Headway East Lothian SCIO

Scottish Charity SC035535

Trustees Annual Report & Accounts

for the year ended 31st March 2026

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Reference & Administrative Information

Charity Name: Headway East Lothian SCIO

Scottish Charity No: SC035535

The Charites Principal Address:
43 Eskview Road
Musselburgh
East Lothian
EH21 6NZ

Contact Details:
Email: headwayeastlothian@live.co.uk

Web: www.headway-eastlothian.org.uk
Telephone: 07895193974
www.facebook.com/headwayeastlothian

Charities Trustees on date of approval including office held:

W J Maryniak	Convenor
T Martin	Secretary
K Lamb	Treasurer
F Balfour	Trustee
S Chalmers Page	Trustee

Names of other trustees during the period:

C MacLean	resigned 5th Sept 25

Independent Examiner:
Sue Bennett ACIE
21 Dounehill
JEDBURGH
TD8 6LJ

Bankers:
The Royal Bank of Scotland
32 Court Street
Haddington
EH41 3NS

Cambridge & Counties Bank Limited
Charnwood Court
5B New Walk
LEICESTER
LE1 6TE

Structure, Management & Governance

Headway East Lothian is a Scottish Charitable Incorporated Organisation (SCIO) which operates under the Constitution that was formally adopted by the Board at the first Board
Meeting on 14th July 2014.

Appointment & Training of Trustees

Headway East Lothian SCIO continue to actively recruit suitably skilled trustees and office bearers to strengthen and refresh the Board. New trustees undergo induction and training in line with our Constitution and OSCR guidelines.

Objectives & Activities

Charitable Purposes

The objectives of the Association are to relieve the needs of persons over 18 who have Acquired Brain Injuries (ABI) and their families/carers in the East Lothian area by the provision of care, support and advice so that their condition of life may be improved.

Under OSCR's Definitions; -
7.Charitable purposes; b, d, & n

Summary of the main activities in relation to these objectives

Headway East Lothian aims to support and improve quality of life for people in East Lothian with Acquired Brain Injuries, their families and carers.

We provide adults with Acquired Brain Injury (ABI), their families and carers opportunities to access advice, information and resources to help them cope with challenges and remain together as families.

We encourage members to socialise, support each other and share experiences and advice. This involves regular meetings, activity sessions, social events and outings. We offer access to therapeutic activities and workshops aimed at enhancing physical and mental wellbeing. These include music, arts and crafts activities. We help members build coping strategies to help deal with financial stresses.

Through a range of activities, we strive to empower members to manage their own condition and develop confidence in their own abilities. Our service is led by our members, each with unique experiences of living with ABI, which they can offer to the group.

Achievements & Performance 2025-26

Service delivery and reach

During the reporting period, Headway East Lothian delivered a consistent programme of community-based support across East Lothian. This included 43 weekly Monday group sessions at Port Seton Community Centre, 33 weekly Wednesday sessions in Haddington or Tranent, and 46 weekly Thursday sessions in Dunbar. In addition, we organised 22 outings over the period, extending opportunities for connection, participation and community engagement beyond our regular group meetings.

We continue to use community-based venues to maximize accessibility and ensure that people can attend in settings that meet a range of practical and personal needs. Attendance at our regular monthly outings averaged 16 people, rising to more than 40 for larger events such as our Christmas lunch. Our Development Officer also undertook 63 outreach visits, providing more than 94 hours of direct support in the community.

During the year, we received 17 new referrals for people living with acquired brain injury and 8 referrals for carers. Overall, we supported 65 acquired brain injury survivors and 37 carers. Alongside direct support, we provided signposting and onward referrals to a wide range of services and representatives, including MSPs, local councilors, Headway UK, occupational therapists, physiotherapists, The Ridge Support Centre, food banks, Carers of East Lothian, Penumbra, the Department for Work and Pensions, Social Security Scotland and Citizens Advice Bureau.

Volunteers

Volunteers continue to play an essential role in the delivery and quality of our service. During the reporting period, 11 volunteers contributed a total of 1,156 hours of voluntary service. Using a standard charity and volunteer valuation rate of £15 per hour, this equates to an estimated social value of £17,340.

We recognised volunteer contributions in several ways during the year, including a volunteers' lunch, participation in Volunteer Centre East Lothian's Volunteers' Week podcast activity, and support for individual fundraising efforts such as Fiona G's fundraising event. These opportunities not only celebrated the contribution of volunteers but also strengthened our wider community profile.

Activities and participation

Member contributions and programme activity

Our programme continued to combine member-led contributions, creative opportunities and partnership activity. Service users played an active role in shaping and enriching sessions, including presentations and shared experiences. Highlights included a presentation by Stuart and Jo on their cruise aboard Queen Anne, railway walks, participation in the Headway Christmas Card Competition and the Digby Brown Christmas Card and Calendar Competition, and involvement in the Ceremony of the Keys at Holyrood Palace.

We also engaged in a range of collaborative and developmental activities, including speech and language therapy focus groups for the Communication Pathway project; Prescribe Culture's heritage-based wellbeing resource *Morning Light*; the Edinburgh Medical School 300 project with the University of Edinburgh; and the Rooting, Names and Identity workshop, which provided adaptable materials for use across other groups. We are continuing to follow the Community Engagement Pathway for this work through to December 2026. In addition, we explored the use of digital technology in pre-hospital visit support, including virtual reality headsets.

Outings and events

- Royal Botanic Garden Edinburgh
  Seasonal workshops, including Meet the Gardener, Winter Noticing and Christmas Lights.
  Biodiversity Roadshow events delivered within our group sessions to promote inclusivity.

