



•) • Bipolar
•) • Scotland

Annual Report

2016/17



**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 8th 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

The year 2016/17 was a good one for Bipolar Scotland. After a couple of years where our total income dropped we've now managed to turn a corner with a large increase. And we've agreed a new development plan to take us up to 2020, hopefully continuing the growth in the services we can provide to our members.

Our fundraising income continues to grow year on year, which is fantastic. We've benefitted from the efforts of many of our members, their families and local companies, who have organised events and taken part in many different sponsored activities on our behalf. I'd like to thank all of those who have worked so hard for us – there are too many to mention individually but be sure that we truly appreciate all of your efforts.

The work of our fundraiser Gwen Joubert is also paying off in several new grants from various funds and trusts, and a few more have been secured since the end of the last financial year too. Many of our longer term plans require new funds to be brought in and Gwen's role is crucial in supporting the organisation's development.

This year also saw the publication of the Scottish Government's new Mental Health Strategy covering 2017 – 2020. The much delayed document was finally unveiled to fairly mixed reviews. While a ten year time period and a commitment to parity between mental and physical health are to be welcomed, the actions proposed in the document do not go anywhere near far enough to achieve the transformation required. And the significant investment needed to achieve change does not seem to be available.

As a member of the Scottish Mental Health Partnership, an alliance of third sector national organisation working in mental health, we are pressing the Scottish Government to expand the scope of the activities and programmes under the strategy. We know that small changes will simply not deliver the type of improvement required by so many people living with bipolar disorder.

Our network of support groups throughout the country continues to grow, with several new areas now being covered. We rely on volunteers to facilitate our groups, and their hard work is very much appreciated. Some are long term members of the organisation, while others are postgraduate students giving us their expertise while they gain experience. And all show great commitment that is vital to the members who attend and provide support to each other.

Self management courses continue to be delivered across Scotland, and we're now hard at work reviewing and refreshing the course materials. It's seven years since we developed our own course, and while the core of it remains good, there are a few things we can improve on. There is always great demand for the course, a testament to the benefits that good self management techniques can bring to our mental health.

There are a lot of other areas of ongoing activity too, including the many core tasks that require work year on year to deliver. We provide advice and information to the many people who contact the office, deliver information and awareness talks to different organisations and work together with our partners on a variety of groups and networks.

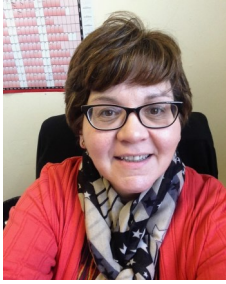
But we are not standing still. Over the next few weeks we will have our annual Bipolar Awareness Week activities, hopefully generating some welcome publicity, as well as a new patron and a new organisational logo! Look out for some other big announcements too ...

Bipolar Scotland would not achieve as much as it does without the hard work of our many volunteers from across the country who regularly give up their time to do so much for us. I'd like to thank every one of our volunteer facilitators, trainers, Directors, fundraisers and everyone else who does so much on our behalf.

I'd also like to thank all of our staff for their hard work. As with all small organisations they all carry out a wide range of tasks, a lot of which probably are not in their job descriptions. It is the flexibility and teamworking they show that allows us to be successful across such a wide variety of activities.

So 2016/17 has been a good year for Bipolar Scotland. Be assured we will all be working to deliver more success in the future and to develop further from the firm foundations we have built. The organisation has been around in one form or another for more than 24 years now, and the need for our services continues to be strong. The challenge is to grow to meet those needs.

Gordon Johnston



CHIEF EXECUTIVE'S REVIEW OF THE YEAR

It's a pleasure to be writing this year's annual report at the end of a year that has been so much more positive than the last few. We finally feel that we are looking forward with enthusiasm and positivity once more.

It's an exciting time to be involved with Bipolar Scotland.

At last year's AGM we once again had an election to the Board of Directors and we welcomed Hazel Gilbert to the Board. We were sorry, however, to lose George Frame as a director. Over the course of the year, the board took the decision to introduce the position of Honorary President, and we were delighted when George Frame accepted our invitation to be the first incumbent of the post. George and his wife Christine, have been involved in the organisation for many years, with George joining the board of directors in January 2003. He has been a mainstay ever since, being a calming and steady influence during stormy times, and a huge support to me personally.

