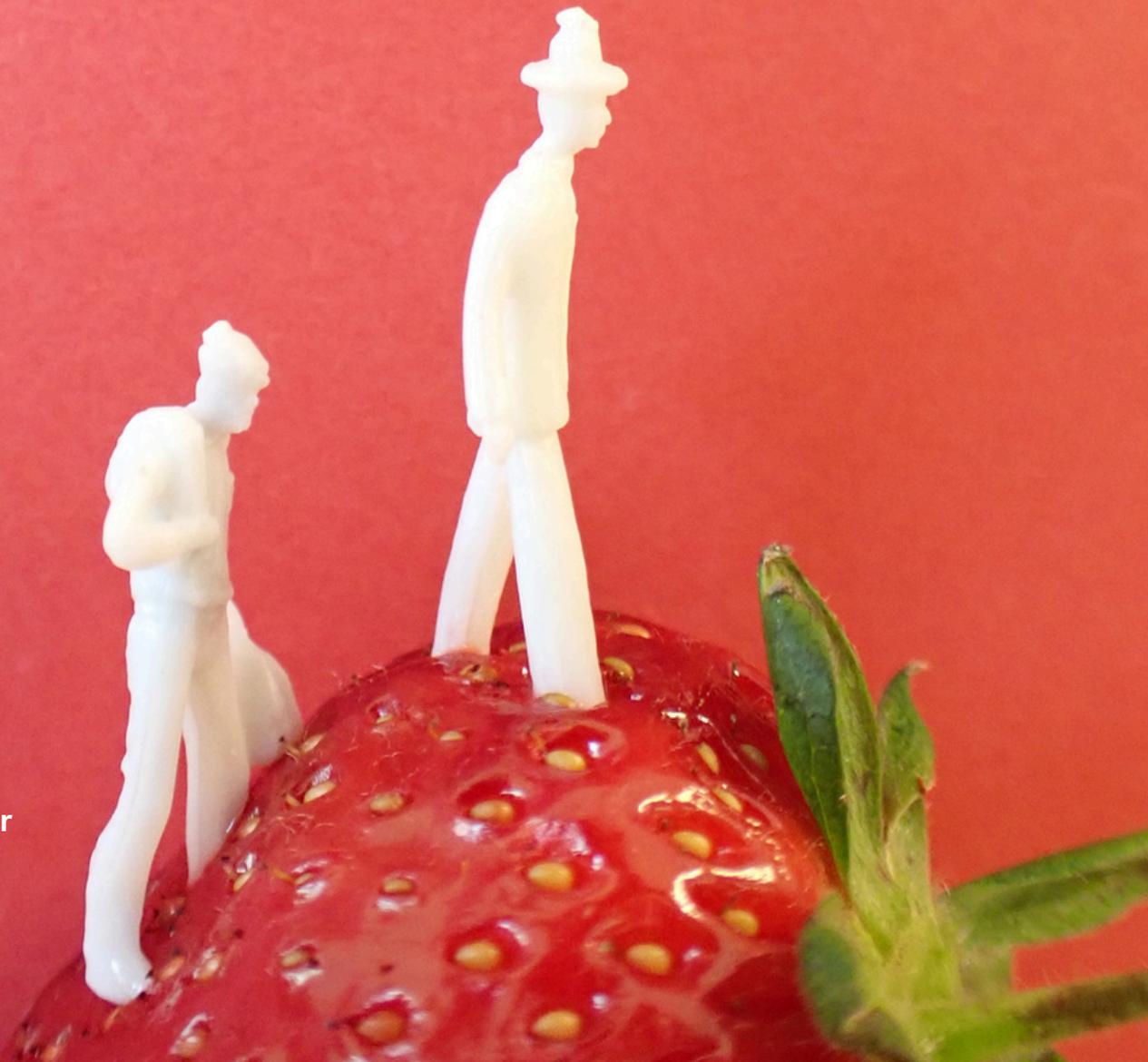




common  *wheel*

Annual Report 2024-2025

Photo and Cover
Photo by
Photography
Participants



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Reference and Administrative Details for the Year Ended 31 March 2025

| | |
|----------------------------------|---|
| Trustees | S Calvert Chair J Lythgoe Treasurer R W East resigned 26/11/2024 T Schumm P McCafferty R Osborne D McNaught resigned 26/11/2024 G D K Urquhart |
| Principal Address | 77 Chapel Street Maryhill Glasgow G20 9BD |
| Registered Charity Number | SC031798 |
| Independent Examiner | Brett Nicholls FCCA Brett Nicholls Associates Herbert House 24 Herbert Street Glasgow G20 6NB |
| Bankers | CAF Bank 25 Kings Hill Avenue Kings Hill West Malling ME19 4JQ |

Our Vision, Mission and Values

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 and reduce isolation through the provision of supported, meaningful activities for people with mental illness and dementia.

