



Scottish Charitable Incorporated Organisation SC045158
181 Granton Rd, Edinburgh EH5 3RQ

ANNUAL REPORT AND ACCOUNTS

**1 January 2019-
31 December 2019**

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TalkTime Scotland SC045158 Annual Report and Accounts 2019

Introduction

TalkTime Scotland is a unique specialist service set up to offer free counselling to young people aged 12-25 who are physically disabled or have long-term physical health conditions living in Scotland. It is a registered Scottish charity (SCIO number SC045158) and began its activities in February 2015. A copy of the charity's constitution is available on request.

Activities

TalkTime Scotland offers free, person-centred, one-to-one counselling to young people aged 12-25 who are physically disabled or have a long-term health condition. Our counsellors are professionally qualified and experienced in working with this client group. Each client is offered a minimum of 10 one-hour sessions, although these therapeutic meetings can extend well beyond 10 where the client and counsellor agree to continue working together on more complex and challenging difficulties.

At the beginning of 2018 we relaunched the charity and changed its name from TalkTime Edinburgh to TalkTime Scotland. We now offer counselling across the whole country via phone and internet. We have successfully set up internet counselling for those clients who are unable or prefer not to access our base in Leith, east of the centre of Edinburgh.

In 2019 we provided 78 hours of counselling to eleven clients. We evaluate our service on an ongoing basis using age-appropriate, validated feedback forms (entitled "Psychlops") designed by Kings College London. Using these forms, clients self-rate their problems, functioning and well-being at the start of therapy and again at the end. The maximum possible score is 20 points; the higher the score, the more severely the client rates his or her difficulties. A reduction in the score from pre-therapy to post-therapy shows a client-assessed improvement. During 2019 initial Psychlops scores (pre-therapy) ranged from 15 to 19 points, with a mean of 17.2 points out of a maximum possible of 20. The post-counselling scores indicated they had benefited from counselling. Post-therapy scores ranged from 5 to 16 points, averaging 9.8 points out of a maximum possible of 20. Every client reported some improvement, and their combined, self-rated scores showed an average improvement after counselling of 7.4 points.

The Venue

The charity hires the Inglis Room in Norton Park Conference centre in the Leith area of the city. This is a room which is particularly suitable for counselling in that it is quiet, intimate and totally wheelchair accessible with disabled toilets and a comfortable waiting area for family, friends and support workers.

Finance

The charity has continued to fundraise and has received generous donations from various charitable trusts, private companies and individuals.

A copy of our **Annual Accounts** is included in this report.

Marketing

In April of this year a double page colour article about the work of TalkTime featured in 40 local newspapers across Scotland. We also had separate articles in the Stirling Observer and The Cumbernauld News.

In August we had a stand in Ocean Terminal Shopping Centre in Leith to promote the work of the charity to the general public. In the same month, we redesigned our website to make it easier for clients to access and for us to update.

In November we were invited to take part in the Hibernian Football Club's project on mental health entitled "Gamechanger: Choose Life" and we had a stand during a match along with other mental health charities.

We have continued to market our new internet-based counselling service to reach the more remote parts of Scotland where there are less services for young disabled people.

Other activities

The Youth and Philanthropy Initiative takes place in many secondary schools in Scotland. It encourages school pupils to research a charity and then give a presentation about its work. This year TalkTime Scotland was the chosen charity of a group of pupils at Holyrood High School in Edinburgh.

The Board of Trustees

The charity currently has five trustees who have remained in the same posts throughout the year as follows:

Seonaid Cooke	Convenor	(9 October 2014 - present)
Dr Paul Hepple	Secretary	(9 October 2014 - present)
Peter MacRae	Treasurer	(31 January 2015 - present)
Dr Ann Robertson		(23 October 2014 - present)
Dorothy Fairweather		(23 January 2015 - present)

Trustees are elected by a majority vote of the current trustees at the AGM each year. The 2019 AGM was held on 2 February and all trustees were re-elected. The full process by which trustees are appointed is set out in our constitution which is available on request. The board meets regularly throughout the year to discuss progress and make plans for future development. Meetings were held during 2019 on 2 February (AGM), 1 June and 28 September.

Feedback from Clients during 2019

“Everything was fantastic. I’m so glad I used the service.”

“I will always appreciate your organization and recommend you to others.”

“Counselling helped me in more ways than I could have imagined. It was fantastic and made me see the world in a different way.”

