

Finn's Place

Living our lives to the full


A Wellbeing project of Langside Church

Annual Report | 2015



Finn's Place
Living our lives to the full

Langside Church
167 Ledard Road
Glasgow
G42 9QU
Charity No. SCO 45350



The Finn's Place project was started by Langside Church in June 2013 to allow the new, modern building to be used by the community to promote individual & collective 'wellbeing'.

In January 2015 Finn's Place received its own charitable status and now operates as an independent charity but with its roots still very much in the church community at Langside.

We have had a successful year making connections with a number of organisations across the Southside of Glasgow with whom we share an interest in 'Wellbeing' and these connections have borne fruit in terms of attendees and events. There has also been an increase in attendance at activities and events and although the majority of people come from the G41/G42 post code area, we have an increasing number of people who travel from G43, 44, 46, 73, 76, 77 and 78 and some from even further afield.

A number of Mental Health services & organisations have recognised the value of attendance at our activities and have been referring people to us on a more regular basis. We plan to develop these links in the coming year to ensure we are helping those in greatest need.


As a charity we rely on funding from a number of sources and we are grateful for the continued support of Langside Parish Church and the Church of Scotland Go-For-It Fund. The Board of Trustees made several applications to a variety of funding bodies during 2015 with limited success. We have added a facility to our website to allow people to donate regularly or as a one off contribution and the Trustees will explore more avenues to raise funds during 2016.

In 2015 we commissioned an external evaluation of Finn's Place. This was conducted by a volunteer who is a qualified Social Researcher and wanted to contribute using the full range of her skills. An initial report was received by the Board in October 2015 and a final report in January 2016 and it has shown us that we are fulfilling many of the projects objectives. The following quote comes directly from the report:

*Crucially FP is promoting positive wellbeing in its participants. My analysis shows a positive relationship between the frequency of attendance and duration of attendance at FP and different indicators of wellbeing- namely **connecting with others, being active and taking notice of the world around them***

Finn's Place continues to operate with its four strands: Activities and Events, Capacitar, Safe space and Wellbeing Hub. This report reflects on each of these strands and what has taken place in 2015.

Dr Linda Watt MBChB. FRCPsych
Chair of Trustees.





Activities Strand

Our weekly activities programme continues to run well, with numbers increasing on a regular basis for some of them. Our weekly footfall has increased from an average of 100 in Jan/Feb 2015 to 154 in Nov 2015

The current weekly schedule includes 10 hours of massage, 3 yoga classes, Christian Meditation, Voicemale, 2 sessions Capacitar, Mindfulness and Qigong. We also have monthly art workshops and bi-monthly retreat afternoons run by ourselves and also one of our yoga teachers, Lucie Potter.

Each month we hold events and other occasional activities.

We continue to partner with *East Renfrewshire Carers' Association* to provide events that offer a time of respite for carers for their own health and wellbeing. In June we had an event during Carers' week with storytelling, folk music and a relaxing mini-massage for each person.



Our second International Day of Happiness took place in March when we watched Hector and the Search for Happiness and also had some music from Brass, Aye! a New Orleans style brass band.



Our connection with the ***Battlefield Community Project*** has developed through several joint events.

In January we held our second family ceilidh which attracted over 150 people from the neighbourhood.



In March we joined in with the Spring Fling when we collected 20 bags of rubbish from the streets in the area and also tidied up the BCP garden and the church garden.



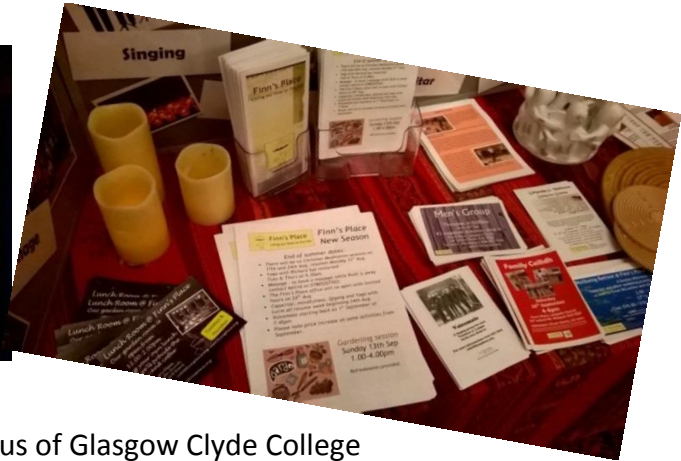
During the summer we shared in the BCP garden party, providing the tea & coffee.

