



FINN'S
PLACE

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ANNUAL REPORT 2016

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I am delighted to be writing this forward as it means we have reached the end of our 4th year of operation and our work is going from strength to strength. The attendance at all activities has risen and the feedback we have been receiving has been very positive.

On behalf of the Board, I would like to take this opportunity to thank our co-ordinator Ruth Forsythe. We are blessed to have her skills and even more blessed that she wishes to continue leading our project. She is the calm supportive and nurturing face of Finn's Place and the project benefits from her quiet, inspirational leadership. Thank you for your compassionate work Ruth. I would also like to extend our thanks to all our sessional workers and volunteers who make it all happen.

The Board of Trustees, all of whom are volunteers, have supported me in steering the project through another successful year and we were delighted to have made it to the end of the year with a very small operating surplus. We continue to receive tremendous support from Langside Parish Church in kind and in cash. The Go-For-It fund, operated by the Church of Scotland nationally, generously agreed to give us continuation funding for this year and next and we were fortunate in receiving funding from a number of other sources. Fundraising is a permanent issue for the Board of Trustees and next year we will be embarking on some in-house fundraising to supplement the donations we receive from participants and we will continue to pursue external funding.

Finally thank you to all our participants who make our work worthwhile. Please keep coming to Finn's Place, spread the word about Finns Place and make it a thriving Health & Wellbeing hub for all in our community and beyond.

Linda J Watt, Chair of Finns Place Board of Trustees.

FUNDING IN 2016

2016 was a challenging year financially but we are appreciative of the funding that we have received from:

Langside Area
Partnership

Tesco Bags of Help

Stalled Spaces

South Adult Literacy
Network

Go For It

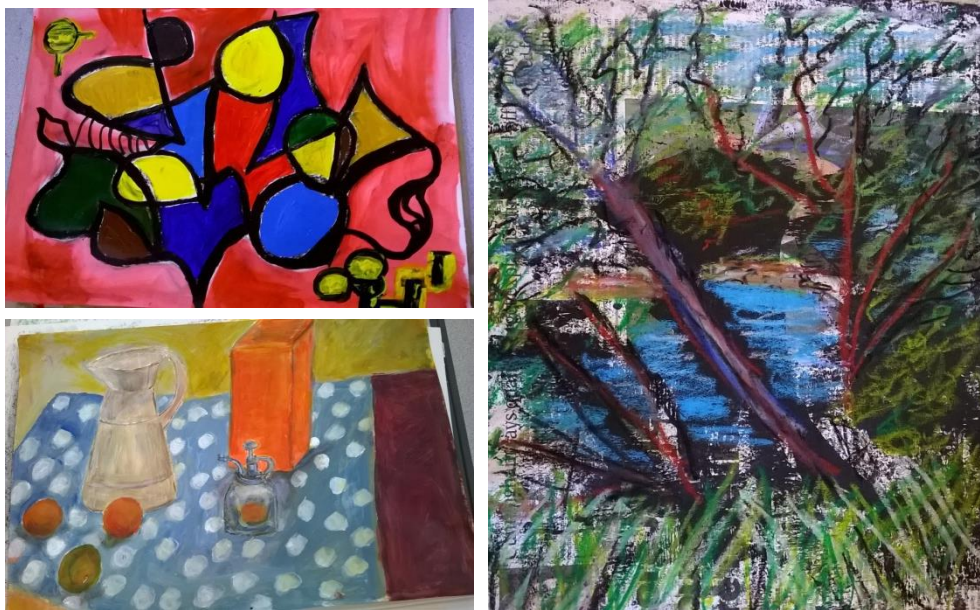
Langside Parish
Church

ACTIVITIES/EVENTS STRAND

Our weekly activities programme has increased significantly over the year. We now have 14 hours of massage, 3 Capacitar sessions, 3 Yoga classes, 2 Pilates classes, along with Christian Meditation, English as a Second or Other Language, Voicemale, Mindfulness, Creative Writing and Active Age.

Mindfulness courses have proved very popular – with 3 separate courses this year.

We also have monthly art workshops and occasional events or short series of activities. We had a series on the Enneagram, which helped people recognize certain personal traits.



This year we hosted a Real Junk Food dinner, when the meal was prepared from food that would have gone to landfill and people paid what they could afford for the meal, with the proceeds going to a local charity. We also hosted a Real Junk Food Clothes swap and lunch event.



We hosted a Street Step event which enabled young people to to develop skills and abilities that would help them prepare for the workplace through planning an event for older people.



Local connections with the Battlefield Community Project continue with the annual Spring Fling community clean up event, the street party and the Christmas Carols event.



We partnered again with East Renfrewshire Carers' Association for an afternoon tea event in March and a film night in November.

The Southside Fringe was a busy time again with our 3 events – Writers evening, afternoon retreat and children's fun event.