In October, we were again partners in the Scottish Mental Health Arts and Film Festival Writing Awards. This year the event was held in the Storytelling Centre in Edinburgh, which was a wonderful venue. I was thrilled to join Gordon on the judging panel with playwright Alan Bissett and poet Jenny Lindsay. This year's competition, as part of the newly named Scottish Mental Health Arts Festival with the theme "Reclaim" will be judged at the end of September, with the Awards in St George's Tron Church in Glasgow on 26th October.

We have had a stable year staffing wise and this has let us develop a team ethos once again, which enables us to deliver services to you effectively.

We have also continued to work in partnership with Support in Mind Scotland on the Equally Fit project. We published the "Charter of Rights and Actions for Change" and trained our first Change Champions. Michelle Howieson, who is a director of Bipolar Scotland and facilitator of the Lothian group is a member of the Equally Fit Steering Group and has been working with NHS Lothian to put Equally Fit into practice. I also spoke at the Scottish Patient Safety Programme for Mental Health annual conference and was very well received by professionals.

Our charity partnership with Scottish Power Energy Networks has been productive over the year and we are very grateful to those involved for the fundraising they have done for us. Individual fundraising challenges have again been increasing and we are very grateful to those raising funds for Bipolar Scotland through marathons, hill climbing, cycling, quiz nights, football tournament, work related events, and sadly, collections at funerals. We have been chosen by groups from several schools to be their chosen charity in the Youth and Philanthropy Initiative (YPI). This involves groups preparing presentations on the charity and presenting in class. Each class has a winner who proceeds to the final where the winning presentation wins £3000 for their charity. We have been finalists several times but never winners. Last year boys from Moredun House at Fettes College chose us and while they didn't win, this year they decided to make us their charity in their annual charity run. They raised just under £3000, so we feel like we have finally been winners in a YPI challenge!

We held our first street collections in December 2016 and March 2017 at Celtic Park and although we only had a few collectors, over the two days we raised £1700. We hope to get more dates for next year and will also be applying to Edinburgh. We post any appeals for help on the facebook page, so if you're not on this, let us know if you'd be willing to help and we'll contact you directly.

Self help groups continue to grow in numbers. Facilitators are now going through an intensive training programme before taking on a group, and with increased publicity, groups are doing very well.

This past year we have started new groups in Dundee and Inverness, and October 2017 will see the launch of a group in Ayr. A group for young people in Edinburgh, linked with the Lothian Group is also running and while it has taken a while to get going, there are now regular attendees. A young person's group provides an informal setting for young adults to come together and relax with others. The peak age for onset of bipolar is late teens and it's a period of transition from CAMHS to adult services, so having a safe space to chat with others is very important. We hope to replicate this model in Glasgow, resources permitting.

Self management training has taken place in Aberdeen, Dundee and Inverness, and we now have two facilitators as Vic Baxter has been training with Yvonne Fleming over the past few courses. We are currently reviewing the course to ensure it is up to date, and are also in discussion with NHS Greater Glasgow and Clyde on taking self management forward together.

An exciting development in the past year has been our relationship with River City, the BBC Scottish soap. When they decided they would have a character with bipolar disorder, the producers contacted Bipolar Scotland for advice. We have had meetings with producers, writers and cast, involving myself and two of our members. We are very grateful to Tom Carr who has been advising the actor, Andy Gray, in his portrayal of the hapless Pete Galloway!

Our media involvement this year saw Hazel Gilbert, our new Vice Chair, join Andy Gray on a discussion on Radio Scotland, and Professor Danny Smith took part in a facebook live discussion with Andy and a River City producer.

