



Annual Report

2008-2009

Pillar Aberdeen Chairman's Report 2009—Mike Lowit

PILLAR ABERDEEN

MIKE LOWIT, CHAIR OF THE BOARD OF DIRECTORS

ANNUAL REPORT 2009

To those of you who support or use Pillar or are closely involved in its running, it will come as no surprise to hear me say that the last year has been the most difficult and critical time that I can recall, since I took over the chair of the board of directors in 1991: Our main and virtually sole funder, Aberdeen City Council, has found itself in particularly difficult times and has had to pass some of that difficulty on to us in the shape of a sizable reduction in our funding. In writing this, I do not want any one reading it to make simple judgements that Aberdeen City Council is somehow bad, or uncaring in having to pass on these cuts. Pillar is an organisation closely involved in community life in the City and so it is right that it should share the hard times as well as the better times. That does not mean that we passively accept the cuts to funding: A bit like the proverbial duck in water, Pillar has seemingly sailed on through these times while, beneath the water, its feet have been paddling at full speed. By this I mean that we have made the best of a very difficult situation for which we have long been preparing.

I personally cannot express strongly enough the skilled work of Pillar's manager, administration support and the workers and volunteers and all the members in making a positive success out of the cuts so far. We have worked closely with the Council, Health Board partners and our colleagues, friends and allies in the voluntary sector to make it clear that Pillar represents value for money and that it occupies a key place in mental health supports in Aberdeen. We have arranged our systems and budgets and financial plans so that we could take a large cut in funding and still go on doing the good work which members tell us provides a literal life-line in times of difficulty. And when the cuts came, in the beginning of the financial year, we had identified key principles to allow us to take the strain with minimal disruption to the crucial services of support to vulnerable and needy people.

In this process many people deserve special mention - the workers who accepted loss of earnings and reduction in working conditions, the members who uncomplainingly tightened their belts and gave up the very few luxuries that Pillar offered, the staff who went beyond the last mile in making our new and slimmer budgets work and the Board and volunteers who have given time and effort in worrying times. Member reps in particular have done crucial work in this regard. I seem to always be emphasising to those outside Pillar that it does not deal in tokenism. The member rep role is proof of the very real service user involvement at the cutting edge of the service. A very small and dedicated band of member reps have given a lot of their time and energy to help Pillar to continue to be a positive service in these difficult times. It seems to me that this group of people have risked much of their own fragile mental health in helping to carry the stress and worry of these times.

Pillar Aberdeen Chairman's Report Cont'd

Therefore, Pillar finds itself still up and running as a strong and positive organisation despite all the adversity of the past year. It works hard and it works well with its funders and supporters. Evidence from members' feedback suggests that Pillar is still a positive vehicle in paths to recovery.

So what, you might ask, does the future hold for us? Aberdeen City is not yet out of its own financial difficulties and it is unfortunate indeed that those difficulties occur at a time of global recession, when central government is talking about restricting funding to public services. We have to be realistic in this and accept that there may be more cuts in our funding. We also have to be realistic that all voluntary organisations are in the same position and so it is harder and harder to chase funding from other sources. As before, Pillar is forward thinking in this situation: We continue to put most of our energy into working with the Council. We have continued to occupy a major place in their strategy to provide adequate mental health services in this weakened financial climate. To this end, we are exploring options of working with other organisations and Mental Health Aberdeen in particular, to see if we can share costs for any aspect of the work we do. We also need to give time and effort to marketing ourselves and looking for any scraps of alternative funding, difficult though that may be.

Mention of the work we are doing may bring to mind some of the more anxious rumours that fly about at times like this. Pillar plans to keep going through these troubled times, offering a strong and positive service to its members. Pillar values its independence and recognises that its members value its uniqueness. Therefore, we have no plans to merge with any other organisation or do anything that jeopardises our independence. And, if we have to further tighten our belts to go on doing this, we will do so with a strong and positive attitude and foremost with the principle of minimising disruption to the recovery of members.

Mike Lowit

Pillar Aberdeen Managers Report 2009—Kathryn Gauld

It seems almost impossible that time to compile the Pillar Annual Report has come round again but time really does fly in a busy place like Pillar Aberdeen.

