

Annual Report



Table of Contents

A message from our Managing Director	_ 1
The founding of Jubilee House	
Our Mission	3
Our services and their impact	. 4
Referrals and Triage	. 4
Independent Domestic Abuse Advocacy (IDAA)	4-5
The Freedom Programme	5-6
Wellbeing Support Service	6-7
Peer Support Group	8
Empowerment Workshops	- 9
Growth of Services	10
Some feedback from women	
Working in partnership	-14
Raising awareness through tranining	14
Social Work Student Placement	15
Staff, volunteer and student CPD	16
Fundraising	17
Funders	18
Financial statement	19



Fiona McGrath
Managing Director

provide.

"Jubilee House is unique in that it is independent and can put the needs of our service users at the centre of everything that we do"

While reflecting on another busy year, I am thankful for all the support and input that has come from so many sources. Most notably the support and dedication from our own staff has been incredible. Each one was chosen for their passion and determination, and they have surpassed my expectations in every area. We run a very tight ship and the considerably work and effort that this entails is met by our efficient and very capable general manager, Vicky Henderson. Our outreach service has been pushed forward and expanded by our proactive and compassionate outreach worker, Freya Brady. She has taken the service from strength to strength. Her post was vacated during the year by our previous outreach worker Crystal who has now joined Scottish Police. We miss her very much and are so glad that she is still in contact. Nicola is our wellness practitioner and is truly a force to be reckoned with. She has improved the mental health and wellbeing of so many people and has created a robust and effective service which we are proud to

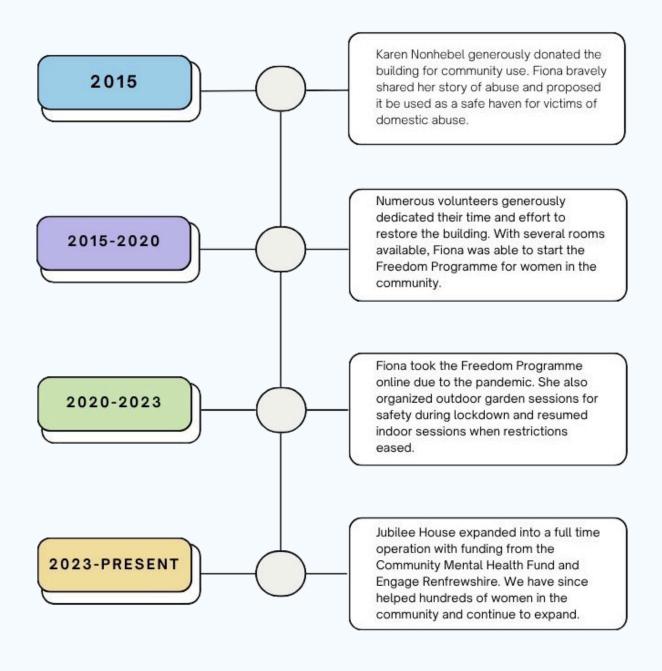
I am also thankful for the support of the board who provide direction, drive and solutions for every conundrum. They are very much the cement that keeps the service running. Jubilee House is unique in that it is independent and can put the needs of our service users at the centre of everything that we do. We exist for them and because of them. They are great at coming up with new ways to help other women in the community and we are privileged to be in a position to be able to act on the needs of the women in the community. Each one is valuable to us.

We are also privileged to work in partnership with so many other agencies, services and groups. There are far too many to mention here, but the key ones this year are Police Scotland, Assist, Mhairi McGowan, Social work, Strathclyde and Glasgow University, the University of the West of Scotland, Home Start, RAMH, Engage, Renfrewshire violence against women and girls' partnership etc.

