



HIGHLAND
THIRD
SECTOR
INTERFACE

Highland Third Sector Interface

Annual Report 2022/2023

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Thanks to our funders for this year:



**The Scottish
Government**
Riaghaltas na h-Alba



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Message from the Board Chair



Cath Wright

I'm pleased to introduce the 2022/23 Annual Report for the Highland Third Sector Interface on behalf of our team. It is a joy to take time to read through the work our members and teams have completed over the past 12 months and seeing it all in one place is powerful.

We all know that the demands and reliance on the Third Sector continue to grow and this year has been no different. Although we saw a small increase to funding from Scottish Government, as an organisation we commenced a substantial and thorough review of our work and budget. We expect this to be completed early in 2024 and thank you to all who have made valuable contributions to this over the past few months.

A few months ago, I was delighted to attend the annual Highland Third Sector Awards and seeing many of us come together to celebrate each other's hard work and dedication over the past 12 months was fabulous and at times, moving. Every year this becomes a true celebration and an evening full of recognition and positive stories and the volume of chatter in the room speaks for itself! This has been a busy year of reconnecting 'in person' with various forums, trainings and breakfasts taking place, plus raising the visibility of our network as the team attended numerous external events such as Belladrum and the Black Isle Show along with many others.

As you read through this years report you can see the results from our numerous project areas that directly affect our communities and how they continue to go from strength to strength. These include Think Health Think Nature Walks, Café 1668, the Refugee Resettlement Project, the Highland Custody Link Project and more recently we were able to attend the launch day of 'Arts in Nature' – our new project to help support people explore their creativity in nature – a project made possible by Margaret's legacy.

We have an incredibly skilled team within HTSI and I would like to thank Mhairi Wylie and her team for all of their hard work and ability to respond to an ever changing environment over the year.

Cath Wright

Board Chair, Highland Third Sector Interface

From the Chief Officer



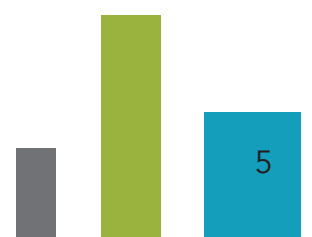
Mhairi Wylie


In a time that is marked by increasingly challenging financial and funding pressure, when service demand is amplified by increasing social challenges, our members, having already navigated through formidable pandemic years with resilience and determination, now face a fundamental challenge to their survival. The ever-growing demand for support and services in communities has underscored the crucial role played by our members, who are often straining within their available resources in order to meet that need.

For HTSI, by mid-2022/23 it was evident that we too needed to review how we as an organisation work and meet increasing demand while balancing our budget. We instigated the start of a review process that will conclude in 2023/24. We are hoping that this will give us a sense of options for focusing and, if necessary, reducing our provision against our declining budget. 2022/23 was not, however, all concern and negativity! We had some wonderful events and a return to seeing people more frequently in person. Demand for support within our membership grew, as did the membership itself. A new members platform launched, and we trialed a volunteering app. Our social Café in Inverness continued to grow in business and new staff were offered work placements. Our team welcomed new members and they began developing new areas of work, including an employability forum.

We were delighted to support a second year of Community Mental Health Funding and new funding distributions from the Alcohol and Drug Partnership as well. These are crucial in an environment that is increasingly harder for organisations to secure funding. This is particularly important as projects like the Custody Link Project rely on the diversity and support of a wide range of third sector organisations capable of responding quickly and meeting someone where they are and when they are ready to ask for help. I would like to thank all of the organisations who have worked with us this year, we couldn't do what we do without you.

However, amidst these challenges, there are reasons to feel optimistic. Where the evident value of our community groups, their agility and deliverability during covid fell short of instigating change in how the sector is seen and funded by the public sector in the longer term, the economic pressures may bring an imperative to doing so. Investment in the sector going forward, however, can not be about simply doing things cheaper, it must be about meeting the complexity, understanding the value or working together and delivering better outcomes through collaborative and meaningful partnership.





