

• ) • Bipolar  
• ) • Scotland

# **Annual Report 2017/18**



## **There is no cure for Bipolar Disorder... but our support transforms lives**

**Bipolar Scotland is Scotland's national charity for everyone living with Bipolar Disorder – friends, family, carers and people with a diagnosis.**

- We maintain a helpline for people seeking advice and information on how to control this condition.
- We organise support groups throughout Scotland where people can share advice, information and experience.
  - We challenge stigma and discrimination wherever it exists.
- We offer free courses where people can learn to manage the condition.

All these things improve quality of life, reduce hospital admissions and hold families together.

At the moment, people with Bipolar are twelve times more likely to be unemployed than their fellow citizens... and their life expectancy is often 10-15 years shorter. These are figures we'd all like to change and – with your support – we will.

2-3% of Scotland's population (150,000 people) live with bipolar disorder so we all know someone with a diagnosis – a relative, a friend, a neighbour, a workmate. Join us to give them a fair chance of living to the full.

**Contact Bipolar Scotland on 0141 560 2050**

## Background

Bipolar Scotland was established as a Scottish charity on 8<sup>th</sup> December 1992, and in 1994 became a Company Limited by guarantee, known at the time as Manic Depression Fellowship Scotland.

Over the years the organisation has evolved with the times, and at the 2010 AGM the membership voted for the name to become Bipolar Scotland, making very clear who we are and what we do.

The organisation is “user led”, which means the Board of Directors are elected from the members of the organisation. The board and staff work very closely together to ensure the aims of the organisation are met and that all activities are in the interests of the members.

Bipolar Scotland is run from an office in Paisley and provides various services to members. To date this has included an information service, production of booklets and an acclaimed quarterly magazine, *On the Level*. The organisation supports a network of self help groups throughout Scotland and delivers a unique course of condition specific self management training.

Bipolar Scotland is an organisation for its members and all work is undertaken with this in mind.

## Vision Statement, Aims & Objectives

***“To enhance the quality of life of people with bipolar disorder and their carers, including friends and relatives, by offering appropriate support at both individual and group level.”***

*Bipolar Scotland’s vision is to enhance the quality of life of people with bipolar disorder and their carers, including friends and relatives by offering appropriate support at both individual and group level.*

- ◆ To provide information, advice, support and education to people with bipolar disorder, their friends, relatives, carers and professionals.
- ◆ To promote, develop and co-ordinate a network of self help groups throughout Scotland.
- ◆ To reduce stigma by improving knowledge and understanding of bipolar disorder
- ◆ To encourage research into all aspects of bipolar disorder.



## CHAIR'S REPORT

2017/18 saw Bipolar Scotland consolidate its activities and look to expand once more. Funding remains a challenge, as it is for most charities, but we have worked hard to widen our range of funders. We are grateful to all of the trusts and organisations who have supported our work across many different areas.

Volunteers were, as always, at the core of our work, and I'd like to thank everyone who has raised money, facilitated groups, raised awareness, run training sessions, organised events, helped out in the office, served on the Board or carried out any of many other vital roles for us.

The low point of the year was the death of Kenneth Lamont. Kenny was a long time Director of Bipolar Scotland and well known around the Paisley community and beyond. He was committed to volunteering and did a massive amount to support others. Kenny was a good friend to many of us and will be sadly missed.

On a brighter note, we reached our 25<sup>th</sup> anniversary in 2017, which was, of course, marked with a party. So many people have been involved with the organisation across the years - and it has taken a massive amount of dedication and commitment to keep the charity running.

Demand for our core services remains high and if anything is increasing. Our work is vital in supporting people across the country to stay well and to live fulfilling lives in spite of their condition. Our network of support groups now covers much of the country and we have added an 18 – 30 group in Edinburgh, which is very active. Our next step will be to look at developing online support for those who live in remote areas, or simply can't, or prefer not to, attend a group in person.



Our self management training courses are always very well received and I know what a massive difference they can make to each participant's life. Recent research from the Health Foundation has shown that good self management of long term conditions dramatically decreases hospital visits– more proof, if we needed it, of the value we provide.