We had two solstice labyrinth events – one in the summer and one in midwinter. In the summer we created a labyrinth in the garden and used it for the mid-summer labyrinth walk as the daylight faded. And thanks to Susan and Callum we now have our own portable canvas labyrinth which can be taken to other venues.



We had a wellbeing retreat in February for a time of quiet and reflection and another yoga retreat in December.

Our season finale in June included participation from our writers' group, the art class and the Voicemale singing group along with live music and local musicians.



Our weekly ESOL class is a multi-level class and we have had students from Zimbabwe, Argentina, Poland, Sudan, Pakistan, Vietnam, Iran, China, France, Brazil, Spain, Venezuela, India and Moldova.



In September we hosted an event with a newly formed local group – Langside Community Heritage. ‘Dig Langside’ gave young people the opportunity to carry out an archaeological dig, search for coins using a metal detector and learn more about local history through displays and artifacts. There is now a regular programme of evening events focusing on local history and topics of interest.



SAFE SPACE STRAND

Finn’s Place continues to be a community safe space with regular visits from other community health organisations. We have regular referrals from East Renfrewshire Carers’ Association, Community Psychiatric Nurses, Occupational Therapists, Health Centres, Glasgow Association for Mental Health and others.

We hosted 3 separate Scotland’s Mental Health First Aid courses over the year with each one being well attended. Altogether 32 people completed the training.

Place for Hope also held a training day on Growing through Conflict which helps people understand the way they deal with conflict personally and how conflict can escalate.



transforming conflict • embracing difference

place for hope



Individuals come regularly to 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 continues to meet fortnightly for support and advice.

WELLBEING HUB STRAND

We held our annual Wee Gathering in March with a focus on Mindfulness and Journeying through illness.



We have hosted events for the Glasgow Presbytery of the Church of Scotland and a local Church group. These included an introduction to using the labyrinth and going on a pilgrimage.

The Good Moves walking group meets at Finn's Place each week for tea, coffee and a chat after their walk. The building is used by other community groups in the area for various gatherings and meetings.

CAPACITAR STRAND

While Capacitar continues to be a major part of what we offer at Finn's Place, we are no longer able to offer Capacitar on a regular basis to external agencies. We want to thank Susan McLachlan for her time on this part of the project. She continues to commit to our weekly Capacitar sessions and occasional sessions elsewhere.

SQUARE YARD STRAND

The Square Yard garden has developed significantly over the year, with funding from Stalled Spaces, Tesco Bags of Help and the local Area Partnership. From an overgrown and useless waste space it is now a fully functioning growing space with a poly-tunnel, raised beds, and a lockable storage shed. During the year it was agreed that Finn's Place would take over the management of the garden to ensure the long term development of the space for the community and as part of the services that Finn's Place offers.



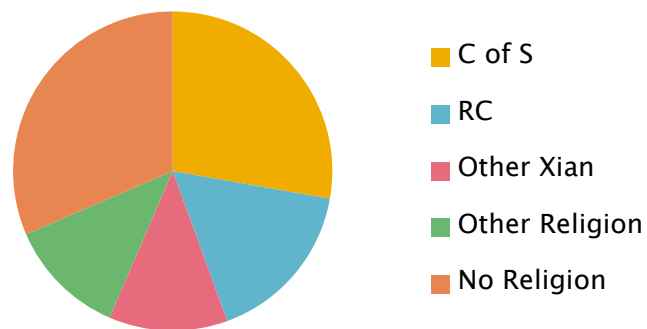
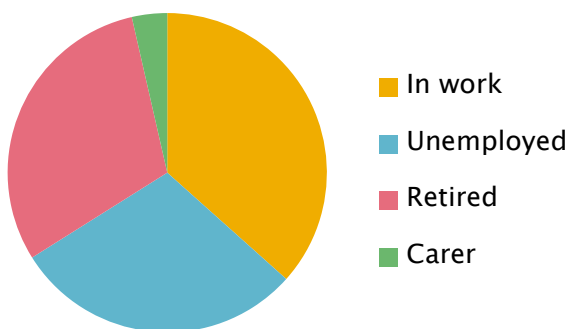
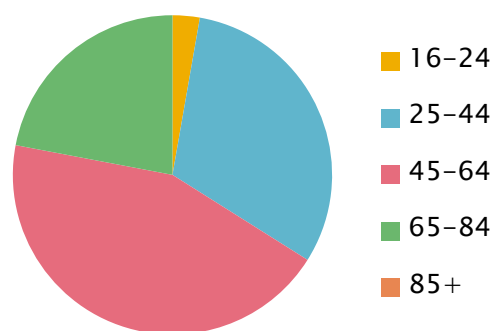
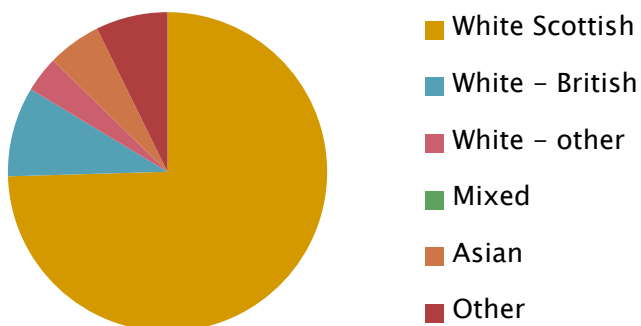
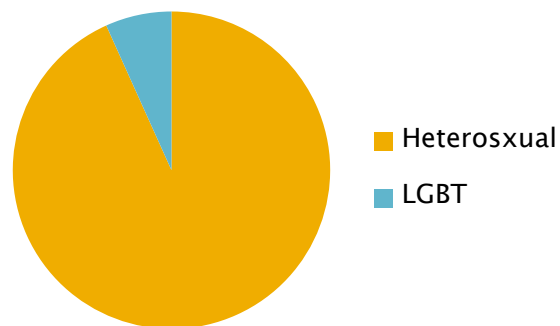
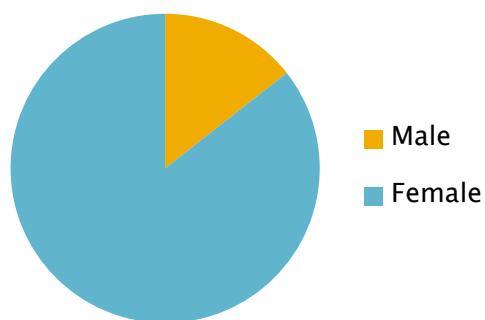
Over the year we had afternoon tea, gardening training sessions, school visits, group visits, lunch provided by the Real Junk Food Project, lots of fun and a good first year's harvest.