As we walk into what is potentially an unknown future I want to take a moment to extend my deepest gratitude to the exceptional individuals who form the backbone of HTSI, to all our staff, volunteers and Board members. Can I also thank the countless individuals who support our wider work, our members, people who have kindly donated to the Café, our colleagues in organisations across Highland and elsewhere who work in collaboration with us and the businesses who have given their time, money and support. As we navigate the path ahead, our optimism is grounded in the belief that together, we can not only weather the challenges but also collectively forge a more resilient, responsive, and impactful future for the third sector.

Mhairi Wylie

Chief Officer, Highland Third Sector Interface

Digital & Membership Services

Membership

We launched our membership platform in April 2022, which is hosted on VeryConnect, a Glasgow-based company. This allows us to administrate our membership as well as manage; email campaigns, events, be a social platform for our members, and host a searchable publicly accessible directory of our members. We have new individuals signing up on a weekly basis and have migrated all our events onto the site so they are viewable in one place. We hope that by using this platform we will develop a better understanding of our members and their needs and just as important - strengthen the relationships and communication within the sector in Highland.



Events, Trainings & Forums

We are now back into the swing of hosting in-person events, such as our Highland Third Sector Awards (the second in-person since the pandemic) as well as our Annual Conference 2022, which focused on community assets. The events have had good levels of attendance with delegates expressing to us how reconnecting in-person has been really beneficial. Saying that, our Forums, which are mostly held alternating between in-person to virtually are well attended, with the virtual ones having a greater geographic spread, but the in-

person ones having richer conversations. We have expanded our regular forums this past year and now host:

- Children and Young People's Services Forum
- Community Development Forum
- Community Justice Third Sector Forum
- Employability Forum
- Health and Wellbeing Forum
- Highland Resilience Network Forum
- Third Sector Managers Forum
- Social Enterprise Forum
- And a closed Forum for Elected Third Sector Representatives



Regarding training, we increased our provision this year with mixed results. The winter sessions we struggled with attendance, the free sessions we had fully booked, but many no-shows on the day.

Website

This year we have given our website a facelift and have added a colour to our branding to give us more options in our graphics. Additionally, we have launched the organisational development toolkit that enables organisations, and potential organisations to access information, resources, and best practice to support their development journey.

Third Sector Elected Representative Pathway

This was the first year of the more robust pathway programme, with an induction, quarterly forums and the commitment expanded to two years to enable elected reps to improve the understanding and ability to embed in the groups and committees that they sit on.

Senior Mentoring Scheme

Jane Tattum initiated a pilot mentoring programme that matched experienced mentors with new-to-post or new-to-sector senior managers. Six in total were matched up, and with the positive feedback so far, we anticipated running this programme again.

Digital & Membership Services *in Numbers*

Number of voting members	135
Number of elearning licenses	462
Number of events hosted	52
Total number attending events	1529
Number of forums hosted	40
Number of trainings delivered	26

Highland Resilience Network

The Highland Resilience Network is intended to support cross-sector collaboration and strengthen local resilience efforts in response to events or circumstances which are, or are likely to, have a negative impact on the lives of people living within a community.

At its core, the HRN is formed through a membership of organisations who can contribute to one of the core areas of resilience: Pandemic, Weather or Environmental Damage to Infrastructure, Missing Person(s) and Sudden Death in the Community.

Members complete an organisational health check, which acts as a competency process, and have collaborated with public sector partners in the development of localised and specific resilience plan(s). Members will be registered on a database that blue light services can have access to in order to support their activities and deployment/response to a resilience need.

The purpose of the HRN is to better utilise and co-ordinate local voluntary capabilities in the communities of Highland with emergency responders from the public sector.

Consultation and discussions are ongoing with community groups, along with public sector responders, to support appropriate organisations in becoming members of the HRN.

A website has been developed and will be populated with details of HRN members along with Community Resilience Plans.