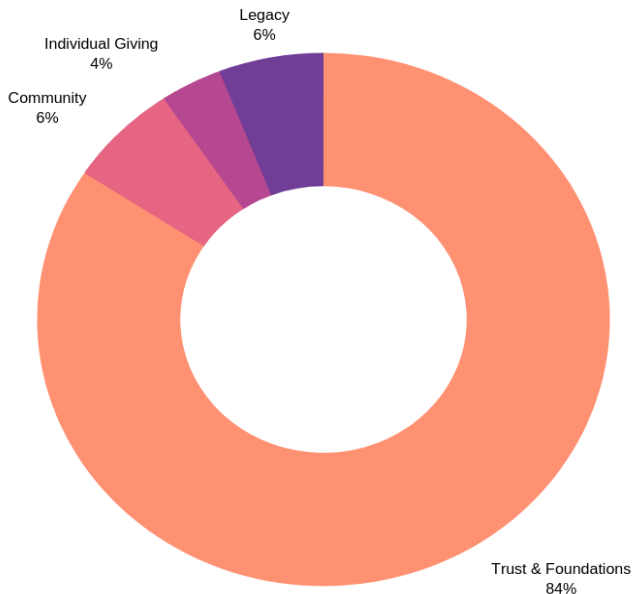
I'd like to thank all of our staff for their hard work over the year. They keep the organisation moving forward and support our volunteers to play their many different roles. It takes a lot of commitment and energy to ensure that a small organisation can achieve so much across the country.

2017/18 was a good year for Bipolar Scotland. Moving forward, we will be working to ensure that we continue to provide the services our members have grown used to, as well as looking to develop into some new areas.

Here's to the next 25 years!

*Gordon Johnston*

## An illustration of where our funds come from



## CHIEF EXECUTIVE'S REVIEW OF THE YEAR



It is once again a pleasure to be writing this review – my 17<sup>th</sup> annual report if I calculate the years correctly. Time flies when you're having fun; there's never a dull moment, that's for sure!

We started the year with our conference in September and launched a great Scottish Bipolar Awareness Week 2017 featuring videos from Andy Gray and Gail Porter. It was good to have public endorsement.

Not long after we were planning to mark our 25<sup>th</sup> Anniversary celebrations on 8<sup>th</sup> December with a party for volunteers and friends of the organisation past and present. In December we also welcomed Eilidh Rankin to our staff team, which dropped the average age considerably!! Eilidh is volunteer assistant and worked with Gwen to introduce new volunteering roles to the organisation, and with Graeme supporting group facilitators. We had a push on volunteering and we now have Aymie leading the social media work, with Lauren joining her team. Aymie has also brought back On the Level, which has been much requested over the two years it has been missing. The social media focus has brought great engagement and interest, so will remain a focus. We moved with the times and now have an Instagram account as part of our social media grouping. Work is ongoing to bring a much needed new website.

We've seen some great individual and team fundraising take place this year with different challenges. We've had a Loch Lomond swim (brrr!), had our biggest entry to the Kiltwalk, a cycle from Glasgow to Edinburgh, a few people getting dirty doing the Tough Mudder, and soon to come the interestingly named Craggy Island Challenge. The last one has intrigued me – it's a triathlon which involves a swim from Oban to the Isle of Kerrera (even more brrrr)! Schools continued to contact us for information to take part in the Youth and Philanthropy Initiative (YPI) and this year, with Michelle's input, a

team from Penicuik High School won it for us, with a very welcome £3000 prize. Well done to the team, and Michelle for the guidance she gave them. We took part in Lenzie Academy's speed dating for charities again, although we weren't a finalist this year, we were at the presentation evening as we had been one of the charity partners from last year.

Gwen has had a push on funding applications to Trusts this year and this continues to be worthwhile, with more smaller grants being awarded. We have been working on volunteering and self management with some of the bigger awards.

Self Management Training courses continue to be run. We were sorry to lose Yvonne Fleming as lead facilitator this year, and we wish her well in her nursing career. I worked with Vic Baxter on the 18-30 course and this went very well. It was great to keep my hand in training (part of my former HR career that I particularly enjoy and that I am involved in as a volunteer with other organisations). Vic has also had to give up the training for career reasons, and we are delighted to see his new career flourishing. For the time being I will continue to lead the courses, but have two volunteers working with me, training to become facilitators. We have run courses in Edinburgh, for the 18-30 age group, and in Ayr. Aberdeen will take place in the next few months, as will Glasgow and hopefully Edinburgh. As we move to the future we are planning to develop courses for carers and a refresher course for those who have done the full programme. We have been working with NHS Greater Glasgow and Clyde Bipolar Care Pathways team and hope to have made progress in the next few months on delivering SMT modules as part of a wider programme.