- Amisfield Walled Garden was a particularly successful outing. Participants cycled from Tynebank to the garden with Beyond Boundaries East Lothian, while another group met there. The visit combined gentle physical activity, social connection, and learning, with a talk on the history of the garden, practical gardening activity, and a relaxed picnic lunch. Participants also created small floral posies to take home, and the success of the day has led to a planned return visit for apple picking, tasting, and juicing.
- Musselburgh Racecourse
- Seagull Trust, Ratho barges
- Edinburgh Headway barbecue
- Palace of Holyroodhouse

  Our two-day programme at the Palace of Holyroodhouse was another notable success, with fifteen people attending on each day and only limited overlap between the groups. Participants benefited from tailored presentations, guided tours and creative activities linked to the Royal Collection, followed by shared lunches and cultural experiences. These visits demonstrated the value of structured, accessible cultural engagement in building confidence, encouraging participation, and creating memorable shared experiences.
- Rooting exhibition at the University of Edinburgh Main Library
- National Library of Scotland: maps of historic Edinburgh and the city's development over time
- Edinburgh Castle, with Historic Environment Scotland, including a visit to the National War Memorial
- Ten-pin bowling and lunch
- Joint visit to North Berwick with Headway North Lanarkshire

  Our joint visit to North Berwick with Headway North Lanarkshire brought together twenty-four visitors from the partner group alongside our own members for a well-attended day of shared activity. Using the Hope Rooms as a base, participants enjoyed excellent views, shared lunch, and a talk from Beach Wheelchairs before visiting the harbour to try adapted beach chairs. The event provided a strong example of partnership working, accessibility in practice and the social value of connecting Headway groups across Scotland.
- Fresh Start Cookery classes
- Port Seton Communities Day

Our seasonal programme continued to provide a varied range of local events and activities, helping people to remain connected to their communities while reducing social isolation and loneliness. This included festive events, shared meals, cinema visits, raffles and community celebrations, all designed to be welcoming, accessible and inclusive.

- Christmas Fair at Port Seton Community Centre
- Christmas lunch at The Glen Golf Club

- Pantomime, *The Wizard of Oz*, at the Corn Exchange, Haddington
- Headway Big Cuppa and chat afternoon, with Christmas raffle draw
- Fraser Centre Cinema screening of *Red One*
- Christmas lunch at Hallhill Centre, Dunbar
- Christmas raffle
- Christmas card activities
- Christmas shopping outings

Picture gallery: North Berwick welcomes in 2026 with loony dook

Fundraising
Fundraising activity during the year included individual fundraising efforts led by supporters such as Fiona G, alongside raffles, sponsored walks and runs, and general donations. These contributions remain an important part of sustaining our work and strengthening community ownership of the organisation.

Communication
We maintained regular communication with members and stakeholders through newsletters, a weekly planner, Facebook and our website. These channels help ensure that service users, carers, volunteers and partners remain informed about activities,

opportunities and support available through Headway East Lothian.

Development Officer training and external engagement
The Development Officer continued to engage in a wide range of training, networking and sector development opportunities throughout the year. These included Headway UK and Headway Scotland network events, regional meetings, safeguarding refreshers, policy and practice training, volunteer development sessions, and wider third-sector conferences. Participation in these events supports continuous improvement, helps maintain good practice, and ensures that our service remains connected to national developments in brain injury support, volunteering, safeguarding and evaluation.
This external engagement also included strategic work with Headway UK to strengthen links with the Scottish Parliament, resulting in the recruitment of an MSP as our first Headway and Brain Injury Champion at Holyrood. The Development Officer also delivered presentations and awareness-raising sessions for NHS East Lothian teams, Queen Margaret University, the University of Edinburgh, and other partners, helping to improve understanding of brain injury, accessibility, and inclusive practice across a range of settings.
Outreach support remained a significant aspect of our work. This included assistance with Blue Badge applications; Adult Disability Payment applications, mandatory reconsiderations and change-of-circumstances processes; pension credit and pension-age disability payments; energy tariff changes; Power of Attorney and will-making information; and support for service users to move into volunteering roles. We also made referrals and signposted people to a range of statutory and third-sector services, including MSPs, Penumbra, Citizens Advice Bureau, The Ridge Support Services, Stepping Out and local crisis food support.

Discovery Challenge
Brain injury survivors have continued to make progress through the Discovery Challenge, with activities due to be completed in time for our Celebration Day in 2026. We expect this event to bring together our wider community to recognise achievement across a range of categories and to celebrate the commitment and progress of participants.

Engagement with elected representatives
We continued to share our work with elected representatives at both Scottish and UK parliamentary level and are grateful for their interest and support. During the year, this included engagement with Martin Whitfield MSP, Douglas Alexander MP, Paul McLennan MSP and Colin Beattie MSP.

Challenges & Changes

The project has continued to be delivered effectively, supported by the experience and commitment of our Development Officer, and we have encountered no significant operational issues beyond those associated with day-to-day delivery. However, trustee succession planning remains an ongoing challenge, and we continue to explore new opportunities and networks through which to recruit additional Board members. As an organisation with a single employee, we also recognise our vulnerability to disruption arising from ill health or other absence. This risk remains a high priority on our risk register, and we have mitigation measures in place to reduce the likelihood of impact on delivery, with the aim of slowing progress rather than interrupting outcomes.

Governance

We maintain a rolling programme of policy and procedure review to ensure that our governance framework remains current, proportionate and compliant with relevant legislation. During the year, this included the introduction of updated protocols for lone working and outreach visits, supported by practical communication arrangements such as a WhatsApp contact group.

The Board of Trustees also held a dedicated Governance Day, attended by all trustees, the Development Officer and the Regional Networking Coordinator from Headway – the brain injury association. The session provided an opportunity to review governance arrangements in depth, consider trustee priorities and agree actions for further strengthening organisational oversight.

In advance of the session, trustees were invited to identify any issues they wished to explore, and the agenda was prioritised accordingly. We used the SCVO Good Governance Checkup to frame the discussion, review each topic systematically and confirm at the end of the day that key areas had been considered to the satisfaction of the Board, with actions recorded where required.

As part of this process, we also reviewed the Headway East Lothian risk register to ensure that principal risks remained accurately captured and that appropriate mitigation measures were in place.

The Governance Day was designed to ensure that, by the end of the session, each trustee would:

1. Feel assured that Headway East Lothian has in place the policies and procedures relevant to its activities and legal responsibilities
2. Identify any areas where further confidence, clarification or development was needed, and agree appropriate actions such as training, mentoring or follow-up support

This included input from trustees who had recently completed training, together with wider discussion to ensure shared understanding of how governance requirements apply in practice within Headway East Lothian.