Of course, none of this would be possible without the funding we receive from our grant providers, these include The National Lottery, The Robertson Trust, Hugh Fraser Foundation, Henry Duncan, the Scottish government and the Renfrewshire council. This year has been one of huge growth, resilience, and continued commitment to supporting women and families affected by domestic abuse. We have expanded and refined all services and created new ones. The demand is very high as we have had 128 referrals since Jan 1st 2025 to mid-October, which is an 83% increase on the whole of 2024.

As we move into next year, we remain focused on expanding our services and strengthening partnerships across Scotland to ensure no woman faces abuse alone.

THE FOUNDING OF JUBILEE HOUSE









Our Mission

Jubilee House is committed to assisting victims and survivors of domestic abuse in reclaiming their lives through support, education, and empowerment. Our team possesses a mix of professional knowledge and lived experience, allowing us to grasp the intricacies of domestic abuse and effectively support women and their children. Our services are women-centric, developed with a women-led approach that follows the Scottish Government's Equally Safe strategy.

We focus on 5 main areas:



Our Services and their Impact

Referrals in to Jubilee House and Triage

Every person referred to Jubilee House is contacted by a support worker, unless it is unsafe to do so. Our support workers take the time to listen to each woman's story, allowing her to share as much or as little as she feels comfortable. Jubilee House is a safe and welcoming space, offering understanding, support, and guidance. Support workers explain the range of services we provide and how these can help, while also drawing on our wide network of community connections. If a woman needs support that we cannot provide directly, we will, with her consent, make referrals to other appropriate services to ensure she gets the help she needs.

We recognise that visiting a women's centre can sometimes be unsafe for women in abusive relationships. To address this, we continue to provide our outreach service. If a woman is unable to come to Jubilee House for any reason, a support worker can meet her in a safe, agreed-upon location. We are fortunate to have strong partnerships with other services that help facilitate this, such as We Are With You – Community Links, who often provide rooms in GP surgeries or community centres for private conversations. This ensures that women can access support in a safe and confidential setting. We also meet women in safe public spaces when appropriate, further minimising risk. All outreach arrangements take individual safety concerns into account, including any risks associated with being tracked or questioned about changes to routine.

We experienced a significant increase in demand this year so far, with referrals up by 83% from 2024.

Through our dedicated services and strong community partnerships, we strive to connect women with the right support, whether within Jubilee House or beyond.

Independent Domestic Abuse Advocacy (IDAA)

At Jubilee House, we offer an IDAA service. An IDAA is a trained domestic abuse specialist who works with women identified as being at high risk of serious harm or homicide from a partner or ex-partner through a risk assessment. We currently have two IDAA's on staff and one in training.

The IDAA supports women and their children by helping them stay as safe as possible, while also providing emotional and practical assistance. They offer guidance on safety planning and refer to Multi-Agency Risk Assessment Conferences (MARAC), where the IDAA and partner agencies collaborate to support victims and survivors.

Examples of the support an IDAA can provide include, but are not limited to:

- Risk Assessing
- Safety Planning
- Representing the woman's voice in MARAC meetings
- Court advocacy (both criminal and civil cases)
- Assistance with accessing funding
- · Sourcing essential items
- Support with housing or homelessness applications
- Guidance and support when reporting incidents to the police
- General advocacy

This year, we have seen a 67% increase in referrals assessed as medium or high risk of serious harm. As demand for high-risk support continues to grow, we are committed to strengthening our services and partnerships to protect women from harm."



The Freedom Programme

The Freedom Programme is a domestic abuse programme which examines the tactics, behaviours and beliefs of abusive partners. It also looks at the behaviours of non-abusive partners and explores the roles that society plays in forming each. The course comprises of 11 90 minute sessions which are completely free.

The aim of the Freedom Programme is to help victims make sense of and understand what has happened to them allowing them to go on and live abuse free lives. We also aim to raise awareness about coercive control.

