



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

ANNUAL REPORT AND ACCOUNTS

**1 January 2022-
31 December 2022**

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TalkTime Scotland SC045158 Annual Report and Accounts 2022

Introduction

TalkTime Scotland is a unique specialist service set up to offer free, professional counselling to young people aged 12-25 living in Scotland who are physically disabled or have long-term physical health conditions. 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. Every 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 2022 we provided 76 hours of individual counselling to eight clients. Every client is asked to complete a pre and then a post counselling assessment. We use a validated Psychological Outcome Profiles Questionnaire (PSYCHLOPS) developed by Kings College London. This assesses how much their problems affect them and their concerns and how they are feeling.

Although it is just a snapshot of the week that the assessment is undertaken, seven out of eight clients reported an improvement in their Psychlops scores at the end of counselling.

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. During 2022 we continued to offer a combination of face-to-face and online/telephone support.

Finance

The charity has continued to fundraise and has received generous donations from various private companies, individuals and the Edinburgh Community Lottery.

A copy of our [Annual Accounts](#) is included in this report.

Marketing

We had exhibition stands at two conferences in 2022. The first was the Disabled Living Conference which took place at the Royal Highland Centre in Ingliston on 8th September. The second was the Conference for Cerebral Palsy Scotland which took place on 6th October at Hampden Park in Glasgow. We also did mail shots and email marketing to universities, higher education colleges and GP link workers across Scotland, as well as attending several other conferences regarding mental health.

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 2022 AGM was held on 19 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 2022 on 19 February (AGM) and 5 November.

Feedback from Clients during 2022

My counsellor was very good, I really appreciated that she asked at the beginning what I needed from therapy.

I really liked my counsellor - she was lovely and really helpful.

Counselling certainly helped me through a tough period.

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

Thank You

TalkTime Scotland would like to thank the following for their support during 2022:

Andrew Anderson

Norton Park Conference Centre

Receipts and Payments Accounts

Statement of receipts and payments for the period 1 January 2022 - 31 December 2022

	2022 Unrestricted funds £	2022 Restricted funds £	2021 Unrestricted funds £	2021 Restricted funds £
Receipts				
Donations (note 4)	137	-	2,516	-
Grants (note 5)	-	-	3,000	-
Fundraising	-	-	2	-
Gift Aid	-	-	-	-
Total receipts	137	-	5,518	-
Payments				
Cost of charitable activities (note 6)	(3,382)	-	(3,146)	-
Other costs (note 7)	(545)	-	(230)	-
Total payments	(3,927)	-	(3,376)	-
Transfers between funds	-	-	-	-
Surplus/(deficit) for the year	(3,790)	-	2,142	-

Statement of balances as at 31 December 2022

	2022 Unrestricted funds £	2022 Restricted funds £	2021 Unrestricted funds £	2021 Restricted funds £
Opening cash at bank and in hand	11,584	500	9,442	500
Surplus/(deficit) for the year	(3,790)	-	2,142	-
Closing cash at bank and in hand	7,794	500	11,584	500
Bank and cash balances Community account	7,791	500	11,584	500

Notes to the accounts for the period 1 January 2022 - 31 December 2022

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.

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 continues to be tracked in the Restricted Fund to ensure it is used only for the purpose for which it is intended.

3 Related party transactions

No payments were made to or from any of the trustees or connected parties in 2021 or 2022.

4 Donations

	2022 Unrestricted funds £	2022 Restricted funds £	2021 Unrestricted funds £	2021 Restricted funds £
From private individuals	137	-	516	-
From businesses	-	-	2,000	-
	137	-	2,516	-

5 Grants

No grants were received in 2022.

6 Cost of charitable activities

	2022 Unrestricted funds £	2022 Restricted funds £	2021 Unrestricted funds £	2021 Restricted funds £
Counsellor fees	2,925	-	2,880	-
Room hire	259	-	144	-
Postage, stationery, mobile phone	40	-	-	-
Website design and support	158	-	122	-
	3,382	-	3,146	-

7 Other costs

A total of £257 was paid to the Scottish Council for Voluntary Organisations and Counselling and Psychotherapy Scotland to place adverts on their websites for a new counsellor. A further £288 was paid to raise awareness of the Charity at the Disabled Living event mentioned earlier under Marketing.

Trustees' declaration

The trustees declare that they have approved the trustees' Annual Report and Accounts for the period 1 January 2022 – 31 December 2022.

Signed on behalf of the trustees of TalkTime Scotland:

Signature

Full Name

Position

Date

Signature

Full Name

Position

Date