And in December we co-hosted the Christmas Candlelit Carols.





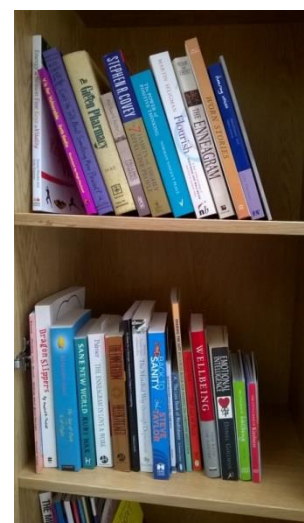
We were invited back to the Arklet Housing Association tenants conference where we set up a stand.



We also had a stand at the Langside Campus of Glasgow Clyde College for their Fresher's Fair and also had the Prince's Trust group from the college do some leafletting for us.



We received funding from the Langside Area Partnership which enabled us to create a resource point with books and DVDs on various aspects of wellbeing, all of which can be borrowed for free.



Through the year we had two pilgrimages: one to St Blane's on the Isle of Bute and the other to Culross Abbey in Fife.



With funding from the Federation of City Farms and Community Gardens we held an event on Wellbeing Grown Locally. Janice Clyne gave us a cookery demonstration on how to use locally grown food to boost our wellbeing.



At the annual Church of Scotland Heart & Soul event the men from our Voicemale group went along to participate.

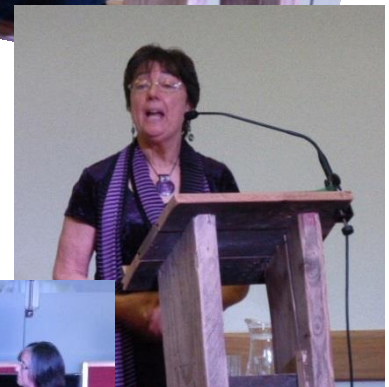



Finn the cat also made an appearance.



We held three events as part of the Southside Fringe, the local arts and culture festival.

We had a 'Poetry, Prose & Music' night with our own writing group taking part along with guest readers and speakers, along with our guest poet, Donny O'Rourke and music from Esther & Archie McLellan.





'Once upon a time...' was our fairy tale themed children's event with a story teller, a puppet show and lots of crafts.



And a much quieter event was our Wellbeing retreat with sessions of Qigong, Capacitar, Mindfulness and short massages.






We were given a donation which allowed us to purchase a new massage table which is fully adjustable. This allows for those who have disabilities or mobility issues to make use of our massage service.

In June we celebrated two years of Finn's Place with an afternoon of music, wine, stories and lots of lovely food.



In November we held a community discussion as part of the Scottish Government consultation on what would make a Fairer Scotland.



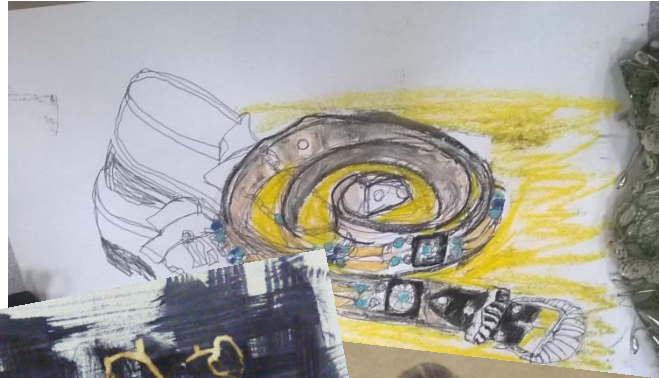
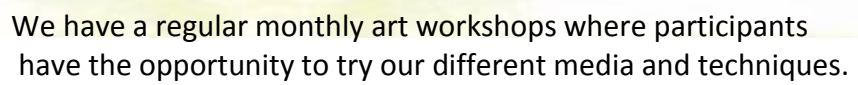


Over the past year we have been involved with the development of the Square Yard Garden on a spare piece of ground beside the Cargill Centre. With the help of Stalled Spaces and the Langside Area Partnership we have been able to clear the site, lay down surfacing which makes the area wheel chair accessible.



On the winter solstice we had a labyrinth walk which allowed people to spend some time in quietness and to reflect on the year passed and the turning points of life.