Our objective is:

- To educate people who are around victims of abuse, to understand the very difficult circumstances the victim faces, both in living with and recovering from abuse.
- To describe in detail how children are affected by being exposed to abuse and how their lives are improved when the abuse is removed.
- To help professionals understand the dynamics of abuse so that they can support the victim with a much greater degree of awareness surrounding the victim's situation

We collaborated with KLAS Care C.I.C again this year to provide childcare for women attending the Freedom Programme with children, breaking down barriers and enhancing the accessibility of our services.

Since last year, we have had a 59% increase in the amount of women taking part in this programme and as a result, we have increased the number of times we run the Freedom Programme through the week. We try to avoid waiting lists as much as possible.

Additionally, we have found that some women cannot commit to weekly attendance over a long period of time for many reasons. We have overcome this by offering a 1-1 Freedom Programme to break down those barriers. Each session will be mutually agreed on by both the woman and the Freedom Programme facilitator.

A recent survey showed 100% of women felt their knowledge of the tactics and behaviours of abusers developed, the programme has helped them reflect on their experiences, they feel better able to spot signs of abusive behaviour going forward and they felt safe and supported by their facilitator. 100% gave their experience 5 stars.



Wellbeing Support

At Jubilee House, our Wellbeing Support Service offers a safe, compassionate space where women affected by domestic abuse can rebuild confidence, strengthen emotional resilience, and reconnect with who they are. Every woman's experience is unique, and our wellbeing work is designed to meet her where she is, gently, respectfully, and without judgement.

1-1 Wellbeing Support

Our 1-1 wellbeing sessions offer trauma-informed, CBT-informed support that helps women understand the emotional and psychological impact of abuse, recognise unhelpful patterns, and learn practical strategies to support their mental health.

Sessions combine grounding techniques, cognitive and behavioural tools, and gentle reflection to help women build confidence, reduce anxiety, and regain a sense of control in their day-to-day lives. Women are supported to explore anxiety, low mood, self-esteem, guilt, shame, and the long-term effects of coercive control at their own pace. Women consistently tell us that these sessions help them feel understood, supported, and able to move forward in their recovery - feedback reflected throughout the Annual Report, where wellbeing support showed a 144% increase in engagement this year.

CBT-Informed Wellbeing Groups

Alongside individual support, we provide a growing programme of CBT-informed psychoeducational groups designed to help women understand their emotions, build resilience, and learn practical skills to support recovery. Group support is not only evidence-based, it's deeply connective. Women often tell us that learning alongside others makes them feel less alone, more understood, and more hopeful about their future.

Our groups include:

- Managing Anxiety and Low Mood
- Understanding Trauma
- Journalling for Wellbeing
- Self-Esteem & Boundaries
- Cycle of Change

These groups give women the chance to learn together in a safe, supportive environment, reducing isolation and encouraging connection. Our wellbeing groups are consistently rated as helpful, relevant, and empowering.

Our Approach

All wellbeing support at Jubilee House is:

- Trauma-informed
- Women-centred
- Collaborative and empowering
- Grounded in psychological evidence
- Delivered with compassion, dignity, and respect

We recognise the courage it takes to reach out. Many women arrive believing their experiences "aren't bad enough," yet quickly discover that they deserve support, safety, and healing every bit as much as anyone else which an insight echoed powerfully in the "Wee Wummin of Jubilee House" testimonial.

Peer Support Group

Our Peer Support Group at Jubilee House is so much more than just a meeting, it's a place where women come together, share their stories, and truly understand one another. It's a safe, welcoming space where lasting friendships are built, and where women remind each other that they are not alone.

The group is a source of strength and empowerment for everyone involved. The women not only receive support but also find pride and purpose in offering it to others. Listening, encouraging, and lifting each other up along the way.

Next to our main peer room, we have a quiet breakout space with soft lighting, comfortable chairs, and calm surroundings. It's there for anyone who needs a breather or a moment of peace when things feel overwhelming.

Each week, the women also share a light lunch together. They chat, laugh, and connect in a space that feels like home.