I am pleased to be able to report although we have had an extremely challenging year we are looking forward positively to the future. Pillar is a strong organisation and as an experienced organisation Pillar is no stranger to change it is known for its capacity to adapt positively to change. Pillars strength comes from many years of listening carefully to the many members who have passed through Pillar over its 31 years. Member's expertise of personal recovery needs go hand in hand with the experience of Pillars skilled and committed workers, volunteers and students who come through Pillar on their learning journey. We plan to continue to develop and build on what our members tell us has been helpful and effective for them.

This Years Report

The Annual Report gives us the opportunity to give a picture of the varied range of support and activities Pillar can offer and demonstrate some of our key achievements in 2008/09. In a short report like this it is not possible to do justice to all the achievements and aspects of Pillar but you can find more information on www.pillaraberdeen.co.uk

Member's contributions and comments in the following pages of the report will give you a very good insight to the value of the support and services people receive at Pillar. These comments are very personal to each member and express the very essence of Pillar and the crucial nature of the type of support that people feel they gained through involvement with others at Pillar. This is the key to everything Pillar does.

Sincere thanks must go to our members for their continued commitment to giving personal feedback when asked time and time again even at times when it is sometimes personally very difficult for individual people; this is testimony to the strong voice of our members as service users who are determined to have their voice heard.

In this challenging year, Pillar has achieved its aim to focus its efforts and resources to provide affective person centred support that is recovery focused to its members while continuing to provide a flexible service six days a week over daytime, evening and weekend times that are helpful to members.

Individual recovery focused support

In this last year Pillar has had much success in taking forward recovery focused work with individual members. Offering people the opportunity to create individual 'Personal Recovery Plans' and to review personal achievements regularly. Member's feedback that this has been a great success helping people to build on their personal skills, work towards achieving personal goals and look to the future opportunities beyond Pillar.

Members have commented

"I think I have done nothing ...but when I look at my plan at review I realise I have actually achieved something". "Good to have these reviews as you can see how far you have come... and you can be surprised!" "Not as scary as you may think it is going to be".

Through Support

Pillar has developed further its 'Through Support' opportunities that aim to help people build on their personal recovery plans. This offers practical help and support to identify and access the choices open to members in the local community and beyond traditional mental health services.

The success of this has been very much in the hands of our members who have made the most of the opportunities offered, working alongside Pillars highly skilled team of workers who help and support people achieve their personal goals and move through and on from Pillar. In our statistical information you will see the wide and diverse range of opportunities we have supported members to engage with to promote personal recovery and we call this Pillar 'Through Support'.

Pillar Aberdeen Managers Report 2009—(cont'd)

Joint Working

In this year Pillar has successfully taken forward developments in our joint working relationships with many key partners. These established working relationships with other organisations such as Aberdeen College, RGU, local Community Centres and partners in Health and Social Work, along with fellow providers of mental health support services such as MHA, Turning Point Scotland, Grampian Autistic Society who provide a weekly drop-in session at Pillar and many more have helped to maximise choice for Pillar members, along with developing many positive co-working opportunities that promote personal recovery.

Pillar is actively working with Healthy Minds Community Learning Project; the aim of the project is to assist adults who are mental health service user's access learning and leisure opportunities with in Aberdeen City. This is a well established working link and we are actively planning into the future. This has proved an excellent partnership that compliments the aims of both organisations. Job Centre Plus also provides a regular and direct service to Pillar members looking at all aspects of employment information and offering individual support to members. Advocacy Services Aberdeen provides direct services to Pillar members and work closely with the Pillar staff team. Pillar has a long standing working relationship with Grampian Police and have recently become one of the five registered organisation in Aberdeen that will provide a safe and less daunting support service to individuals while acting as an appropriate party in the reporting procedure for 'Prejudice Incident'.

It would be impossible to name all our partners in this report but it is vital to say that we value our links with others and will continue to develop these while exploring new working partnerships.

Maintaining Pillars Unique Atmosphere

I have highlighted one or two ways we have expanded our support and services to individual members in this year. Members tell us this has been a great added bonus to what they receive from their time at Pillar while maintaining the unique atmosphere of Pillar that still feels informal "*safe, friendly and fun*".