Our Values are care, equality, positivity and partnership.

Trustee's Report

The funding landscape continues to be very challenging with competition for funds making it increasingly difficult to secure grant funding. We are grateful to those funders who support our work. Covid, Brexit, cost of living crisis, and funding cuts have created a perfect storm at a time where demand for our services is increasing.

This year we started implementing our strategic plan. Written with contributions from staff, volunteers, participants and partners, the aim of this year was to strengthen the organisation. We did this by focusing on increasing our generated income and diversifying our income streams and strengthening our partnerships.

We employed a part time bike engineer who helped us cover holidays and increase the capacity of the volunteers and bike staff to repair, build and service bikes as well as running our Build Your Own Bike course.

Our new bike only website will be launched in summer 2025. We have been busy building and testing a website which will create a better experience for our customers and help us to maximise our earned income.

As grant funding continues to be difficult to secure, we set about delivering a range of fundraising activity. These included the sale of T-shirts, mugs and patches with Common Wheel designs as well as bespoke Christmas cards made by our Photography group. For the first time we launched a GofundMe page with a target of £25K, we exceeded our target and are grateful to everyone for their generosity. Our participants and volunteers also got involved doing sponsored bike rides, putting on gigs and helping us to raise the profile of Common Wheel through sharing their stories and advocating for our work. With their help we increased the range and quality of our social media content across our platforms.

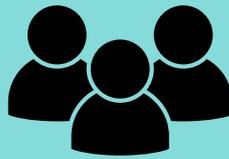
Once again, we have worked closely with our referral partners from NHS, HSCP and third sector organisations but we have also worked with partners at Glasgow University and Glasgow Life to stage an exhibition of artwork and photography and Inspiring Scotland to host a music performance.

Showcasing the quality and diversity of our work is an excellent way to raise our profile, increase our referrals, share resources and challenge stigma.