Alongside this, we have a small pantry stocked with groceries and toiletries, helping to ease some of the pressures of the cost of living crisis.

Jubilee House isn't just a service; it's a community where women can heal, grow, and rediscover their confidence together.

We are able to provide this lunch through a grant from the Renfrewshire Council.



Our peer group has seen massive growth since 2024 when on average, 7 woman attended per week. We now have 34 and counting!

This year we were able continue using the services of KLAS Care CIC to provide women with free childcare at Jubilee House while they attended groups.

Empowerment Workshops

Empowerment lies at the heart of Jubilee House's work. Throughout the year, we deliver a diverse programme of workshops designed to help women build confidence, increase knowledge, and develop practical skills to support their recovery and independence.

Our staff-led sessions cover a wide range of topics, including The Effects of Domestic Abuse on Physical and Mental Health, Forming Plans for Our Life and Breaking Them Down into Manageable Steps, Understanding the Law (Civil and Criminal), Managing Anxiety, Journalling for Wellbeing, Self-Esteem and Boundaries, and Understanding Trauma. Each workshop is designed to provide women with information, reflection, and strategies to move forward positively in their personal journeys.

In addition to our in-house sessions, we also collaborate with community partners to expand learning opportunities. This year, Christians Against Poverty (CAP) delivered money coaching and saveings and fraud awareness, and a play therapist provided a specialist workshop to support mothers in connecting with their children through play.

Engagement in our empowerment workshops has grown significantly, with a 325% increase in attendance compared to 2024. This growth reflects the strong demand for opportunities that promote healing, self-development, and connection. A recent survey showed 100% of attendees learned things that could be helpful in their day-to-day lives and 100% of attendees would recommend these courses to others.

Our empowerment workshops continue to be a cornerstone of Jubilee House, fostering resilience, confidence, and a sense of purpose among the women we support.



Growth of Services

We're pleased to report that all our services have seen increased participation this year. From referrals and IDAA support to the Freedom Programme, Peer Support, 1-1 Wellbeing, and Empowerment Workshops, more women than ever are accessing the help they need. By combining a holistic, multi-agency approach, these services work together to provide robust support, empowering women and fostering long-term recovery from domestic abuse. The table below shows the percentage of increase of each service area.



Some feedback from our women

"

"Nicola was amazing and the experience and passion is outstanding. Nicola put her heart and soul into the sessions. I would be lost and a wreck if it wasn't for jubilee staff and Nicola given me sense of live and I will be forever greatful jubilee are phenomenal team"

66 -

"I felt so much genuine care and support from the women who run Jubilee House and also support from the ladies who also attend, there is no judgment just pure care and love"

66-

"Wonderful service. Wasn't aware of just how much I needed it until I was doing it.

Absolutely fabulous!"

"

"I was amazed to find out that a lot more people have been through my experience and we can support each other"

"

"Thank you so much for supporting me. I can't thank you enough. I don't know where I would be if I hadn't come here"

. . _____

"They are the best thing that has ever happened to me, Im now on a forward journey from such a dark place"

Testimonial

Many women feel that what they've been through isn't "bad enough" to reach out for support. At Jubilee House, we know that all abuse, whether physical, emotional, or coercive, is unacceptable, and the trauma it causes is real. This story, written by one of our women, captures the journey from fear and self-doubt to safety, confidence, and connection. It reminds us why our work matters: to provide a safe, supportive space for every woman to be seen, heard, and empowered.

The Wee Wummin of Jubilee House

"I met Fiona, the first of my wee wummin, when Victim Support referred me to Jubilee House early last year. My abusive ex-partner was charged and convicted under the Domestic Abuse (Scotland) Act when I reported him for stalking me after I finally escaped from him. Fiona explained the Freedom Programme to me and suggested I joined the new group when the next programme started. I couldn't imagine how a 12 week course could help me but by that point I had completely lost myself after suffering from domestic abuse for many years, so I nervously agreed to enrol.