TSI Services – Inner Moray Firth

The Area

Looking at Highlands and Islands Enterprise and The Highland Council & NHS figures we have understood that the Inner Moray Firth (IMF) area is one of the fastest growing areas in Scotland with a projected population growth of 15% over the next 10 years with a Scottish average of only 5%. The IMF is home to 60% of the Highland population. One problem in some areas is the age of the population growth such as in Mid Ross, where the total population growth is those between the ages of 65 – 85+. With the recent announcement of the new green ports projects in Nigg, Invergordon, Inverness Port and Airport there is no reason to think this growth will slow any time soon.

Staff Changes

During this year there were a number of staff changes with three team members moving on and our current team joining us. Kirsty joined the team as Governance Lead in June 2022 and Finlay leading on Volunteers and Volunteering in September 2022.



Working with Third sector Organisations

During the year we have had more than 150 meetings with third sector organisations. Covering governance, new organisations, community developments, funding, conflict resolutions, volunteers & training.

Volunteers & Volunteering

We have worked with a little over 500 volunteers and around 120 organisations. The team attended five Youth & Philanthropy Initiative events, developing new connections with local schools, and attended Highland Cares events.

Community Planning Involvement

We have been regular contributors to the Community Partnership (CP) groups in Nairn, Inverness & Mid Ross. (There were no meetings called in Easter Ross during the year). As well as attending the main CP meetings in each area, we have been part of locality groups and

play park groups. In all these we have attended more than 40 CP related meetings.

Third Sector Breakfasts

During the year we have held 12 breakfast meetings average attendance of nine people from seven organisations. As this is an open meeting the discussions vary widely. We have discussed poverty frequently, the benefits system, gambling, grandchildren, working with statutory agencies, short-term funding frequently, climate change and even discussed keeping peacocks as a pet. The meeting has been used by a number of people who are new in post to make contacts and let others know who they are and use it as their own support group where they can just unload their issues, realise they are not alone and get charged up again by other's energy and enthusiasm.

Events

We attended or hosted a number of events during the year to promote the work of the third sector in the IMF area, and to promote collaboration as well as raise the visibility of our services. These included attending Belladrum, Black Isle Show, Inverness Charities Fair, Inverness Rotary Gathering, and a Third Sector Pub Quiz. We participated in a Careers Fair and Freshers week at UHI. We managed eight local panels to assess the Communities Mental Health & Wellbeing Fund, & participated in four Participatory Budget events around the Local Improvement Fund.



Funds & Fundraising

Marion MacNeil took up the role of Development Officer (Funds & Fundraising) in April 2022, to focus on improving access to funds for third sector organisations and support capacity building in Highland communities.

Part of the role is to administer the application process for distribution of grant monies awarded to HTSI from statutory partners, i.e.. Highland Alcohol & Drugs Partnership and Scottish Government. In addition, Marion is also providing guidance on funding, through one-to-one support as and when required:

- To review funding applications
- To advise how success can be measured effectively
- To prepare clear, compelling evidence for funding applications

Grant distribution:

In 2022-23 we awarded 95 grants from the Communities Mental Health & Wellbeing Fund – amounting to £704,331.26. The decision-making involved a partnership approach with the Health & Social Care Partnership and the Community Planning Partnership (CPP) Mental Health Delivery Group. You can view the Closing Report from the second year of Communities Funding on our website www.highlandtsi.org.uk/hcmw-fund.

In November 2022, we awarded five grants worth a total £145,000 to third sector organisations to support delivery of the Highland Alcohol & Drugs Partnership Strategy. In March 2023 we awarded 29 grants of £5,000 each, to 21 organisations to support delivery of the same strategy. These were distributed via participatory budgeting style events in Kyleakin, Thurso, Invergordon, Inverness, and Fort William



Enquiries:

We supported an average of 10 organisations with one-to-one enquiries per quarter. These range from enquiries about searching for funding opportunities, reviewing draft applications, scoping out potential proposals, and preparing evidence for applications.

How do you turn your conversations into a funding application?