There have been two Scottish Mental Health Arts Festivals (SMHAF) since the last Annual Report, and accordingly, two Writing Competitions. The first one, with the theme of "Reclaim" was in October 2017. The Festival has now changed dates, so the first May Festival was held in 2018. This will be its regular slot. Both went well, with the Writing Awards being one of the top events of

the Festival. Look out for the SMHAF International Writing Competition in May 2019, when Ian Rankin will be guest of honour.

We have continued to be invited on to radio shows when bipolar is in the news, and I was joined by Glasgow group member and new director Marion Cowie, earlier this year on the BBC Radio Scotland morning discussion to mark World Bipolar Day. The same day we joined forces with the British Transport and Community Police to raise awareness in Edinburgh Waverley Station. This was a great event with the police highlighting hate crime and their text line, and showing great awareness of bipolar. We also continue to consult on River City storylines, and I was delighted when the script was changed to mention “named persons”. Baby steps!

Gordon has mentioned the loss felt by us all at the death of Kenneth Lamont. I have known Kenneth for many years, and there is a big Kenneth shaped hole in the organisation. I have written more in On the Level.

I will end as usual with thanks. To our board of directors for their dedication to the organisation; to the funders, mentioned elsewhere who keep us going, and to those extremely kind and forward thinking people who left us legacies in their wills; to Audrey Wolfson from Cahill Jack auditors for her help which goes beyond simply examining the accounts; and to all our enthusiastic new volunteers who bring so much to the organisation. Finally, my heartfelt thanks to Gwen, Graeme, Lesley and Eilidh, our staff team, who do a fantastic job of ensuring this small charity has a mighty impact.



Social Media volunteers  
Aymie and Lauren



## SELF-HELP GROUPS UPDATE

We had a busy and successful year during 2017/18 with some new Groups forming, existing groups going from strength to strength, lots of lively discussion and some excellent guest speakers.

**Glasgow** now has two functioning slightly separate (but very friendly) groups – **Glasgow City and Glasgow West**. Glasgow City Group meets in Premier Inn George Square so its really accessible for everyone throughout the city. Attendance is up and everyone appreciates the free tea + coffee (though I'm sure that's not why they come!!) **Forth Valley Group** moved from Stirling to Falkirk in November 2017 and meets in Falkirk Trinity Church right in the centre of town. Our first meeting attracted 19 members which was hugely encouraging. **Ayrshire Group** started meeting in October 2017 and we'd like to say a huge big thanks to Ayr Action for Mental Health who let us use their venue and access their services for next to nothing – true friends and real partners!

Looking ahead, moves are afoot to re-activate **Dumfries Group** which will be great as we used to have a Dumfries Group and NHS Dumfries and Galloway is currently the only Health Board area where we don't have a group. A local partner has been found – we're just waiting for them to finish their venue refurb and we can plan the first meeting.

We've also received funding to develop an Online Support Group for 16-26 yr olds which will go live in Jan 2019. Several Edinburgh 18-30 Group members are helping us with technology and testing and – once we sort all the techie stuff – we hope that Online Groups will help us reach out to people who live in remote/rural areas, who may have mobility issues or who aren't too keen on attending face to face groups. And we hope the concept will appeal to young people who've grown up with screen-based interaction and might find that a good way to communicate.

We had a very successful Facilitators Get-Together in April 2018 to share ideas and good practice. The day closed with a Suicide Prevention workshop delivered by a Choose Life practitioner – our Facilitators aren't trained Crisis Practitioners but we want to ensure they're well-equipped to meet all the challenges they may face.

## TREASURER'S REPORT

2017/18 has been a mixed year financially. We have seen success in smaller funding applications, and we got through the year successfully thanks to a legacy. Legacy giving is very important to us, and we encourage members to think of the organisation when drawing up a will.

This was our last year of the current Scottish Government Section 10 funding award. We are pleased that it has been granted at a rate of £30,000 for an additional year (2018/19) although the process will change thereafter.

We received funding via the Voluntary Action Fund to develop our volunteering programme and this continues over the next two years. Individual fundraising via campaigns and challenges has remained buoyant and we thank all those who raise funds for us.