Week 1 of the Freedom Programme was when I met more of my wee wummin. My group was quite a large one with around 8 of us and I remember how quiet we all were to begin with. Some of my wee wummin could barely say their name during their introductions let alone utter a word about the abuse they suffered. Some of my wee wummin had already completed the programme and were doing it for their second and third time.

Most of us start off at Jubilee House thinking the same thing – that we're not worthy of being there. We compare our abuse to our other wee wummin; we think that because it wasn't physical that it pales in comparison to another wee wummin who was nearly killed by her abuser. Some of my wee wummin endured abuse that was so calculated and cunning that they didn't even realise they were being abused. In truth, there is no minimum or maximum level of abuse and Jubilee House quickly teaches us that.

Over the 12 weeks Fiona went through the programme with us with such delicate but firm encouragement. Such is her knowledge and experience in being an Independent Domestic Abuse Advocate, she knew the perfect balance to deliver the programme for all of us wee wummin to fully benefit from it. We learned all the different types of abuse; how to spot the warning signs and red flags early on and we were also taught why abusers behave in the way they do. It's been the most poignant course I've ever been on and has completely changed my life.

I sat in some sessions and could see how tight the grasp of abuse was around some of my wee wummin's necks. The ones who could barely say their name out loud or the ones who sat in tears when a particular session brought back painfully triggering memories. I also spent weeks watching my wee wummin start to breathe again as the sessions helped loosen the grasp. They started to find their voices and share their stories and by the end of the programme I saw it in myself, too. I hadn't realised that I had also been holding my breath, so tense from past trauma and so detached from the person I used to be.

I completed the Freedom Programme last year and attended more session with my wee wummin doing the Empowerment Programme where we were taught amazing life skills to enable us to live a safe and secure life after our abuse. I now visit Jubilee House almost every week to attend the Peer Support Group. It's been amazing watching more and more wee wummin walk through the doors, complete the programmes and become part of the Jubilee House family. The group is run by Nicola and Jillian who have held themed weeks for the past few months where we've learned journalling, clay modelling, crocheting, read poetry, artistry and had occasional lunches for Christmas and Burns Supper. We're encouraged to try new things, challenge ourselves and to do so in a safe and supported environment, all while getting a cheeky wee sandwich and a cuppa.

It's hard to truly understand the impact domestic abuse has on you. You feel it but you don't know why you feel it. You can't explain your emotions because you don't understand them. You can't think straight because your mind is being controlled and manipulated and eventually it strips you of everything you once were. You lose yourself and it becomes almost impossible to imagine ever finding yourself again. If you're fortunate enough you'll find a sanctuary like Jubilee House. It's become such a vital point of connection in so many of our lives and I love telling my friends and family how much I

look forward to seeing my wee wummin. We start Jubilee House as complete strangers with one thing in common – we've all suffered at the hands of an abuser. We share our stories, we cry, a tissue is quickly offered, the hugs immediately after. The tears are wiped away and eventually a smile starts to form. The support network is so tight that you begin to see you aren't a victim, you're a survivor. A survivor surrounded by the bravest, strongest and most beautiful wee wummin who all have your back.

I think back to day one and barely recognise myself. I no longer feel that tightness around my neck. I no longer deem myself unworthy. Not only have I found myself again, I've learned so much more about myself. I've been supported and encouraged to see the best in myself and understand my value. I know how to avoid unsafe situations and to walk away from things that are detrimental to my wellbeing but best of all, I can help other wee wummin. I can share my experiences and help them the same way I was helped. I think of my quietest wee wummin who are now some of the loudest and I am so proud of them and the progress they have made.

Jubilee House is a lifeline. It doesn't just help you to survive - it teaches you to thrive. I am a wee wummin of Jubilee House. Immensely grateful with friends for life, no longer defined by my abuse."

