









# Moving in all directions Executive Director's report

This time last year we had just started to move in a couple of new directions: our Dementia Services and Community Hubs.

We did this at a time when our funding from South Lanarkshire Council was still under review, but we felt we needed to expand our range of services to help make the organisation more sustainable.

Since then, the Council continued to fund us for another year while they conducted their review of third sector funding. We have still to hear about this, but we have been active and have put forward our case to Councillors, Officials, MSPs and MPs to have our funding continued.

We have also secured further funding for our much needed and well received dementia services, allowing us to develop new services in Cambuslang, Rutherglen and East Kilbride.

And investing in our Community Hubs has seen both Toll Pitch in Cambuslang and Spittal in Rutherglen become extremely popular with residents and organisations hiring the spaces for classes, activities and celebrations. Toll Pitch is already proving popular and is running at more than 50 per cent capacity.

Spittal continues to grow, and we now have the former Halfway Library which we will become our third Community Hub.

Making the buildings fit for purpose costs money, and we are grateful to volunteers, local people and businesses donating money, goods and time to help develop these vital hubs.

Elsewhere, money continues to be difficult to get hold of. Funding is coming from an evershrinking set of bodies and budgets but Georgie Madden, our business development officer, continues to bring in vital funds where she can. We are extremely grateful - again - to the National Lottery for its latest grant of £200,000 to help keep our befriending services and classes and activities going for another three years.





Our "traditional" services – befriending, handypersons and learning and leisure (now learning, health and wellbeing) – continue to be popular and professionally delivered. My thanks go to our staff for their unfailing commitment to deliver these to the highest possible standard. And, of course, to our amazing volunteers who deliver most of our front-line services. It hasn't all been plain sailing, however.

We have, more than ever, had to control costs and this has seen a reduction in staff numbers. Moira Pettigrew has left us after almost eight years of managing our finances. A few people have also reduced their hours to help, and special mention goes to lain English, who resigned his befriending VDO job and immediately came back to work as a volunteer in the same role. What an incredible gesture!

The services lain and the rest of the befriending team deliver, continue to be in high demand as we still have people on our waiting lists wanting matched with a volunteer befriender. Our friendship groups continue to flourish as well, with news groups being added in East Kilbride and Hamilton.

Our handyperson volunteers continue to carry out small jobs around people's homes, more so this year as Kevin Key, our handyperson coordinator has spent a lot of his time refurbishing the new Community Hubs.

As you will gather, this has been a far from ordinary year. It seems strange to develop new services at the time our funding may be in danger, but we must continue to attract new revenue streams. And this is made possible by the fact we have a far from ordinary team working for LEAP – both staff and volunteers.

You will read in this report how much our volunteers do for us, but not so much about what our staff do. They are the ones who juggle extremely well to keep all our balls in the air. Without them a lot would fall, and I applaud them for their professionalism and commitment.

My thanks also go to our Trustees who have had to think very differently this year about our services and development.

Together we make things happen.

**Executive Director** 

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# Report from the Chair

Well, it's time once again for my annual report. I'm looking forward to our AGM in Cambuslang Parish Church and seeing many of our members and volunteers face to face for the first time in a while.

This will be my 32nd AGM and I'm finding that pretty daunting! I'm glad to be able to say that we've had another good year at LEAP with lots going on.

We've secured the leases of Toll Pitch in Cambuslang and the Spittal Hall in Rutherglen. The hall in Spittal has had repairs and a refurb and is really well used by LEAP and the broader community. Toll Pitch has had a full face lift inside with a new kitchen and repairs to the hall carried out (including new windows and heating!) with only a bit left to do on the exterior – if you haven't managed a wee look do swing by, it's really looking great!

We've also taken over the old Halfway Library since it was closed some months ago and a lot of hard work is going into getting that space transformed into a multi-use hub that will provide much needed additional resources to the folk in Halfway. This work is mainly being done by our handyperson volunteers and

tradespeople who have volunteered their time and resources to help on this – a huge thanks to them all!

