

Trustees' Annual Report for the period

Period start date				Period end date			
Day	Month	Year		Day	Month	Year	
From	1	December	2022	to	30	November	2023

Reference and administration details

Charity name	Affa Sair SCIO
Other names of charity	-
Registered charity	SC049728
Charity's principal	19 Knockomie Gardens
	Forres
	Moray
Postcode	IV36 2TN

Trustee Name	Office (if any)	Dates acted (if not for whole year)	Name of person (or body) entitled to appoint trustee (if any)
Chris Bridgeford	Chairman		
Mark Macleod	Secretary		
Michael Grant	Treasurer		
Rosie Bridgeford			
Senga Grant			
Joseph Parsons			

Names of all other charity trustees during the period, if any, (e.g, those who resigned part way through the financial period)

Name	Dates acted if not for whole year

Structure, governance and management

Type of Governing Document	Constitution
Trustee Recruitment and Appointment	

Objectives and Activities

Charitable Purposes

To relieve the needs of chronic pain sufferers we aim:

1. To provide a strong presence for chronic pain sufferers and to educate the public, politicians, media, organisations and NHS Staff on the plight and needs of chronic pain sufferers
2. To provide an on-line location for chronic pain sufferers where they can freely discuss their condition and learn from other sufferers together with articles and documents researched by the group.
3. To encourage NHS Grampian to provide and maintain suitable Pain Services at Dr Gray's Hospital in Elgin.
4. To assist in the furtherance of knowledge about chronic pain

main activities in relation to these objects

Production of free monthly newsletter.

Manage closed Facebook page of chronic pain sufferers offering peer support and encouragement.

Provide activities to encourage chronic pain sufferers to self manage their condition.

Appendix 1

Achievements and performance

Summary of the main achievements of the charity during the financial period

With the dissolution of the National Advisory Committee for Chronic Pain, the Scottish Government formed the new Chronic Pain Framework and we became a member of the third sector network in the Chronic Pain Taskforce.

We took part in the following University studies and surveys”
University of Oxford – Cicero Trial
University of Aberdeen – Digital tool to manage persistent pain
Teesside University - The Role of Sleep Disturbance in Chronic Pain

We were also chosen by the students of the Glasgow School of Art Design School to be one of their projects for the third year running.

We also gave presentations to the Royal College of Chiropractors, the European Federation for Chronic Pain and to the Pain Clinicians Network in Scotland.

We were very fortunate to be successful in two applications for funding for a Chronic Pain Social Prescribing Scheme from the Health and Social Care Alliance and from Section 10 Funding from the Scottish Government. The Social Prescribing Scheme involves three medical practices and the data collected as part of the scheme is being analysed by the NHS Grampian quality improvement and assurance team. As part of the scheme we are carrying out nine self-management activities to encourage chronic pain sufferers to socially engage with others and also to take part in guided exercise classes and hydrotherapy sessions. We have an art therapy session led by a professional artist in Moray Art Centre and a Crafty Art Session in Forres Town Hall with a professional artist and many different craft projects.

With the appointment of a voluntary Social Coordinator we have been able to hold real life events such as a Murder Mystery Evening, various fund raising events and a Caledonian Canal Cruise.

Thanks to the social coordinator we have managed to raise £1,790 for our funds.

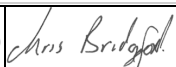
Financial Review	
Brief statement of the charity's policy on reserves	Unrestricted reserves of £2,984 will continue to be used to allow the charity to operate. Restricted reserves of £11,194 will be used to fund the Social Prescribing Scheme due to end in September 2024
Details of any deficit	Not applicable
Donated facilities and services (if any)	None

Other Optional Information

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Declaration

The trustees declare that they have approved the trustees' report above.

Signature(s)	
Full name(s)	Christopher John Bridgeford
Position	Chairman
Date	3rd December 2023

APPENDIX 3



Report to the trustees/members of
 Registered charity number
 On the accounts of the charity for the period
 Set out on pages

Independent examiner's report on the accounts v2						
Affa Sair						
SC047928						
Period start date				Period end date		
Day	Month	Year		Day	Month	Year
1st	December	2022	to	30 th	November	2023
						(remember to include the page numbers of additional sheets)

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). 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 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention ~~[other than that disclosed on the attached page*]~~

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.

Signed:

Date:

14-01-2024

Name:

C A MACMILLAN

Relevant professional qualification(s) or body (if any):

Address:

3 NEWFIELD TERRACE
 ELGIN
 IV30 4DF

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	December	2022		30	November	2023

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations	1,155				1,155	
Legacies					-	
Grants		18,663			18,663	
Receipts from fundraising activities	1,790				1,790	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
					-	
A1 Sub total	2,945	18,663	-	-	21,608	-
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	2,945	18,663	-	-	21,608	-
A3 Payments						
Expenses for fundraising activities	45				45	
Social Prescribing Costs		7,469			7,469	
Investment management costs					-	
Payments relating directly to charitable activities	411				411	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	456	7,469	-	-	7,925	-
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	456	7,469	-	-	7,925	-
Net receipts / (payments)	2,489	11,194	-	-	13,683	-
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	2,489	11,194	-	-	13,683	-

Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year	495				495	480
	Surplus / (deficit) shown on receipts and payments account	2,489	11,194			13,683	-
						-	
						-	
	Cash and bank balances at end of year	2,984	11,194	-	-	14,178	480
(Agree balances with receipts and payments account(s))		-	-	-	-	-	-



Details	Fund to which asset belongs	Market valuation to nearest £	Last year to nearest £
B2 Investments			
Total		-	-

Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets				
Total		-	-	-

Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities			
Total		-	-

Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities			
Total		-	-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Chris Bridgeford	01/12/2023
	Michael Grant	01/12/2023

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

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C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
Total			-

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	X
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C3b Trustee remuneration - details

Authority under which paid	£

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	
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C4b Trustee expenses - details

	Number of trustees	£

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

C6 Other information

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Receipts and Payments Analysis

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Amazon Europe	20				20	
Michael Grant	500				500	
Anonymous Donation	20				20	
Senga Grant	250				250	
Senga & Michael Grant	250				250	
Amazon Europe	13				13	
Amazon Europe	41				41	
Eleanor Murray	20				20	
Easy Fundraising	31				31	
Sharon McKinnon	10				10	
Total	1,155	-	-	-	1,155	-

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
Scottish Government Section 10 Funding		13,207	13,207	
Alliance Self-Management Funding		5,456	5,456	
			-	
			-	
Total	-	18,663	18,663	-

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Fiona Manclark - Raffle	117				117	
Fiona Manclark - Raffle	10				10	
Fiona Manclark - Disco Tombola	823				823	
Fiona Manclark - Murder Mystery	780				780	
Fiona Manclark - Murder Mystery	60				60	
					-	
					-	
					-	
Total	1,790	-	-	-	1,790	-

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Charity Website Fees	245				245	
Health and Social Care Alliance Membership	20				20	
Zoom Subscription	146				146	
					-	
					-	
					-	
					-	
					-	
					-	
Total	411	-	-	-	411	-

Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below General	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations	1,155				1,155	
Legacies	-				-	
Grants	-				-	
Receipts from fundraising activities	1,790				1,790	
Gross trading receipts					-	
buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	2,945	-	-	-	2,945	-
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	2,945	-	-	-	2,945	-
Payments						
Expenses for fundraising activities	45				45	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	411				411	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
Sub total	456	-	-	-	456	-
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	456	-	-	-	456	-
Net receipts / (payments)	2,489	-	-	-	2,489	-
Transfers to / (from) funds					-	
Surplus / (deficit) for year	2,489	-	-	-	2,489	-

Nature and purpose of funds

Additional analysis (3)

6 Breakdown of restricted funds

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants	18,663				18,663	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	18,663	-	-	-	18,663	-
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	18,663	-	-	-	18,663	-
Payments						
Expenses for Social Prescribing Events	7,469				7,469	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Sub total	7,469	-	-	-	7,469	-
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	7,469	-	-	-	7,469	-
Net receipts / (payments)	11,194	-	-	-	11,194	-
Transfers to / (from) funds					-	
Surplus / (deficit) for year	11,194	-	-	-	11,194	-

Nature and purpose of funds

Affa Sair SCIO

SC049728

Expenses & Costs Breakdown

Expenses for fundraising activities

Date Paid

25/08/2023 Postage for Eleanor Murray Prize	3.00
26/11/2023 Postage for Murder Mystery Invites	42.00
Total	45.00

Social Prescribing Costs

Date Paid	Invoice	Product	Amount	Activity	Fund
31/07/2023	Elgin Allotment Association	Allotment Lease	22.50	Allotment	Section 10
04/10/2023	Amazon	Art Materials	121.12	Art & Craft Therapy	Section 10
17/10/2023	Georgia Rose Murray	Art Tutor	66.66	Art & Craft Therapy	Section 10
18/10/2023	Moray Art Centre	Art Therapy - Room Rent	512.00	Art & Craft Therapy	Section 10
18/10/2023	Archie McAllan	Qi Gong	720.00	Exercise Class	Section 10
18/10/2023	Kronik Warrior	Exercise - BoxFit	1000.00	Exercise Class	Alliance
18/10/2023	Project Neuro	Exercise - Guided Seated Exercise	480.00	Exercise Class	Alliance
31/10/2023	Amazon	Craft Materials	60.85	Art & Craft Therapy	Alliance
31/10/2023	Amazon	Needle Felting Dolls	19.99	Art & Craft Therapy	Alliance
01/11/2023	Corefitness Studio	Hydrotherapy	130.00	Hydrotherapy	Section 10
02/11/2023	Moray Hydrotherapy Pool	Hydrotherapy	2000.00	Hydrotherapy	Section 10
13/11/2023	Amazon	Felt Pens	5.99	Art & Craft Therapy	Section 10
13/11/2023	Amazon	Glass Paints	10.08	Art & Craft Therapy	Section 10
13/11/2023	Amazon	Needle Felting Kit	8.09	Art & Craft Therapy	Section 10
13/11/2023	Forres Action Community Team	Town Hall Rent	72.00	Art & Craft Therapy	Section 10
21/11/2023	Bishopmill Hall	Qi Gong Hall Rent	240.00	Exercise Class	Section 10
23/11/2023	Moray Hydrotherapy Pool	Hydrotherapy	2000.00	Hydrotherapy	Section 10
Total			7469.28		