- People/peer-led proposals
- Evidence how you established the need
- Evidence the benefit to your community
- Evidence of inclusion

HTSI

Training:

Marion has developed a short training session for third sector groups, covering guidance on engaging with communities, defining and measuring successful outcomes, and using this evidence to attract funding. In 2022/23 Marion delivered this on three occasions, training 24 staff members from a range of organisations, including small start-ups and established charities with new staff members. She also developed a short session on reporting to funders.

Refugee Resettlement Project

There are four key areas of work in this project:

- **Supporting the refugee community**
- **Supporting the Third Sector community**
- **Attending and creating integration networks**
- **Supporting statutory services**

Supporting the refugee community

While this role primarily focuses on inter-organisational support, it became clear early on that this also involved some primary support for the refugee community itself. This generally involves signposting events, services and activities in adapted and accessible ways (translations/drop-ins/social media posts), but also making referrals and helping services to adapt in order to reach this new community with unique needs. There have also been some really wonderful and inspiring community led initiatives, and I have tried to link them into other organisations which support their work.

Supporting the Third Sector community

Working with Highland-wide third sector groups, social enterprises, and community groups forms a large part of the project. Highland has a shorter history of refugee resettlement than other Scottish council areas, such as Glasgow, and as such the refugees support largely comes from existing community organisations which adapt to include refugees in their general support services. I aim to provide links between local groups and organisations who work in similar geographical and thematic areas. We have had some partner projects which have been created to benefit the refugee community. Examples of collaborations include, providing space in the form of Café 1668, helping to secure funds, linguistic support work etc. I also aim to be a voice for the sector at a council and government level, as well as championing the work and successes of community groups.

Creating Integration networks

Within the key area of work in the creation and participation in cross sector networks there are three main forums which focus on information sharing and planning regarding the integration and resettlement of refugees in Highland. The Scottish Refugee Council set up a Highland Integration Network in response to the Ukrainian arrivals in Scotland- and help to provide insights from across different council areas. I attend Highland Council strategic meetings which draw together different statutory support departments, and provide a link to the work taking place in the 3rd sector.

The first HTSI hosted network meeting was established when the need for in person meetings to facilitate local collaboration was recognised. Subject to post continuation this will hope to be a regular event.

Supporting statutory services

I work closely with the Highland Council resettlement team and support their work to provide for the statutory needs of the refugee community. Integrating community based support with state support tries to create a wraparound network which can help new arrivals to settle into life in Highland.

List of organisations engaged with:

The Highland Council, Highlife Highland, The Highlands Supports Refugees, Strathpeffer Community Council, Highlands for Ukraine, Scottish Refugee Council, Barnardos, Aberlour, Help for Heroes, British Red Cross, Caithness Voluntary Group, Baptist Church Inverness, Hilton Community Support, UHI, Badenoch and Strathspey minibuss association, Inspiring Young Voices, Care and Learning Alliance, Black Isle Refugee Support Group, Inverness Ice Hockey, Crown Connects, Breaking Barriers, Conversations Over Borders, EVOC, RASASH, Pulteney People's Project, Homestart, Eden Court, Lyth Arts, Highland Multicultural Friends, Aban, AUGB, Accelerate, and WEA.



Since March 2020, the Highland Custody Link Project has engaged with 275 individuals who have been in Police custody. The project is a unique attempt to reduce offending and improve health and wellbeing. The project focuses on women and younger males. Link workers work with clients on a one-to-one basis to identify their individual risks and triggers, which increase their risk of undertaking offending behaviour. They then identify options for accessing support to increase their personal resilience and wellbeing, making it less likely that they will be arrested again. Client needs are varied and wide ranging. The most common requests are for help with mental health, emotional support, substance abuse, housing and financial support.

What we have learned
During this initial pilot phase of the project we have established the following:

“Thank you for all your help you truly have saved my life I think I would be dead if you didn’t reach out to me...thank you so much for everything I’m delighted I took the help when it was offered”.