Yearly Statistics

In the following pages you will see some diagrams and tables highlighting much of our statistical information I hope you will find this interesting. One of Pillars major achievements in this year has been to update and develop our comprehensive statistical information gathering system. This IT system has allowed us to evaluate and understand better the needs of our members and how best to plan as an organisation to meet those needs. It informs the delivery of our services to best affect for our members helping us to get best value from the resources we have.

I would like to say a big thank you to our administration team who have been central in developing and managing this system, their hard work and expertise is a great asset to Pillar and is very much appreciated.

I believe we have reached the end of the Pillar year with a strong vision for the future with a strong team of dedicated directors, member representatives, workers, administration staff and volunteers who will continue to work hard to do our best to carry on providing a top quality service to members. Pillar has much to be proud of in its work in this year and is well prepared to cope with the challenges in the future.

Kathryn Gauld

Manager

COMBINED PILLAR SESSIONS AND THROUGH SUPPORT STATISTICS 2008-2009

Individual Attendances			
	July 09	August 09	September 09
Male	65	60	60
Female	52	43	46
Total	117	103	106
Age Group:			
Under 20	0	0	0
20-29	7	8	7
30-39	21	16	16
40-49	30	28	29
50-59	23	25	24
60+	26	22	22
Unknown	10	4	8
Individual Monthly Totals	117	103	106

Total Attendances			
	July 09	August 09	September 09
Male	479	468	428
Female	198	185	207
Total Attendances	677	653	635
Age Group:			
Under 20	0	0	0
20-29	63	59	47
30-39	156	103	104
40-49	226	247	227
50-59	72	85	96
60+	149	155	146
Unknown	11	4	15
All Attendance Monthly Totals	677	653	635
	QUARTERLY TOTAL		1965

JOINT WORKING AND THROUGH SUPPORT STATISTICS 2008-2009

Session	Joint Working With
Bowling	Sunset Boulevard/Westburn Outdoor Cnt
Comedy Workshop (outwith pillar)	Healthy Minds/Comm Learn
Cooking Group	Inchgarth Community Centre
Entertainment Session	Healthy Minds/Comm Learn
Gym	Inchgarth Community Centre
Job Centre Plus Advisor	Job Centre Plus
Mountain Biking	Healthy Minds/Comm Learn
Music Group outwith Pillar	Healthy Minds/Comm Learn
Orienteering	Healthy Minds/Comm Learn
Outing - Aberdeen College	Aberdeen College
Outing - Banchory (using public transport)	
Outing - Bar Lunch/Supper	
Outing - Craft	
Outing - Newburgh	Healthy Minds/Comm Learn
Outing - Volunteer Centre	Volunteer Centre
Outing - Women's grp - Maritime Museum	
Telephone Support	In-house
1 to 1 Support - Education	In-house
1 to 1 Support - Employment	In-house
1 to 1 Support - H/Living	In-house
1 to 1 Support - Other Orgs	In-house
1 to 1 Support-Sport/leisure	In-house
Yoga outwith Pillar	Healthy Minds/Comm Learn

Pillar Members Attendance per month

Venue	Jul	Aug	Sep
Sunset Boulevard/Outdoor Bowling	11	14	4
Rosemount Community Centre			
Inchgarth Community Centre			
Inchgarth Community Centre			
Inchgarth Community Centre			
Pillar Aberdeen		3	
Public Place (Kirkhill Forest)	13		
Rosemount Community Centre			
Public Place (Kirkhill Forest)			
Aberdeen College	8		
Public Place	16		
City Centre Social Setting			9
Public Place			2
Public Place		6	
Volunteer Centre	1		
Public Place		3	
Pillar Aberdeen	15	7	17
Pillar Aberdeen	5	40	19
Pillar Aberdeen	4	24	10
Pillar Aberdeen		13	4
Pillar Aberdeen		1	3
Pillar Aberdeen		6	46
Rosemount Community Centre		1	
Total attendances per month	73	118	114