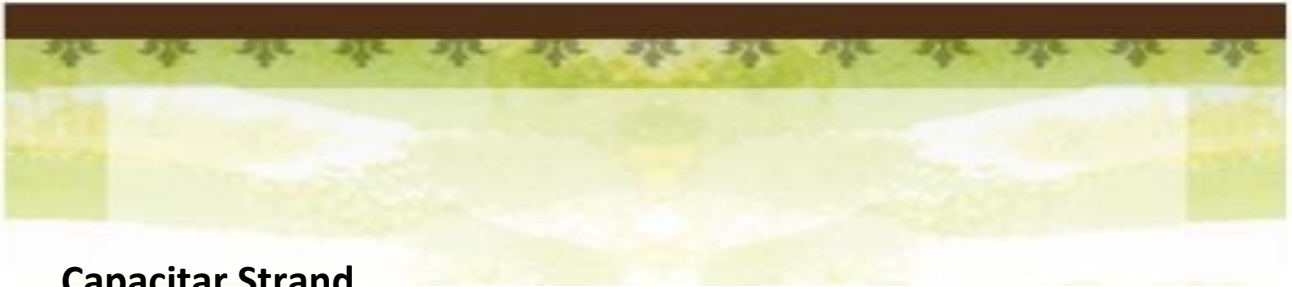
are the things that make me me
the things that make me different
are things things that make me-me
everything in searching for is already
inside me everything i'm searching
for is already inside me today i will
breathe deeply and go slowly - to
will breathe deeply and go slowly - to
today i will breathe deeply and go slowly - to
Life is short - let's do it

We also had a series of classes on Calligraphy using a cursive script

Focus on what you Want to feel
NOT ON what you want to achieve

Life is short - Let's do this - life is
short - let's do this - life is short





Capacitar Strand

Our regular weekly Capacitar sessions are now very popular, we have an average of 15-20 people at both afternoon and evening sessions. Susan McLachlan, our Capacitar Lead, delivers the regular Capacitar sessions and also takes Capacitar sessions in other areas of



the southside of Glasgow. This includes regular weekly sessions at Bridging the Gap – a drop in for asylum seekers and refugees and offers sessions to other groups on an occasional basis.



Susan has given taster sessions at the Family Centre at Castlemilk in connection with the local school and has been contacted by the Autism Resource Centre to investigate the possibility of offering Capacitar to clients with autism. She has also offered taster sessions with Revive, a self-development group for women at Castlemilk. Another Capacitar facilitator has also delivered sessions for us at two sheltered housing complexes.

In May of 2014 we took on four Capacitar trainees who have progressed through the training weekends throughout the year. Unfortunately one of the trainees has moved away from the area due to family responsibilities and one trainee has had the training period prolonged due to illness. Two of these facilitators have now finished their training and have started working with Susan at the regular weekly sessions that we hold here at Finn's Place.





During the year we had a volunteer who helped at the Capacitar sessions. He was in the country as an asylum seeker. We offered to train him in Capacitar and with a grant from Go For It funding he has begun his training with Capacitar International.



An important part of the Capacitar sessions is the time afterwards for people to sit and have a chat and feel a part of the project and the local community.

As part of the Capacitar strand we offer afternoon retreats for a couple of hours on a Sunday afternoon. These consist of a blend of wellbeing practices which introduce people to a collection of practices which help with stress, trauma, anxiety etc and promote general wellbeing. As part of this series we also offered a retreat especially for men. We had 25 men attend.





Safe Space Strand

We are pleased that other organisations are now recognising the benefits of coming to Finn's Place activities and events. We regularly have referrals from the Richmond Fellowship, a befriending agency, Cargomm, a support agency, Glasgow Association for Mental Health, Community Psychiatric Nurses at Pollok and Castlemilk and referrals for out-patients from the New Victoria Hospital and Leverndale Hospital.

A regular group from GAMH meet every Thursday during our lunch time drop in and our garden room is open most days for people to come in for a cup of tea or coffee. The Unity Sisters group for female asylum seekers and refugees meets every other week for support and advice.

Wellbeing Hub Strand

We have hosted events for other agencies who are also involved in bringing wellbeing to their own communities. We hosted a conference for the Christian Meditation community in Glasgow in March 2015 with 40 attendees who benefited from sessions of Qigong, Yoga, Labyrinth and meditation.

In March we had our third Wee Gathering with the title of Living Compassion which was facilitated by Verene Nichols, with short Capacitar sessions.



As Finn's Place project has developed we have had several churches send groups or individuals along to see what we have done. We have had visits from St Andrew's CofS, Carluke, Orchardhill Parish Church, Giffnock, Greenbank Church, Clarkston and Drumchapel St Andrew's, Glasgow.





The project coordinator regularly attends the South East Integration Network and also the South Adult Learning Partnership as a means of connecting with other organisations throughout the southside of Glasgow.

