



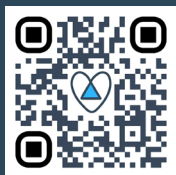
Annual Review 2025

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Our website



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Scottish Charity Number SC010858

Letter from Chair of the Board

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This time last year, our CEO Gary announced that we had secured approx. £5m in funding via the Social and Sustainable Housing (SASH) fund, to allow us to invest in more properties, adding more capacity in an ongoing housing crisis in Scotland. Since then, the team have been working tirelessly to find properties that will help us offer even more support to those who need it.

The SASH funding isn't just a pot of money, or some property in a portfolio: these are homes, safe spaces, and places for our supported people to thrive. This investment allows us to be there to support and guide more people in their time of need, helping them regain their independence in a place they can call home, which is even more important in an ever-changing environment filled with uncertainty.

In June, I had the pleasure of joining some of our team at SCVO's Scottish Charity Awards, where we witnessed some of the best and most impactful charities across the country that are helping people and communities in the more incredible ways. To be short-listed for the Charity of the Year award, for companies with turnover over £500k, was already an incredible honour and something the team should be massively proud of. I can't put into words the absolute pride I felt, watching the elation on their faces, as Blue Triangle was named as the winner of that award.

Not only that, but the very next evening, some of the team also attended the TPAS Scotland awards, where one of our supported people, Harley, received the runner-up prize for the Tenant of the Year award. All of this, as we're celebrating our 50th birthday... 50 years of being there to help, support and guide people like Harley, giving them the space to be themselves again.

It's hard to pick which achievements to call out, given there have been so many throughout the year, but I want to shine a light on the Blue Triangle podcast "A Voice in the Dark" which was released this year. The podcast brings real people and their powerful stories, focusing on the challenges of homelessness and addiction through to the resilience found in recovery. I had the privilege of being able to talk about my own experience on one of the episodes, and I can't thank Lian Highet & Jacob Hodge enough for bringing this idea to life. If you haven't heard it – make sure you seek it out!

Overall, a year that the team should be exceptionally proud of. I know that the Board & I are delighted to continue to watch the exceptional progress being made by Gary, his senior leadership team and everyone right across the whole of Blue Triangle. I can't even put into words just how proud I am to be able to continue as Chair!

Jonathon McNaughton
Chair of Blue Triangle's Board

Letter from CEO, Gary Meek

This year marks a very special milestone for Blue Triangle - our 50th birthday. It's been a chance to reflect on our journey, celebrate our achievements, and recognise the incredible dedication of the people who make our work possible. From our beginnings with a single service in Glasgow, we've grown to support hundreds of people across Scotland, always with the same focus: helping people experiencing homelessness access the stability and support they need to move forward.

Our anniversary celebrations, from our reception at Parliament to events across the country, have been a wonderful opportunity to come together with our staff, supported people, board, and partners. Winning SCVO Charity of the Year was also particularly special, as it gave recognition to the compassion, skill, and commitment of our teams, who go above and beyond every day to support people through some of life's toughest moments.

This year we've launched our first recovery housing service in Kilmarnock, responding to local need in partnership with East Ayrshire Alcohol and Drugs Partnership. This service provides safe, supported accommodation for adults in recovery after rehab, offering vital stability at a turning point in their lives. We've also expanded our housing support, acquiring new properties through the SASH-funded programme, ensuring more people have access to safe, high-quality accommodation and vital wrap around support.

In early 2025, we launched a free, confidential counselling service for supported people and staff, recognising the very real impact of trauma and poor mental health. The service

provides a safe, consistent space to be heard, respected, and supported. Later this year, we also secured a new service in East Dunbartonshire, marking Blue Triangle's 11th local authority, aligning to our aims to maintain a resilient and sustainable organisation.

As we celebrate 50 years, we are proud of our history — but our focus is firmly on the future. Guided by our five-year strategy, we will continue to expand prevention services, generate new homes, and work alongside supported people and our communities to design person centred services that matter.