Working in Partnership

At Jubilee House, we know it takes a whole community to support women effectively. That's why we place partnership working at the heart of everything we do. Our approach is completely client-led, and when a woman's needs go beyond our expertise, we collaborate closely with a wide range of organisations and groups to ensure she gets the support they need.

Over the past year, we have strengthened our connections across the community and continued to build strong, meaningful partnerships. These collaborations allow us to provide comprehensive, coordinated care and achieve the best possible outcomes for the women who come to us.

Some of the organisations we work with include:

- Violence Against Women and girls (VAWG) Equally Safe Renfrewshire
- Advice Partnership Renfrewshire
- Women and Children First
- Renfrewshire Wellbeing Network
- Police Scotland
- ASSIST
- Rape Crisis
- Victim Support
- Home-Start
- Amina
- Renfrewshire Social Work
- We Are With You

- Renfrewshire Health Visiting Team
- KLAS Care C.I.C
- · University of the West of Scotland
- Strathclyde University
- Caledonian University
- Glasgow University
- ADRS
- COPFS

Through these partnerships, we continue to foster a supportive network that ensures no woman faces her challenges alone.

Raising Awareness through Training

Many people still believe domestic abuse only means physical violence. In reality, power and control are at the heart of abuse, and many women don't realise they're being abused until they begin to learn about it.

We developed our domestic abuse awareness training last year to challenge these misconceptions and to equip professionals and community organisations with the knowledge and confidence to recognise the signs and respond safely. Since then, we've continued to take the training out into the community, refining and improving it based on the valuable feedback we receive from participants.

Feedback has been overwhelmingly positive, with many attendees sharing that they had no idea how deep the impact of abuse could go. 94% of participants feel more confident in their ability to respond to a report of domestic abuse and 94% felt the training was relevant and comprehensive. Thanks to this growing awareness, even more women have been referred to Jubilee House for help and support, a powerful reminder that education saves lives.







Social Work Student Placement

This year, Jubilee House has proudly begun building partnerships with the University of Strathclyde, Glasgow Caledonian University, and the University of the West of Scotland to offer placements for social work students.

We believe that a strong and practical understanding of domestic abuse and its impact on women and children is essential for every social worker. Domestic abuse can often be hidden or misunderstood, and the barriers women face when seeking help are complex. By providing students with first-hand learning experiences, we aim to help shape a new generation of social workers who are confident, trauma-informed, and equipped to recognise and respond effectively to abuse.

This year, we welcomed our first student placement as we test and develop this new initiative. Our goal is to expand the programme in future, ensuring that more students have the opportunity to gain valuable insight into the realities of domestic abuse work and the importance of compassionate, informed practice.

Through this collaboration, we hope to contribute not only to individual learning but also to a stronger, more responsive social care sector which truly understands the needs of women and children affected by abuse.







Staff, Volunteer and Student CPD

At Jubilee House, we believe our staff are our greatest asset. Their compassion, expertise, and dedication allow us to provide the highest standard of support to the women who use our service. Because working in the field of domestic abuse can be emotionally demanding, we place equal importance on professional development and staff wellbeing.

This year, our team have continued to expand their knowledge and skills through a wide range of training, including:

- Independent Domestic Abuse Advocacy (IDAA) Training 2 qualified this year and one currently on the course
- Freedom Programme facilitator training 2 qualified this year
- Self-harm awareness
- Mental Health First Aid
- Link Worker Training
- Naloxone Training
- Drug and Alcohol Awareness Training
- Safe and Together, coercive control and the social work role and Cedar training for our student social worker provided by Renfrewshire Council

We strive for excellence in all areas of practice, ensuring that every member of our team has access to ongoing learning that enhances both confidence and competence. We also recognise the impact that vicarious trauma can have on those supporting survivors. To help prevent this, we maintain an open-door policy and provide regular supervisions, team meetings, and opportunities for debriefing and reflection. Our supportive environment encourages staff to speak openly about challenges and to access help whenever they need it.