- Person who engaged with Link Worker

- Police custody offers a valuable and often rare opportunity to offer assistance and promote meaningful engagement with services
- Offering assistance creates hope and counteracts despair and resignation
- Arrest and detention almost always follows a crisis
- Those arrested often face multiple complex challenges that are overwhelming
- The impact of past trauma cannot be underestimated and is poorly understood
- Chronic/Toxic stress is a significant driver of offending behaviour
- Drugs and alcohol are misused as a form of self-medication to deal with toxic stress and trauma

There are many excellent services available in Highland across all sectors. The boundaries between these services however, need to be relaxed to allow truly cooperative joint working for the benefit of the service users. A punishment only approach creates more problems and increases the likelihood of further appearances in custody. A full project evaluation has commenced by University of Stirling and will be published in the summer of 2023.

“It’s incredible how quickly I’ve managed to change my life around, I plan on staying this route and I can’t thank you enough and everyone else involved for the help and support I’ve desperately needed. I’ve felt important. I can honestly say that just that alone has helped my mindset improve and with that, my life has drastically improved for the better.”

- Person who engaged with Link Worker

Clients that have engaged with a link worker	144
Clients that have completed their programme of support	92
Onward referrals/signposting for support made	280

Although there is a sense that the situation following the Covid-19 pandemic is improving, there is still work ongoing following the aftermath, which is providing a few challenges. The Community Justice Partnership in Highland, of which Ross MacKillop remains Independent Chair, have sought to maintain momentum over the past year, trying to establish more face to face meetings, which at times has not been easy. Despite the challenges faced, there have also been some good achievements during this time which are worthy of recognition.

The Addendum to the Community Justice Plan for Highland expired in March 2022. However, we have been waiting for the publication of new national documents in order to progress our Community Justice Plan in Highland. The National Strategy for Community Justice was published in June 2022, but the Outcomes Performance and Improvement Framework (OPIF) is not likely to be published until April 2023. Due to this, the Community Justice Partnership in Highland are continuing to finalise Actions from the Addendum whilst continuing to develop the priorities for the new plan, with a view to publishing the new plan once the National Strategy and OPIF have both been published, and the priorities identified will be reviewed at that stage. A copy of the position statement from the Partnership in relation to the foregoing can be viewed here [Community Justice Partnership | HTSI main](#)

Throughout 2022/23 the Community Justice Third Sector Forum has also continued to meet quarterly, mainly online, however the group managed to meet in person in February 2023, the first time since February 2020.

The Community Justice Excellence Award was presented to Families Outside during the HTSI Awards Ceremony which was held at Strathpeffer Pavilion in September 2022.

The Community Justice Partnership are looking to involve the third sector to a greater extent in the work around those carrying out Community Payback Orders (CPOs) within Highland. A post has been created to help encourage more opportunity and diversity in this area, and this will be progressed over the coming months.



The Community Justice Conference 'Where is the Justice in Poverty' was held in the Drumossie Hotel in Inverness in March 2023. The event was attended by over 80 delegates from across the public and third sector throughout Highland, shining a light on the impact of how poverty increases the likelihood of people entering the justice system and how it still affects them whilst caught up in it. Speakers included Retired Sheriff David Mackie, Dr Suzanne Zeedyk, Dr Isobel Grigor, Mhairi Wylie CO HTSI, Alan Grant Custody Link Worker Project Coordinator, Dr Briege Nugent and was hosted

by Reporter and Journalist Nicola McAlley. The event was a huge success giving many, if not all of the attendees 'food for thought' in relation to this topic which in the current financial climate is of even more importance. The event also sparked interest from MFR and STV News, with coverage by both.



Café 1668 continues to supply the free meals 3 times a week and demand has doubled over the year with 4282 meals provide so far. The café continues to supply a community food larder kindly receiving donations from various sources particularly local supermarkets and more recently from KFC and have also recently signed up to 'Fareshare' who deliver two monthly dry/frozen goods at no cost.

