



Active
Communities

Annual Report

April 2024–March 2025

CONTENTS & INTRODUCTION

01	CHAIRPERSON'S REPORT
02	CHARITABLE ACTIVITIES
03	HEARTY LIVES
04	EMPOWERING PARENTS, EMPOWERING COMMUNITIES
05	JOGGING AND WALKING PROGRAMMES
06	GALLOWHILL
07	COMMUNITY PANTRY & ROUND THE TABLE
08	THRIVE UNDER FIVE
09	YOUR PLACE, YOUR SPACE
10	HEALTH AND WELLBEING ACTIVITIES IN STATION SEVEN
11	SUSTAINABLE, SAFE AND EFFICIENT
13	FINANCIAL REVIEW

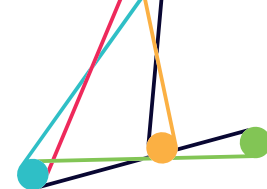
Active Communities

Active Communities is a community-led health and wellbeing charity based in Johnstone, working across Renfrewshire.

Our mission is to build healthy, supportive and vibrant communities.

We do this by empowering local people to improve their health and wellbeing.

CHAIRPERSON'S REPORT



This year has reaffirmed the vital role our charity plays in supporting the health and wellbeing of our communities. At the heart of our work is a deep commitment to listening, responding, and placing people at the centre of everything we do.

From mental health support to tackling food poverty through our pantry and programmes, we've continued to offer safe, welcoming spaces for connection, activity, and care. Station Seven remains a trusted hub—a vibrant reflection of community spirit where lives are changed, partnerships are built, and stories are shared.

None of this would be possible without our incredible staff, volunteers, and supporters. Your energy and dedication drive us forward.

While leadership changes occurred after the financial year's end, they are important to acknowledge. I stepped into the role of Chair following my time as Trustee, and it's a privilege

to serve at such a pivotal moment. We also extend heartfelt thanks to our outgoing CEO, Alan Clark, for his leadership and many contributions to Active Communities. As we begin the process of appointing a new CEO, our team continues to lead with resilience and shared purpose.

Warm thanks also go to our outgoing Chair, Lindsay Moffat, whose steady guidance helped lay strong foundations. I look forward to building on her legacy as we move ahead.

Looking to the future, we remain mindful of the funding challenges facing the sector. Yet, through collective effort, we are working tirelessly to secure the resources needed to sustain and grow. Our commitment to community, wellbeing, and long-term sustainability remains unwavering.

Together, we continue to change lives—ensuring our community remains at the heart of all we do.

**Together,
we continue
to change
lives—ensuring
our community
remains at
the heart of
all we do.**

Susie Paterson
Chair
**Active
Communities.**



Charitable activities

Using an asset-based approach, empower Renfrewshire communities to deliver sustainable health outcomes

We supported local people through peer-led, preventative and community-based approaches:

Our **59 Community Health Champions** played a vital role in delivering our work. Together, they contributed over **5,200** volunteer hours and engaged more than **3,800** people across Renfrewshire. Champions supported walking groups, drop-ins, intergenerational sessions and events such as the Feel Good Festival, Burns Supper and Jingle Bell Run. Our telephone befrienders made over **740** supportive calls and messages to isolated individuals. Volunteers also completed **300+** hours of training in mental health, inclusive volunteering, and first aid.



HEARTY LIVES

Hearty Lives is our ambitious and innovative partnership project which delivers a peer-led approach to promoting mental health and wellbeing across all Renfrewshire High Schools. The project is managed by Active Communities but delivered by teachers and pupils in Renfrewshire High Schools. It's funded by Renfrewshire Council. It is a unique partnership which promotes mental health and wellbeing for young people in Renfrewshire and aims to tackle poverty through a peer education approach, focused on tackling inequalities

and improving health. Key issues being addressed by the project include: bullying, exam stress, worry, anxiety, self-care, resilience, and promoting positive mental health. This year, we continued to deliver Hearty Lives in schools and in community settings—training young people as volunteer peer educators on topics they chose, including vaping, tobacco and mental wellbeing.



We also supported weekly youth provision, including a drop-in at Linwood High, an after-school drop in at Station Seven, the Create youth club for S1+ pupils and Games and Grub for p5-p7 pupils. Create Club and Games and Grub are delivered in partnership with Create Paisley.