Summary

409

participants supported



10

employed staff members



537

sessions



41

volunteers



15

new volunteers recruited



5533

volunteering hours



8

trustees

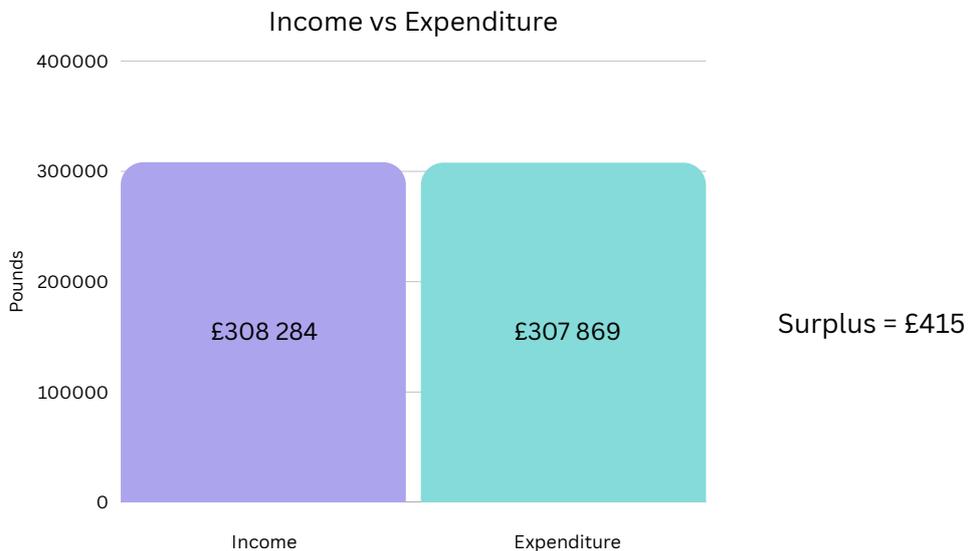


Financial Overview

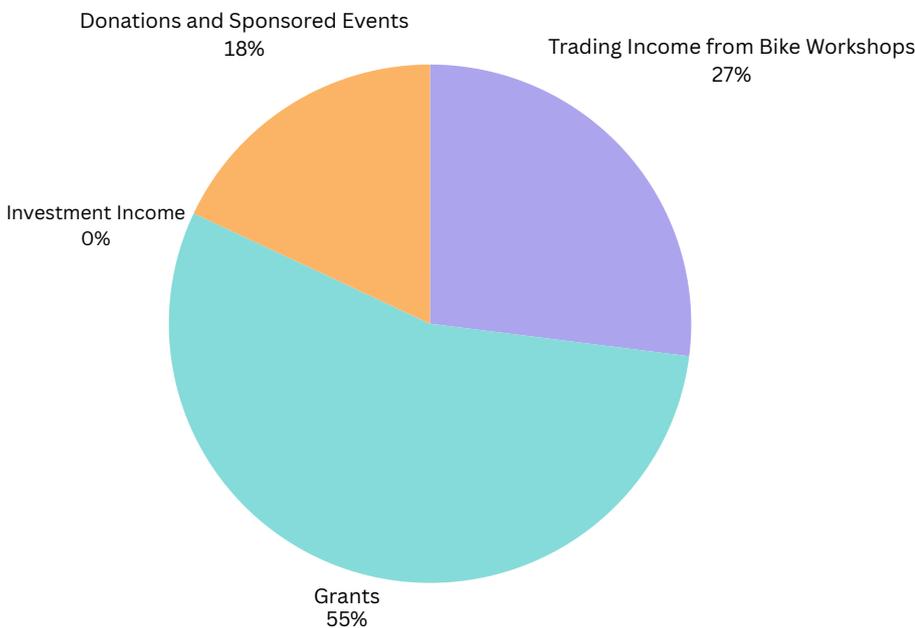
The Accounts for the year to 31 March 2025 show a surplus of £415 (2024: deficit of £45,895). At the end of 2024/25 Common Wheel was in a stable financial position, with total reserves of £142,718. The Trustees are keeping reserves under regular review during this dynamic period in order to make careful decisions about deploying, retaining or rebuilding reserves in the charity's best interests.

Brett Nicholls Associates has conducted an independent examination of these accounts and reported no issues.

Summary of Financial Activities



Income Breakdown



| | |
|------------------------------------|-------------------|
| Trading Income from Bike Workshops | £83 699 (27%) |
| Grants | £168 895 (55%) |
| Donations and Sponsored Events | £54 314 (18%) |
| Investment Income | £1376 (0%) |

Financial Overview

Balance Sheet as at 31 March 2025

| | |
|--|-----------|
| FIXED ASSETS | |
| Tangible Assets | £36,056 |
| CURRENT ASSETS | |
| Stocks | £9,992 |
| Debtors | £577 |
| Cash at bank | £129,346 |
| | £139,915 |
| CREDITORS | |
| Amounts falling due within one year | (£33,253) |
| NET CURRENT ASSETS | £106,662 |
| TOTAL ASSETS LESS CURRENT LIABILITIES | £142,718 |
| NET ASSETS | £142,718 |
| FUNDS | |
| Unrestricted Funds: | |
| General Fund | £77,622 |
| Designated Fixed Asset | £36,056 |
| | £113,678 |
| Restricted Funds | £29,040 |
| TOTAL FUNDS | £142,718 |

Activities

This year we ran activities across
our four core projects:

 **Bikes**

 **Music**

 **Carnival Club**

 **Climbing**

Bikes

We have two purpose-built bike workshops in Maryhill and Bridgeton.

This year our two full time bike engineers were supported by a team of volunteers, all of whom previously took part as participants. We also employed a part-time bike engineer for 9 months.

At our Build Your Own Bike course, participants learned how to strip an old bike and rebuild it into one they could keep and ride away when finished.



'It helped me feel a bit more alive again and have something to do and just recognising that things aren't as bad as they were, just being out and doing something practical' - BYOB Participant

Open Aye

Highlights from this year include:

- 160 Build Your Own Bike Sessions.
- Maintenance workshops for individuals with higher support needs.
- Continuing to offer volunteering opportunities for long-term participants.
- Supporting the circular economy by repairing bikes and reusing or recycling donated parts.
- Having two bike sales to raise funds and awareness for Common Wheel.

Music

This year we focused our participatory music work in three areas: hospital wards, care homes and community work.

Our music team was made up of two core staff members, a team of freelance musicians, a trainee and volunteers.