Our volunteer accountant had to leave at the end of the year, and we have recently been joined by a new volunteer, who we anticipate will be with us for the next few years. We thank Audrey Wolfson from Cahill Jack Associates Ltd for all her help and advice. Thanks to Gwen for her dedication to securing funding for us, and many thanks to the funders mentioned below.

*Colin Murchie, Director and Treasurer*

The following trusts have given us grants and we record our thanks.

### 2017-18

Robertson Trust	Section 10b
Health & Social Care Alliance	Allen Lane Foundation
The Plum Trust	Zurich Community Trust
South Ayrshire	Voluntary Action Fund
Common Good Fund (Dundee)	Merchants House
Greggs	New Maclay Trust
Maple Trust	Hope & Pilkington Trust
Aviva	Albert Hunt
New Maclay Trust	Maple Trust

## Income and Expenditure Account for the Year to 31st March 2018

	Year to 31.3.18	Year to 31.3.17
<b>Income</b>		
Scottish Government Revenue Grants	30,000	62,000
Robertson Trust Grant	10,000	-
The Plum Trust Grant	10,000	10,000
Other Grants	41,242	39,036
Members' Subscriptions	4,428	5,342
Donations and Legacies	8,855	75,951
Fundraising Activities	5,735	13,434
Sale of Publications	118	66
Presentations and Conferences	50	500
Interest Receivable	2	2
	<b>110,430</b>	<b>206,331</b>
<b>Expenditure</b>		
<i>Running costs of charity</i>		
Payroll and recruitment	76,766	58,224
Rent and Rates	13,379	13,121
Light and heat	128	753
General printing and stationery	4,393	4,112
Information, publications & postage	8,072	5,744
Self management training costs	5,601	900
Telephone	2,246	2,060
Travelling expenses	7,686	6,854
Staff Training	308	-
Repairs, IT and sundry expenses	1,947	870
Subscriptions	298	680
Conference Costs	3,015	2,376
Grants payable or equivalent to local support groups	1,779	2,546
<i>Expenditure on raising donations, legacies and grants:</i>		
Credit card machine and other charges	868	876
Fundraising costs	2,209	-
Payroll and recruitment cost	14,326	18,856
<i>Other costs:</i>		
Depreciation	344	255
Legal and professional	168	-
Independent Examiner's Fee	1,200	1,200
	<b>144,733</b>	<b>119,427</b>
<b>Deficit(-) of Income over Expenditure</b>	<b>-34,303</b>	<b>86,904</b>

## Balance Sheet at 31<sup>st</sup> March 2018

	At 31.3.18 £	At 31.3.17 £
<i>Fixed Assets</i>		
Furniture and Computing Equipment Cost at year end	6,966	6,607
Depreciation at year end	6,187	5,844
Written down value at the End of the Year	779	763
<i>Current Assets</i>		
Other debtors	-	-
Cash in Hand and at Bank	69,278	102,870
Total Assets at the End of the Year	70,057	103,633
<i>Current Liabilities due within one year</i>		
Deferred grant income	-	-
Accrued expenditure	3,988	3,261
Total Net Assets at the End of the Year	66,069	100,372
<i>Funds at the End of the Year</i>		
Unrestricted Funds	59,925	91,934
Restricted Funds	6,144	8,438
Total Funds at the End of the Year	66,069	100,372

# Overview of 2017/18

## OVERVIEW 2017-18

# BIPOLAR SCOTLAND



### NEW LOGO

We rebranded with a new logo and a new website on the way.



### SUPPORT GROUPS

988 people attended our Adult Self-Support groups. 40% were carers. 11 young people attended our 18-30 Lothian Group.



### SELF-MANAGEMENT TRAINING

We delivered 4 courses to 48 people. 84% of participants would use what they have learned immediately. 78% said that what they had learned would lead to changes in how they do things, enabling them to be better able to self-manage.



### VOLUNTEERING

We recruited 12 new volunteers including 4 Social Media volunteers. We now have 42 volunteers and together they gave 1560 hours! Aymie launched our On the Level podcast. Eilidh joined us as Volunteer Support Assistant at the end of November 2017.



### 25TH BIRTHDAY PARTY

We celebrated our 25th Birthday. This was well attended by members young and old, volunteers, Directors, Supporters and Third Sector organisations.