We have had talks with South Lanarkshire Council about our future resourcing as they are a primary source of core funding and have been an amazing support to us over the last 30+ years. We met with officials to highlight the work that LEAP does within our communities and had staff, volunteers and clients letting them know what a difference we are making.

Our classes are thriving, thanks to our tutors and staff team! Remember – if you fancy a class that's not being offered do let us know and we'll do our best to help.





Funding remains an issue but we still have Georgie Madden working tirelessly in the background to identify and secure funding opportunities while the rest of the team focus on keeping the budget tight and providing the very best value for the money that we do receive. We now have five premises to maintain and manage but will be able to use these assets to generate some income through hall hire and other activities.

Thanks as always goes to our amazing staff, led by Stuart McGregor our Executive Director. Stuart's been with us a very long time and is an insightful and inspiring leader. The staff are an exceptional bunch (all 15 of them!) and it's in no small part thanks to them that we are so successful year on year in continuing to support and help people and communities on such a large scale.

A huge thank you must be given to my fellow Trustees who give their time, energy and skills on a daily basis to help run and promote LEAP. This is the definition of a volunteer and applies to so many of you beyond those on the Board. We would not be able to achieve all this without you all.

To all our volunteers throughout South Lanarkshire we, the Trustees, cannot thank you enough for all you do. You are the backbone of LEAP!

I would also like to thank our South Lanarkshire Councillors and our MP's & MSP's for their support of LEAP – it's a huge help to us and appreciated by all.

To all of our funders – thank you for trusting us with valuable resources and believing in what we do for our communities. And thanks also to our "Recycled Teenagers" for hosting a lunch for volunteers week. I can honestly say (since I was there) that everybody enjoyed a lovely afternoon.

I will sign off for now. Here's to good health and hopes for our continued success in this, our 34th year of operation.

We don't fall back – we LEAP to the future!

God Bless,

Gillet . Feran

Chair

# Treasurer's report

If you have been watching TV, listening to radio or reading the papers it won't have escaped your notice that more and more charities are advertising asking for your support to help their good causes.

Firms who would usually donate to our sector are finding that, since COVID, their business has fallen off and, as a result, many have stopped, or dramatically decreased, donations to charities.

Similarly, local and national Government have found their budgets being stretched tighter every year and less being available to support the charity sector.

Last year's decision to keep our funding was once again put under scrutiny, with South Lanarkshire Council continuing our funding for another year but putting all third sector funding out to review during the year.

The trustees set about making a plan of action with Stuart, our executive director. This included offering visits to Councillors, MSPs and MPs and calling on our secret weapon – YOU, our clients, volunteers, families and friends who have worked with LEAP over the years.

We made it clear what we felt about the proposed cuts through surveys, and many people contacted their Councillors to register their feelings.

We also invited senior members of South Lanarkshire Council to find out more about LEAP, and both Paul Manning, Chief Executive and Joe Fagan, Leader of the Council, met us, with Joe visiting our Toll Pitch Community Hub to hear about our impact on people in our community.

I'm glad to say both appear to have been impressed with what we do, and we now wait to hear whether our efforts have been successful.



We still, however, have had to tighten our belt and it is with great sadness that we have had no option but to part company with some members of staff and have others reduce their working hours.

Elsewhere, Georgie Madden continues to find money from an increasingly wide range of funders. The amounts she manages to find may not be as much as in previous years but a further £200,000 from the National Lottery has helped secure our befriending service and leisure and learning programme for the next three years.

Finally, I would like to thank everyone involved with LEAP for their support this past year, especially those who have made sure our voices are heard at government level. Your efforts may well make the change needed to ensure LEAP's survival.

Jeg ministration

Jim Cunningham Treasurer





It has been a year of many changes for our befriending service this year. We have seen an increase in volunteer interest over the last year and so have been able to expand some of our friendship groups.