Of course, challenges remain. Homelessness in Scotland is rising, driven by the cost-of-living crisis, a shortage of affordable homes, and pressures on social care. On a personal note, I am delighted to join Board of the Scottish Federation of Housing Associations (SFHA). Scotland faces a deepening housing crisis, and it is clear that we must find new and innovative ways to respond - working together across the sector to deliver sustainable homes, integrated services, and stronger communities. I look forward to collaborating with colleagues across SFHA and beyond to ensure the next fifty years bring meaningful, lasting change for the people and communities we serve.

Together with our staff, supported people, and partners, we will keep pushing forward, finding new solutions, and campaigning for change so that everyone has a safe, secure home and opportunities to thrive.

Thank you for being part of our journey.

Gary Meek
CEO, Blue Triangle



blue triangle

1975 - 2025

Celebrating 50
Years of Blue
Triangle

#BlueTriangle







Highlights of 2025

We celebrated our 50th birthday

2025 marked our golden anniversary, as we celebrated 50 years since Blue Triangle was founded. A year-long series of events kicked off in April with a Scottish Parliament Reception hosted by Paul Sweeney MSP, and a Civic Reception at Glasgow City Chambers, bringing together staff past and present, supported people, and partner organisations. Regional events across Scotland kept the celebrations going, from adventure days in Oban to relaxed BBQs, each service marked the milestone in its own way.

We were named Charity of the Year

Blue Triangle scooped two major honours in 2025. We were crowned Scottish Charity of the Year at the SCVO Scottish Charity Awards and Harley, a former supported person, was named runner-up for Tenant of the Year at the TPAS Scotland Awards for her contributions to our Participation & Engagement Committee and staff training programme.

We launched our first Recovery Service

In East Ayrshire, we opened our first Recovery Service. The first of its kind locally, this pilot provides safe supported accommodation for adults experiencing homelessness who have completed rehab. Delivered in partnership with East Ayrshire Alcohol and Drugs Partnership, the service fills a critical gap, offering vital stability at a turning point in people's lives.

We expanded our housing support

Following last year's £4.93m loan from the Social and Sustainable Housing (SASH) Fund II, we're on track to purchase 60 new homes by 2026.

So far, 21 properties have been secured — some with two bedrooms to increase capacity — with refurbishments underway. Four local authorities, including East Ayrshire, South Ayrshire, North Lanarkshire, and Falkirk, are already benefiting from the programme.

We started a podcast

A Voice in the Dark, Blue Triangle's very own podcast aired its first ever episodes featuring stories from supported people and frontline staff on addiction, recovery, and mental health.

We secured funding

This year, funders helped us make a real difference. Prestwick Sainsbury's gave £10,000 to launch our Chalmers Court Cooking Club, and the Access Foundation awarded £9,000 for phones and MiFi units. The Murgitroyd Foundation backed us with £5,000 for a wellbeing hut for our Shettleston service, while our Christmas Appeal raised £2,000 to provide warm winter clothing for over 50 supported people. We also received £1,000 from Baillie Gifford and £500 from Harper McLeod to support our work.

2025 in Numbers

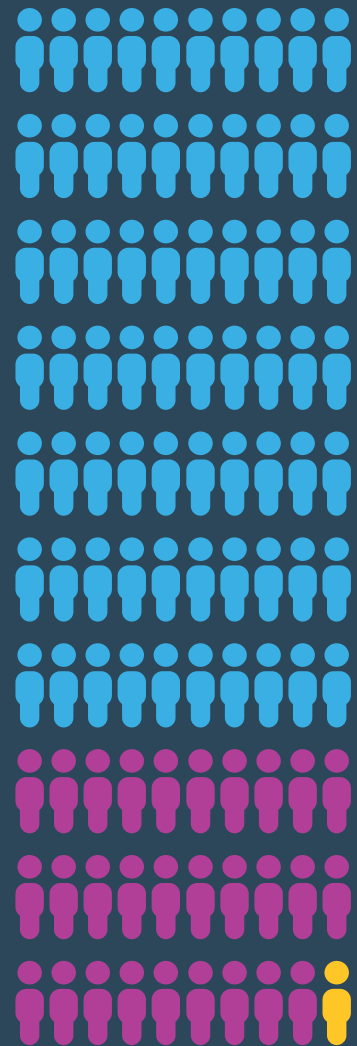
Blue Triangle supported 1,117 admissions to our services from September 2024-2025.