3. Be clear about their core duties as trustees and the standards of conduct expected in fulfilling those responsibilities
4. Agree a rolling timetable for policy review and clarify how, by whom and when this work would be taken forward
5. Agree individual roles and responsibilities while reinforcing collective accountability as a Board

6. Feel confident that they were equipped, informed and willing to contribute effectively as trustees of Headway East Lothian

Outcomes, Indicators and Evaluation

Monitoring and evaluation are central to demonstrating the value and effectiveness of Headway East Lothian's support groups. Our approach enables us to assess whether we are meeting our objectives, understand the difference our services make for members, carers and families, and identify where further development is needed. It also provides robust evidence for trustees, funders and partners on the impact of our work.

Our support groups are designed for people affected by acquired brain injury, as well as their families and carers. They provide a welcoming environment in which members can share experiences, access information, build confidence and receive emotional and practical support. The impact of this support extends beyond immediate assistance, contributing to reduced loneliness and social isolation and to improved health and wellbeing.

Benefits are seen across emotional, social and practical dimensions. Peer support and professional guidance can help reduce stress, anxiety and low mood, while group activities promote learning, participation, confidence and social connection. For many members, involvement in the group supports greater self-esteem, increased community participation and a stronger sense of purpose.

To assess this impact systematically, we use a combination of quantitative data, qualitative feedback and outcome-based review. This gives us a rounded understanding of how the service is performing and where it is making the greatest difference.

1. Setting clear objectives

Our objectives include improving emotional wellbeing, increasing understanding of brain injury, reducing social isolation and strengthening support for families and carers.

2. Collecting quantitative data

- Attendance records to monitor participation levels and sustained engagement across sessions
- Membership growth and retention data to track new referrals, uptake and continued involvement over time
- Referral data to understand how people access the service, including professional referrals, self-referrals and peer recommendation

3. Gathering qualitative feedback

- Surveys and questionnaires to gather regular feedback on member experience, satisfaction and suggestions for improvement
- One-to-one conversations and small group discussions to explore experiences and views in greater depth
- Case studies, stories and testimonials to illustrate the difference the group makes to individual lives

4. Measuring outcomes

- Simple wellbeing measures to help identify changes in mood, confidence and social connectedness over time

- Evidence of increased community participation, including involvement in local activities, volunteering and peer connection

5. Analysing and reporting findings

We review all data collected to identify trends, strengths and areas requiring attention, and we summarise key findings in reports for trustees, funders and the wider community.

6. Continuous improvement

We use evaluation findings to inform changes to group structure, content and delivery. Members are encouraged to contribute to this process through ongoing feedback, decision-making and involvement in planning.

7. Sharing successes and challenges

We share achievements, learning and areas for development through newsletters, meetings and other communication channels. This supports transparency, accountability and a culture of reflection and learning.

Conclusion

By combining quantitative evidence, qualitative insight and outcome measures, we can build a comprehensive picture of our impact. This helps ensure that Headway East Lothian remains responsive to members' needs and continues to provide meaningful, high-quality support.

Health and wellbeing

1. Reduced social isolation. Social isolation can arise when individuals feel unable to participate in activities they previously enjoyed or when support networks diminish following injury. Headway East Lothian encourages participation through group meetings, social events and community activities, helping members rebuild confidence, practise communication skills and reconnect with others.

   Evidence includes personal accounts, observations from staff and volunteers, and feedback from carers and relatives, alongside continued attendance at weekly groups, participation in additional activities and increased connection between members beyond formal sessions.
2. Reduced loneliness. Loneliness is common among people affected by brain injury and can result from changed relationships, communication difficulties and altered social roles. Our groups provide regular opportunities for connection with others who understand these challenges, helping members develop friendships, a sense of belonging and renewed confidence.

   Evidence includes personal accounts, staff and volunteer observations, carer testimony, sustained attendance at weekly groups, participation in outings and increased engagement with peers both within and beyond group activities.
3. Improved mental health. Emotional support, social contact and meaningful participation contribute to improved mood and wellbeing for many members affected by brain injury.

   Evidence includes personal accounts, observations by staff and volunteers, feedback from carers and relatives, regular attendance and willingness to take part in wider activities and social opportunities.

4. Increased self-esteem and confidence. Members often grow in confidence through participation, trying new activities, taking on responsibilities within the group and becoming more independent in community settings.

   Evidence includes personal accounts, observations from staff and volunteers, improved mood, greater communication within groups, willingness to undertake new tasks, increased independence in travel and activities, and positive feedback from carers and family members about relationships and general wellbeing.
5. Supporting carers

   Unpaid carers are welcome to attend our groups, either with the person they support or on their own. We also invite carers to social events where they can meet others in similar situations and share experiences in an informal, supportive setting.
   The Development Officer provides carers with advice, information and practical support, including help to access welfare benefits where appropriate and referrals to Carers of East Lothian for specialist support.
   We also share information from Carers of East Lothian through our weekly planner and monthly newsletter so that carers are aware of the wider programme of support and information available to them.
6. Service report

   We undertake a formal annual review and use the findings as evidence of Headway East Lothian's contribution to improving health and wellbeing across our community. As one volunteer reflected, "Personalities haven't been lost; all are still unique, independent and stubborn at times, knowledgeable." This type of testimony is an important complement to our wider monitoring evidence.

Evaluation for Headway East Lothian, Spring 2026.

Initial findings

This Project

This evaluation was conducted in three sessions in February, March and April of 2026, as part of the regular activity sessions conducted by Headway East Lothian. Participants were in their usual activity location.
Rather than a formal survey or interviews, people were invited to use images from newsletters, magazines or quick drawings to identify activities that they:

- Liked,
- Did not like as much,
- Had only been able to do because of Headway.

In addition, the groups asked to add a sheet on:

- Ideas for the future.