FINN'S PLACE BOARD

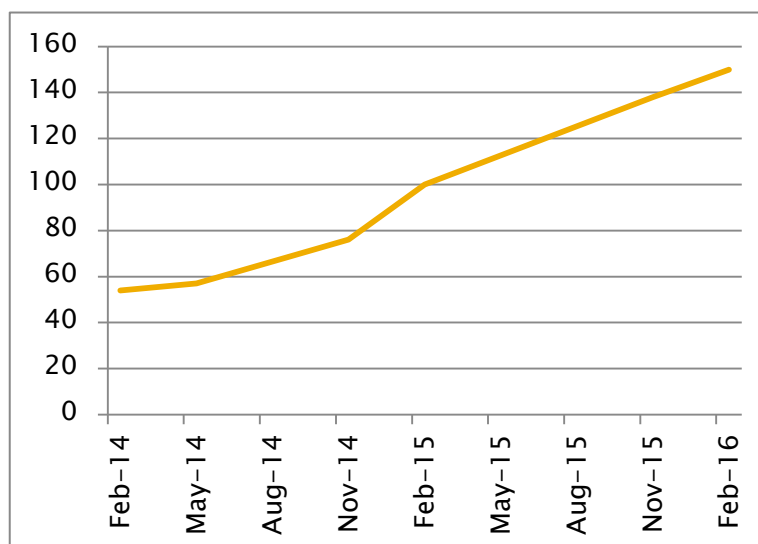
The Finn's Place Trustees meet monthly to oversee the development of the project and also have an annual strategy day to review the previous year and consider the direction of the project for the future.



FINN'S PLACE ATTENDANCE 2016



Weekly attendance



FINN'S PLACE CONTRIBUTORS

A big thank you to all those who deliver our activity sessions weekly and also at occasional events. Also to all the volunteers who welcome attendees, look after the refreshments and do a lot of preparing and clearing up after events. Finn's Place wouldn't be the same without all these people.

FEEDBACK AT FINN'S PLACE

This is a small selection of the feedback we have received over the year.

Voicemale is important to me because I find it one activity I can still do most week through my chronic fatigue. It's a very relaxed group and a lot of fun.

This yoga class has helped me improve my flexibility and balance (which is very important to me). It's also very calming and helps me cope at work and at home.

I have found Capacitar very beneficial on many levels. I started coming 4 weeks ago having recently moved to the area. It has been wonderful to tune back into my body – experience the resulting calm mental and physical benefits. The social aspect afterwards has given me the opportunity to have some connection with people – much needed being new to the area. This is a warm and welcoming environment.

This is the most peaceful hour of the week for me. I only recently discovered Capacitar but it has quickly become a very essential part of my week. The effects seem far-reaching. My creative juices have started flowing, unfettered, since becoming a regular participant in the Capacitar sessions. I hope they keep going forever. So many of us seem to benefit.