### BIPOLAR AWARENESS WEEK

We launched our Friend of Campaign supported by Andy Gray aka Pete Galloway from River city and Gail Porter. This was our first coordinated campaign to raise awareness and we hope to build on this in 2018!



### ON THE LEVEL PODCAST

We launched the first bipolar specific podcast in the UK. This is a volunteer-led project. It was launched on World Bipolar day alongside the British Transport Police Bipolar Awareness Campaign.

"Before I joined the Bipolar support group in Dundee I was a little lost. I had met a few people with this condition here and there but it was never the right place or time to talk on anything more than a basic level. I found myself feeling isolated and a little lost. I joined an anxiety group in Cupar and it was helpful to a point but ultimately I could only relate with some of it.

I also found that my friends, who are amazing were simply not qualified to help me with this very specific problem. I fear that sometimes I expected too much. I don't drive and none of my friends who do would come to me about a problem with their car, why would they? So why did I expect them to know about bipolar disorder. It is not ignorance on anyone's part, it's not understanding, it's just life. Humans need to talk to other people about things that are relatable to them.

My friend by chance learned about the Bipolar group and turned me onto it. The group is run by two wonderful people and there are an interesting group of people who attend. It is a place that we can all feel comfortable sharing our experiences and for some of us (if not all) that is priceless. I cannot put into words how much relief I have felt getting things off my chest after all this time.

As I get older, things become more difficult for me. I have shamed and embarrassed myself, I have let myself down, and have let others down. But I have also shined very bright, helped people and have learned to accept myself for who I am. This group helps people not feel alone, and who wants to feel alone?"

## jamie's story



### Suffragette Spirit

Our director and facilitator of the Lothian Group, Michelle Howieson, won a place on Amnesty International's Suffragette Spirit Map to mark 100 years since women gained the vote. We nominated her as a strong woman who represents others.

This is her entry on the map:

Michelle is Change Champion for Equally Fit, a rights-based health inequalities campaign. She was involved in producing a Charter of Rights to challenge the statistic that people with mental illness die too early. She shares her story of mental and physical illness working closely with NHS Lothian.



### **Become a Friend...**

Becoming a Bipolar Scotland Friend keeps you closer to our day to day work. Friends commit to support by contributing at least £3 a month. Regular giving is incredibly important as it allows us to carry out work not funded by traditional trusts and funds. This means we can take action on issues vital to those affected by bipolar disorder. All of our members are greatly valued, but we acknowledge the generosity of those who are able to become a Friend.

#### **Individual Friend Membership**

From as little as £3 a month, you can become a Friend of Bipolar Scotland and receive benefits, including:

- A quarterly newsletter**
- A membership badge**
- On The Level Magazine**
- Invitation to our Annual Conference**

#### **Joint Friend Membership**

You and your partner can become a Bipolar Scotland Friend from as little as £4 a month.

To join us and become a friend please contact:

**[info@bipolarscotland.org.uk](mailto:info@bipolarscotland.org.uk)**  
or call us on 0141 560 2050.

## **Bipolar Scotland is based in**

Studio 1015  
Mile End Mill  
Seedhill Road  
Paisley PA1 1TJ  
Telephone: 0141 560 2050

[www.bipolarscotland.org.uk](http://www.bipolarscotland.org.uk)

## **Staff of Bipolar Scotland during the period of the report**

Alison Cairns: Chief Executive & Company Secretary  
Graeme Bowman: Development Officer  
Lesley Fyfe: Administrator  
Gwenaelle Joubert-Beaumont: Fundraising and Communications Officer  
Eilidh Rankin: Volunteer Assistant (from December 2017)

## **Board of Directors 2017-18**

Gordon Johnston: Chair  
Hazel Gilbert: Vice Chair  
Colin Murchie: Treasurer  
George Cairns  
Linda Dickson  
Michelle Howieson  
Elaine Dobbie (from September 2017)  
Marion Cowie (from June 2018)  
Helen McGinty (from June 2018)

## **Honorary President**

George Frame

## **Medical Advisors**

Prof Andrew McIntosh  
Prof Daniel Smith

## **Psychology Advisor**

Prof Andrew Gumley

## **Office Volunteer**

Jenny Ellis

Bipolar Scotland is a company limited by guarantee  
Company No: SC163306 Scottish Charity No SC 021705