45% of people we supported last year moved onto their own tenancies.



47% of those admitted to our services were aged under 25 years old.



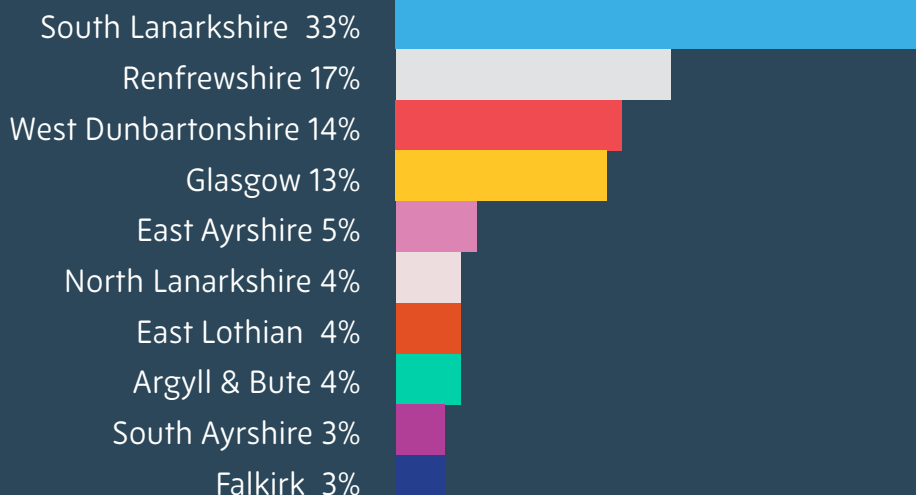
70% men

29% women

1% other

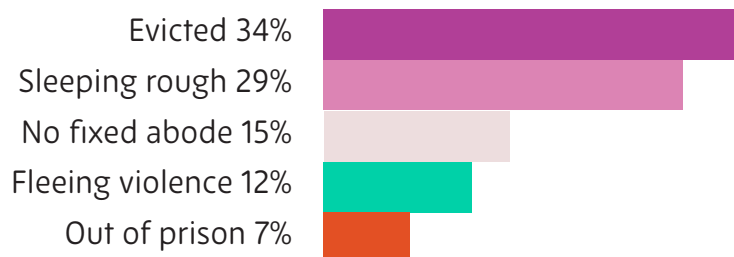


Breakdown of local authority admissions



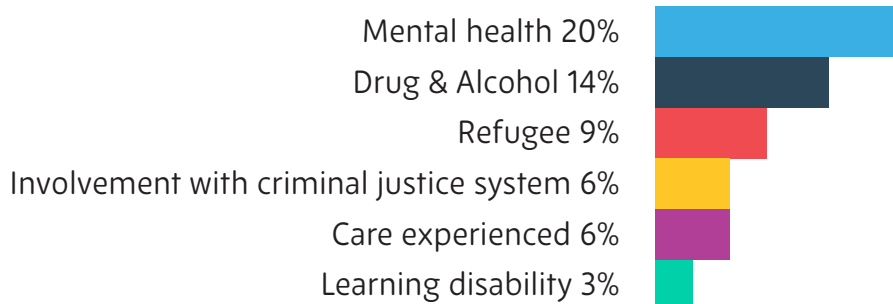


Reasons for homelessness*



*Please note some supported people had multiple reasons

Issues impacting the people we support*



*Please note supported people can have multiple issues impacting them

Darren's Story:

They Gave Me the Kick I Needed

After escaping an abusive relationship and sofa surfing between family members, Darren found himself facing homelessness.