There is still a huge demand for our one to one and friendship groups with a continued waiting list, but staff work very hard to reduce this over the year.

We have offered our befriending service to 234 clients over the year through our groups and one to one visits.

These can often be a lifeline for clients who don't have family nearby and rely on us for companionship and we continue to improve the quality of life of many residents in the South Lanarkshire area.

One of the big changes we have had this year is in staffing due to uncertainty of future funding. We now only have two part time staff members managing our

Heather Jackson, volunteer development officer

"I am delighted to be matched with a telephone befriending volunteer for a few months now through LEAP. My moods and general mental health has improved considerably and have been enthused by the connection I have had with the telephone befriender.

"It has been truly beneficial for me. I feel I have known the volunteer for some years now and at some point it would be nice to actually meet up with her to have a face to face blether!"

befriending one to one matches with the support of lain English, who has kindly sacrificed his salary but has continued in his role as a volunteer development officer.

Due to the restraint on monies within the organisation we also were unable to hold our larger scale volunteer events for Volunteers and Befriending week this year, but instead joined in with some volunteer recruitment events over the week in June.

We continue to offer a range of developmental training for our volunteers that includes Emergency First Aid, Mental Health Awareness, Active Games Leader Training, and Moving and Assisting Training.

We ran a joint session with RNIB and the Falls Team at the end of October and we also were able to attend Communication and Loss training through Kilbryde Hospice for some of our volunteers.

Also following on from the renovations in the Toll Pitch Community Hub we were able to host a Volunteer Christmas get together as a thank you for the hard work of our volunteers throughout the year.

We couldn't run the project without these volunteers and I want to end with a huge thank you to them all.

We have a befriending team of three supporting our amazing community of 171 volunteers throughout the year.

They have given an amazing 13,884 hours of their time to run our service, and the impact on those sometimes most vulnerable in the community has been immense.

"Jo is great at levelling me/calming me down when I am worrying about something. She helps me see the full picture and calms my mind, more so than the CPN support at times. Feel with her support I am trying new things and meeting new people again."



"LEAP does an exceptional job. Volunteers are all excellent, very kind. Joyce, one of the volunteers came up to me when I was shopping and said hello. If I didn't have LEAP, this wouldn't have happened and I would have spoken to no-one that day. Marvellous job."



Our friendship groups are extremely popular and have seen a rise in people joining during the past year.

We currently have groups in Rutherglen, Cambuslang, Blantyre, Hamilton, and East Kilbride and, such is their popularity, they are now at capacity with waiting lists to join.

In response, we have expanded the number of groups from eight to ten. We now have more than 100 people registered and 27 volunteers who run the groups

In June 2024 we launched the Strathcona Group, East Kilbride and in June 2025 we will launch a new group at Centenary Gardens, Hamilton. Strathcona is very popular with residents of the sheltered housing complex and other people who join them.

Group members enjoy playing games such as dominos, bingo, fitness, arts & crafts and reminiscence sessions. Some members just enjoy a cuppa and chat.

During the past year our groups have benefited from partnership working with NHS Lanarkshire

### Donna McPherson Groups Co-ordinator

"I really enjoy coming

forward to it. it makes

to the group. I look

my day."



who have attended and delivered Health & Wellbeing sessions on assorted topics such as Falls Prevention, Nutrition and Oral Health, and Bowel Cancer.

We have also had speakers attend to deliver talks on subjects such as Energy Advice, A History of Coal & Steel Industry in Rutherglen &

Cambuslang, Old Cambuslang, The Titanic, and Grahamston, Glasgow's forgotten village. Some of our groups have also enjoyed trips out for lunch, to Low Parks Museum and Summerlee Museum.

Several of our members have formed new friendships with one another outside of the groups and we have received a lot of positive feedback from our members and volunteers.





It has been a bit of a different year for our handyperson service as we have concentrated a fair amount of effort on refurbishing our new Community Hubs.