What's on throughout the week at Pillar

Monday	Tuesday	Wednesday
<p>Social Contact Session 1-3pm (Downstairs)</p> <p>Rolling Programme 1-3pm e.g.</p> <ul style="list-style-type: none"> • College Classes • Art Group • Calligraphy • Digital Photography • Life Skills <p>Ten Pin Bowling 1-3pm Sunset Boulevard (Summer months also green bowls and other outdoor sports)</p>	<p>Post Natal Depression Support Group 10am – 12noon (Downstairs) Crèche available in Pillar upstairs</p> <p>Women's Group 1-3pm (Downstairs)</p> <p>Social Contact Session 6.30 – 9pm (Downstairs)</p> <p>Young Persons Group 6.30 – 9pm (Upstairs)</p> <p>For 16-25 years. Social contact and opportunity to arrange and take part in a wide range of activities both in and out of Pillar.</p>	<p>Hearing Voices Group The first Wednesday of every month 1-3pm (Upstairs)</p> <p>Social Contact Session 1-3pm (Downstairs) With:</p> <ul style="list-style-type: none"> • Job Centre Plus Worker • Advocacy Worker

Pillar Aberdeen is a NO SMOKING building

Thursday	Friday	Sunday
<p>Over 55's Group 10am – 12noon (Downstairs)</p> <p>Craft Group 10am – 12noon (Upstairs)</p> <p>Social Contact Session 6.30pm – 9pm (Upstairs and Downstairs)</p> <ul style="list-style-type: none"> • Leisure Test Drives (small group outings) to local social venues • Relaxation 	<p>Appointments and pre-booked classes etc. 10am—12noon</p> <ul style="list-style-type: none"> • College Computer Classes • Individual Through Supports • Memberships <p>Healthy Lifestyles Day and Social Contact Session 1-3pm (Upstairs and downstairs)</p> <p>There is a varied programme of events and special interest groups on offer along with the Social Contact Session eg.</p> <ul style="list-style-type: none"> • Local Walks • Talks • Visits • Gym • Community Groups • Swimming • Yoga • Cooking 	<p>Social Contact Session 1-3pm (Upstairs and Downstairs)</p> <p>Relax, chat or browse through the Sunday Papers.</p> <ul style="list-style-type: none"> • Reflexology Sessions

MEMBERS COMMENTS

"Very well organized, helpful and I find it a very nice and friendly place to be, I can't praise it enough"

"A place where you can be open and honest and be yourself, one big family"

"Meeting other people is important to me"

"If it wasn't for Pillar, life would be very lonely. Pillar is one big happy family and somewhere safe"

"A good place to chill out and play pool"

"Pillar is a very comfortable and welcoming environment"

"I like to play pool; I play a lot in a club. Pillar is also very friendly and I meet new people"

"I think Pillar is a good service and I don't know what I would do if it was not there, as I depend on Pillar"

"Pillar is important to me, especially as I am on my own at home"

"Pillar is a good place to meet people in the same situation as yourself. It's good to talk, play pool and dominoes"

"All Pillar staff is friendly and helpful. I like coming to the Art Classes and other activities"

"I have found this group very helpful. It is comforting knowing that other people experience the same feelings and worries as myself"

"I enjoy the social interaction, meeting new people and the company"

"I enjoy coming to Pillar for the social contact, playing pool and being able to get our from four walls at home"

"When I need time out I go to Pillar. It's good to talk and you leave everything behind"

"It is important to feel safe and to get on with other members, to speak to staff and be supported with my issues"

MEMBERS COMMENTS

“I find that Pillar helps me and my Son as I have post natal depression. If I didn't have this PND group I feel that I wouldn't cope. It also helps my Son and I socialize”

“Pillar helps you get back on your feet again and helps if you are feeling vulnerable. Set hours help you plan out week activities. Staff are excellent as are other members.

“I have recently joint the post natal depression group. I can't stress enough how much of an important lifeline this is for me. There needs to be more PND services in the City for sufferers like me. I was desperate for help and am receiving it here at Pillar. Great work happening here!”