It is an amazing experience and a beautiful space. It's actually hard to describe the feelings I have after a session. I feel very peaceful. The session bring an awareness to my body, it is a very nourishing experience.

Massage – An absolute life saver! Reaches lots of aches and joints that other activities do not reach. So relaxing and beneficial.

As a registered carer for a disabled child having a discounted rate is a great help to get this otherwise unaffordable help.

Mindfulness session gives space to come and connect, to practice and helps to motivate to sustain a personal practice; helps in coping skills and stress reduction.

I have been attending ESOL Classes for 3 months. Last year I also attended the classes. I like these classes because the atmosphere of this class is very friendly, our teacher is very humble, she teaches us in a very friendly way. Another thing that I enjoy so much is that I have an opportunity to meet different people of different nationalities and I learn a lot about different cultures. The overall experience of this activity is excellent.

Scottish Charity No. SC045350

Finn's Place

Charity Name: Finn's Place

Charity Registration Number: SC045350

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

Trustees

Dr Linda J Watt	Chair
Mr Alan Steven	Treasurer (resigned 31/3/16)
Mr Peter Mathieson	Treasurer (appointed 1/4/2016)
Ms Joanna Awcock	Secretary
Revd. David McLachlan	
Mr Colin Fisher	
Mrs Rhoda Brash	
Dr Janet Horner	

Bankers

Bank of Scotland
Mount Florida Branch

Independent Examiner

John Boland ACMA

Report of the Trustees for the year ended 31 December 2016

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

Trustees are a balance of Langside Parish Church members and from outwith the congregation.

Organisational structure

The Board of Trustees oversees the work of Finn's Place. Board meetings are held monthly and are minuted. The Co-ordinator attends 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 second year of operation and the board are satisfied Finn's Place has operated within its funding with the minimal surplus brought forward maintained and slightly increased. Future prospects are favourable, in April 2017, a significant UK Lottery funding award was granted which will enable continued, and increased, operations for at least the next 3 years.

Reserves

The total cash & Bank funds rose during the year with a positive cash flow of £355 taking combined balance to £4,103 at 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.

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 2016 which are set out on pages 4 and 5

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's 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

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 comply with Regulation 8 of the 2006 Accounts Regulation 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.



Date

26/June/2017

Receipts and Payments Account
For year ended 31st December 2016

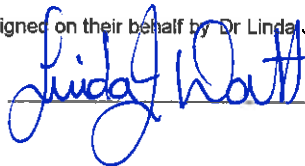
		2016	2015
Receipts	Note	£	£
Donations	3	2,661	5,642
		<u>2,661</u>	<u>5,642</u>
Grants	4	43,275	42,513
Fees		<u>30,964</u>	<u>26,548</u>
Total Receipts		<u><u>76,900</u></u>	<u><u>74,703</u></u>
Payments	5		
Costs of generating funds			
Charitable activities		76,544	70,955
Governance costs		<u></u>	<u></u>
Total Payments		<u><u>76,544</u></u>	<u><u>70,955</u></u>
Excess of Receipts over Payments in year		<u><u>355</u></u>	<u><u>3,748</u></u>

Statement of Balances


	2016	2015
	£	£
Bank & Cash balance b/fwd.	<u>3,748</u>	<u>-</u>
Excess of Receipts over Payments in year	355	3,748
Bank & Cash Balance carried forward	<u><u>4,103</u></u>	<u><u>3,748</u></u>

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

Chair



Date


12/6/17

Notes to the Accounts
For year ended 31st December 2016

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 1st January 2016 £	Receipts £	Payments £	at 31st December 2016 £
Funds				
General Fund	3,748	76,900	(76,544)	4,103

3. Analysis of Donations

	2016 £	2015 £
Donation from Langside Parish Church	-	3,067
Miscellaneous Donations	2,661	2,575
	<u>2,661</u>	<u>5,642</u>

4 Analysis of Grants

Go for it	19,000	20,000
Langside Church	10,000	20,000
Langside Area P' ship	-	1,183
Misc. Grants	14,275	1,330
	<u>43,275</u>	<u>42,513</u>

5 Analysis of Payments**Costs of generating funds****Charitable activities**

Employment	35,803	38,384
Travel	235	233
Langside Area P' ship	471	1,165
Office Supplies	1,171	653
Other Expenses	2,501	3,460
Training	118	755
Admin Income	(512)	(1,369)
Activity costs	36,758	27,674
	<u>76,544</u>	<u>70,955</u>

Governance costs

Independent examiner's fees

Other payments

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.



**FINN'S
PLACE**

Finn's Place
Langside Church
167 Ledard Road,
Glasgow G42 9QU
www.finnsplace.org | 0141 632 7520
Scottish Charity: SCO45350