So far my volunteer team and I have worked to help bring Toll Pitch and Spittal Community Hubs into public use again, particularly in Toll Pitch, which needed a complete gut out and refit. And now we will be working on our third Hub in the former Halfway Library.

However, that doesn't mean our clients have been left to fend for themselves. Far from it, as my volunteers have picked up ALL the jobs I would have done and given our clients a first-class service. During the year, the team of more than 30 regular volunteers carried out around 1,250 jobs, mostly on their own or in pairs. To do this, they volunteered more than 750 hours of their precious time. For this I am very grateful.



### Kevin Key Handyperson Service co-ordinator



And we again helped customers with bigger jobs where they would usually contact a tradesperson but might be uncomfortable with doing that because of cost or rogue traders.

We completed more than 150 such jobs by fitting the likes of keysafes and smoke alarms. This work brought in more than £10,500 of valuable income that allows LEAP to continue its free handyperson work.

This past year has seen more varied work including building flatpack furniture, installing grab rails and other safety items. We are still looking to add to this list of works by including jobs such as fitting telephone call blockers.

Another aspect of our service that is growing in popularity is our referrals to reliable and cost-effective traders. Last year alone we made more than 500 referrals to those traders, often to repeat customers looking for more work to be done to their homes.

And we continue to support South Lanarkshire social work and NHS departments to make people's homes fit for them to return home as soon as possible after hospital treatment.



























Our Learning & Leisure programme - now known as Learning, Health and Wellbeing - had another year of new, exciting opportunities, as LEAP acquired two community hubs from South Lanarkshire Council. This allowed us to add new activities to our programme and connect new people to our charity.

We were able to establish two new groups in Rutherglen, which attract an average of 24 new people per week. The people in our Keepfit class have become friends and have a lot of fun while they work to improve their fitness and strength: 'There are a lot of different levels of fitness between us, but the one thing we all agree is on the fact we are all feeling fitter and healthier, which improves our mental health too.'

The extra classes in Rutherglen bring the total number of sessions across all areas to 907, which is an additional 133 sessions compared to 2023-2024. The sessions were attended by 1398 people, an increase of 13 per cent. Historically we have always been well established in Cambuslang. This remains our hotspot for classes, with an average of 17 activities per week attended by 923 people.

#### Lysanne Erlings Learning Co-ordinator



We have invested in relationships with local partners in Hamilton and Blantyre to attract new people. The St. John's Church in Hamilton is a valued local partner where we already offered a New Age Kurling class.

Community members asked us to put a yoga class on for them in the church, which we did. The class started in September with 10 people, and had already grown to 26 attendees four months later. We now attract 231 people in Hamilton, which is an increase of 42 per cent.





In 2023-2024 we established a new working relationship with Blantyre Life, where we offer Tai Chi and yoga classes. After requests for art classes, we are now also offering drawing courses here.

In November 2024 a member of the community approached me to ask for an exercise class for people who live with Parkinson's. She lives with the disease and exercise is important to manage its symptoms, but there aren't any classes available in her community.

After approaching Parkinson's UK and securing training and funding, we were able to offer a Keepfit with Parkinson's class. Before we started the class was at capacity.

It is still fully attended every week, and people notice the impact it has on their bodies: 'It is a friendly and relaxed place. I am enjoying the boxing as well. It loosens my body, my stiffness

and improves my balance. I note a big difference in the mobility of my neck'

Partners of our participants stay in the café during the class and tell us how lovely it is for them to meet. This grew organically and is a valuable additional benefit of the class.

We are now engaging 121 people in Blantyre Life, up from 84 last year. One of the participants in Blantyre attends all three classes: 'I retired just over two years ago due to my health. I was struggling initially despite the family support I had, because I didn't want them to worry about me. I joined LEAP and the Tai Chi, Yoga and Drawing positively impacted on my mental health and my physical health.'