“I get help from the workers; the support keeps me from suicide. I also find it very helpful to come to a safe and welcoming environment and meet folk who understand. I really value the activities i.e reflexology ect. as I wouldn't be able to afford this kind of therapy otherwise, due to financial problems. I also attend Aberdeen University. This all helps with my recovery. I am not able to remember to eat, shower, wash my hair or take my medication right now, so I value workers reminding me. They also tell me when I am getting unwell and get me help from the doctors”

“Pillar is my valve. It is part of my weekly routine and keeps me well allowing me to get out of the house to a place I feel safe. I enjoy the company. As I recover I plan to add a second visit in my week. At times I am physically unwell and am unable to come in and I have noticed my mental health suffers dramatically. I come to Pillar because I cannot recognize when enough is enough and I should contact my doctor. I know if I attend Pillar and I am struggling mentally someone will be watching out or I can approach someone for reassurance and guidance. My confidence in speaking to people will grow and I won't feel so lonely”

“Pillar is very important to me – the amount of times I use the service varies from week to week depending if struggling or not. It is good to be in an environment that is safe, friendly and supportive, to be amongst friends. When you are unable to go to Pillar (for me when it is icy or snowy weather) you are missed!”

“Very well organized, helpful and I find it a very nice and friendly place to be, I can't praise it enough”

“If it wasn't for Pillar, life would be very lonely. Pillar is one big happy family and somewhere safe”

“I have found this group very helpful. It is comforting knowing that other people experience the same feelings and worries as myself”

Pillar Member Representatives 2009

This year member reps have been very busy attending all sorts of meetings and conferences to promote the good recovery based work of Pillar Aberdeen.

February 26th saw member reps along with Kathryn attending the Scottish Recovery Network national conference “Making Recovery Real” at the Perth Concert Hall. The morning saw several presentations including one from Simon Bradstreet titled Progress, learning and next steps and one from Mary O’Hagan titled Recovery & Wellbeing: Different Words, Same Game.

The afternoon consisted of 12 parallel sessions and involved over 60 contributors from all over Scotland covering many different topics.

Example:

- Communicating recovery
- Learning and training in recovery
- Carers and informal supporters and recovery
- Using the Scottish Recovery Indicator to support good practice
- Service User movement – Involvement to leadership
- Experience of local recovery networks
- Recovery focussed systems and practice
- Staying well – discussions about wellness planning
- Piloting Peer Support
- Sharing stories and experience

The whole conference was very well attended with both statutory and voluntary sectors represented along with a large number of individual’s that have an interest in Mental Health. We all did our fare share of networking that day and came back with many new leaflets and documents for Pillar. It may have been a long day but it was worth it as we made a lot of new network connections.

March 24th & 25th saw member reps Stacy Fergusson, Michael McGregor and Pillar manager Kathryn Gauld attend the Aberdeen City Councils Rapid Change Workshop along with other Pillar members, stakeholders interested in mental health and our counterparts from the Alford Centre.

The aim of the 2 days was to discuss the future of mental health service provision in Aberdeen. Both days were very productive, but no decisions were made so it was agreed that Pillar, the Alford Centre and Aberdeen City Council would form a working group to look at all the ideas that had been gathered from the 2 day workshop.

The first meeting of the working group was held on the 24th April and a meeting to feedback to all interested people and stakeholders was arranged for the 23rd of June 09 in the Citadel. June seemed to come quicker than expected along with the meeting in the Citadel which was very well attended with 73 individual stakeholders, service users even the corporate director of Grampian Police came along.

The afternoon consisted of presentations, feedback, spoken quotes and a question and answer session. It was great to hear how passionate everyone was for both services in Aberdeen and their future.


Nothing as of yet has been agreed on the future of Mental Health Drop-in Support Services in Aberdeen so the work of the working group is ongoing.

Other meetings and consultations that member reps continue to be involved in are:

- Grampian Police Disability Forum
- Grampian Police LGBT Forum
- Grampian Police Out and Safe event
- Grampian Police Service Consultation
- Grampian Fire and Rescue Disability Consultation
- Gay Men's Sexual Health Conference
- Scottish Recovery Indicators
- LGBT History Month
- Outside the Box
- Mental health Partnership Group

And on a finale note I would like to thank all Pillar Staff and volunteers for their continued hard work and support over the past year in light of the current financial constraints.

