



**Impact Report
2024-2025**



Looking back over the year, what stands out most is how timely, tailored support can make an enormous difference.

Alongside our longstanding services, we introduced a new parent peer group and family-focused sessions, creating space for adults to connect, share experiences, and feel bolstered in supporting their children's play. We expanded our work with children experiencing mental health challenges, almost doubling both the number of sessions and those receiving early intervention. Out2Play also grew, with a new session in Easthouses bringing more children outside to play, be active and make friends.

Each of these developments reflects our commitment to responding to community need, and we were thrilled to see the impact made.

Our staff team's compassion, commitment and imagination continue to inspire me, as do the children and families who welcome us into their communities to play. I'm also tremendously grateful to our trustees, volunteers, partners and supporters for all they contribute. It's this shared effort that creates change for children.

Susan McIntyre
Chief Executive



Our vision is that every child can experience the play they need to thrive. We address the barriers and inequalities in access to play that some children experience, and create the opportunities children need. In 2024-25 we supported disabled children, children with mental health challenges, and children living in areas of higher poverty.

Our overarching outcomes are:

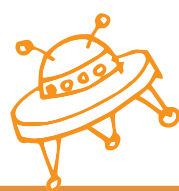
Children and young people have improved confidence and resilience

Children and young people have improved health and wellbeing

Children and families build transferable skills

750

750 individual children (aged 0-13) benefited



Our year in numbers



4

Play in Mind ran 4 sessions per week in woodlands across Midlothian for children with mental health challenges

1-1

Play for All provided 1-to-1 support for disabled children and their families across Midlothian

226 parents participated

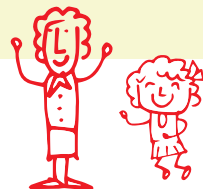
226



2 weekly Play for All group play sessions ran in Dalkeith

875

875 sessions of play and support for children and families



5

Out2Play ran 5 sessions per week in greenspaces across Dalkeith, Mayfield, Easthouses and Gorebridge



7 peer support sessions for parents of disabled children

7



24 family mental health play sessions

24



"It really helps me calm down and forget everything. I love nature." **(child on Play in Mind)**

"I never run as much as I do when I'm here!" **(child on Out2Play)**

100% of Play for All parents reported increased skills and confidence to support their disabled child to play at home or community settings

"Play for All has shown us, as a family, lots of different ways to make play time a lot more fun and interesting!" **(parent)**

"At school he would get upset and angry, he was getting angry with his sisters, and hitting. He's not angry as much now since he came to the sessions. He used to be angry all the time." **(parent on Play in Mind)**

86% of children reported feeling better due to Play in Mind sessions

100% of children said they spend more time outdoors because of Out2Play

"This has been a great opportunity to slow down and spend time as a family." **(parent on family-focused session)**

A cause for celebration was a young person joining our play team who had attended Out2Play as a child, demonstrating the lasting impact this and our other services can have. "It was good because it felt a bit more structured than just wandering about. My mum was confident with me being there as she knew I was in a safe place. I very quickly built trust with the playworkers and felt comfortable immediately as they were so welcoming and friendly. They were easy to chat to. The playworkers helped us a lot with learning how to manage arguments with friends and work through them. I learned a lot from the play team in terms of getting out of my comfort zone, communicating more when I felt things were wrong and even sticking up for people in other places. I think Out2Play really helped me with these types of social skills."





86% of Play for All parents agreed their disabled children were now more included in family and community play

"We have definitely noticed a difference in his interaction skills... which is amazing to see. All activities offered were accessible for him and his level of development. On occasions where he would struggle, there was advice and support offered to work through those issues." [\(parent on Play for All\)](#)

"It's nice to know that this is here for children, especially during the summer with the money crisis going on." [\(parent on Out2Play\)](#)

71% of children said they are more active because of Out2Play

"It's great to have something like this, they're more likely to go out and play here now that they know they have some new friends here." [\(parent on Out2Play\)](#)

"I think I'm braver than I thought I was." [\(child on Play in Mind\)](#)

"He definitely finds it easier to talk to adults and peers since starting the sessions and his overall mental health has improved." [\(referrer on Play in Mind\)](#)

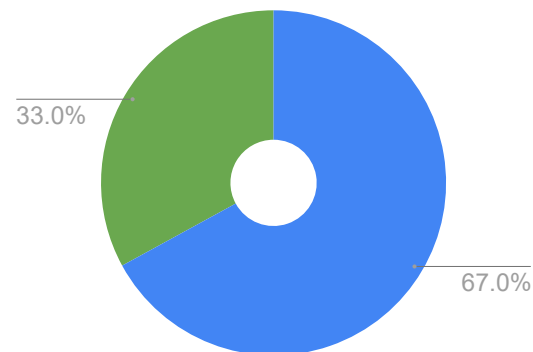
"I'm able to relax and feel like I escape the crazy schedules when I'm here." [\(parent on family-focused session\)](#)



Income types

- Restricted = £169,512
- Unrestricted = £83,339

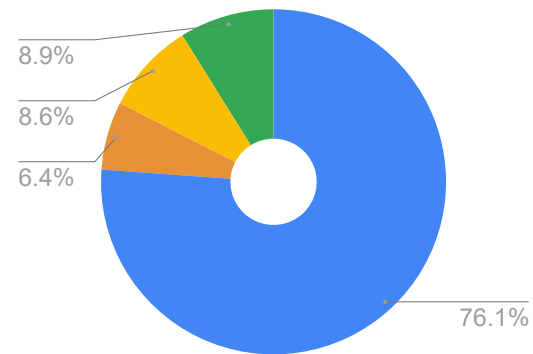
Total = £252,851



Expenditure

- Salaries, national insurance and pension = £191,318
- Non-salary service costs = £16,069
- Premises and other overheads = £21,608
- Fundraising costs = £22,289

Total = £251,284



Together we can

Can you support children and families to thrive? It takes a huge communal effort to achieve this impact, and every contribution, no matter the size, makes a difference.

Donate: justgiving.com/playmidlothian

Hold a fundraiser: get in touch if you'd like support

Take part in a sponsored challenge: contact us for event suggestions

Volunteer: apply at playmidlothian.org.uk/jobs

An enormous thank you to all the people and funders that supported our services in 2024-25. Your generosity makes children's lives better.

The full list of funders can be found in our annual accounts online.





Contact

07792 402 316

info@playmidlothian.org.uk

Follow

www.playmidlothian.org.uk

[@PlayMidlothian](https://www.instagram.com/PlayMidlothian)

Donate

justgiving.com/playmidlothian