"I had a full breakdown with my family," he said. "I then went to Airth Court in Motherwell to do a homelessness application. Then I ended up in the Blue Triangle."

Darren moved into Blue Triangle's Viewpark service in North Lanarkshire, which provides 24/7 high-level support for young people aged 16-25. He was nervous when he first arrived. ***"I didn't really know where I was walking into,"*** Darren recalled. ***"But then I met Alice, who was really nice. She was like my mammy, looking after me. It was so good."***

He quickly built strong, positive relationships with the staff team. ***"I can't thank the staff enough,"*** Darren said. ***"Craig really taught me a lot – cooking skills, cleaning skills, how to tidy a room, how to Hoover, how to dust, how to actually fend for yourself and not get involved with the wrong people."***

Darren's confidence began to grow with each new skill he learned and each connection he built. As well as developing practical life skills, he learned important lessons about personal boundaries and relationships: ***"I wasn't very good with door control over the years. I always used to fall in for that. Craig told me just don't do that, protect yourself."***

Budgeting was another area where Darren needed support. ***"I used to be one of those folk that every single time I got paid I used to go and spend, spend, spend,"*** he said.

"Craig gave me the budgeting guidance and support. At first, I ignored it. Then I realised he was trying to help me."

Darren also found familiarity and reassurance in reconnecting with Paul, who he had known from Hope for Autism. ***"It wasn't just a worker. Obviously, they had to keep that professional standard, but we were dead pally,"*** he said. ***"Gift was a laugh, Jill and Stuart too – they were amazing. I still keep in contact with them."***

After four months at Viewpark, Darren was offered a tenancy in Motherwell. ***"It built up my confidence,"*** he said. ***"It's good to have your own freedom."*** Though his support worker Craig couldn't attend the move-in, Alice came with him and helped him get settled. He continued to stay at Viewpark while waiting on carpets and appliances being fitted.

To make the transition into his new home smoother, Blue Triangle worked with housing partners to arrange follow-on support from Barnardo's. ***"It would have been totally different if I didn't have the support from Blue Triangle,"*** he said. ***"Before, I was just a lazy person who wouldn't do anything. This gave me the kick I needed to pull up my socks and get the job done."***

With his independence now growing, Darren has big plans and has started college, and is studying sport and fitness at Motherwell campus.



His message to anyone starting their journey with Blue Triangle?

“Don’t be scared and nervous – the staff are here to help and give you the guidance and support. I was scared, but they made me feel good as a person. People make mistakes in life that they’re not proud of. But if you learn from the staff here, they’ll help you. And then that’s you, with your own tenancy.”



Scan the QR code to watch Darren's Story on YouTube



What Our Supported People Say About Blue Triangle

"Staff are amazing at helping me when I had a rough patch in life where I made the wrong decisions and the staff helped me and gave me a second chance, I can't thank them enough for helping me."

Viewpark supported person

"The staff are excellent at their job and have a great level of understanding to support me. I feel I can discuss anything at anytime and don't feel judged regardless of the topic. I would happily recommend this service to anyone who is homeless. I am invited to all the activities and I enjoy the company of staff and others as I spend a lot of time on my own. I attend supper club in the evenings and it helps to have a bite to eat and drink with a few friendly faces which promotes a good night sleep."

CB Blantyre Supported Person

"The kindness, professionalism and unwavering dedication have made a very positive impact difference. They go above and beyond to create a safe and supportive environment for everyone here. The team is always approachable, empathetic and quick to help with any concerns and needs. They treat everyone with dignity and respect, making a difficult situation way more manageable and hopeful. It's clear that they genuinely care about the well-being of those they support."

Oban Supported person

99% of supported people believe that staff are trained and have enough knowledge to carry out their work.



99% of supported people believe that staff keep the service safe for them.



On average, **99%** of people we supported said they felt welcomed when the first moved in.