Michael McGregor
Member Representative and Vice Chair
Pillar Aberdeen



April 2008-April 2009

Staff

Kathryn Gauld—Manager
Lynne Shepherd—Financial Administrator & Company Secretary
Yvonne Matthew—General Administrator—started 30th June 08
Marina Forrest—General Administrator (left 4th June 08)
Pauline Wood—Project Worker
Gordon Anderson—Project Worker
Kim Pirie—Project Worker
Robi Hay—Project Worker
Amy Ralph—Project Worker—started 3rd Nov 08
Cindy Skinner—Project Worker (left 31st July 2008)



Relief Workers

Wendy Maxwell
Kathleen Hebditch
Lynne McLean Brown
Katy Graham
Alice Watt
Kate Gair
Leanne Bruce—Left 19th Sep 08
Luthien Lark
Kirsty Banks—Left 27th Jan 09
Michelle Grogan
Sally Robinson—Left 7th Nov 08

Volunteers

Marjorie Nicol
Kathleen Runcie
Doris Dalgarno
Rachel Grant
Teresa Nicol

Students

Claire Eardley
Lori Laing
Fiona Wallace



***Much Appreciated Donations Received
In the period: April 2008—March 2009***

- ***Milne Family & Friends***
- ***Michael Munro, BIS Salamis***
 - ***BG Group***
 - ***UpperKrust***
- ***Anonymous Donations***
- ***Members, Staff and Directors***

Pillar Aberdeen is now registered with Gift Aid. This allows Pillar to claim up to an extra 28p for every £1 donated by any individual U.K Tax payer. (please contact us for further information).

Pillar Aberdeen has also registered with “Just Giving”.

www.justgiving.com/pillaraberdeen

This allows electronic donations to be made, and if you would like to raise money for Pillar by taking part in a sponsored event, you can advertised your event on this page and people can donate to your event electronically (to save you collecting money). You could also set up an “In Memory” or a “Wedding List” page where any donations received will go directly to Pillar.

Electronic Donations can also be made through Pillar’s website: www.pillaraberdeen.co.uk

TREASURER'S REPORT

Treasurer's Report **April 2008 – March 2009**

I present the Annual Accounts as a fair and true account of Pillars financial state of affairs over the past year to 31st March 2009.

I should like to express appreciation to my fellow Board members for their trust and confidence in electing me as the Association's Honorary Treasurer in 2008.

2008 has already passed into history as the year when economic uncertainty began after several years of apparent prosperity. At this point in time we cannot know just how long the recession will last and what its wider impact is likely to be. However, we can reasonably expect that like all other organisations, there will be an impact on the organisation. Evidence of some of that impact is already apparent in our annual accounts for the year ending 31 March 2009.

I would like to acknowledge the tremendous generosity of all our members, supporters and volunteers as well as the outstanding efforts of fundraisers and all our professional staff who have been involved in our fundraising efforts, either directly or indirectly. I would also like to acknowledge the staff in the organisation's financial office for their dedication and hard work.

Finally, we are very grateful for the support and advice provided by our accountant Kathleen Kirkland of Williamson and Dunn.

Ademuyiwa Lawanson
Honorary Treasurer
25 September 2009

PILLAR ABERDEEN
INCOME AND EXPENDITURE ACCOUNT
FOR YEAR ENDED 31 MARCH 2009

2008		2009
£	INCOME	£
177,535	Aberdeen City Council - Specific Grant	285,542
101,043	Social Work Department	-
11,404	Donations	8,583
3,876	Session income	3,755
618	Fundraising	484
-	Training fees	2,520
11,169	Other income	28,428
<u>4,527</u>	Bank interest	<u>1,804</u>
<u>310,172</u>	Total Income	<u>331,116</u>

