



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

# **ANNUAL REPORT AND ACCOUNTS**

**1 January 2024-  
31 December 2024**

# Contents

<b>Introduction</b>	2
<b>Activities</b>	2
<b>The Venue</b>	2
<b>Finance</b>	3
<b>Marketing</b>	3
<b>Thank You</b>	4
<b>Receipts and Payments Accounts</b>	5
<b>Statement of receipts and payments for the period 1 January 2024 - 31 December 2024</b>	5
<b>Statement of balances as at 31 December 2024</b>	5
<b>Notes to the accounts for the period 1 January 2024 - 31 December 2024</b>	6
<b>Trustees' declaration</b>	7

# TalkTime Scotland SC045158 Annual Report and Accounts 2024

## 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 either 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 2024 we provided 59 hours of individual counselling to 12 clients. Of the 59 hours, 30 were online, 17 by phone and 12 face-to-face. 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 for therapeutic work with young people. This assesses how much their problems affect them and how long they have been feeling unhappy.

Although it is just a snapshot of the week that the assessment is undertaken, all clients who completed their course of therapy 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 2024 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 sources.

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

## Marketing

This year we had an exhibition stand at the Cerebral Palsy Scotland Conference which took place in Glasgow on 2 October. A team of pupils from Clifton Hall School in Edinburgh chose TalkTime Scotland for the Youth Philanthropy Initiative competition which involves giving a presentation with a prize of £3000 for the overall winner.

In July we recruited a new social media and marketing volunteer. We posted regular updates on Facebook, X and Instagram.

## The Constitution

In 2024 the constitution of TalkTime Scotland was reviewed and updated in line with requests from OSCR to reflect changes in Scottish Charity Law and to show that all trustees are aware of their role and responsibilities. As mentioned above, a copy of the amended charity constitution is available on request.

## 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 2024 AGM was held on 10 February and all trustees were re-elected. The full process by which trustees are appointed is set out in our constitution.

The board meets regularly throughout the year to discuss progress and make plans for future development. Meetings were held during 2024 on 10 February (AGM), 8 June and 12 October.

## Some Client Feedback from 2024

*“The counselling that I received really helped me regain my confidence during a time where being disabled in a mainstream school was extremely challenging for my mental health. Having a counsellor who was familiar with disability as well, made it so much easier to talk about my experiences without feeling like I had to explain everything.”*

## **Thank You**

TalkTime Scotland would like to thank the following for their support during 2024:

Claudya Grace Ginting, Social Media & Marketing Assistant

Andrew Anderson

Norton Park Conference Centre

## Receipts and Payments Accounts

### Statement of receipts and payments for the period 1 January 2024 - 31 December 2024

	2024 Unrestricted funds £	2024 Restricted funds £	2023 Unrestricted funds £	2023 Restricted funds £
<b>Receipts</b>				
Donations (note 4)	2,036	-	4,062	-
Grants	-	-	-	-
Fundraising	-	-	-	-
Gift Aid	-	-	-	-
<b>Total receipts</b>	<b>2,036</b>	<b>-</b>	<b>4,062</b>	<b>-</b>
<b>Payments</b>				
Cost of charitable activities (note 5)	(2,521)	-	(1,832)	-
Other costs (note 6)	-	-	-	-
<b>Total payments</b>	<b>(2,521)</b>	<b>-</b>	<b>(1,832)</b>	<b>-</b>
<b>Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Surplus/(deficit) for the year</b>	<b>(485)</b>	<b>-</b>	<b>2,230</b>	<b>-</b>

### Statement of balances as at 31 December 2024

	2024 Unrestricted funds £	2024 Restricted funds £	2023 Unrestricted funds £	2023 Restricted funds £
Opening cash at bank and in hand	10,024	500	7,794	500
Surplus/(deficit) for the year	(485)	-	2,230	-
<b>Closing cash at bank and in hand</b>	<b>9,539</b>	<b>500</b>	<b>10,024</b>	<b>500</b>
Bank and cash balances				
Community account	9,539	500	10,024	500

## Notes to the accounts for the period 1 January 2024 - 31 December 2024

### 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 2023 or 2024.

### 4 Donations

	<b>2024</b>	<b>2024</b>	<b>2023</b>	<b>2023</b>
	<b>Unrestricted</b>	<b>Restricted</b>	<b>Unrestricted</b>	<b>Restricted</b>
	<b>funds</b>	<b>funds</b>	<b>funds</b>	<b>funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
From private individuals	36	-	62	-
From businesses	2,000	-	4,000	-
	<u>2,036</u>	<u>-</u>	<u>4,062</u>	<u>-</u>

### 5 Cost of charitable activities

	<b>2024</b>	<b>2024</b>	<b>2023</b>	<b>2023</b>
	<b>Unrestricted</b>	<b>Restricted</b>	<b>Unrestricted</b>	<b>Restricted</b>
	<b>funds</b>	<b>funds</b>	<b>funds</b>	<b>funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Counsellor fees	1,820	-	1,330	-
Room hire	151	-	36	-
Postage, stationery, mobile phone	40	-	229	-
Counsellor recruitment costs	230	-	-	-
Website/social media design and support	280	-	237	-
	<u>2,521</u>	<u>-</u>	<u>1,832</u>	<u>-</u>

### 6 Other costs

There were no other costs incurred in 2023 or 2024.

## Trustees' declaration

The trustees declare that they have approved the trustees' Annual Report and Accounts for the period 1 January 2024 – 31 December 2024.

Signed on behalf of the trustees of TalkTime Scotland:

**Signature** .....

**Full Name** .....

**Position** .....

**Date** .....

**Signature** .....

**Full Name** .....

**Position** .....

**Date** .....