A new Volunteer Co-ordinator is now in place and has volunteers ready to work with Community Payback Team with the first placement interviews due to take place in May 23.

SCVO recently funded a 6-month placement for Café assistant who fitted certain criteria the funded placement has now finished however has been retained for at least the next two months subject to future funding.

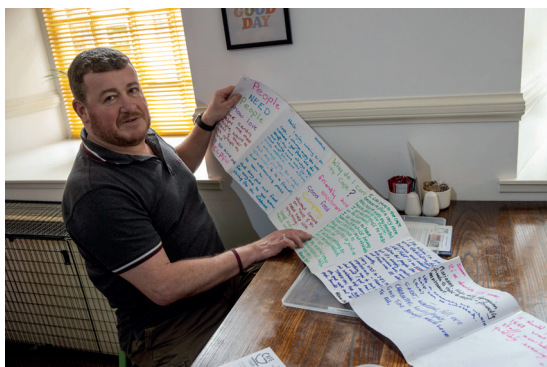
During the Easter holidays in partnership with Action For Children the café held 4 family days primarily for young children Arts & Crafts, games, and prizes and meal supplied. Footfall of 80 attended. The positive feedback from parents has encouraged us to do the same type of event over the summer holidays.

Free hot drinks provided

5933

Free meals provided

4282



The café continues to support different organisations and groups:

During Opening Hours

- NHS mental health / homeless Nurse
- Voiceability (Advocacy service)
- Highland Alcohol and Drug Advice & Support Service
- Highland Alcohol & Drug Partnership
- Housing agencies
- Scottish Drugs Forum

Out with Opening Hours

- Bi-Polar Group
- NHS Deaf Club
- Ukraine Youth Club
- Ukraine Families
- Thriving Families
- People First
- Private Parties (Birthday)



Annual Report 2022/23

Charlotte Mackenzie
Think Nature Health Walks Project Manager

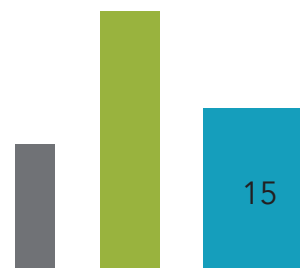


The Think Nature Health Walks project is now in its third year and continues to support Health Walk and Buggy Walk groups in rural Highland. 8 new groups have been established during the past 12 months, forging new partnerships with the John Muir Trust, Alzheimer's Scotland, Hilton Families Support, Kinlochleven Community Trust and Dornoch Firth Community Group. We have continued to develop our themed walks programme and have included creative, nature, heritage and mindfulness activities in our regular walks which have been complimented by activities such as forest bathing, foraging, nature photography, outdoor art, history and genealogy talks. New pilot programmes have also been developed with Highlife Highland Active Schools groups and Highland Council Early Years staff to establish walking groups within schools and nurseries.

No. of Health Walks & Buggy Walks supported this year	1,060
No. of new walkers that have joined our walking groups in last 12 months	75
No. of new volunteers who have attended Walk Leader Training in last 12 months	32

New partnerships, activities and events has led to increased community engagement this year, which has played an important part in building stronger relationships and expanding networks. Examples of this has included events such as the Tree Planting and Walk in Uig Woods with the Woodland Trust and the Community Health & Wellness Winter Learning Event in Portree. Networking at events including the Scottish Health Walk Network conference in Stirling, the Paths for All Nature Connectedness Expert Lecture in Glasgow and the Active Highland Stakeholders event in Inverness, has been vital for knowledge sharing and learning.

Another new area of work includes joining the Mental Health Charter Advisory Group working with Paths for All and SAMH to develop new resources and e-learning for walking groups to support them in looking after their mental health and wellbeing.



This year has been one of significant change and development for us. As you know, Let's Get On With It Together (LGOWIT) has been hosted by HTSI since 2013 giving us the support to grow and establish our services and peer support groups. We have now reached the point that becoming an independent SCIO is the best option to secure the longer-term future of the services we offer. This will therefore be our last HTSI annual report update, and we would like to take the opportunity to say a big thank you for all the support and encouragement HTSI has provided. From 1st April 2023 we are MySelf-Management SCIO.