EMPOWERING PARENTS, EMPOWERING COMMUNITIES

Empowering Parents, Empowering Communities (EPEC) in partnership with KLAS Care and Renfrewshire Council's Family Wellbeing Team. EPEC is a peer-led parenting programme that builds confidence, practical skills, and strong support networks. This year, **129** families attended our Being a Parent and Being a Parent of a Child with Autism courses. We ran 10 ten-week programmes across Renfrewshire—including Paisley, Erskine, Linwood, Gallowhill, Lochwinnoch, Elderslie, Ferguslie, and online—led by trained volunteer parents supported by Renfrewshire trainers Lesley Compston, Cheryl Thomas, and Susanne McNeil. We also delivered a 12-week Parent Group Leader training course at UWS, with **9** parents completing the programme and **4** submitting learning journals to the national EPEC team in London for validation.



JOGGING AND WALKING PROGRAMMES

Our **jogging and walking programmes** helped people stay active and connected across Renfrewshire, with **967** attendances at Jogging Buddies and **800** at our Walk & Talk group. We also celebrated the 20th Anniversary of our Jingle Bell Run in Barshaw Park, Paisley, bringing together hundreds of runners, families and volunteers for a festive day of community spirit.



We reached new communities, including refugees and asylum seekers, through our partnership with the Resettlement Team.

We offered pantry vouchers, panto tickets, and access to free family events, helping ease pressure on families and create opportunities for connection.

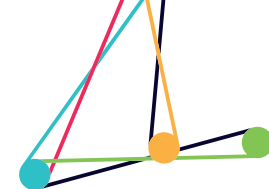
GALLOWHILL

Gallowhill. We were commissioned by the HSCP for a six-month piece of work facilitating a community needs assessment in the community of Gallowhill from July 2024 – January 2025. This took the form of speaking to the community on the streets, hosting events, having anonymous written paper feedback in various community locations, an online questionnaire, speaking to people attending clubs or groups in the area, and speaking to people who work in the area. **1033** responses were submitted as part of this consultation.

The results were compiled into a full report for the HSCP, which will now inform work going forward in the area. We applied for additional funding to allow us to run a soup and social activity for the community from January-March 2025



COMMUNITY PANTRY & ROUND THE TABLE



Our **Community Pantry** continues to be a vital support for local people, with **303** members accessing affordable groceries, toiletries and household items across **2,690** visits this year. Members also benefit from our free weekly breakfast, creating space for connection and early engagement with wider support.

Round the Table builds on this through monthly community meals, cooking courses and family events. Over the year, we supported more than **1,100** people with dignified food provision and opportunities to connect. **50** volunteers gave **2,830** hours to create welcoming, inclusive spaces shaped by Nourish Scotland's Dignity in Practice programme. Participants reported increased confidence, better wellbeing, and a strong sense of community: "I come to the meal with my three children and my mother. It's a monthly family get-together. The kids love it and always enjoy themselves."

**I come to the meal
with my three children
and my mother.
It's a monthly family
get-together.
The kids love it
and always enjoy
themselves.**



THRIVE UNDER FIVE

Building on this foundation, **Thrive Under Five** supported **43** families with young children through weekly meal kits, fresh produce, pantry access, cooking, and play. In total, we delivered **243** meal kits, **516** pantry shops, and fruit and veg for **75** children. Seventeen families joined cooking sessions, and local providers offered free gymnastics and dance classes. We also made **17** referrals to Citizens Advice and **12** to employability support via INVEST. One parent told us: "It is really helping my family... I can't express enough appreciation." Families described learning new skills, finding community, and being able to give their children experiences who would have previously gone without - from dancing lessons to pancake breakfasts at home. The pilot shaped our wider family support and strengthened local partnerships we will build on in the future.

We secured funding from Kew Gardens' Urban Nature Fund to create a green space at Station Seven - supporting local biodiversity, community learning, and wellbeing through access to nature.



**It is really helping
my family... I can't
express enough
appreciation.**

YOUR PLACE, YOUR SPACE

As part of our **Your Place, Your Space** project—funded by The National Lottery Community Fund—we delivered free, family-focused activities in Station Seven to support wellbeing in response to financial pressures and the wider challenges families face. These included arts, dance, movie afternoons, and Halloween and Christmas events.