We have been successful in securing funding to run an ESOL class, Access 2 level which started in September.

We are becoming known in the local community and have developed connections through social media – on facebook we now have 364 likes on our page and on meetup we have 239 members.

Every Monday the Good Moves walking group start their walk at the New Victoria Hospital and wend their way by various routes to Finn's Place where they finish up with a cup of tea or coffee.

Since September we have been an access point for Epic 360 which is a one-to-one service to help those who need to manage their finances in a more ordered way.

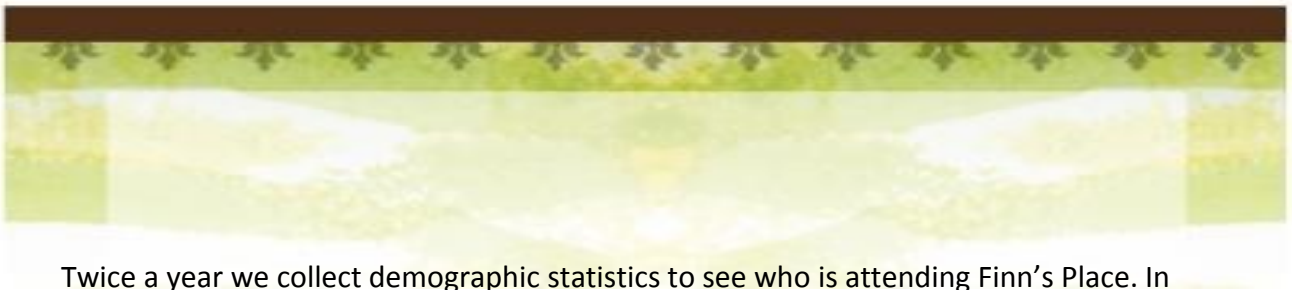
Since the project started we have been very fortunate with the people who deliver our activities and sessions. They each contribute to the ethos and success of the project and we want to acknowledge their involvement on a regular basis.

We were sorry to lose our volunteers Anne Murray and Gavin Gowans, who have both moved away from the area. They were both very involved with the project and made a huge contribution in so many ways.