During 2022 to 2023 We delivered in-person:

- 13 monthly Living Better Peer Support groups relaunched to a total of 295 (6 months from September to March)
- The first Highland Boccia Tournament for over 3 years with 71 participants from across Highland
- 20 gentle movement sessions in Muir of Ord and Kyle of Lochalsh/Kyleakin for 123 people
- 16 people benefitted from 5 pilot informal drop-in support sessions in 5 locations around Highland
- We published 12 member ebulletins (reaching average 317 members)
- We ran 4 Highland Self Management Forum online networking meetings with a total participation of 122
- Membership increased by 21%
- 21 people in Skye and Kyle of Lochalsh trialled our KyleEbikes
- Users of our eLearning platforms have increased to a total of 673
- We worked in partnership with NHS Pain Management service to develop a Persistent Pain Portal for referrals with 123 registered users
- In partnership with CovidAid and the Scottish Government to offer our Long Covid eLearning to 3000 users Scotland-wide with free access for one year
- In partnership with Green Health and Versus Arthritis to deliver themed activities and groups
- With the Health and Social Care Alliance and Discover Digital to further support our members to build their confidence online and started engaging with young people upskilling them with tools and life skills.

Website Hits
8660

Facebook Followers
1050

Twitter Followers
607

We delivered online:

- 52 wellbeing sessions to 555 people.
- 23 Peer Support coffee and chat sessions with approx. 10 people per session.
- A new series of 6 themed self-management learning sessions for 100 people.
- 13 Long Covid themed sessions in partnership with NHS Highland Covid Recovery Service.
- 2 cancer screening awareness sessions with NHS Highland Health Improvement.
- 161 people have used our Go Digital Highland website since it was launched in September.

www.myself-management.org Email: info@myself-management.org
Facebook: @MySelf-Management
Twitter: @MySelfManage

Third Sector & Community Organisations we have paid or distributed funds to this year

A-Pat	Create Inspire Projects CIC	Inverness Coffee Roasting Co
Aban Outdoor Ltd	Cromarty Firth Men's Shed	Inverness Cooking Club
Able 2 Adventure	Crossreach Community	Inverness Foodstuff
Addictions Counselling Inverness	Connections	Inverness Legion Club
Amalies Catering	Cruse Scotland Bereavement	Inverness Womens Aid
An Talla Solais	Support	Invershin Village Hall Committee
Apex Highland	David Rennie Plumbing &	IRL Education CIC
Autism Initiatives	Heating	James Support Group
Badenoch & Strathspey	Dingwall Community Centre	Keystar Training
Community ConnXions	Drumfun	Kings Fellowship SCIO
Badenoch & Strathspey	Dunnet Forest	Kingsmills Hotel
Community Transport Co	Eden Court	Kinlochleven Community Trust
Badenoch & Strathspey Therapy	Epione	Kyle & Lochalsh Community Trust
Gardens	Evanton Woods Community	Kyleakin Community Hall
Badenoch Shinty Memories	Company	Lairg & District Community
Group	Ewens Room	Initiative
Bakes by Beattie	Families Outside	La Tortilla Asesina
Balloch Community Association	Farr Edge 2000	Leith Depo
Banner Buzz	Farr North Community	LGBT Youth Scotland
Barnardos	Development Trust	Living Wage Foundation
Battys Baps	Fearn Free Food Garden	Lochaber Hope
Befrienders Highland	Feis Rois Ltd	Macdonald First Aid
Belladrum	Gairloch & District Heritage	Marie Sivewright
Black Isle Show	Company	McNamaste Yoga
Blargoans	Gairloch & Loch Ewe Action	MECOPP
Bloom & Wild	Forum	Mercure Hotel
Blooming Gardeners	GCVS	Merkinch Community Centre
Blue Moon Yoga & Pilates	Get Grants	Merkinch Partnership
British Red Cross	Glenurquhart Rural Community	Mikeysline
Caberfeidh Horizons	Association	MIM Tai Chi
Caithness & Sutherland Womens	Go Golspie Development Trust	Mindful PT
Aid	Grantown Initiative	Morning Call
Caithness Sight Impairment	Grounded Goddess	MS Therapy Centre Wick
Group	Grow Training	Munro Highland
Caithness Voluntary Group	Handy Clean John Ellis	Nairn Citizens Advice Bureau
Calman Trust	Harry Gow	Nairn Community Centre
Care & Learning Alliance	Headway Highland	Nairn River Enterprise
Care Lochaber	Health & Social Care Alliance	NCVO
Catherine Carr Glass	Held In Our Hearts	Ness Soaps
Catherine Cummings - Cosy	Highland Council	Nevis Centre
Corner Café	Highland Farm Café	Newstart Highland
Cawdor Bowling Club	Highland Field Sports Fair	North Sutherland Community
Centred	Limited	Forestry Trust
Charity Learning Consortium	Highland Multicultural Friends	Ord Storage Services Ltd
Children in Scotland	Highland News & Media	Parish of St John Ogilvie
Chloe Langan	Highland Yoga Collective	Partnerships for Wellbeing
Citizens Advice Bureau	High Life Highland	Posturite
Clear Vision	Home Start Caithness	PTP Training & Marketing Limited
Coffee Saints	Inspiring Young Voices	Pulteneytown Peoples Project
Collywobbles	Invergordon Social Club	Rag Tag & Textile
Connect Assynt	Inverness Chamber of Commerce	Raigmore Community Residents