PILLAR ABERDEEN
INCOME AND EXPENDITURE ACCOUNT
FOR YEAR ENDED 31 MARCH 2009

2008		2009
£	EXPENDITURE	£
	Staff Costs	
207,000	Salaries and pension contributions	200,536
1,192	Training	1,522
1,035	Workers expenses	<u>1,384</u>
		203,442
	Session Costs	
6,142	Food	6,198
4,893	Sessions	4,650
4,582	Outings and other session costs	<u>4,512</u>
		15,360
	Property	
27,664	Rent and rates	43,459
6,000	Heat and light	5,500
3,395	Insurance	3,443
21,660	Repairs, renewals and equipment	22,634
7,758	Cleaning	9,092
-	Depreciation	-
		84,128
	Operational Costs	
12,550	Stationery, photocopying and advertising	16,636
2,565	Telephone	<u>2,818</u>
		19,454
	Other Costs	
6,637	Legal and professional	6,789
1,681	General expenses and subscriptions	1,894
-	Fund-raising expenses	-
		<u>8,683</u>
314,754	Total Expenditure	331,067
(4582)	(DEFICIT)/SURPLUS FOR YEAR	49

**PILLAR ABERDEEN
BALANCE SHEET
AS AT 31 MARCH 2009**

2008 £		2009 £
	FIXED ASSETS	
0	Tangible assets	0
	CURRENT ASSETS	
2,307	Debtors	5,412
<u>154,837</u>	Cash at bank and in hand	<u>128,170</u>
157,144		133,582
	CREDITORS	
<u>137,786</u>	Due within one Year	<u>114,175</u>
<u>19,358</u>	NET CURRENT ASSETS	<u>19,407</u>
<u>19,358</u>	TOTAL ASSETS LESS CURRENT LIABILITIES	<u>19,407</u>
	RESERVES	
17,492	Unrestricted funds	17,480
<u>1,866</u>	Restricted funds	<u>1,927</u>
<u>19,358</u>		<u>19,407</u>

PILLAR ABERDEEN
STATEMENT OF FINANCIAL ACTIVITIES
AS AT 31 MARCH 2009

2008		2009		
£		Unre- stricted Funds	Restricted Funds	Total Funds
	INCOMING RESOURCES			
289,747	Grants and contracts	2,520	313,970	316,490
11,404	Donations	8,583	-	8,583
3,876	Session income	3,755	-	3,755
618	Fundraising	484	-	484
<u>4,527</u>	Bank interest	<u>1,804</u>	<u>-</u>	<u>1,804</u>
<u>310,172</u>	Total incoming resources	<u>17,146</u>	<u>313,970</u>	<u>331,116</u>
	RESOURCES EXPENDED			
311,825	Charitable expenditure	17,068	311,159	328,227
-	Fundraising and publicity	90	-	90
<u>2,929</u>	Governance costs	<u>-</u>	<u>2,750</u>	<u>2,750</u>
<u>314,754</u>	Total resources expended	<u>17,158</u>	<u>313,909</u>	<u>331,067</u>
(4582)	Net (Outgoing)/Incoming Resources before Transfers	(12)	61	49
-	Transfer between funds	0	-	-
<u>(4582)</u>	NET MOVEMENT IN FUNDS	<u>(12)</u>	<u>61</u>	<u>49</u>

***Many Thanks to all friends and supporters of
Pillar Aberdeen we have worked with over the
past year to name but a few:***

**Aberdeen City Council
NHS Grampian
McRobin Centre— Royal Cornhill
Hospital
Healthy Minds Community
Learning
Aberdeen University
Aberdeen College
Scottish Recovery Network
Choose Life
Turning Point
Job Centre Plus
Advocacy Aberdeen
Grampian Police
Peacocks Visual Arts
Ceramic Experience Scotland
The Robert Gordon University
W.A.C Theatre Company
Comedy Capers Theatre Company
Mental Health Aberdeen
Summerhill Education Centre
Safer Communities Trust
Inchgarth Community Centre
Westburn Sports Centre
Rosemount Community Centre
Scottish Caravan Club North Centre
Grampian Autistic Society
Four Steps Coaching**

**ACVO
Whitespace
Cruse
WEA
Momentum
Newton Dee
C-Fine
S.A.M.H
Codonas
Edinburgh PND
Drugs Action
Sure Start
Clicc**

PILLAR ABERDEEN

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***We wish to thank everybody involved in
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