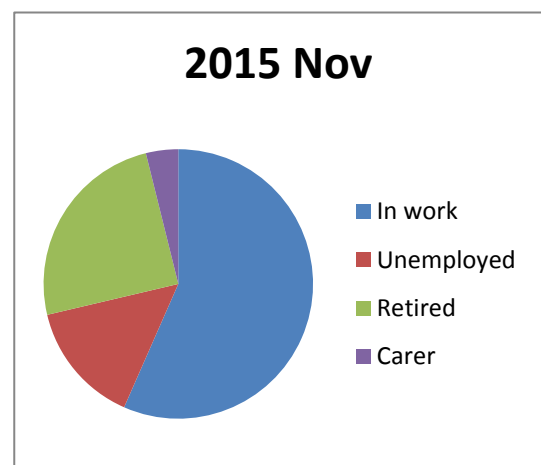
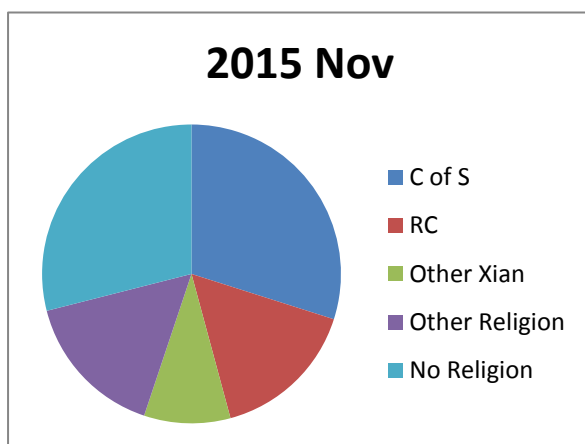
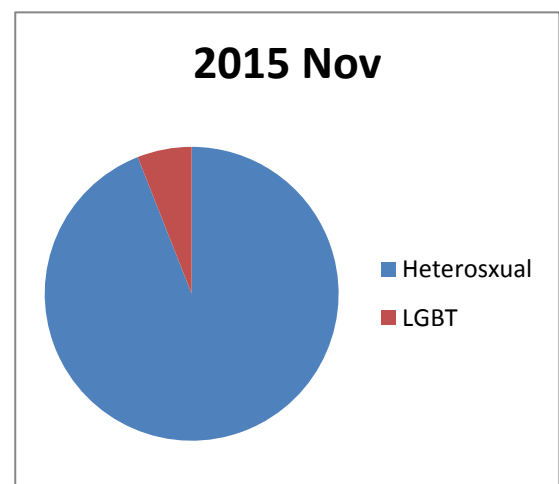
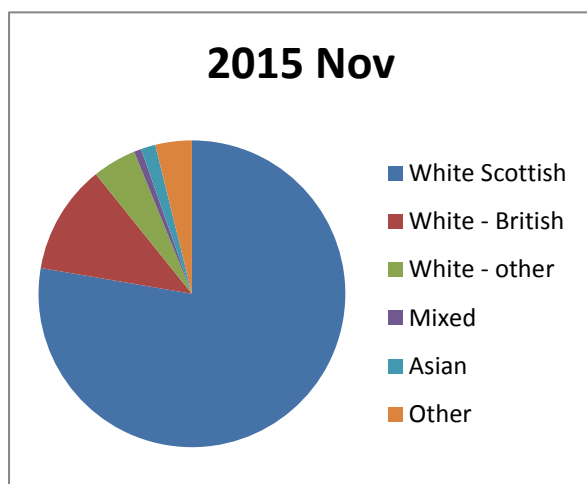
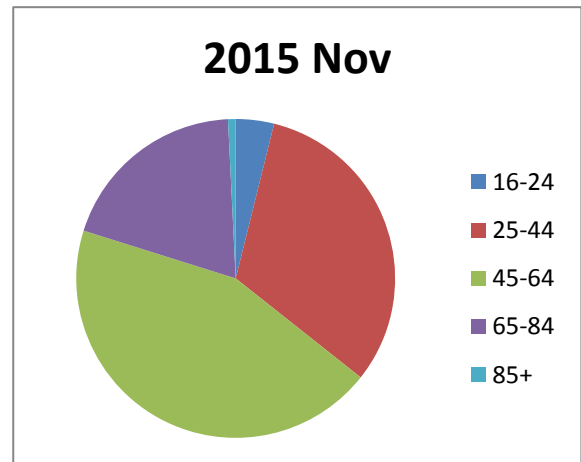
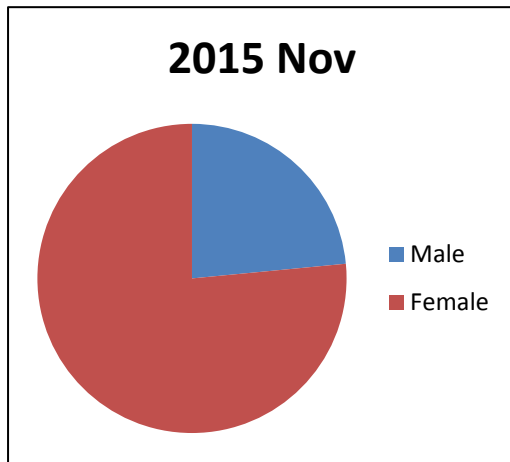
Finn's Place Board

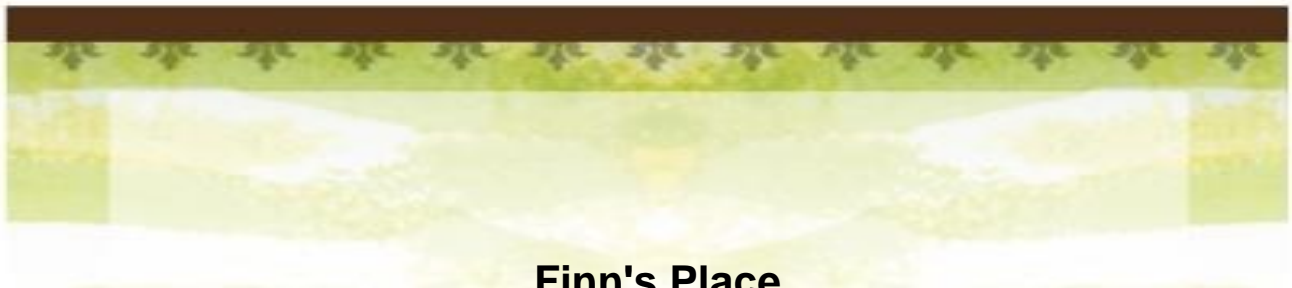
Finn's Place has a board of trustees who meet monthly to oversee the development of the project. Each year they meet for a strategy day to look back over the previous year and also to look ahead to how the project might develop.





Twice a year we collect demographic statistics to see who is attending Finn's Place. In November 2015 a snapshot of attendees looked like this.