Images and text were glued to or pasted on to poster sizes pieces of paper, which can be used in future groups as the starting point for further conversations about activities.
Overall, people were very positive and the posters on things that were less liked were less dense with images, and people told us that they did not have much to add on these.
The results will be fed back to groups by video and will be used to support funding applications and to promote Headway East Lothian's work.
"It's changed my life — and my wife's"

Themes

Genuine friendship

Several people told us that genuine friendship was one of the most important things that they liked and that they would not have had without Headway. In practical terms people told us that Headway activities gave them a chance to meet people, and that they valued the chance to "chat and socialise." Activities were a chance to meet people that they wouldn't otherwise have met. Specifically, people said that they felt "understood" and "less isolated." People told us that their friends in Headway were "real" friends who understood the needs that people with head injuries have.
This goes beyond the idea of "peer support" to genuine friendship. The depths of these friendships are reflected in comments around how some members had died, and this was a source of real sadness and grief.
One of the themes that emerged on the sheets around people's dislikes was that some activities, notably music, made it harder for people to talk to each other.

Inclusion

People felt included, by the newsletter, including the mention of people's birthdays and other events. The group was seen as both safe and welcoming.
"Very happy as I could speak to everyone"

Sharing experiences

People valued the chance to share experiences and memories.
One of the themes emerging from people providing information on things that they would like more of in future was talks from professionals, including around brain injury.

New experiences

People fed back extensive examples of activities that they would not have otherwise

taken part in. Some of these experiences and skills relate to cooking, with people especially positive about soup making. Others are around outings to castles, gardens and other activities.
Poster: “I feel less…”
Response: “Sitting looking at 4 walls watching telly”
The feedback included references to needing transport to go to activities, but also to having company and support; without Headway, some participants would have lacked the confidence to go to places alone. This is emphasised in comments where people appreciated repeated visits to the Botanics because they were familiar with the gardens and could see it change over time.
“I get to go places I wouldn’t go to on my own”
People were very positive about cultural events like visits to the Pantomime and to Musselburgh Races. These events are useful for being part of the community, and the support works both ways; people at Headway can be included in a cultural event, but also organisations including community theatres benefit from the audience.

Confidence and personal growth
People shared examples of growing in confidence, including one person who had found the confidence to lead groups and another who was exploring volunteering opportunities in one of the venues that they had visited.
Some people mentioned being more able to explain their TBI to others, and several talked about feeling more able to go out alone.
Other achievements included winning art competitions, learning new art techniques or physical skills and maintaining fitness.
People also talked about “using my brain” and having intellectual stimulation. Popular activities included visiting the Botanics, the maps on George IV bridge and virtual learning environments.

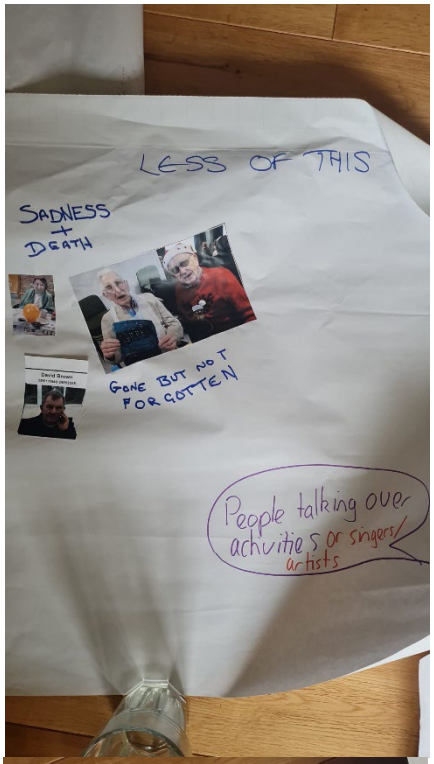
Psychological, physical and emotional wellbeing
One participant shared how they now had a “sense of hope” about their life.
People were positive about the groups as a “safe space” where they could try things, their needs were understood and which was less intimidating as, for example, a place to exercise than a public gym would have been.
“boost [in] mood + wellbeing”
“mindful + relaxing”

Respect and choices
“Learning and choices” was valued by the people taking part, and there was a sense that people’s needs were responded to. People acknowledged that some activities, including yoga, craft and music, were not everyone’s cup of tea, and appreciated that if they didn’t like one activity then the next session would include activities that were more to their liking.

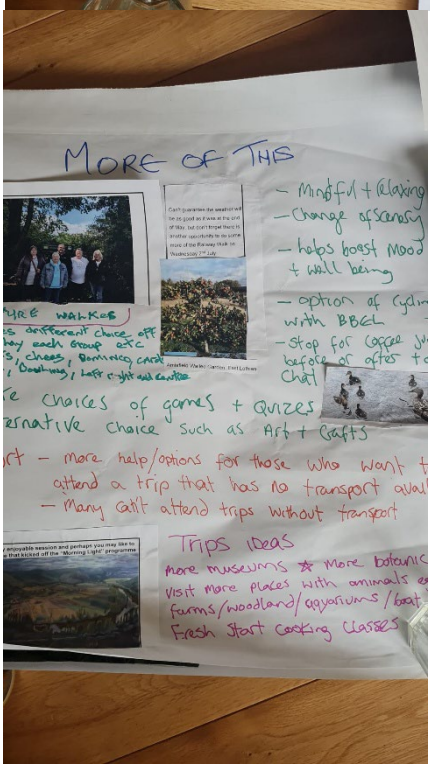
Practical support
People were grateful for help accessing transport, benefits and for information that allowed them to advocate for themselves with health professionals.