Association
RASASH
Reach 4 Reality
Relaxation Lounge
Roots & Shoots
SCVO
Special Needs Action Project
Spectrum Centre
Scottish Huntingtons Association
Scourie Community Development
Company
Seranata Flowers
SFG
Simon Kelman Plumbing & Heating
Skye & Lochalsh CVO
Skye & Lochalsh Mental Health
Association
Syke MTB Adventures
Sleat Community Trust
Smithton Church
Step n Style
Storehouse
Sue Ryder Charity Shop
SWL International Ltd
Tain & District Development
Tain Highland Gathering
The Highland Weigh
The Muir Hub
The Selkie Collective
Thurso Community Benefit Society
Thurso Community Café
Thurso United Reformed Church
Tongue Walking Group
Tuesday Social Club
Uig Hotel
Ullapool Unpacked
Urram SCIO
Voluntary Action in Badnoch &
Strathspey
Voluntary Action Lochaber
Voluntary Groups Sutherland
Velocity
Victoriana
Viewfield Garden Collective
Vitality Retreat
Volunteer Scotland
WASPS
Watten Hall
West Ardnamurchan Community
Development Company
Youth Highland

Financials

Statement Of Financial Activity

FOR THE YEAR ENDED 31 MARCH 2023

	Unrestricted funds 2023	Restricted funds 2023	Total 2023	Unrestricted funds 2022	Restricted funds 2022	Total 2022
Income from: Charitable activities	<u>786,828</u>	<u>1,825,020</u>	<u>2,611,848</u>	<u>766,883</u>	<u>1,984,993</u>	<u>2,751,876</u>
Expenditure on: Charitable activities	<u>759,574</u>	<u>1,962,114</u>	<u>2,721,688</u>	<u>786,408</u>	<u>1,771,451</u>	<u>2,557,859</u>
Net income/(expenditure) and movement in funds	27,254	(137,094)	(109,840)	(19,525)	213,542	194,017
Reconciliation of funds: Fund Balances at 1 April 2022	<u>193,706</u>	<u>524,886</u>	<u>718,592</u>	<u>213,231</u>	<u>311,344</u>	<u>524,575</u>
Fund balances at 31st March 2023	<u>220,960</u>	<u>387,792</u>	<u>608,752</u>	<u>193,706</u>	<u>524,886</u>	<u>718,592</u>