



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

# **ANNUAL REPORT AND ACCOUNTS**

**1 January 2023-  
31 December 2023**

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# TalkTime Scotland SC045158 Annual Report and Accounts 2023

## 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 2023 we provided 38 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, 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 2023 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 3 October. Two teams of pupils from secondary schools in Edinburgh (James Gillespie's High School and Trinity Academy) chose TalkTime Scotland for the Youth Philanthropy Initiative which involves giving a presentation with a prize of £3000 for the overall winner.

In September we recruited a new social media volunteer who has set up an Instagram account and reached out to other charities and influencers in areas of interest to young disabled people in Scotland.

## 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 2023 AGM was held on 18 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 2023 on 18 February (AGM), 3 June and 14 October.

## Some Feedback from Clients during 2023

*"I would definitely recommend TalkTime to people - thank you so much"*

*"Very flexible and understanding"*

## **Thank You**

TalkTime Scotland would like to thank the following for their support during 2023:

Katie Trafford

James Gillespie's High School

Trinity Academy

Andrew Anderson

Norton Park Conference Centre

## Receipts and Payments Accounts

### Statement of receipts and payments for the period 1 January 2023 - 31 December 2023

	2023 Unrestricted funds £	2023 Restricted funds £	2022 Unrestricted funds £	2022 Restricted funds £
<b>Receipts</b>				
Donations (note 4)	4,062	-	137	-
Grants	-	-	-	-
Fundraising	-	-	-	-
Gift Aid	-	-	-	-
<b>Total receipts</b>	<b>4,062</b>	<b>-</b>	<b>137</b>	<b>-</b>
<b>Payments</b>				
Cost of charitable activities (note 5)	(1,832)	-	(3,382)	-
Other costs (note 6)	-	-	(545)	-
<b>Total payments</b>	<b>(1,832)</b>	<b>-</b>	<b>(3,927)</b>	<b>-</b>
<b>Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Surplus/(deficit) for the year</b>	<b>2,230</b>	<b>-</b>	<b>(3,790)</b>	<b>-</b>

### Statement of balances as at 31 December 2023

	2023 Unrestricted funds £	2023 Restricted funds £	2022 Unrestricted funds £	2022 Restricted funds £
Opening cash at bank and in hand	7,794	500	11,584	500
Surplus/(deficit) for the year	2,230	-	(3,790)	-
<b>Closing cash at bank and in hand</b>	<b>10,024</b>	<b>500</b>	<b>7,794</b>	<b>500</b>
Bank and cash balances				
Community account	10,024	500	7,794	500

## Notes to the accounts for the period 1 January 2023 - 31 December 2023

### 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 2022 or 2023.

### 4 Donations

	2023 Unrestricted funds £	2023 Restricted funds £	2022 Unrestricted funds £	2022 Restricted funds £
From private individuals	62	-	137	-
From businesses	4,000	-	-	-
	4,062	-	137	-

### 5 Cost of charitable activities

	2023 Unrestricted funds £	2023 Restricted funds £	2022 Unrestricted funds £	2022 Restricted funds £
Counsellor fees	1,330	-	2,925	-
Room hire	36	-	259	-
Postage, stationery, mobile phone	229	-	40	-
Website/social media design and support	237	-	158	-
	1,832	-	3,382	-

### 6 Other costs

There were no other costs incurred in 2023. In 2022 £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. Also in 2022, £288 was paid to raise awareness of the Charity at the Disabled Living event mentioned earlier under Marketing.

Independent Examiner's Report to the Trustees of  
TalkTime Scotland  
Company Number SC045158

I report on the accounts for the year ended 31 December 2023 set out on pages two to seven.

### **Respective responsibilities of trustee and examiner**

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

### **Basis of independent examiner's report**

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeks explanations from the trustees for any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit; consequently I do not express an audit opinion on the accounts.

### **Independent examiner's statement**

In the course of my examination no matter has come to my attention that

1. gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations, have not been met, or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Andrew Anderson  
179 Granton Road  
Edinburgh EH5 3RQ

Date... 26/1/24



### Trustees' declaration

The trustees declare that they have approved the trustees' Annual Report and Accounts for the period 1 January 2023 – 31 December 2023.

Signed on behalf of the trustees of TalkTime Scotland:

Signature ..... P Hepple  
Full Name ..... PAUL HEPPLE  
Position ..... Secretary + Trustee  
Date ..... 17/2/24

Signature ..... Seonaid Cooke  
Full Name ..... SEONAI D COOKE  
Position ..... DIRECTOR  
Date ..... 14/2/24