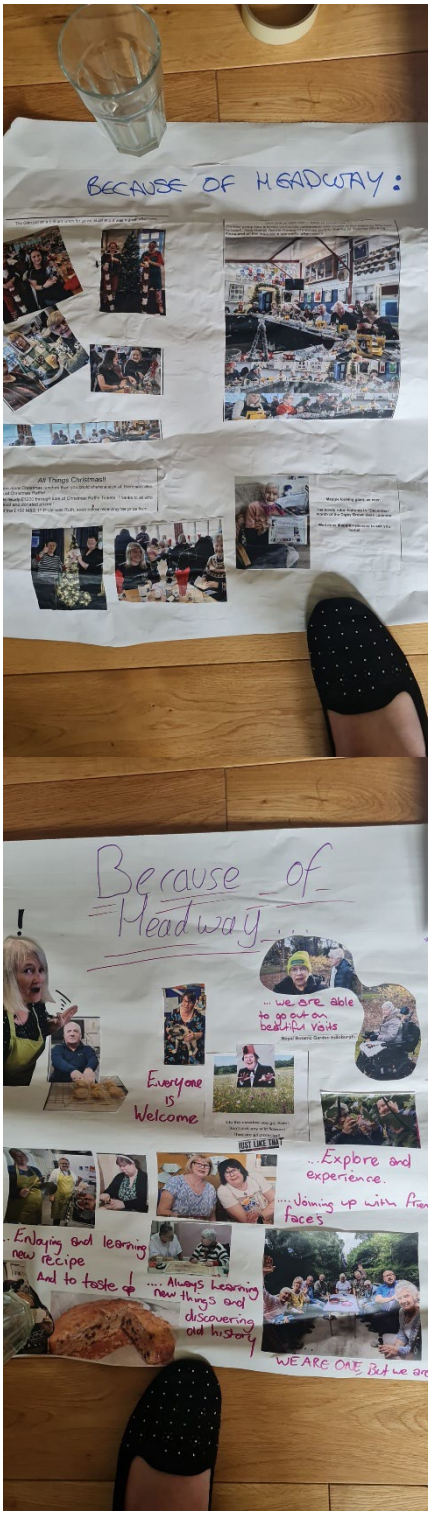
Sensory needs
Some people fed back that they could find the environment overwhelming, especially during musical activities.

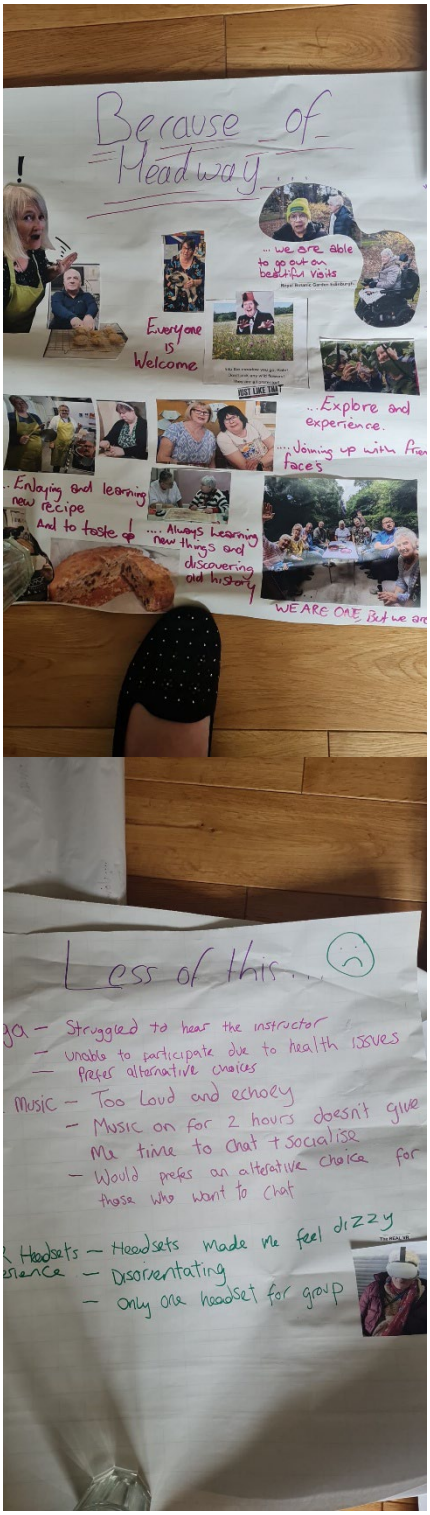
IDEAS
WE HAVE HAD +
SO GOOD !! ☺ x
AUGUST BIRTHDAYS
Peter Kydd 16th 1165!!
TELLING FOLK OUR AGES IS A WEE BIT HARSH!!!
EVERY TRIPS ARE DIFFERENT + ALL HELPING.


LESS OF THIS
SADNESS + DEATH
GONE BUT NOT FORGOTTEN
People talking over activities or singers/artists

More . . .
Rothesay


MORE OF THIS
- Mindful + Relaxing
- Change of scenery
- helps boost mood + well being
Chat
Trips Ideas


BECAUSE OF HEADWAY:
All Things Christmas!
Because of Headway...
... we are able to go out on beautiful Visits
Everyone is Welcome
...Explore and experience.
....Joining up with Friends faces
..Enjoying and learning new recipe
And to taste of
.... Always learning new things and discovering old history
WE ARE ONE But we are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Everyone is Welcome
...Explore and experience.
....Joining up with Friends faces
..Enjoying and learning new recipe
And to taste of
.... Always learning new things and discovering old history
WE ARE ONE But we are
Less of this...
ya – Struggled to hear the instructor
– unable to participate due to health issues
– Prefer alternative choices
Music – Too Loud and echoey
– Music on for 2 hours doesn't give Me time to chat + socialise
– Would prefer an alternative choice for those who want to chat
Headsets – Headsets made me feel dizzy
erience – Disorientating
– Only one headset for group

Partnership and community working

Partnership and community working remain central to our approach. We work with a wide range of organisations, local services, academic partners and community groups to extend opportunities for participation, improve access to support, and strengthen inclusion for people affected by brain injury. These partnerships enhance our own programme while helping members engage more fully with the wider community.

- National and local sector partners, including Headway – the brain injury association, Volunteer Centre East Lothian, Carers of East Lothian, Chest, Heart and Stroke Scotland and The Stroke Association
- Academic and learning partners, including the University of Edinburgh, Queen Margaret University and health psychology students contributing to research, engagement and learning opportunities
- Health and rehabilitation partners, including NHS Lothian Speech and Language Therapy and discussions contributing to future rehabilitation planning in Lothian
- Community and cultural partners, including Royal Botanic Garden Edinburgh, Royal Collection Trust, National Library of Scotland, Historic Environment Scotland, East Lothian Roots and Fruits, Anybody4yoga, Fresh Start, Beyond Boundaries East Lothian and local community venues

Our partnership with Our Community Kitchen in Haddington enables the Development Officer to lead one afternoon activity session each month. This provides a valuable opportunity to build relationships, share information and advice, and bring people together over a shared lunch in a welcoming community setting.

Engagement with Ageing Well East Lothian, including attendance at the monthly Tea Dance, has provided opportunities to connect with other community groups, support local activity, develop new skills, remain active and enjoy shared social experiences.