Care Homes

This year we worked with seven care homes in rotation to provide interactive, dementia focused music sessions.



‘Three of the residents can’t speak sentences but all three were singing all the words and engaging’ - Care Home staff

Open Eye

Highlights from this year include:

- Delivering almost 100 music sessions in care homes across Glasgow.
- Hosting a Christmas Big Bang Bash, supported by a team at Zurich Insurance, where several care homes came together to sing, dance, and enjoy afternoon tea at our base.

Mental Health Hospital Wards

We delivered participatory music sessions in wards at Gartnavel Royal, Vale of Leven, Blythswood House and Stobhill Hospitals.

We worked alongside our clinical colleagues to facilitate meaningful engagement and maximise the benefits and enjoyment for patients, staff and visitors.



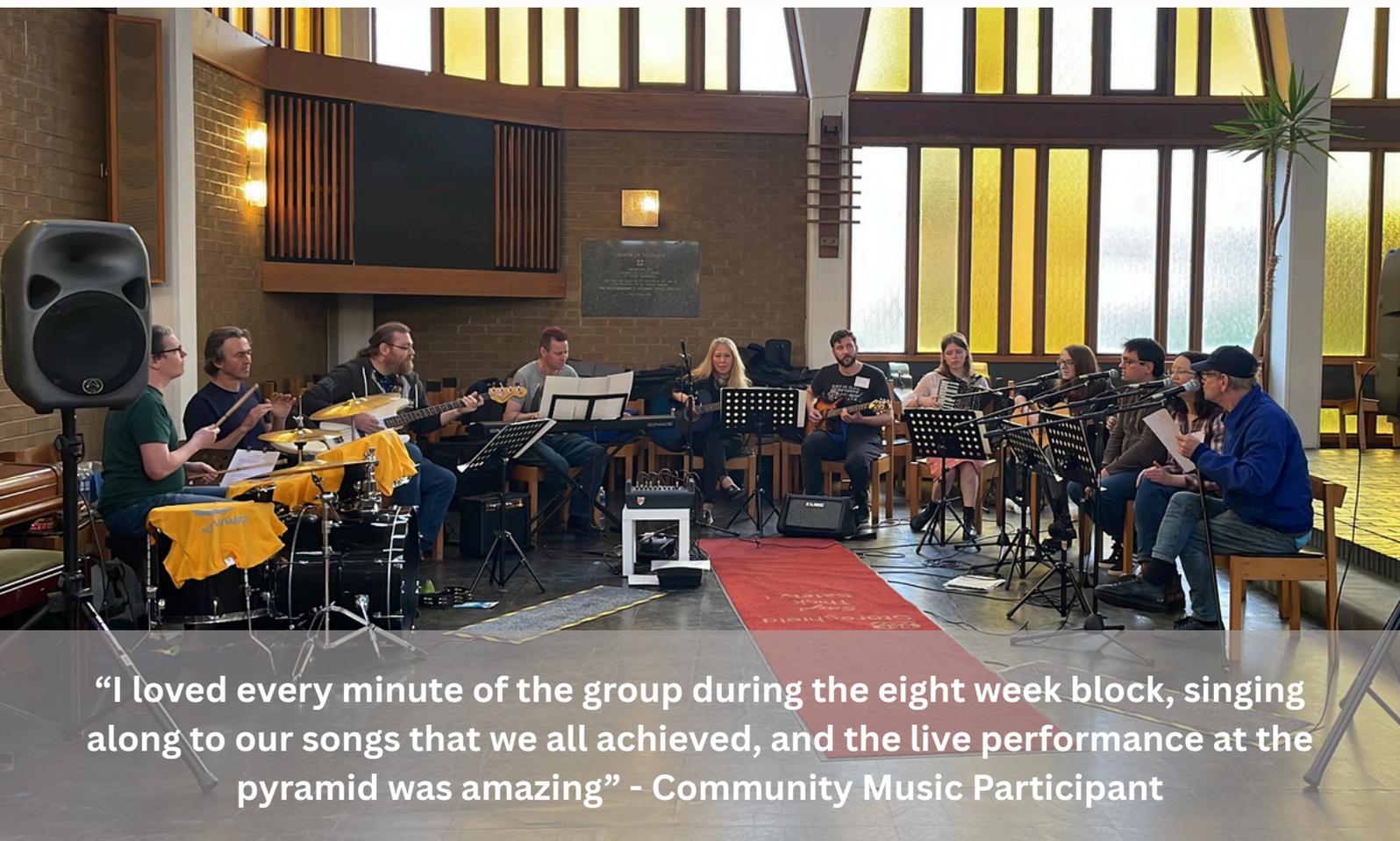
‘You’ve inspired me to start playing piano again. I’ve started playing the keyboard on the ward’ - Mental Health hospital ward patient