We also make space for connection and self-care beyond the workplace. Recently, the team enjoyed a wellbeing day at Browns Lane Market in Paisley, followed by lunch which was a well-deserved opportunity to relax, recharge, and celebrate the important work they do every day.













Fundraising

This year, we have been truly overwhelmed by the kindness and generosity of everyone who has supported us. Together, you helped raise an incredible £11,425, funds that make a real difference to the lives of the women and children we support.

A very special mention goes to our own women, who took part in the Glasgow Kiltwalk to raise funds for Jubilee House. Their strength, determination, and generosity in giving back to support others in similar situations is truly inspiring, and we are so proud of them.

We would also like to thank everyone who contributed through our community collection pots, Gatehouse Coffee Roasters, Elderslie Wallace Bowling Club and Johnstone Masonic Hall for their fantastic fundraising efforts. Our sincere thanks also go to the Aviva Community Fund for match-funding our donations and helping every pound go even further.

Support has come in so many thoughtful forms beyond financial contributions. The wonderful attendees of Zumba with Sharon donated almost 100 Easter eggs, bringing joy to the women and children we support. And we are once again humbled to be chosen by the Glasgow Spirit of Christmas, whose generous gifts helped make last Christmas a truly special time for families who needed it most.

From everyone at Jubilee House, thank you to each individual, group, and organisation who gave their time, energy, and generosity this year. Every act of kindness, big or small, has helped us continue our vital work and reminded the women we support that they are not alone.













Funders

We extend our deepest gratitude to all our grant funders for their continued belief in our work and the women and children we support. Your funding is the foundation that allows us to do what we do, providing safety, stability, and hope to those rebuilding their lives after abuse. Quite simply, without your support, our doors could not remain open.

This year, your funding has enabled us to deliver vital services, from crisis support and advocacy to practical assistance and wellbeing activities. It has allowed us to respond quickly to the growing needs of women in our community and to provide consistent, compassionate support when it's needed most.

Every grant awarded represents more than just financial assistance, it is a vote of confidence in our mission and a powerful message to survivors that they matter. We are proud to have the trust and partnership of funders who share our vision of a future free from domestic abuse.

From everyone at Jubilee House, thank you for standing with us, investing in our work, and helping to make real and lasting change possible.





















Financial Statement

INCOME	UNRESTRICTED FUNDS	RESTRICTED FUNDS	TOTAL FUNDS CURRENT PERIOD	TOTAL FUNDS LAST PERIOD
DONATIONS	£11,425		£11,425	
GRANTS	£8000	£133,846	£141,846	
RECEIPTS FROM FUNDRAISING	£1,186		£1,186	
RENTS FROM LAND AND BUILDINGS	£5,421		£5,421	
GROSS RECEIPTS FROM OTHER CHARITABLE ACTIVITIES	£4,678		£4,678	
SUB TOTAL	£30,710	£133,846	£164,555	-
EXPENDITURE	UNRESTRICTED FUNDS	RESTRICTED FUNDS	TOTAL FUNDS CURRENT PERIOD	TOTAL FUNDS LAST PERIOD
FUNDRAISING ACTIVITIES				
PAYMENTS RELATING DIRECTLY TO CHARITABLE ACTIVITIES	£14,796	£128,360	£143,156	
OTHER	£100		£100	
SUB TOTAL	£14,896	£128,360	£143,256	-
	UNRESTRICTED FUNDS	RESTRICTED FUNDS	TOTAL FUNDS CURRENT PERIOD	TOTAL FUNDS LAST PERIOD
TOTAL PAYMENTS	£14,896	£128,360	£143,256	
NET RECEIPTS/ (PAYMENTS)	£15,814	£5,485	£21,299	
SURPLUS/(DEFICIT) FOR YEAR	£15,814	£5,485	£21,299	

Thank you



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Jubilee House is a registered charity in Scotland (Charity No. SC046046)