Our work with Enjoy Leisure adds a valuable physical activity dimension to the programme through accessible gym-based sessions, with opportunities for further participation such as use of the leisure pool.

We also contributed to discussions on future rehabilitation provision in Lothian, including visits from clinicians exploring the potential development of a hybrid rehabilitation model for stroke recovery. This work focused on understanding what is most effective for people after discharge from hospital and how community-based organisations can complement formal rehabilitation pathways, including through digital approaches.

Our partnership with Anybody4yoga provides chair yoga and restorative yoga sessions, supporting gentle physical activity, relaxation and wellbeing. Activities at Amisfield Walled Garden have also complemented this offer.

The Fraser Centre Cinema offers a safe and accessible community venue which we use regularly for relaxed screenings selected by the group. This setting allows adjustments such as lower cost, a familiar environment and more flexible viewing conditions, helping to ensure that cinema visits remain inclusive and financially accessible.

Roots & Fruits - https://www.el-roots-fruits.org.uk/
Our work with East Lothian Roots and Fruits helps make fruit and vegetables more affordable and accessible for our members. We receive weekly fruit and vegetable boxes

which we offer free of charge to our client group, supporting both health and household finances. Through a donation from the Walk for Scott Foundation to the Roots and Fruits project, our weekly costs will have reduced by £10 until the end of July 2026. In response to service user demand, we have increased the number of orders while maintaining our previous weekly contribution of £40.

Boogie and Brew
Fraser Centre Tranent

Spot the Headway East Lothian crowd!

Yep, they are the ones waving their arms away in time with the music!!

This is the review from Joyce and crew

Boogie and Brew

What an afternoon; we weren't sure what to expect as we had never been before and it is quite new. The Fraser Centre in Tranent is fully accessible, lots of space and has a café which is always a bonus!

It was only £4.00 which was for entry and a cuppa and biscuits throughout the afternoon. There was no expectation to get up and dance, but we did! We even did the Slosh twice!!"

The music was a live singer, she was good, and covered 50s, 60s, 70s and even into the 80s music with a wide variety, slow and fast.

It was then easy for us to just walk along to the Volunteer Centre when we had finished to have our more relaxed group meeting.

Highly recommend, if you would like to come along to the next one it's Wednesday 18th February 1.00pm – 2.30pm. **Just let Joyce know and she can book the tickets.**

Birthdays, Celebrations and Memorials

We celebrate members of our community through cards; newsletter features and recognition during group sessions.
Birthdays are marked with individually handwritten cards and, where appropriate, with a cake and celebration at the next group session attended.
We also recognised the contribution of volunteers through a shared lunch and a relaxed afternoon together.

Thanks

We are grateful to the many individuals, organisations and funders whose support makes our work possible.

Funders large and small

THE RS MACDONALD CHARITABLE TRUST

Under its Neurological Conditions funding theme, RS Macdonald has awarded Headway East Lothian funding of £12,000 per year for a further three years towards office and Development Officer costs. This support makes a significant contribution to sustaining the pivotal work of the Development Officer.

VCEL Communities Mental Health & Wellbeing Fund for Adults
Scottish Government Riaghaltas na h-Alba

This funding, provided by the Scottish Government and administered by Volunteer Centre East Lothian, is now in its fourth year. We have been fortunate to receive support in each of the first three years and recently learned that we have been awarded £20,000 per year for years five and six towards office and Development Officer costs.

Without the support of these grants, Headway East Lothian would not be able to operate at its current level.

- Elizabeth Frankland Moore and Star Foundation
- Be Green
- Inch Cape Community Fund
- Viridor
- Barchester Charitable Fund
- Tackling Poverty East Lothian Fund
- Scotmid Community Fund
- Greggs the Bakers Community Fund
- Winterfield Golf Club
- Donations from Individuals

People and places

We are also grateful to our volunteer trustees, session volunteers, and the families and friends of people affected by brain injury in our community.

NHS Lothian, for the use of the Community Hall at East Lothian Community Hospital

Volunteer Centre East Lothian, for the use of its premises for one of our weekly meetings and for its additional help and support

Port Seton Community Centre Management Committee and centre staff

Hallhill Centre Management Committee and centre staff

Edinburgh University and Ruthanne Baxter

Digby Brown Solicitors for all their support, developing and printing our leaflets.

Digby Brown Christmas Card and Calendar Competition Winners

Howl be there for you! Grace Porter

Grace collecting her award In Glasgow

Sadly Maggie Packwood was not able to attend but special congrats to her for her winning robin entry as featured on the front page of the December Newsletter. Pleased to report Maggie is home from hospital and was duly presented at home!

2

scvo

vhs voluntary health scotland

In search of Trustees

- Are you interested in giving some of your time to support others?
- Would you like to get involved in new activities and meet new people?
- Do you enjoy being part of a team?

If the answer to these questions is yes, we may be looking for you, or perhaps for a family member, friend or neighbour who may be interested.

Headway East Lothian benefits from a strong Board of Trustees, but, like all organisations, we must also plan.
As part of our succession planning, we would like to recruit new trustees to strengthen the Board's future resilience.

Time Required
The Board meets monthly, usually for around 1 to 1.5 hours.
Training and refresher learning are provided, much of which can be completed online at times that suit you.
Trustees often enjoy getting involved in group meetings or outings, although this is not a requirement of the role.

What we would need from you
A willingness to learn about and support our purpose and ethos
The ability to listen, consider information and form balanced opinions
A commitment to being a constructive team member
We welcome enquiries from a wide range of people and are committed to equality, diversity and inclusion. Successful applicants will receive induction, training and support, including any reasonable adjustments identified during the process.

To find out more, or to have an informal conversation with no obligation, please contact our Development Officer, Joyce, on 07895 193974.
Or email headwayeastlothian@live.co.uk

Outcomes and Impact Statement

Headway East Lothian improves the quality of life of adults with acquired brain injuries, and of the families and carers who support them, by providing regular peer support, community-based rehabilitation, practical advice, and inclusive opportunities for social connection. Our work responds to the long-term impact of acquired brain injury, which can affect memory, communication, confidence, mobility, emotional wellbeing, relationships, employment, and independence. By offering consistent, local, relationship-based support across East Lothian, we help people feel less isolated, better informed, more confident in managing everyday life, and more able to remain connected to their communities.