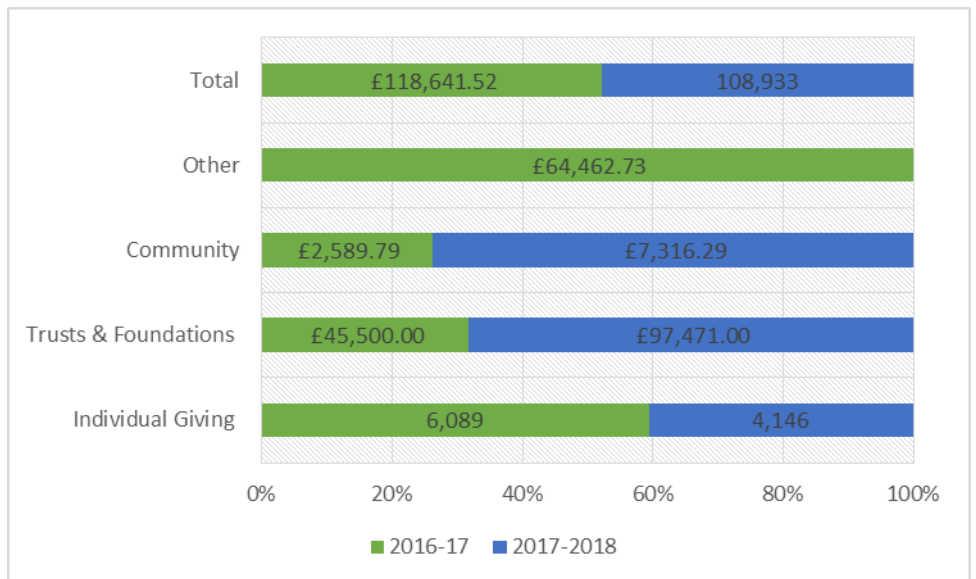
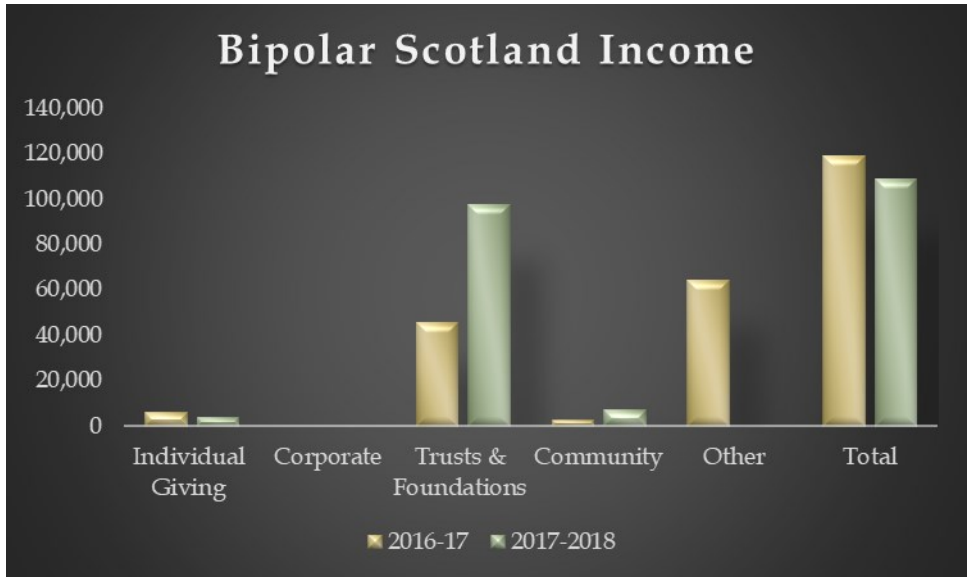
Our accounts have been done from the early days of the organisation by Ken Campbell. He has tried to retire twice and I've always had to call him back. Hopefully he is managing to get away this time, as we have a new volunteer, Julie Khindria, who is in the process of taking this task on. We are grateful to both of them, and to Audrey Wolfson from Cahill Jack, who audits the accounts, and does so much more.

I will end as always, with thanks to everyone who helps the organisation run smoothly, especially, Graeme, Gwen and Lesley, the staff and our increasing group of volunteers, Jenny in the office, our great group facilitators and the board of directors. As we approach our 25th birthday on 8th December, watch this space as they say, for details of how you can get involved in the celebrations.

Best Wishes as always,

Alison Cairns

An illustration of where our funds come from





TREASURER'S REPORT

I am pleased that 2016/17 has been a better one for the organisation. We are delighted with the work Gwen, our fundraiser has been doing.

The major difference in income was down to a large legacy reaching us in early 2016. Legacies have a huge effect on the organisation, being unrestricted funding and we are grateful to the individual who thought of us in her will on this occasion.

The aim of keeping a bank balance sufficient to meet three months of normal expenditure was met with astute financial management during this period, and we were pleased to be able to carry forward a balance into the next financial year.

Thanks are due to Ken Campbell, who continued to manage the accounts. I am pleased we now have a successor to Ken and hope he can finally retire! Thanks also to Audrey Wolfson from Cahill Jack Associates Ltd for the dedication she has shown in producing the annual accounts and for all her advice.

I am retiring from the Board at the AGM and I would like to record how much I have enjoyed my involvement with Bipolar Scotland over the years.