99% of those asked said the care and support they received from our staff is warm, compassionate, and goes the extra mile.

91% of those asked said they felt very safe and supported in our services during their stay.

77% felt very involved in preparing their support plan/care plan with our staff. 79% said their opinions and choices were listened to very well and 17% said their opinions and choice were listened to well when creating their plan.

When asked, how well are you supported in accessing other services, e.g housing, health, leisure etc, **85%** said very supported

87% said 'very good' when rating the support they received assisting them, and 12% said 'good'.

99% of those asked said our support staff supported them to get actively involved in the wider community in which they currently live.

When asked, how well do you feel the support workers carry out their professional duties in supporting you, **87%** said very well and 12% said well.

Charlene's Story:

If it wasn't for RISE, I'd probably be dead



Launched in 2022 with support from the Corra Foundation, RISE (Recovery Intensive Support in the Environment) is based at our Alexandria service in West Dunbartonshire. It offers flexible, person-centred support for individuals in recovery, helping them sustain tenancies, rebuild confidence, and stay connected to their communities. RISE recognises that every recovery journey is unique, providing everything from links to rehabilitation services, to naloxone training, to ongoing emotional support.

Charlene was referred to RISE while staying in the Alexandria service. At the time, she was struggling with alcohol and street Valium, and her life felt chaotic and unstable.

From the outset, Charlene fully embraced the RISE programme. She was introduced to the Narcotics Anonymous Fellowship (NA) and found comfort in meeting others who understood her struggles. She knew she needed a period of stability and was determined to access a rehabilitation placement.

Working closely with the RISE team, Charlene was assessed for a place at Jericho Female, a residential rehabilitation centre for women. In October 2024, she began her rehab journey there. For eight weeks, she worked hard on her recovery, with regular visits and encouragement from RISE staff. In December, she even took part in Jericho's annual recovery play — a moment made extra special when her 10-year-old daughter came along to watch.



Charlene is pictured 2nd from right

Although Charlene later decided to leave Jericho after finding the group dynamic challenging, she reached out to RISE straight away. The team supported her to secure a temporary flat in Clydebank, helping her maintain her recovery in the community. She threw herself into all the support available, attending weekly recovery cafés, community events, and becoming an active member of a local NA group, even sharing her story and chairing meetings.

Alongside her recovery journey, RISE also supported Charlene through children's panels and hearings as she worked towards having more contact with her daughter. Recently, Charlene moved into her own permanent home in the Dumbarton area with her dog, Tison. Now celebrating nine months clean and sober, she feels this fresh start has been life changing.

Charlene says:

"I am linked in with RISE. They are amazing. The staff are always there and they never let us down. Boab and Alison are fantastic, and so is Pauline the Assistant Service Manager. I couldn't have done any of it without them. I was eight months clean and sober on the 10th of July. I couldn't even get eight days before. I've secured my own house with RISE helping me, and they still continue to help me. If it wasn't for them, I'd probably be dead. I had no hope or future for myself.

They have empathy and compassion. I've been going through a lot in regard to getting access to my daughter, and if it wasn't for the support from Alison — taking time out of her day to come along with me to the panel — I wouldn't have gone due to my mental health taking a wee dip. But I'm getting help for that. I just can't thank everyone enough for their support. Thank you to all the staff. All the best to you."

A Voice in the Dark

Blue Triangle's First Podcast

This year, we launched A Voice in the Dark, Blue Triangle's first podcast, created by and for the people we support.

The idea came from our Engagement and Participation Committee, where supported people and staff meet every two months to share their voices and shape change. Members wanted to build a collection of real stories that could be shared with others moving into our services, helping them feel less isolated and more hopeful about the future.

Recorded at our Chalmers Court service in Ayr, the podcast is hosted by Support Worker Jacob Hodge and Assistant Manager Lian Hight, with original music and editing by Jacob. It's also been on the road, capturing conversations at our Oban service and Central Support in Glasgow.