Key outcomes and impact

- **Reduced social isolation and increased community connection.** Through weekly peer groups, outings, and social activities in locations including Dunbar, Haddington, and Port Seton, members have regular opportunities to meet others with shared experience, build friendships, and feel part of a supportive community. This reduces loneliness and exclusion and strengthens a sense of belonging.

- **Improved emotional wellbeing and confidence.** Members benefit from a safe, understanding environment where they can share experiences, take part in activities, and rebuild confidence after life-changing injury. This can lead to improved self-esteem, greater motivation, and a stronger sense of personal identity and hope.
- **Greater independence and self-management.** The service supports people to develop practical coping strategies and independent living skills through rehabilitation-based activities, routine, planning, information, and advice. This helps members better manage the effects of brain injury in daily life and make informed decisions about their health, finances, and support needs.
- **Better support for families and carers.** Brain injury affects whole households, not only the person directly injured. By offering advice, peer support, carers' meetings, and signposting, Headway East Lothian helps families and carers feel better informed, less alone, and more able to cope with the emotional and practical pressures they face.
- **Improved access to information, services, and entitlements.** The organisation provides guidance on welfare benefits, local services, and wider support options, helping people overcome barriers to information and navigate complex systems. This can improve financial stability, access to services, and overall resilience.
- **Increased awareness and advocacy around brain injury.** By raising awareness in the local community and speaking up about the needs of people affected by brain injury, the organisation contributes to greater understanding, reduced stigma, and stronger recognition of the importance of appropriate support and resources.

Wider community and system impact

As a locally rooted charity, Headway East Lothian creates value beyond individual support. By helping people maintain wellbeing, stay socially connected, and access early practical help, we may reduce pressure on statutory health and social care services and prevent problems from escalating. Our local groups and outreach approach make support more accessible across the county, including for people who may otherwise struggle to engage. The charity also strengthens community capacity by drawing on lived experience, volunteer involvement, and trusted peer relationships.

Overall, Headway East Lothian's impact lies in helping people affected by acquired brain injury to live with greater dignity, confidence, connection, and independence. Our outcomes are both personal and social: individuals are better supported to manage the effects of brain injury, families and carers are better equipped to cope, and communities become more inclusive and aware of the realities of life after brain injury. This makes our organisation an important source of preventative, rehabilitative, and community-based support within East Lothian.

Financial Review

Statement of Reserves Policy

The charity's policy on reserves is to have six months basic running costs, approximately £25,000 per year, in unrestricted funds. The charity aims to have this whilst actively seeking funding to continue the work of the charity. Funding covers the salary and associated expenses of the Development Officer as well as the day-to-day running of the activity-based groups, transport & expenses. Also, to keep an amount for redundancy for the Development Officer (who has been in continuous employment with Headway East Lothian for 19 years 31/3/26). Designated Funds could be used for this payment.

Details of any deficit:

There is no financial deficit this year.

The trustees will continue to monitor and maintain fund raising activities. Funding applications have been made to various trusts, grant awarding bodies and other sources. The reserve policy will be reviewed at Board meetings

Voluntary Help & Gifts in Kind

East Lothian Health & Social Care Partnership for continued Support and use of the Community Hall within the East Lothian Community Hospital.

Volunteer Centre East Lothian for use of their building at 56 High Street Tranent.

Statement of Trustees Responsibilities

The members of the Charity must prepare financial statements which give sufficient detail to enable an appreciation of the transactions of the Charity during the financial year. The members of the Charity 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.

This report was approved by the trustees and signed on their behalf by W J Maryniak

W J Maryniak

(Convenor)

Dated: 03.07.26

Receipts and Payments Accounts for the Year ended 31st March 2026

	Notes	Un Restricted Funds	Designated Funds	Restricted Funds	Total 2026	Total 2025
Receipts						
Donations	1	5,054.95	0.00	0.00	5,054.95	12,325.14
Grants Received	2	00.00	0.00	47,296.00	47,296.00	35,617.09
Receipts from Fund Raising Activities	3	5,601.13	0.00	0.00	5,601.13	4,669.96
Bank Interest		4,855.15	0.00	0.00	4,855.15	4,913.95
Gift Aid		0.00	0.00	0.00	0.00	255.00
Total Receipts		15,511.23	0.00	47,296.00	62,807.23	57,781.14
Payments						
Expenses from Fund Raising Activities	5	164.00	0.00	72.00	236.00	475.44
Expenses from Charitable Activities	4	4,225.19	17,432.56	38,114.58	59,772.33	55,243.80
Independent Examination		0.00	0.00	175.00	175.00	150.00
Total Payments		4,389.19	17,432.56	38,361.58	60,183.33	55,869.24
Net Receipts/(Payments)		11,122.04	(17,432.56)	8,934.42	2,623.90	1,911.90
Transfer between Funds		0.00	0.00	0.00		
Surplus/(Deficit) for Year		11,122.04	(17,432.56)	8,934.42	2,623.90	1,911.90

Statement of Balances as at 31st March 2026	Un Restricted	Designated Funds	Restricted Funds	Total 2026	Total 2025
Balances at Start of Year	65,904.78	77,307.24	20,149.51	163,361.53	161,449.63
Surplus/(Deficit) for Year	11,122.04	(17,432.56)	8,934.42	2,623.90	1,911.90
Balances at End of Year	77,026.82	59,874.68	29,083.93	165,985.43	163,361.53

Other Assets

Printer	420	0

Liabilities

No Outstanding Liabilities

These accounts were approved by the trustees and signed on their behalf by K Lamb, Treasurer

