



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

ANNUAL REPORT AND ACCOUNTS

**1 January 2021-
31 December 2021**

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TalkTime Scotland SC045158 Annual Report and Accounts 2021

Introduction

TalkTime Scotland is a unique specialist service set up to offer free professional 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 physical 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 issues.

At the beginning of 2018 we relaunched the charity and changed its name from TalkTime Edinburgh to TalkTime Scotland. We have successfully set up internet and telephone counselling for those clients who are unable or prefer not to have face-to-face sessions at our base in Leith, east of the centre of Edinburgh.

In 2021 we provided 96 hours of individual counselling to ten clients. All clients reported an improvement in their mental health as a result of speaking to one of our counsellors. The overall improvement in their self-assessment scores was 51% when the individual scores were aggregated.

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 other support. However, during 2021 the Centre was closed for long periods due to the Covid regulations during which time we continued to offer support via phone and video link.

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

Due to the Government regulations on Covid we were unable to take part in outdoor marketing events but we continued to promote the charity online. We joined the Edinburgh Community Charity Lottery in December which gives back 50% of all ticket costs to the buyer's chosen charity.

We were very pleased that four teams of secondary school pupils chose to research TalkTime Scotland for the Hunter Foundation charity competition entitled "Youth Philanthropy Initiative" and were particularly delighted to learn that the team from Fettes College in Edinburgh had won the first prize of £3000 for the charity.

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 2021 AGM was held on 30 January 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 2021 on 30 January (AGM), 26 June and 24 October.

Feedback from Clients during 2021

My counsellor was really lovely and understanding. She always made me feel able to share my feelings or experiences and I was able to process a lot of things. I still use some of the tools she suggested to help me manage my health.

I liked my counsellor. She let me talk things through and made me feel at ease.

My life during the counselling period was not easy and it was vital to have support, I am deeply grateful.

It helped me a lot. I saw my mood had improved from my first to last session. Even though my illness continues I appreciate having been offered the space to talk things through in a supportive environment.

I think it's helped me a lot to understand my feelings and why I act the way I do which I can use for future reference and also it helped to better improve myself and be the best version of me.

Thank You

TalkTime Scotland would like to thank the following for their support during 2021:

Fettes College, Edinburgh
Mary Erskine School, Edinburgh
Armadale Academy, West Lothian
The Royal High School, Edinburgh
Andrew Anderson
Norton Park Conference Centre

Receipts and Payments Accounts

Statement of receipts and payments for the period 1 January 2020 - 31 December 2020

	2020 Unrestricted funds £	2020 Restricted funds £	2019 Unrestricted funds £	2019 Restricted funds £
Receipts				
Donations (note 4)	4,758	-	1,718	295
Grants (note 5)	-	-	-	500
Fundraising	2,236	-	1,579	-
Gift Aid	-	-	-	-
Total receipts	6,994	-	3,297	795
Payments				
Cost of charitable activities (note 6)	(2,206)	(1,431)	(370)	(3,236)
Other costs (note 7)	-	-	(3)	(37)
Total payments	(2,206)	(1,431)	(373)	(3,273)
Transfers between funds	-	-	-	-
Surplus/(deficit) for the year	4,788	(1,431)	2,924	(2,478)

Statement of balances as at 31 December 2020

	2020 Unrestricted funds £	2020 Restricted funds £	2019 Unrestricted funds £	2019 Restricted funds £
Opening cash at bank and in hand	4,654	1,931	1,730	4,409
Surplus/(deficit) for the year	4,788	(1,431)	2,924	(2,478)
Closing cash at bank and in hand	9,442	500	4,654	1,931
Bank and cash balances Community account	9,442	500	4,654	1,931

Notes to the accounts for the period 1 January 2020 - 31 December 2020

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 2020 were from Edinburgh so the counsellor fees for these clients were paid from the restricted fund until this was exhausted (leaving only the £500 grant mentioned in note 5). All other costs were taken from the unrestricted fund.

3 Related party transactions

No payments were made to or from any of the trustees (or any connected parties) in 2019 or 2020.

4 Donations

	2020 Unrestricted funds £	2020 Restricted funds £	2019 Unrestricted funds £	2019 Restricted funds £
From private individuals	1,758	-	1,218	-
From businesses	3,000	-	1,000	295
	4,758	-	2,218	295

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

	2020 Unrestricted funds £	2020 Restricted funds £	2019 Unrestricted funds £	2019 Restricted funds £
Counsellor fees	1,429	1,431	330	2,595
Room hire	530	-	-	329

Postage, stationery, mobile phone	125	-	23	177
Website design and support	122	-	17	135
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	2,206	1,431	370	3,236

7 Other costs

A sum of £40 was spent in 2019 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 was split between the restricted and unrestricted funds in proportion to the split of Edinburgh and non-Edinburgh clients in 2019 (see the 2019 annual report for further details).

Trustees' declaration

The trustees declare that they have approved the trustees' Annual Report and Accounts for the period 1 January 2021 – 31 December 2021.

Signed on behalf of the trustees of TalkTime Scotland:

Signature

Full Name

Position

Date

Signature

Full Name

Position

Date