Highlights from this year include:

- Delivering 137 music sessions on rotation across thirteen mental health wards.
- Running sessions for the first time on Claythorn Ward and at Blythswood House, supporting people with learning disabilities who also experience mental ill-health.
- Returning to work with Vale of Leven for the first time since 2020.
- A Christmas Carolling trip around wards reaching around 70 patients and staff.

Community Music

Our community music project continued running blocks of interactive music workshops for adults managing or recovering from mental illness who live in the community.



“I loved every minute of the group during the eight week block, singing along to our songs that we all achieved, and the live performance at the pyramid was amazing” - Community Music Participant

Highlights from this year include:

- A performance at The Pyramid in Anderston, as part of an event hosted by Inspiring Scotland.
- A performance of original compositions at Gartnavel Royal Hospital for patients and visitors as part of the Scottish Mental Health Arts Festival programme.
- A block of DJing workshops delivered in partnership with SoundLab.



[Video](#) from the performance at The Pyramid

Make Music Make a Difference

Make Music Make a Difference continued to run this year for young people who experience complex mental illness and therefore face multiple barriers to mainstream opportunities.

Our primary partner and source of participant referrals was NHS Esteem, a specialist early intervention service for young people who have been diagnosed with a first episode of psychosis.

“I enjoy seeing our young people develop in confidence and self-esteem during their recovery journey. It has also been lovely to see some relationships forging between young people and staff and hearing nice comments that are shared amongst the group.” - Esteem Staff Member



Highlights from this year include:

- Delivering 29 drop-in group music sessions, plus complementary engagement and development work with individual participants.