Finn's Place

RECEIPTS AND PAYMENTS ACCOUNTS

For the year ended 31st December 2015

Charity Name: Finn's Place

Charity Registration Number: SC045350

Contact Address: Langside Parish Church
147 Ladard Road
GLASGOW G42 9QU

Trustees

Dr Linda J Watt	Chair
Mr Alan Steven	Treasurer
Mrs Joanna Awcock	Secretary
Revd. David McLachlan	
Mr Colin Fisher	
Ms Linda MacAulay	

Bankers Bank of Scotland
Mount Florida Branch

Independent Examiner
R Douglas Blaney FCMA
12 South Scott St
Glasgow G69 7JA





Governing document

The charity was established in July 2013 and became a Scottish Charitable Incorporated Organisation (SCIO) on 14th January 2015

It is accountable to the Office of the Scottish Charitable Regulator (OSCR) and complies with legal requirements placed on it to maintain this status

Recruitment and appointment of trustees

Members are recruited from Langside Parish Church, it is the Trustees intention that a two further Trustees outwith the congregation are being sought

Organisational structure

The Board of Trustees oversees the work of Finn's place. Board meetings are held monthly and are minuted. The Co-ordinator and Capacitor lead attend meetings unless confidential matters are being discussed e.g. staff remuneration

Objectives and activities

The provision of recreational facilities and activities to promote and enhance individual well being .

The advancement of citizenship by providing a physical space to allow people and organisations from the local community to meet and support one another.

Review of the Period

During the year, the charity continued its activities in pursuit of the above stated aims.

The organisation continues to rely on the support and expertise of a committed team

Financial Overview


This is the first year that we have operated and we are pleased that we have had a surplus, albeit a very small one. We are confident that 2016 will be a busy year and provide further sources of income

Reserves

There were total cash & Bank funds of £3,748 at the period end

Statement of Responsibilities of the Trustees

Trustees must prepare financial statements which give sufficient detail to enable an appreciation of the financial transactions of the Charity during the financial year. The Trustees are responsible for keeping proper accounting records which, on request, must reflect the financial position of the Charity at that time. This must be done to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006. They are also responsible for safeguarding the assets of the Charity and must take reasonable steps for the prevention and / or detection of fraud and other irregularities.





Finn's Place

Independent Examiner's Report to the Trustees Finn's Place

I report on the accounts of Finn's Place for the year ended 31 December 2015 which are set out on pages 5 and 6

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.

The charity trustees consider that the audit requirement of Regulations 10(1) (a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts under section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the 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 view given by the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention

R Douglas Blaney FCMA
12 South Scott Street
Glasgow
G69 7JA
Date



Receipts and Payments Account
For year ended 31st December 2015

		2015	2015
Receipts	Note	£	£
Donations	3	5,642	-
		5,642	-
Grants	4	42,513	-
Fees		26,548	-
Total Receipts		74,703	-
 Payments	 5		
Costs of generating funds		-	-
Charitable activities		70,955	-
Governance costs		-	-
Total Payments		70,955	-
 Excess of Receipts over Payments in year		 3,748	 -

Statement of Balances

	2015	2014
	£	£
Bank & Cash balance b/fwd.	-	-
Excess of Receipts over Payments in year	3,748	-
Bank & Cash Balance carried forward	3,748	-

Approved by the Trustees and signed on their behalf by
Dr Linda J Watt
Chair

Notes to the Accounts

For year ended 31st December 2015

1. Trustee Remuneration and Related Party Transactions

No remuneration was paid to any trustees,

No trustee or a person related to a trustee had any personal interest in any contract or transaction entered into by the charity during the year.

2. Movements in Funds

	At 14th January 2015	Receipts	Payments	At 31st December 2015
	£	£	£	£
Funds				
General Fund	-	74,703	(70,955)	3,748

	2015	2014
	£	£
3. Analysis of Donations		
Donation from Langside Parish Church	3,067	-
Miscellaneous Donations	2,575	-
	<u>5,642</u>	<u>-</u>

4 Analysis of Grants		
Go for it	20,000	-
Langside Church	20,000	-
Langside Area P' ship	1,183	-
Misc. Grants	1,330	-
	<u>42,513</u>	<u>-</u>

5 Analysis of Payments

Costs of generating funds	-	-
	<u>-</u>	<u>-</u>



Charitable activities

Employment	38,384	-
Travel	233	-
Langside Area P' ship	1,165	-
Office Supplies	653	-
Other Expenses	3,460	-
Training	755	-
Admin Income	(1,369)	-
Activity costs	<u>27,674</u>	<u>-</u>
	<u>70,955</u>	<u>-</u>

Governance costs

Independent examiner's fees	<u>-</u>	<u>-</u>
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Other payments

<u>-</u>	<u>-</u>
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Support costs have not been separately identified as the trustees consider there is only one charitable activity.