So far, six episodes have aired, reaching almost 1,000 listeners. Guests have spoken openly about homelessness, addiction, recovery, mental health and being care-experienced, while frontline staff have shared their own journeys of supporting people in our communities.

The very first episode featured supported person Gary Malone, alongside Jacob and guest Frankie Ward. Gary reflected on the challenges of addiction and how Blue Triangle became a turning point in his life: ***"It was a massive step forward for me coming to Blue Triangle. If I wasn't in this environment, I would have used [drugs]. I'm clean because of this place."***

As we mark our 50th anniversary, A Voice in the Dark shines a light on the courage of supported people and the dedication of our staff across Scotland.

The series doesn't shy away from difficult issues. It's honest and emotional but always hopeful. Each episode proves that with the right support, recovery is possible, and no one is ever truly alone.

Listen now: scan the QR code or visit bluetriangle.org.uk



Episode 1 with Gary Malone

Episode 4: Our Chair of the Board, Jonathon McNaughton (centre), reflects on his experience of homelessness nearly 20 years ago, and how it inspired him to give back. He is pictured with hosts Lian Highet and Jacob Hodge



Mark, who features in **Episode 3**, and Casey and Harley, who feature in an upcoming episode.



Episode 5: Kay Campbell, our Peer Recovery Support Worker in Oban, shares her journey from growing up in care to returning years later to support others.





Left to Right: Paul Sweeney MSP, CEO Gary Meek, Founder Cath Campbell, Minister Maree Todd, pictured at our Scottish Parliament Reception

Celebrating 50 Years of Changing Lives

Founded on 5 June 1975 at Somerset Place in Glasgow as a refuge for young women experiencing homelessness, Blue Triangle has grown into a national housing and social care provider, operating 38 services across 10 local authorities in Scotland. The organisation now supports hundreds of people every day, including young people, families, asylum seekers, and individuals in recovery — offering not only a safe place to stay but vital support and tools to rebuild their lives.



You can see the inspiration behind our name in the original YWCA logo

A Brief Timeline of Our Journey:

- 1975 — Incorporated on 5 June through the Young Women's Christian Association (YWCA), providing hostel accommodation for young single women in Glasgow.
- 1988 — Somerset Place donated by Lady Dorothy McCall, becoming the foundation of our work, known locally as Dorothy McCall House.
- 1991 — Became an independent legal entity, expanding services to all genders while staying true to our roots.
- 2025 — Blue Triangle now operates 38 services across 10 local authorities in Scotland.

Marking the Milestone

Our anniversary year began in April with a Scottish Parliament Reception hosted by Paul Sweeney MSP, celebrating five decades of frontline work. Founder Cath Campbell joined staff, supported people, partners, and MSPs.

Paul Sweeney MSP who hosted the event said: ***"Their holistic approach addresses the root causes of homelessness, breaking the cycle and fostering long-term stability."***

Maree Todd, Minister for Social Care, Mental Wellbeing and Sport: ***"The work of staff on the front line is incredibly important, especially as they support some of the most vulnerable members of our society."***

Outdoor Adventure Day in Oban



Our Civic Reception at Glasgow City Chambers



For supported people, it was an unforgettable experience. Jim shared:

"Less than seven months ago... I was incarcerated at HMP Lowmoss. Never in a million years did I think I'd find myself in the Scottish Parliament... have hope, your life can have a dramatic change if you are in the right place at the right time."

On 5 June, our birthday, we gathered at Glasgow City Chambers for a Civic Reception with current and former staff, supported individuals, and partner organisations. Regional celebrations followed — from

Oban's adventure day of abseiling, climbing, and coasteering, to relaxed BBQs across the country.

We also launched our **Digital Memory Box**, capturing stories from those who've been part of our journey. Terry shared:

"I spent 6 months living at Clippens Farm in Linwood aged 17, estranged from my family, and overwhelmed with new responsibilities. I am happy to share I acquired my own tenancy in July 1997 and still maintain it today. Thank you!"