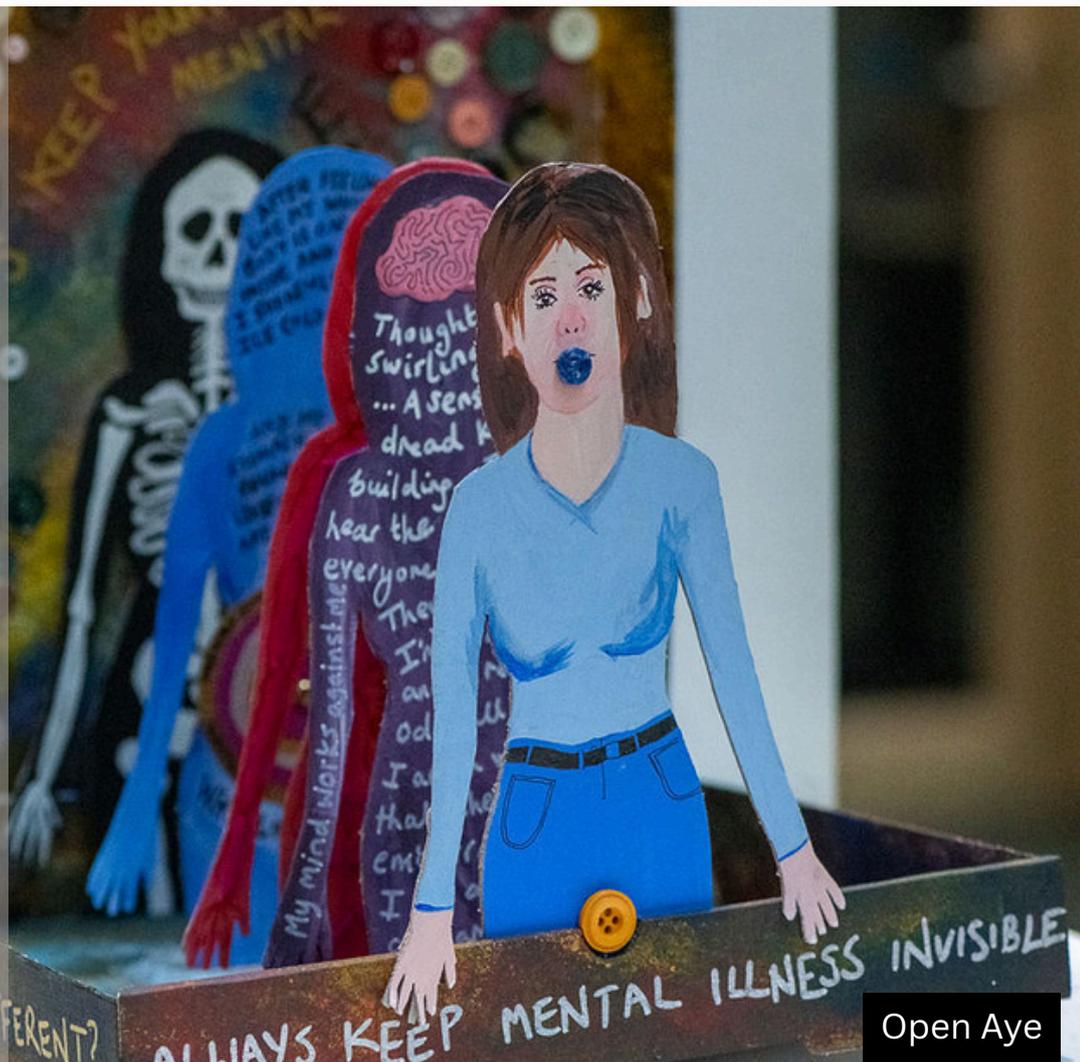


Recording of MMD participants covering Forever Lost by The Magic Numbers

Carnival Club

At our visual arts project, Carnival Club, participants worked with an artist to design and produce pieces of visual art which were then showcased across Glasgow.

‘I experienced a sense of self achievement from motivating myself to get out of bed and attend the class. I also experienced a sense of self achievement from the art work that I created. I also felt happier and calmer after attending the class due to socialising with others, even if I felt that I did not want to beforehand.’ - Carnival Club Participant



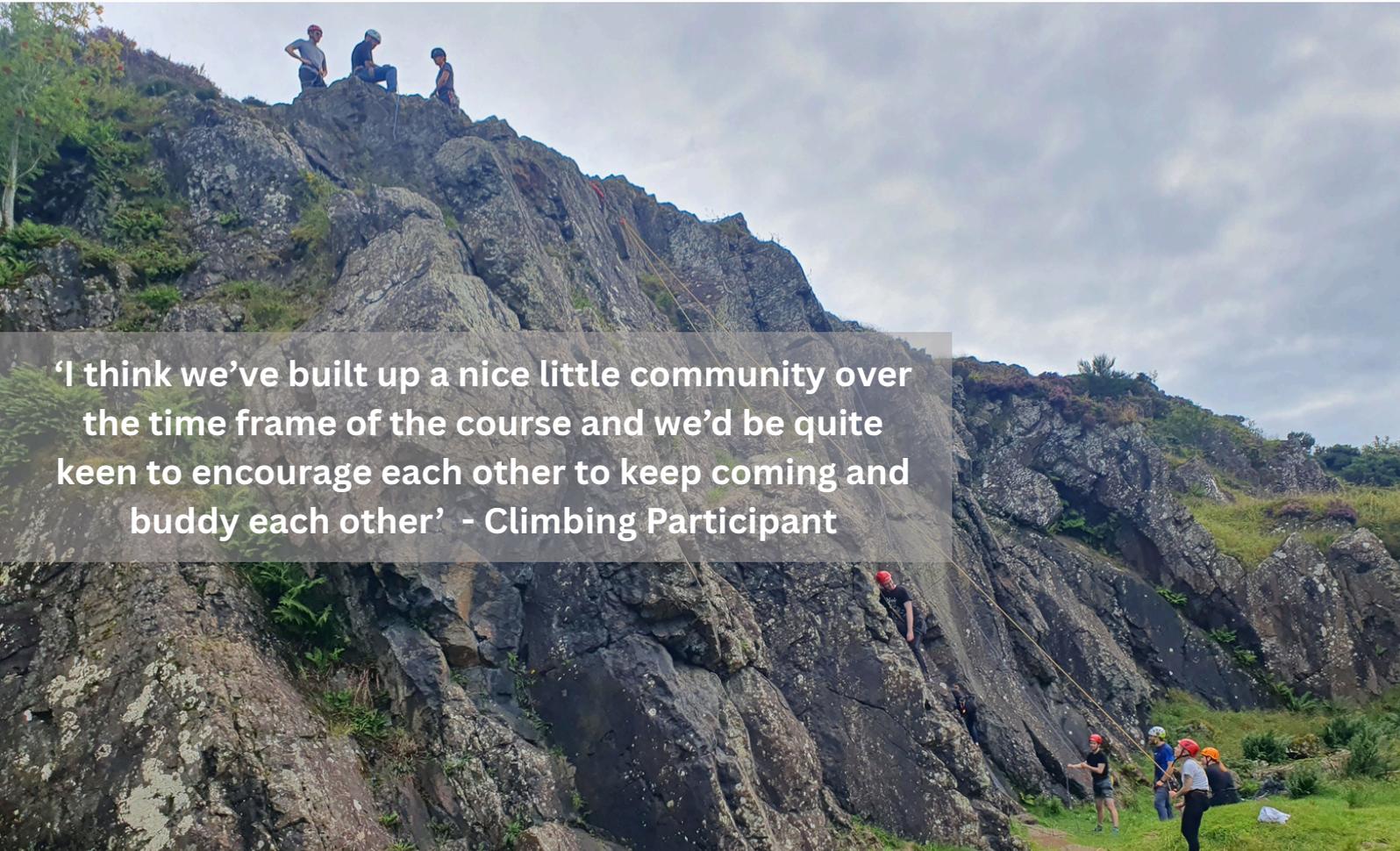
Highlights from this year include:

- Designing and creating a wearable train for the Westbourne Nursery's Graduation Parade, with each child wearing a carriage and the leader dressed as the engine.
- Creating individual dioramas based on the Scottish Mental Health Arts Festival theme In/Visible, which were exhibited at various locations, including the University of Glasgow's Clarice Pears Building.

Climbing

At our climbing project, participants learned from professional instructors how to boulder and rope climb whilst supported by Common Wheel staff and volunteers.

Regular sessions ran at the TCA's Prop Store in Maryhill, along with visits to the Glasgow Climbing Centre, Above Adventure, Auchinstarry Quarry, and Neilston Quarry.



'I think we've built up a nice little community over the time frame of the course and we'd be quite keen to encourage each other to keep coming and buddy each other' - Climbing Participant



[Read](#) an article by Sport Scotland about the climbing journeys of three of our participants, who now volunteer with us.



[Blog](#) from former participant describing their climbing journey with us.

Highlights from this year include:

- Bespoke indoor and outdoor climbing days in partnership with Climb Scotland.
- Providing our volunteers with opportunities for advanced outdoor climbing and subsidised training, such as Climbing Wall Instructor courses with Climb Scotland.
- Visiting Above Adventure in Kilmarnock with participants, thanks to support from the team at Zurich Insurance.

Other Highlights from the Year

A SPONSORED CYCLE completed by one of our participants who was keen to support us.

A GARDENING PROJECT with participants.

HISTORY TALKS about the history of Gartnavel Royal Hospital.

A RACENIGHT as a fundraiser that also included live music, raffles and delicious food.

A FUNDRAISER CONCERT organised by Dunbartonshire Concert Band and Star of The North Concert Band from Minnesota.

A PHOTOGRAPHY PROJECT for participants in partnership with OpenAye.

A DIORAMA EXHIBITION by Carnival Club at Glasgow Uni's Clarice Pears Building. Some visitor comments about how the exhibition made them feel:

A Heavy Metal FUNDRAISER GIG at The Garage organised by one of our climbing participants.

'Understood'
'Humbled'
'Very apt and potent in ways I didn't realise at first glance.'
'Very powerful and inspirational'
'Brave'
'I felt seen'



Outcomes

84%



of participants reported increase in skills

88%



of participants reported increase in mental wellbeing

84%



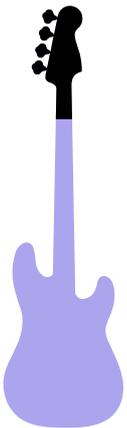
of participants reported increase in confidence

82%



of participants reported increase in motivation

73%



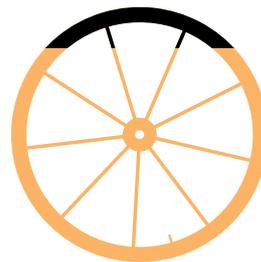
of participants reported an increased interest in trying something new

