

•) • Bipolar
•) • Scotland

Annual Report 2018/19



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, *We* campaign and have a strong social media presence. 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

As I prepared to write this report I noticed that it is the tenth I have contributed as Chair of Bipolar Scotland. I'm proud to have held the role for so long and hope I have helped to lead the organisation effectively over the past decade. It certainly doesn't feel like ten years since I was elected to the position ...

Looking back to my very first Chair's Report, I can see that we have made significant progress on quite a number of issues. At that time we were developing new procedures to ensure our Board meetings were shorter and more strategic, with sub committees carrying out detailed work. Groups looking at Finance and HR continue to meet and have improved our budgeting and staff management processes.

We had just begun to draw up an agreement between the organisation and our Support Groups. This has long been in place now, and indeed improved upon over the years. We have more groups, all with fully trained facilitators and are always keen to expand into new areas. The 18 – 30 Group in Lothian continues to thrive and this model may well be replicated in other areas. We are also now piloting our first online Support Group, which is an exciting development.

Back in 2010 we were working to finalise our Self Management Training programme. I think I am the only one still around from the original Working Group! But others have since brought new ideas and this is one of our most effective areas of work. Our new Development and Training Officer, Emma Morrow, is taking forward all of our self management work – and it's great to have a dedicated member of staff to lead this. Watch out for some exciting developments over the next year. Recently, our Development Officer, Graeme Bowman, and I presented on our work to Catherine Calderwood, the Chief Medical Officer for Scotland, and I know that she was impressed with our commitment to self management.

We were also looking to enhance our media presence and promotional activity. This continues, as we strive to tackle the stigma around mental illness and to promote our positive message of living well despite the condition. Much of the work here is carried out by our volunteers, and we now have a very active social media presence, a regular Bipolar Hour on Twitter and a series of podcasts online. And our exciting partnership with Murrayfield Racers ice hockey team continues to grow: this season the team are wearing our logo on their jerseys. We also have a brand new website newly up and running to promote all of our work.

One thing that hasn't changed over ten years is the constant battle for funding. Back in 2010 I remarked on, "the perilous financial state of the voluntary sector at present", and that's as true today as it was then. The great work of our Fundraising Officer, Gwen Joubert, has been vital in widening our funding base. We cannot rely on one or two large funders; rather we are building a broad base of many smaller grants and we continue to look for new opportunities. We are, as always, grateful to the many members who fundraise for us through a wide variety of events and activities – the amount raised continues to grow every year. Our financial position looks relatively good right now, but we will continue to look to attract new funding for further development of our activities.

We have some more exciting developments in the pipeline. I'm looking forward to introducing Gail Porter, our new Ambassador, at the Conference. Having someone of Gail's stature and celebrity associated with Bipolar Scotland is sure to be beneficial to us in future. In other areas of work, we will continue to build and hopefully to grow. We will be delivering the first Self Management Training course to be commissioned by a Health and Social Care Partnership very soon, and a major development long in the planning working in partnership with NHS Greater Glasgow and Clyde will be coming to fruition early in 2020.

I'd like to end by thanking all of our staff – past and present - for their hard work over the last ten years. We are a small organisation but we make a big difference to many lives. I'd also like to thank the many volunteers who continue to give their time selflessly to deliver and support our work. And my thanks and gratitude goes to our many Directors who have helped to manage the organisation, again giving freely of their time and expertise.

We have come a long way over the past decade. It has been a time of change in many different ways, but the core purpose of the organisation remains the same: to improve the quality of life for people with bipolar disorder and those who care for them. We will all continue to work together to achieve this.

Gordon Johnston



CHIEF EXECUTIVE'S REVIEW OF THE YEAR



It's amazing how quickly this year has flown past—it seems no time since I last wrote a report. The passage of time is illustrated for me by my children—when I started with Bipolar Scotland (on a part time one year contract) my youngest was a gorgeous wee two year old. Now he is about to turn 20 and move into a flat—while his older sister is working her way round the world! Time does indeed fly.