Pru Davies, Director and Treasurer

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

2016-17

The Alliance
The Plum Trust
Barchester Foundation
Brownlie Charitable
Trust
Souter Trust
Robertson Trust
Albert Hunt
Allen Lane Foundation

2017-18

Robertson Trust
Section 10b
The Alliance
The Plum Trust
Zurich Community
Trust
South Ayrshire
Voluntary Action Fund
Common Good Fund
(Dundee)
Merchants House
Greggs
New Maclay Trust

Income and Expenditure Account for the Year to 31st March 2017

	Year to 31.3.17	Year to 31.3.16
Income		
Scottish Government Revenue Grants	62,000	62,000
Robertson Trust Grant	-	10,000
The Plum Trust Grant	10,000	7,500
Other Grants	39,036	660
Members' Subscriptions	5,342	5,020
Donations and Legacies	75,951	11,067
Fundraising Activities	13,434	4,900
Sale of Publications	66	282
Presentations and Conferences	500	640
Interest Receivable	2	2
	206,331	102,071
Expenditure		
<i>Running costs of charity</i>		
Payroll Costs	58,224	66,993
Rent and Rates	13,121	13,083
Light and heat	753	559
General printing and stationery	4,112	3,872
Information, publications & postage	5,744	2,790
Self management training costs	900	249
Telephone	2,060	2,703
Travelling expenses (development workers)	6,854	4,557
Staff Training	-	97
Repairs and sundry expenses	870	932
Subscriptions	680	100
Conference Costs	2,376	2,330
Grants payable or equivalent to local support groups	2,546	2,416
<i>Expenditure on raising donations, legacies and grants:</i>		
Credit card machine and other charges	876	1,067
Payroll cost	18,856	12,628
<i>Other costs:</i>		
Depreciation	255	-
Legal and professional	-	329
Independent Examiner's Fee	1,200	1,080
	119,427	115,785
Deficit(-) of Income over Expenditure	86,904	-13,715

Balance Sheet at 31st March 2017

	At 31.3.17 £	At 31.3.16 £
<i>Fixed Assets</i>		
Furniture and Computing Equipment Cost at year end	6,607	8,251
Depreciation at year end	5,844	8,251
Written down value at the End of the Year	763	-
<i>Current Assets</i>		
Other debtors	-	1,827
Cash in Hand and at Bank	102,870	40,041
Total Assets at the End of the Year	103,633	41,868
<i>Current Liabilities due within one year</i>		
Deferred grant income	-	25,000
Accrued expenditure	3,261	3,400
Total Net Assets at the End of the Year	100,372	13,468
<i>Funds at the End of the Year</i>		
Unrestricted Funds	91,934	7,003
Restricted Funds	8,438	6,465
Total Funds at the End of the Year	100,372	13,468

Overview of 2016/17

People with lived experience's personal needs, wishes, values and capacity for change drive our work. Being inclusive and beneficiary-led is at the core of our culture.

Self-Management Training.

Bipolar Scotland supported three Self Management Training groups during 2016 and hopes to increase this in 2017! Supporting 24 people to self manage and recruiting 2 peer Mentors.

“SMT saved my marriage” participant 2016

Equally Fit

Human rights based approach to mental and physical healthcare. In partnership with Support in Mind Scotland. People with lived experience and carers across Scotland highlighted some fundamental barriers to equality and quality of life that affected people's intrinsic sense of wellbeing, we facilitate to give them a voice.

Self Help Groups in Aberdeen, Dundee, Inverness, Galashiels (Borders), Giffnock (East Renfrewshire), Dumfries, Kirkcaldy (Fife), Glasgow, Greenock (Inverclyde), Edinburgh (Lothian), Coatbridge (North Lanarkshire), Orkney, Stirling and Bathgate (West Lothian).

Feedback Self-help groups:

“Allows you to share common experiences”

“Increases your self-esteem”

“Finding inspiration from others”

“Gaining empowerment over one's own health”

ANNUAL CONFERENCE

‘another great day, thank you’

‘As good as Ever!’

‘Conference felt more relaxed this year. I think the extra new staff helped.’

Looking to the Future

- ◆ Bipolar Awareness Week 2017
- ◆ Launch of New Logo
- ◆ Introduction of Patron
- ◆ Friends of Bipolar Scotland campaign
- ◆ Review of Self Management Training
- ◆ Development of Equally Fit
- ◆ Volunteer development
- ◆ New self help groups





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
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

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

Board of Directors 2016-17

Gordon Johnston: Chair
Hazel Gilbert: Vice Chair (from September 2016)
Pru Davies: Treasurer
George Cairns
Linda Dickson
Michelle Howieson
Jenni Jones
Kenneth Lamont
Colin Murchie

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
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