LEAP is currently refurbishing the former Halfway Library community use. I am excited to introduce activities in Halfway, where LEAP started all those years ago.



When our founding members sat down to think about finding things for older people to do, I don't think they thought about where LEAP might make this happen other than in local halls and churches.

To be honest, neither did we until South Lanarkshire council approached us in 2023 about taking over the leases to Toll Pitch Community Centre in Cambuslang and Spittal Community Centre in Rutherglen.

Despite both having lain empty for more than a year, and both buildings being in a pretty poor state, we could see the possibilities of using them as LEAP Community Hubs, where we could hold some of our learning and leisure activities AND offer the premises to local people and organisations. We finally agreed the leases for both early in 2024 and set about making the buildings fit for purpose as Community Hubs.

Spittal, while nowhere near perfect, was in sufficiently good order that, with a minimum of time and spend, we were able to open it for some of our activities by late 2024. Toll Pitch was a bit different. There was no way we could use it as it was. It needed completely gutted and rebuilt inside and out.

# Stuart McGregor Executive Director



From a dumping ground for old furniture and outdated facilities, we have turned it into a dual space Hub, complete with disabled access, a fully-working kitchen, functional tables and chairs and quality audio-visual equipment.

We were finally able to offer both Hubs for people to hire by the end of January 2025 and, within weeks, Spittal Community Hub was running at around one-third capacity and Toll Pitch Community Hub was at more than half capacity.

This was a great start and gave us immediate, and sustainable, income to help run the Hubs. People have continued to use both, and feedback suggests they will be popular outlets well into the future, with organisations as wideranging as churches, slimming clubs, dog obedience classes and dance classes all lining up to hire the spaces.





Local people have also been keen to use the Hubs for celebrations such as children's parties, and adult birthday and anniversary parties.

This level of interest confirms our initial thoughts that both Hubs would be successful and led to us pursuing a third lease at the former Halfway Community Library.

We took on the lease for the library on 1 April 2025 and we are currently undertaking major internal works to turn it into our third Community Hub which we hope to have fully-functioning by September 2025.

While the work needed to bring all the Hubs up to a decent standard has not been cheap, it is already clear that it is a worthwhile investment in term of both income and a reduction in spend on hall hire for our classes and activities. And it pleasing to see how other organisations have come forward to help us with the refurbishment costs.

I particularly want to thank Liberty Locksmiths and Millar Blinds Group for their help at Toll Pitch, and Retail Design Consultants who will be helping greatly as we refurbish the old Library.

And, of course, our volunteers, who have stepped up to help in all three Hubs, as well as still taking on handyperson work elsewhere.

With everyone's help we have been able to offer other groups and people welcoming places to be and hold events and all the income generated will be ploughed directly toward maintaining and operating the Community Hubs to the benefit of their local communities.





What a year it has been for the LEAP Dementia Service.

The Clydeford View Wednesday Lunch Club continues to flourish, currently supporting 22 people living with dementia and their carers.

This vibrant group has become a cornerstone of our service, offering vital respite for carers and enhancing the quality of life for participants.

We were delighted to receive support from the Integrated Care Fund, with funding commencing in June 2024. This has enabled us to expand our services significantly:

- in September, we launched a new lunch group at Strathcona Sheltered Housing;
- we also introduced two exciting new initiatives: a music group and a Dementia Café; and
- due to the popularity of the music group, we established a second group in Rutherglen with support from Music for All.

# Helen Jilks Dementia Services Co-ordinator

The lunch clubs are designed to provide support and respite for carers while engaging people living with dementia in meaningful activities.

Each session begins with a shared lunch, after which the group splits: carers participate in information or wellbeing sessions, while clients engage in tailored activities designed to meet their individual needs. These groups have been extremely well received, with consistently positive feedback from both carers and participants.