We've had a very positive year in Bipolar Scotland and made huge steps forward. Much of this is down to Gwen and her fundraising strategy. You'll see figures in the report, but basically for every £1 spent on fundraising we got £6 back. That's not all Gwen does, as she leads our Communications, and we are seeing great engagement on Social Media. Watch out for Bipolar Awareness week launching at the conference—a great video campaign.

We saw staffing changes over the past year. Thanks to Lottery funding we now have a Development and Training Officer, Emma Morrow, who has taken on Self Management and with a working group, is reviewing the material and how we deliver the programme. We said goodbye to Eilidh Rankin as she left to concentrate on her studies, and welcomed Jen Graham in her place to work with volunteers. We now have volunteers in admin, social media, media, podcast, On the Level, self management and fundraising as well as our facilitators and directors. Our family has grown! And it's fantastic! Graeme has introduced new training for group facilitators so we know everyone is equipped to run our groups following our guidelines, which keeps everyone safe. Thank you to all our volunteers, you are appreciated and a big part of our team.

The Writing Competition in partnership with the Scottish Mental Health Arts Festival was the best one yet, with over 200 entries—a very hard task to judge. The Awards night, hosted by Ian Rankin, was once again hailed as the success of the Festival. The 2020 competition will be launched before Christmas.

Membership fell last year as we had to remove those who hadn't renewed in line with GDPR. However, I am delighted that it has grown once more by over 100. We will have to remove those who haven't renewed after a couple of reminders if we haven't heard as we need permission to retain someone's details.

We were delighted to enter into a partnership last year with Murrayfield Racers Ice Hockey Team. This has gone from strength to strength—they played a charity match for us, and this year their shirts feature our logo very prominently. We are grateful to Willie and Tony from the Racers for working so closely with us—and our Vice Chair Michelle Howieson, Racers' Superfan, who introduced us.

Gail Porter, TV Presenter and public figure, became our Ambassador this year, and is a great addition to our team. Gail is keynote speaker at this year's conference and is really keen to be involved. This is a big step forward in awareness raising.

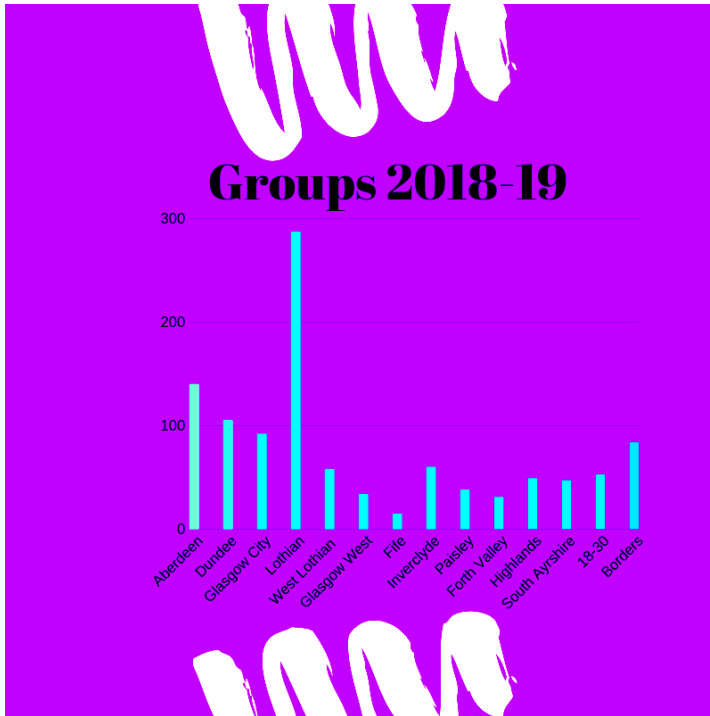


We have been working with NHS Greater Glasgow and Clyde on an innovative pilot project to form a Bipolar Hub—some of you were at a workshop at last year's conference about the idea. This is becoming a reality—so watch this space! We've also begun working with Police Scotland and the Ambulance Service, which are all great steps forward in Awareness raising, and stigma busting!