Meeting People Where They Are

The Blue Triangle Counselling Service



Counsellor Yusuf Mahmood

In early 2025, Blue Triangle launched a free, confidential counselling service in response to one in five people we support identifying poor mental health as a major challenge. Many are living with trauma, family breakdown, abuse, addiction, or violence — all while facing the instability of homelessness.

The service provides a safe, consistent space to talk openly, without judgement, and to receive empathy, respect, and person-centred care. Delivered by trained student counsellors, it meets people where they are, recognising that every journey is different.

Recognising the importance of staff prioritising their own wellbeing, the service now offers sessions for Blue Triangle staff, delivered by Senior Counsellor Debra Sinclair, helping them stay resilient while supporting others.

Yusuf's Perspective

Trainee counselling psychologist Yusuf Mahmood reflected on his placement at our Portwell service:

"The Portwell team didn't just give me a space to meet clients, they created one. Therapy isn't only about conversation; it's about the environment we create around it. Sitting with someone in their experience, without trying to move them out of it, has been one of the most important lessons of my training."

Yusuf noticed the supportive atmosphere extended beyond the counselling room.

"Small acts of care — offering a cup of tea, remembering someone's name, being nearby — they all matter. Therapeutic work doesn't begin or end with the therapy hour."

100%

of respondents said their wellbeing improved.

100%

said they would recommend the service to others.



A supported person said:

"Yusuf encouraged me to explore my own solutions and helped me through one of the most difficult few weeks of my life — homeless, divorcing, and separated from my son. It was life-affirming and helped me move on positively."

Supported People's Feedback

"I was sceptical at first, but the more we talked and I was able to open up about my problems, the more it helped."

"I went through it and now I'm in a better place, able to sleep and starting a new life, which I don't think I could have done without my counsellor's support."

"My counsellor listened to me, really heard what I was saying, and helped me find coping strategies and see things more clearly."



Connected Futures



From applying for jobs and education, to staying in touch with loved ones, being connected opens doors. Yet for many of the people we support, homelessness, poverty or past experiences mean they can be left behind in a digital world.

This year, we were delighted to receive funding that helped us change that. Thanks to two programmes — Connecting Scotland and Vodafone's National Databank & Charities Connected — we've been able to give people the tools and data they need to get online, stay connected and build independence.

Connecting Scotland: Devices and Data

Through our Connecting Scotland lending library, we supported 52 people with Chromebooks, tablets and MiFi units. The programme is designed to help people who are digitally excluded access devices and the internet, removing barriers caused by cost, circumstance or homelessness.

When we asked supported people why they needed a device, they told us:

34%

to connect with family and meet everyday needs

34%

to access higher education, life skills or training

10%

to apply for jobs

5%

to access benefits

5%

to access healthcare

12%

to connect with recovery groups or communities online

For people in recovery, this digital access is especially vital. When in-person meetings aren't possible, online recovery groups provide life-saving connection and support.

Emma's story

"Emma (name changed) expressed experiencing feelings of isolation, which in turn contributed to bouts of depression. When her support worker asked if anything could be done, she explained that while she had a TV, she had no internet connection in her flat. Through our Connecting Scotland library, Emma was able to secure a device — and with it, reconnect with her family and friends."

Paul's story

"Paul (name changed) is an elderly gentleman who had previously stayed in a tent for a couple of years. Navigating Universal Credit was often difficult. With a device from our lending library and support from his key worker, Paul has gained further independence."

Vodafone National Databank & Charities Connected

Alongside devices, data is crucial to staying online. Through the National Databank and Vodafone Charities Connected, we were able to provide 90 supported people with free data SIMs.

The biggest barrier people told us about was financial — 88% said they simply couldn't afford data. With these SIMs, they were able to reduce social isolation, stay in touch with friends and family, connect with recovery networks, and access benefits, education, new skills or hobbies.

Accounts

To view our Audited Accounts, Annual Assurance Statement and more, scan this QR code to visit our page on the Scottish Housing Regulator's website.



Blue Triangle
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