Therefore support costs relate wholly to that activity and have not been separately identified.





What people have said about Finn's Place.

Voicemale

Great fun on a Tuesday night - the singing is uplifting and a great way to meet others. It is not easy at times which is good as it makes participants stretch themselves with amazing results. The harmonies are wonderful.

Having quit smoking after 25 years it certainly helps my improved lung capacity in a non-strenuous and fun fashion. Top marks.

Look forward to Tuesdays for a good warble.

Yoga with Richard

Relaxing and aids flexibility.

These yoga classes are a crucial part of my wellbeing every week. Taught by the same teacher who is excellent. I have noticed a huge difference in my health since attending both classes regularly. I fit my freelance working hours around my yoga.

Richard is an excellent yoga teacher explaining everything clearly. This has helped with flexibility and relaxation.

Great start to the day, leaves me feeling awake calm and refreshed. Much calmer since I started doing yoga.

I really enjoy my Tues/Thurs morning classes. It helps my wellbeing and I feel more energised after the yoga class. Richard is an excellent yoga instructor and is very knowledgeable.

My yoga sessions are essential to keep me feeling strong, flexible and positive. It keeps aches away and makes me feel great about myself. I love Finn's Place as a venue and the heated floor is such a joy!

I have been attending this class for nearly a year now and have been coming regularly twice a week. I have benefitted both mentally and physically. Because of this practice, which incidentally, is the best I have attended, I am calmer, stronger and have more energy than before. It has also helped ease back problems and improved my posture.

This class is important to me. It helps me relax and contributes to healthy aging of the body. Richard is a competent and patient teacher. His approach is motivating and explanations clear and easy to follow. A great way to start Thursdays!

I really enjoy my Tues/Thurs morning classes. It helps my wellbeing and I feel more energised after the yoga class. Richard is an excellent yoga instructor and is very knowledgeable.

Yoga with Lucie


It's a great chance to relax and switch off. Great to have Finn's Place as a welcoming, friendly community resource. Feel very lucky to have this on my doorstep.


Very much enjoyed the experience. Very relaxing and great exercise.

Lovely experience. Great for all levels.

This provides a very welcome breathing space in the week. The links with the seasons add an extra layer of calm.

Really has helped me relax and feel more grounded.





The movements are relaxing and the stretches make me feel physically better, stronger and with better balance. It also helps keep me calm!

Has inspired me that I am fitter and more flexible than I thought I was - to the extent that I am considering doing yoga teacher training.

I started attending the class approx one year ago. It was my first introduction to yoga and has contributed massively to my overall wellbeing. I have found it to be an extremely welcoming and accepting environment that I have not found elsewhere.

Great class that always leaves me feeling relaxed and ready to face the world.

My yoga sessions are essential to keep me feeling strong, flexible and positive. It keeps aches away and makes me feel great about myself. I love Finn's Place as a venue and the heated floor is such a joy!

Capacitar

I use Capacitar for my own self care. It keeps me grounded and focused. I feel at peace. I look forward to coming every week. It gives me some 'me' time. I feel really relaxed coming to class. Susan delivers the class brilliantly. I always have a very peaceful sleep after class.

A very special class. Beautiful space with a very special teacher - Susan. An amazing, uplifting class. One of a kind.

I really enjoy the space and calmness of Capacitar. My outside working life is very fast at times and there is very little space left for myself or slowing down. Capacitar is really restorative and helps me to recharge and function better.

Reduces stress, enabling me to handle daily life a lot better. The exercises keep me supple and less tense. It is wonderful mixing with the others who attend as it is very friendly and inclusive. A very caring environment and activity.

I find this particular activity very special healing of spirit and inspirational - a great asset to Finn's Place and the community in general. I have also been to a few activities on occasion and feel that Finn's Place is just what this area needs. It is friendly, educational and constructive. Capacitar is wonderful. An oasis of calm in a busy week. Susan is fantastic and promotes peacefulness, calmness and joy.

Welcoming, inclusive - brings awareness of my body and its needs - time for reflection - very nurturing. Thank you.


This activity is relaxing and educational about yourself. Learning to love every aspect of yourself - good and not so good. Learning to be a better person inside and accept yourself.