K Lamb

Dated 03.07.26

Notes to the Accounts

	Un-Restricted Funds	Designated Funds	Restricted Funds	Total 2026	Total 2025
1 Donations					
General Donations	2,094.42	0.00	0.00	2,094.42	2,066.25
Just Giving	2,666.26	0.00	0.00	2,666.26	9,721.98
Collecting Tins	294.27	0.00	0.00	294.27	536.91
Total	**5,054.95**	**0.00**	**0.00**	**5,054.95**	**12,325.14**
2 Grants Received					
Elizabeth Frankland	0.00	0.00	5,000.00	5,000.00	10,000.00
Golders Green	0.00	0.00	0.00	0.00	2,000.00
VCEL Mental Health	0.00	0.00	20,000.00	20,000.00	10,617.09
R S McDonald	0.00	0.00	12,000.00	12,000.00	12,000.00
Arnold Clark	0.00	0.00	0.00	0.00	1,000.00
Barchester Health	0.00	0.00	1,000.00	1,000.00	0.00
Community Wind Powe – Be Green	0.00	0.00	1,696.00	1,696.00	0.00
Foundation Scotland	0.00	0.00	2,000.00	2,000.00	0.00
East Lothian- Tackle Poverty	0.00	0.00	2,000.00	2,000.00	0.00
Viridor Waste Ltd	0.00	0.00	3,600.00	3,600.00	0.00
Total	**00.00**	**0.00**	**47,296.00**	**47,296.00**	**35,617.09**
3 Fundraising Activities					
Raffles & Bonus Ball	2,782.89	0.00	0.00	2,782.89	3,555.17
Christmas	1,523.23	0.00	0.00	1,523.23	615.70
Other Events	1,295.01	0.00	0.00	1,295.01	499.09
Total	**5,601.13**	**0.00**	**0.00**	**5,601.13**	**4,669.96**

Notes to the Accounts cont.

	Un-Restricted Funds	Designated Funds	Restricted Funds	Total 2026	Total 2025
4 Expenses - Charitable Activities					
Employee Costs					
Salary & Related Costs	308.00	15,015.36	20,092.78	35,416.14	32,733.19
Employer Pension Contribution	0.00	343.62	687.24	1,030.86	1,010.16
Staff Travel & Expenses	0.00	1,294.80	760.30	2,055.10	3,177.74
Payroll Costs	0.00	170.53	496.08	666.61	737.23
Direct Service Provision Costs					
Activities	900.00	0.00	2,408.67	3,308.67	3,329.55
Arts & Crafts Expenses	0.00	0.00	59.00	59.00	30.67
Insurance	541.90	0.00	0.00	541.90	471.56
Membership & Subscriptions	155.00	0.00	428.71	583.71	641.27
Meeting Costs	425.05	0.00	2,918.21	3,343.26	3,607.50
Outings	779.67	0.00	2,903.47	3,683.14	2,528.01
Other Costs	0.00	0.00	0.00	0.00	501.29
Transport	0.00	0.00	2,862.00	2,862.00	2,235.20
Volunteer Costs	108.20	0.00	670.12	778.32	194.85
Storage	90.00	0.00	450.00	540.00	495.00
Subsistence	0.00	231.14	102.21	333.35	645.99
IT Costs	550.00	13.99	260.87	824.86	234.98
Other Sundry Costs	593.90	0.00	15.98	609.88	0.00
Braw Expenses	(440.00)	0.00	2,430.00	1,990.00	(201.20)
Bank Charges	(4.03)	0.00	0.00	(4.03)	0.00
Award Expenses	0.00	0.00	0.00	0.00	174.99
Exercise	0.00	0.00	15.45	15.45	0.00
Other Running Costs					
20 Years	0.00	0.00	0.00	0.00	1,199.10
Mobile & Phone Costs	0.00	220.51	279.91	500.42	545.00
Stationery Printing & Postage	217.50	142.61	273.58	633.69	921.72
Training Costs	0.00	0.00	0.00	0.00	30.00
Equipment	0.00	0.00	0.00	0.00	0.00
Total	**4,225.19**	**17,432.56**	**38,114.58**	**59,772.33**	**55,243.80**
5 Fundraising Activities					
Fundraising Expenses	164.00	0.00	72.00	236.00	475.44
Total	**164.00**	**0.00**	**72.00**	**236.00**	**475.44**

Notes to the Accounts cont.

8 Break down of Funds as at 31st March 2026

Restricted Funds:		
VCEL Community Mental Health	20,000.00	
Elizabeth Frankland Moore & Star	7,913.93	
Viridor Waste Ltd	1,170.00	
		29,083.93
Designated Funds:		
P Clark Legacy		59,874.68
Un Restricted Funds:		
Own Funds		77,026.82
Closing Balances as at 31st March 2026		**£165,985.43**

These funds are held between three banks as follows:

The Royal Bank of Scotland (Acc 418)	25,579.36	
The Royal Bank of Scotland (Acc 389)	51,071.07	
Cambridge & Counties Bank Limited	89,335.00	
Closing Balances as at 31st March 2026		**£165,985.43**

9 Purposes of Funds

Grants received this year and carried forward are seen under note 8, a total of £29,083.93

The Trustees agreed that all funds received from the P Clark Legacy should be designated to pay for Joint funding of Development Officer and attendant Office costs. It was noted that with good strategic financial planning, these funds could be used to match fund Grants and ensure the most sustainable and efficient use of the legacy for HEL's future. The carry forward balance is £59,874.68

All other income has been generated from Fund Raising Activities as well as the Charities Activities are un-restricted balance of funds of £77,026.82 will be taken forward.

The accounts have been prepared in line with the Receipts & Payments method.

Notes to the Accounts cont.

10 Accounting Notes

Incoming Resources are recognised when receivable, which is when the charity becomes entitled to resource.

Resources Expended are recognised when there is a legal or constructive obligation to make payment. They are classified into the following categories:

- Costs of Generating Funds (Fundraising)
- Charitable Activities (Costs incurred in the delivery of the charities activities and service)
- Governance Costs (Costs associated with the strategic management of the charity)

11 Trustee & Related Parties

No payments were made directly to Charity Trustees this financial period. Any expenses paid are reimbursements of expenses for the running of the charity.

Independent Examiner's Report on the Accounts

Headway East Lothian SCIO
Scottish Charity SC035535

For the Period to 31st March 2026
Set out on pages 25-29

Receptive Responsibilities of Trustee & 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) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

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 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 9 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.

Name of Examiner	Sue Bennett ACIE
Signed	*S Bennett*
Dated	03.07.26
Address	21 Dounehill Jedburgh TD8 6LJ