We welcomed the **School of African Cultures** to Station Seven as part of our drop-in programme. Their Afro-ttire showcase introduced community members to traditional clothing, music and stories—celebrating the rich diversity within our community.



Health and Wellbeing Activities in Station Seven

We continued to offer a wide range of health and wellbeing activities funded through our **HE.AL.THY** programme (The National Lottery Community Fund): yoga, Pilates, men's health sessions, mindfulness, singing, and community catch-ups. In January, we launched a 12-week Nutrition & Weight Management course led by a personal trainer, covering calorie intake, exercise, and meal planning. In total, we delivered **207** sessions, with **2,040** attendances and over **2,650** hours of contact time.

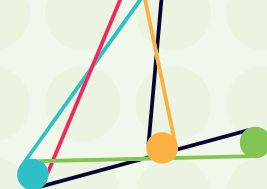
We also hosted creative activities like knit & knatter, a silent disco at the RASA Wellbeing Day and partnered with 4 Corners Boxing to deliver a free weekly men's fitness session.



We took a bus full of local families on a day trip to Blair Drummond Safari Park. During Carers Week, we hosted a wellbeing walk in partnership with Renfrewshire Carers Centre.



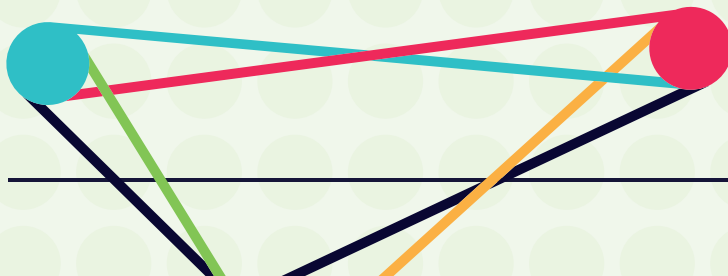
**Love the classes,
it has made me get
out of my head &
join in with life.**



Sustainable, Safe and Efficient

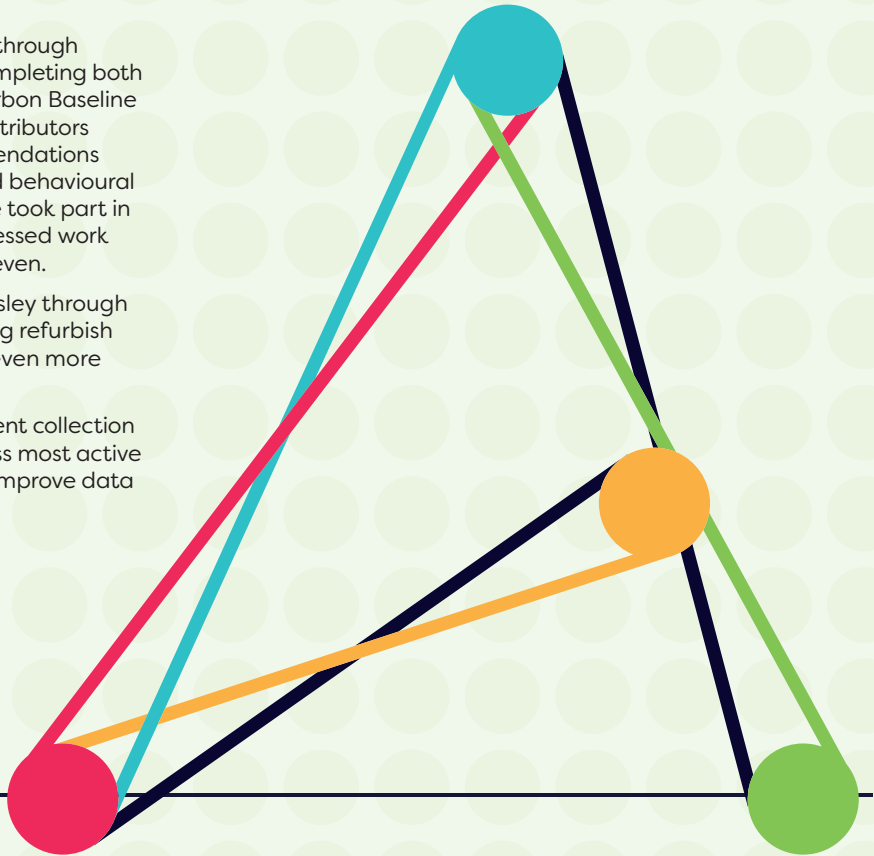
We focused on ensuring our organisation remains well-run, financially sustainable, and aligned with good governance and environmental responsibility:

- Maintained a healthy financial position, with unrestricted income contributing to our reserves.
- We continued to develop Station Seven as a sustainable community asset. Our four Start-Up Street units provided affordable space for local health and wellbeing businesses, supporting enterprise. Within the main building, we continue to host Roar – Connections for Life, who hired office space as part of our wider effort to collaborate with aligned organisations.
- Through our Strengthening Communities project, we progressed work on business development, marketing and income generation to build long-term sustainability and impact.
- Continued to diversify income through hires at Station Seven and tools such as GoodBox contactless donations.
- Strengthened our governance through the expansion of the Finance Subcommittee into the Finance, Audit and Risk (FAR) Committee, with new terms of reference adopted.



SUSTAINABLE, SAFE AND EFFICIENT

- Understanding our environmental impact through Business Energy Scotland and Extend+, completing both an Energy Efficiency Assessment and a Carbon Baseline Report (16.89 tCO₂e baseline, with key contributors being electricity and gas). Priority recommendations included exploring solar PV installation and behavioural changes around energy use. As a team, we took part in a community tree-planting day and progressed work towards an EV charging point at Station Seven.
- Received volunteer support from B&Q Paisley through their Community Days programme, helping refurbish our conference room and make Station Seven more welcoming for training and events.
- Improved digital systems by automating rent collection (GoCardless) and embedding Upshot across most active projects, with ongoing internal reviews to improve data and reporting.



FINANCIAL REVIEW - ACTIVE COMMUNITIES (SCOTLAND)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Designated funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies	2	13,811	6,397	2,629	22,837	38,388
Charitable activities	5					
Charitable activities		5,000	-	390,634	395,634	335,829
Other trading activities	3	100,892	-	10,743	111,635	115,110
Investment income	4	36,298	-	-	36,298	38,600
Total		<u>156,001</u>	<u>6,397</u>	<u>404,006</u>	<u>566,404</u>	<u>527,927</u>
EXPENDITURE ON charitable activities						
charitable activities	6	137,626	11,490	447,444	596,560	595,592
Net gains/(losses) on investments		-	-	4,825	4,825	(214,143)
NET INCOME/(EXPENDITURE)		18,375	(5,093)	(38,613)	(25,331)	(281,808)
Transfers between funds	17	(12,126)	15,736	(3,610)	-	-
Net movement in funds		6,249	10,643	(42,223)	(25,331)	(281,808)
RECONCILIATION OF FUNDS						
Total funds brought forward		148,068	42,761	1,994,286	2,185,115	2,466,923
TOTAL FUNDS CARRIED FORWARD						
		<u>154,312</u>	<u>53,404</u>	<u>1,952,063</u>	<u>2,159,784</u>	<u>2,185,115</u>



Charity Name: Active Communities (Scotland) Ltd
Registered Company Number: SC403430
Registered Charity Number: SC042682
Registered Office: Station Seven,
7 Quarry Street, Johnstone, Renfrewshire, PA5 8DY

Trustees:

- R T M Borland
- K B Hopkins
- Ms S M King
- Ms L M Moffat resigned 30/6/25
- Ms S J Paterson
- Ms S Russell resigned 27/8/24
- Ms I I Thompson

Auditors: Azets Audit Services, Abercorn House,
79 Renfrew Road, Paisley, PA3 4DA

Bankers: Bank of Scotland, Virgin Money

Thanks to our funders

- Renfrewshire Council
- The Robertson Trust
- The Scottish Government
- The National Lottery
- Renfrewshire HSCP

Visit our website to learn more:
www.activecommunities.co.uk

Station Seven, 7 Quarry Street,
Johnstone, PA5 8DY

Tel: 01505 801 501

info@activecommunities.co.uk

Charity number: SC041275