It has helped me move through grief. Supported me when I felt alone with this pain. Given me community and healing. I greatly value the group and the project of Finn and all it offers.

Relaxing and calming and centring. A lovely experience!

Absolutely wonderful - not had a good year but this has been a great help.

Susan is the best. She has such calmness and her sense of wellbeing emanates from her and touches all who are in her company. I love when she says we must honour and find our unique gifts which has helped me so much in my depression this year.





A mixture of gentle exercise at your own pace. Meditation and walking the labyrinth all very relaxing and a great way of reflecting. A good social event as well with tea, coffee and biscuits available afterwards. I look forward always to coming to the class every week I can. Thank you. Helps me relax after work. Helps me make friends over tea afterwards. Teaches me to slow down and calm down. Makes me more aware of my body. Makes me belong to a group. Helps me keep a stable routine in my week which I really need. Give me new positive ideas and thoughts. Lowers my sky-high stress levels.

Capacitar is really important to me. Although I've been coming for a while and learned many of the practices, the feeling of peace and relaxation found within the group is very valuable.

Highlight of my week, welcoming, fun, enriching.

Perfect for people of all ages and Susan seems to know when everyone's had enough. The nice tea break with lovely people. Thanks a million.

There is a cumulative effect to coming even if I don't make it every week. It induces a sense of calm. I've also made new friends which is lovely and important to my wellbeing.

Massage

Very relaxing and enjoyable, advice on particular areas of tension points. Will come on a regular basis.

Improved sense of wellbeing, nice quiet place to come and sit and feel at peace with a cuppa. Massage was good.

This was my first massage and I feel better already. Looking forward to my next session.

Very pleasant staff and surroundings. Pleasing atmosphere and helpful people. Highly recommended. First class! Very good value compared to comparable services around town. Good availability of parking and good coffee!!

The massage I am receiving from Finn's Place has been so pain relieving and relaxing. I so look forward to my visit and appreciate the help I have received.

Fab - hugely relaxing - regular massage therapy helps me cope as a carer of my father who has dementia.

I have been coming to Finn's Place for my weekly massage (sometimes fortnightly) for over a year now. I have a muscle disorder and massage really helps in managing my condition. It also relaxes me and my muscles. In addition it is helping towards my overall wellbeing. A big thank you to Aelrid.

Creative Writing

Meet new people, explore creativity, learn a new skill. Linda Jackson is a very talented teacher. She is able to encourage the class to try new things, give positive feedback and enable progression.





Loved the sessions, look forward to next year. Helped me by creating a calming space to find my thoughts and express myself. I can use the experience in different areas of my life.

Every week is a different challenge, but one that stretches the creative juices. After a few weeks it is amazing how much each of us has written and how diverse it is: Poetry, Haiku, Prose, Narrative, all the emotions, settings and stories, written, shared and performed.

This is an opportunity to express yourself and discuss issues with other people in a listening environment. The standard of tutoring is first class.

I have enjoyed the sessions because I have learned a lot about how to write prose to make it interesting to the reader. I have also enjoyed listening to other people's writing. So far this has improved my 'creative' writing skills, becoming more creative and less academic.

Art

I never take the time or have the confidence to do art at home. The few art sessions I have attended here have shown me I do have talent. It's affirming and nourishing - a non-judgemental relaxed atmosphere.

Relaxing, enjoyed trying something new. A new challenge in a non-threatening environment. Great way to spend a Sunday afternoon. Nice tutor, very approachable.

Enjoyable, relaxed, creative. This was the first class I have attended since school. The exercise with my non-dominant hand whilst being unable to see was interesting and it felt like it really boosted my creativity.

Very relaxed, self-affirming.

A very relaxing afternoon as all other thoughts go out the window!

I enjoyed trying to develop my creativity.

The whole setting is conducive to well-being. The warm welcome from Ruth. The other participants and the tutors. A lovely environment to learn new skills. Thank you.

Something different - "as good as a rest." Company - a sense of social inclusive. Trying something new - new techniques inspires courage.

Calligraphy

Very relaxed class - no pressure. Therapeutic couple of hours and enjoyable to practice a new skill in hand writing of traditional methods.

I am greatly enjoying learning calligraphy. The sense of achievement at managing the challenge of learning a new skill - from concentrating on the formation of individual letters to trying to put words together - has done much to improve my sense of self-worth, and so my wellbeing.

Has helped my focus and concentration.







Finn's Place
Langside Church, 167 Ledard Road, Glasgow, G42 9QU
0141 632 7520 | info@finnsplace.org | www.finnsplace.org
Registered Charity No. SCO 45350

