STIRLING CARERS CENTRE

EMPOWERING • INCLUSIVE • ACCOUNTABLE

Annual Report 2025/26

Chair's Report

On behalf of Stirling Carers Centre, it is my pleasure to present the Annual Report for 2025/26.

Throughout the year, Stirling Carers Centre continued to provide high-quality support to unpaid carers across Stirling, helping people navigate the practical, emotional and financial challenges that can accompany a caring role. We supported carers with increasingly diverse and often complex needs, tailoring our services to ensure support remained person-centred, responsive and accessible.

Our staff, volunteers and trustees remained committed to ensuring carers were recognised, valued and supported. Their dedication, professionalism and compassion enabled us to respond to a wide range of individual circumstances and deliver support that made a meaningful difference to carers' lives.

This year saw a greater focus than ever on supporting carers' wellbeing. Through counselling, complementary therapies, short breaks and opportunities to connect with others, we helped carers prioritise their own wellbeing and build resilience.

During the year:

- **79 carers received professional counselling support** to help them cope with the challenges of their caring role.
- **148 carers benefited from complementary therapies** to reduce stress and improve wellbeing.
- **Over 300 short break events and activities** were provided.
- **More than £102,000 was distributed in short breaks grants**, enabling carers to take a break that suited their individual needs.

These figures represent much more than activity alone. They reflect carers being given the opportunity to recharge, build connections with others, and maintain their own wellbeing alongside their caring responsibilities.

Once again, I have the privilege of thanking all those who contribute to the success of Stirling Carers Centre

To our dedicated staff, who continue to demonstrate professionalism, compassion and commitment in everything they do, thank you. You can be justifiably proud of the difference you make to carers' lives every day.

To our statutory and independent funders, whose support remains critical to the delivery and development of our services, thank you for your continued confidence in our work.

To my fellow Board members, thank you for the governance, oversight and support you provide to the organisation throughout the year.

To our volunteers, your generosity, time and commitment make a lasting difference to carers across Stirling. Our thanks can never fully reflect the value of your contribution.

As the remainder of this report demonstrates, the Centre remains financially stable, our services continue to make a positive difference to carers' lives, and the people involved in every aspect of the organisation remain a constant source of pride and inspiration. Together, we will continue to ensure that unpaid carers across Stirling receive the recognition, support and opportunities they deserve.

Thank you,



David Khan

Chair

2025/26 Overview

494
new carers registered

78
re-registrations or new caring situations

1707
carers directly supported

£102k
distributed in short breaks grants

1035
1:1 support appointments provided

204
Adult Carer Support Plans completed or reviewed

189
Young Carer Statements completed or reviewed

439
carers benefitted from short breaks events & activities

79
carers received professional counselling support

Financial Report



Donations & Legacies	£521,010
Charitable Activities	£347,308
Investments	£10,216



Raising Funds	£114
Charitable Activities	£842,887

For the year ended 31 March 2026, the Statement of Financial Activities shows an overall surplus of £35,533 (2025 deficit £69,893).

The reserves policy adopted by the Board is based on the major risks facing the organisation. An estimate has been made of the policy monetary impact and risk weighting based on the likelihood of an unforeseen event occurring. This allows a monetary value to be assigned to the reserves required. The level of reserves is monitored by the Directors on a quarterly basis. As at 31 March 2026 the total unrestricted free reserves stood at £380,602 (unrestricted less designated) (2025: £419,021). The Directors aim to maintain free reserves at a level of three to six months annual expenditure, which is considered sufficient to cover staff and operating costs on a short-term basis to allow for restructuring in the event of a significant decrease in funding. The level of free reserves at 31 March 2026 was within the Board of Director's target.

Funders & Supporters

The service contract funding we receive from our statutory partners, Clackmannanshire & Stirling Health & Social Care Partnership, allows us to provide many of our core services, and for this we are most fortunate. However, our additional services are funded by a range of trusts and individual donors, without whose support our service would be greatly restricted. We would like to extend our thanks for their on-going support.

The Robertson Trust

HENRY SMITH FOUNDATION

COMMUNITY FUND

Supported by BBC Children in Need

Garfield Weston FOUNDATION

global's Make some NOISE

SCOTTISH CHILDREN'S LOTTERY Trust

cashforkids

SHARED CARE SCOTLAND

THE CHARITABLE TRUST

Foundation Scotland
Where philanthropy meets community

Trusts & Foundations

- 7 Stars Foundation
- Age Scotland
- BBC Children in Need
- Carers Trust
- Cash for Kids
- David Family Foundation
- Foundation Scotland
- Garfield Weston Foundation
- Global's Make Some Noise
- Henry Smith Foundation
- National Lottery Community Fund
- Robertson Trust
- Shared Care Scotland
- Scottish Children's Lottery Trust
- Scottish Government Community Mental Health & Wellbeing Fund
- Stafford Trust
- Stirling Council
- Tesco Stronger Starts
- Volant Charitable Trust



Local Giving

- Yardi Systems
- The Haggis & Hoolie
- Youth Philanthropy Initiative

In-kind Donations & Discounted Services

We are fortunate to have the support of a large number of local businesses and service providers who offer in-kind donations and discounted services to support local carers. A full list can be found on our website in the About Us section. We are grateful for their support.

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NHS Forth Valley

Stirling Council

Clackmannanshire & Stirling Health & Social Care Partnership

A Network Partner of CARERS TRUST

CARER POSITIVE Employer in Scotland ESTABLISHED

Living Wage Foundation

disability confident EMPLOYER

TRUSTED STANDARD LEVEL 1 NCVO Awarded 2023

Carers Forum Stirling Area t/a Stirling Carers Centre is a Company Limited by Guarantee No. SC165487 and Registered Charity No. SC020213