80%



of participants reported feeling less isolated

86%



of participants reported feeling a sense of community

88%



of participants reported an increase in overall wellbeing via the WHO-5 form

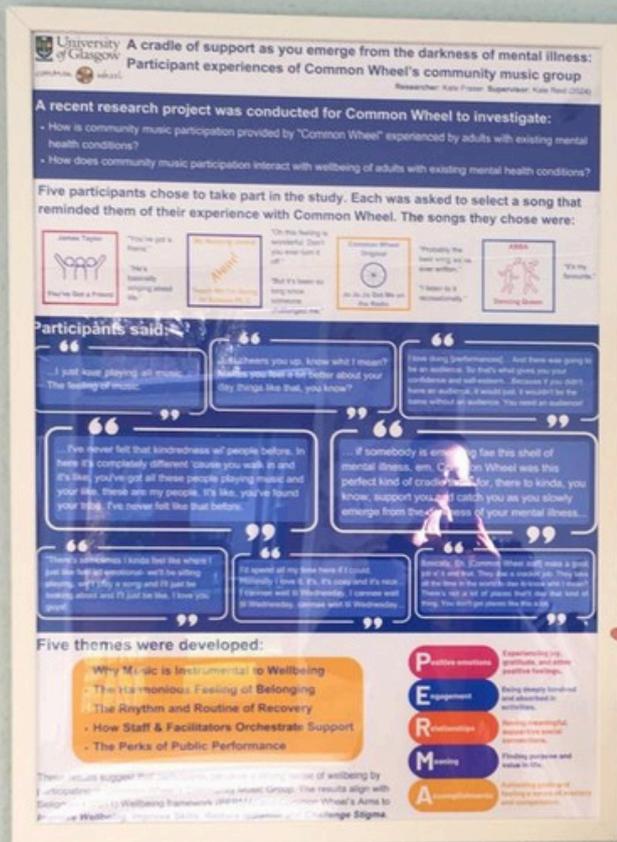
Research

This year our MMD trainee Kate completed her Masters in Psychological Studies at the University of Glasgow.

For her research project she investigated the experiences of individuals who participate in our community music group, focusing on the perceived impact on their wellbeing.

She has presented her research at the Scottish postgraduate conference of the British Psychological Society and to a cohort of NHS clinical psychologists in Dumfries.

You can watch a 10 minute summary presentation below.



[Video](#) summarising Kate's research project.

Thank you to our Funders



Bike Project



Music Activities



Bike Project



Arts, Climbing and Bikes



Bike Project



Music and Arts Activities



Bike Project



Art and Photography



Bikes, Music and Arts Activities



Music, Art and Photography Activities



Music Activities



Climbing Activities



Music Activities



Drop-In Activities



Music in Hospitals



Drop-In Activities



Music Activities



Drop-In Activities



Music in Care Homes and Hospitals and Gardening Project



Volunteer Support and Core Costs

Special Thanks to

NHS Greater Glasgow and Clyde who provide office and music space on the Gartnavel Royal Hospital site, including IT, utilities and maintenance.

Everyone who donated to our GoFundMe and supported our fundraising efforts.

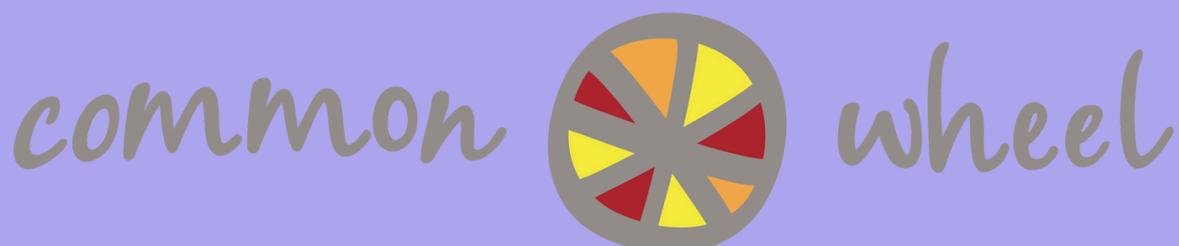
Everyone who has donated bikes.

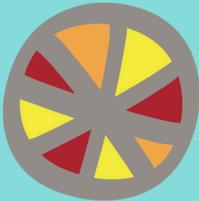
All our volunteers across all our projects.

Climb Scotland for running outdoor climbing days and providing training opportunities for our volunteers.

Heather and the Dunbartonshire Concert Band.

All of our participants who have taken part, supported us and helped to make Common Wheel a success.



common  wheel



www.commonwheel.org.uk



@commonwheelglasgow



@commonwheelglasgow



hello@commonwheel.org.uk

Charity Number: SC031798