Group	Number supported
Clydeford View Lunch Club	28
Strathcona Lunch Club	24
Music For the Mind East Kilbride	23
Music For the Mind Rutherglen	17
Memory Lane Café	26
Clients supported this year	127
Number of volunteers	15

Our music group offers a one-hour session combining chair-based exercises, musical activities, and sing-alongs.

Evidence shows that music can significantly reduce anxiety and depression, support speech and language retention, and enhance overall wellbeing for both people living with dementia and their carers.

In recognition of the success of these groups, we applied for additional funding to appoint an Activities Co-ordinator.

We are pleased to report that we secured one year of funding for this post, which commenced in May 2025. This new role will allow us to expand our reach across South Lanarkshire, with plans already in place to launch: an activity group in Cambuslang; and a new group in Blantyre Life.

We are proud of what has been achieved this year and look forward to building on this momentum to support even more people living with dementia and their carers across the region.



# **Income and expenditure for the year ending 31 March 2025**

Income (£)	2025	2024
Donations	14,739	10,379
Grants	298,635	306,529
Other income	34,740	53,000
Total income	348,114	369,908
Expenditure (£)		
Staff costs	275,349	266,882
Class running costs	29,343	18,136
Materials	4,048	5,436
Travelling expenses	3,296	4,240
Training	597	3,477
Heat and light	4.966	3,323
Rent, rates and water rates	16,934	19,417
Cleaning	1,907	1,474
Telephone and broadband	3,684	2,601
Postage	2,398	3
Photocopying and printing	984	521
Stationery	537	411
Advertising and promotion	201	280
Motor expenses	3,943	4,145
Repairs and renewals	58,226	610
Security costs	5,522	1,444

Computer supplies and equipment	1,827	8,156
Office and other equipment	63	9,276
Office and garden refurbishment	1,233	8,362
Professional fees	-	1,200
Accounting fees	696	3,850
Payroll fees	936	888
AGM Expenses	-	2,337
General expenses	382	16
Insurance	3,453	3,706
Bank charges	119	161
Subs, publications and membership fees	2,759	2,862
Volunteer expenses	2,406	4,898
Recruitment costs	-	-
IT support and management	-	722
Home & Garden/handyperson costs	2,307	2,175
SCVO IT project costs	-	7,820
Catering	1,849	157
Card costs	-	384
Fundraising expenses	-	32
Audit fees	-	-
Health and Safety	213	-
Total expenditure	430,730	371,145
Net income/(expenses) for the year	(82,616)	(1,237)
-		

### Balance sheet at 31 March 2025

Current assets (£)	2025	2024
Debtors and prepayments	5,294	5,448
Cash in bank and on hand	255,444	310,012
Total current assets	260,738	315,460
Creditors - amounts falling due within one	123,140	92,245
Net current assets	137,598	220,215
Total net assets	137,598	220,215
Funds	137,598	220,215

The financial statements were approved by the Board and signed on its behalf by Gilbert Feron, Chair.

### The LEAP family

Willie Cairns, communications officer

Matthew Craig, data administrator

Iain English, volunteer development officer (now a volunteer since

lain English, volunteer development officer (now a volunteer since February 2025)

Lysanne Erlings, learning, health and wellbeing co-ordinator Claire Glennon, human resources manager Kat Hannon, volunteer development officer Margaret Hogg, administrator Heather Jackson, volunteer development officer Helen Jilks, dementia services development officer Kevin Key, handyperson co-ordinator Georgie Madden, business development manager Calum McGregor, IT support officer and tutor Stuart McGregor, executive director Donna McPherson, friendship groups co-ordinator Moira Pettigrew, finance administrator (left 31 March 2025)

### Our funders 2024-25

National Lottery
South Lanarkshire Council
Integrated Care Fund
Community Mental Health
Fund

Allied Vehicles Charitable Trust

**Asda Foundation** 

Cambuslang Community
Council

Clothworkers

**John Lewis** 

**Music for All** 

**Morrisons** 

**Parkinsons UK** 

**Scotmid** 



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### Enhancing the lives of older people in our community