Thank You

TalkTime Scotland would like to thank the following companies and individuals for their support during 2019:

Andrew Anderson

Lorraine Kelly

Dr Guthrie’s Association

Kirkmuirhill Church of Scotland, Lanark

Waitrose Comely Bank, Edinburgh

The Leith Collective, Ocean Terminal Shopping Centre

JPI Media

Receipts and Payments Accounts

Statement of receipts and payments for the period 1 January 2019 - 31 December 2019

	2019 Unrestricted funds £	2019 Restricted funds £	2018 Unrestricted funds £	2018 Restricted funds £
Receipts				
Donations (note 4)	1,718	295	474	-
Grants (note 5)	-	500		
Fundraising	1,579	-	123	-
Gift Aid	-	-	-	251
Total receipts	3,297	795	598	251
Payments				
Cost of charitable activities (note 6)	(370)	(3,236)	(90)	(4,049)
Governance costs (note 7)	-	-	-	(480)
Other costs (note 8)	(3)	(37)	-	(619)
Total payments	(373)	(3,273)	(90)	(5,148)
Transfers between funds	-	-	1,222	(1,222)
Surplus/(deficit) for the year	2,924	(2,478)	1,730	(6,119)

Statement of balances as at 31 December 2019

	2019 Unrestricted funds £	2019 Restricted funds £	2018 Unrestricted funds £	2018 Restricted funds £
Opening cash at bank and in hand	1,730	4,409	-	10,528
Surplus/(deficit) for the year	2,924	(2,478)	1,730	(6,119)
Closing cash at bank and in hand	4,654	1,931	1,730	4,409
Bank and cash balances				
Community account	4,654	1,931	1,730	4,409

Notes to the accounts for the period 1 January 2019 - 31 December 2019

1 Basis of accounting

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2 Nature and purpose of funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity.

From 1 January 2018 the charity extended its remit to cover the whole of Scotland, instead of just the Edinburgh area. It also changed its name from TalkTime Edinburgh to TalkTime Scotland. Grants and donations received prior to this point are to be used only for providing services to clients in the Edinburgh area, and are therefore recorded in the Restricted fund. Most of the clients in 2019 were from Edinburgh so most of the costs of charitable activities have been paid from the Restricted fund. Where costs cannot be directly attributed to Edinburgh or non-Edinburgh clients, they have been split between the funds in proportion to the split of counsellor fees (89% restricted, 11% unrestricted).

It is the trustees' intent to run down the restricted fund over time so that in future all the funds can be spent on clients across the whole of Scotland.

See also note 5 regarding a grant received in 2019 which is recorded in the Restricted Fund for a different reason.

3 Related party transactions

No payments were made to or from any of the trustees (or any connected parties) in 2018 or 2019.

4 Donations

	2019	2019	2018	2018
	Unrestricted	Restricted	Unrestricted	Restricted
	funds	funds	funds	funds
	£	£	£	£
From private individuals	1,218	-	90	-
From businesses	1,000	295	384	-
	<u>2,218</u>	<u>295</u>	<u>474</u>	<u>-</u>

5 Grants

In 2019 a sum of £500 was received from Dr Guthrie's Association to help promote the work of the charity to remote parts of Scotland. This has been recorded in the Restricted Fund and will be tracked separately in future to ensure it is only used for the purpose for which it is intended.

6 Cost of charitable activities

	2019	2019	2018	2018
	Unrestricted	Restricted	Unrestricted	Restricted
	funds	funds	funds	funds
	£	£	£	£
Counsellor fees	330	2,595	90	2,960
Room hire	-	329	-	860
Postage, stationery, mobile phone	23	177	-	229
Website design and support	17	135	-	-
	<hr/> 370	<hr/> 3,236	<hr/> 90	<hr/> 4,049

7 Governance costs

No governance costs were payable in 2019 as the 2018 accounts were independently examined by Andrew Anderson on a voluntary basis.

8 Other costs

A sum of £40 was spent to obtain insurance so that a stall could be rented at Ocean Terminal in Edinburgh to raise awareness of our work with the general public. This has been split between the restricted and unrestricted funds in the same proportion as noted in note 2.

Trustees' declaration

The trustees declare that they have approved the trustees' Annual Report and Accounts for the period 1 January 2019 – 31 December 2019.

Signed on behalf of the trustees of TalkTime Scotland:

Signature

Full Name

Position

Date

Signature

Full Name

Position

Date