I began by talking about the passage of time. While I have been leading Bipolar Scotland for over 17 years, there is no danger of becoming complacent or losing interest with the varied work day, and the people I get to meet and speak to. However, this year, more than any other, I feel so positive and excited about moving into the future and developing our organisation with a motivated, skilled and invested staff team alongside me. I give my thanks to Gwen, Graeme, Lesley, Emma and Jen, to our Board of Directors, and to our many volunteers for all they have done, and continue to do for the organisation.

Here's to a great 2019/20.

Alison



Could you join the Bipolar Scotland team for the Kiltwalk 2020?

**Glasgow: 26th April; Aberdeen: 7th June;
Dundee: 16th August; Edinburgh: 13th September**

SELF-HELP GROUPS UPDATE

2019 has been an excellent year for our groups so far and here's why.

Firstly, our attendance based on just the first seven months is up to 800 so – if we keep on at this rate – we'll smash through last year's excellent figure (1200) so big thanks to all facilitators, group members and venue providers for making this happen.

We also added one new group (Dumfries, June 2019) which means we now have at least one group in every NHS Board area which is how it should be as Scotland's national bipolar charity. Hello to all you Doonhamers!

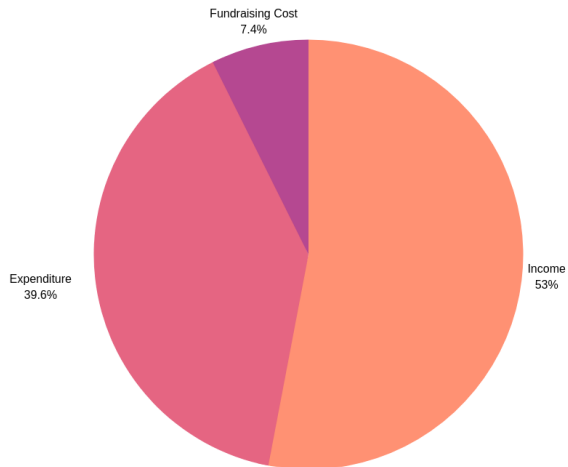
And Highland Group was re-activated in Feb 2019 in brand new premises which means that the Group got its sorely missed tea-break back. Tea-break is 10-15 mins of unstructured chat about football, telly, weather etc but it really helps group members bond and plays a fantastically important role in maintaining group wellbeing so we're delighted our Inverness and area amigos can have a cuppa again.

Work on our Young Persons Online Group (YPOG) has re-started following a short break. We'll have two more trial meetings in Sept and Oct then – once the report has been submitted – we'll keep the group going as a Greater Glasgow online version of Edinburgh's very successful 18-30 Group. And now we've cracked the technology, we'll be offering many more online groups to make our group experience increasingly available to people who live in remote or rural areas, who experience mobility or transport issues or who are a wee bit daunted by the thought of walking into a room full of unfamiliar faces.

So, we have lots of things to feel positive about... and the world's first ever Bipolar Hub opens in 2020 (with a self-help group as a core component) so watch this space for further exciting news....

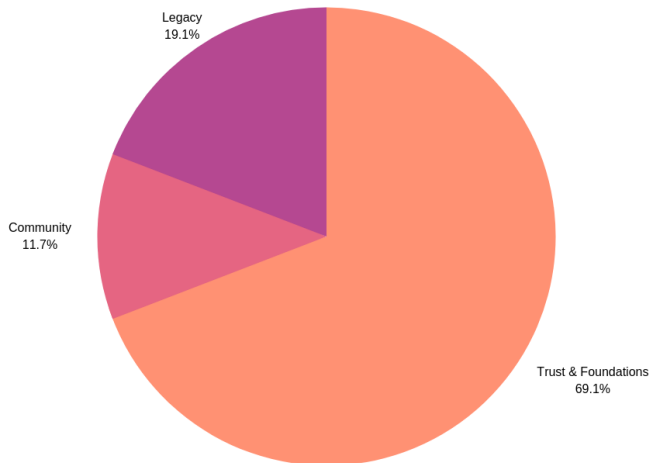
Graeme Bowman, Development Officer

The cost of fundraising illustrated:



For every £1 spent on Fundraising £6 was raised. A return of 620%.

Where our funding comes from:



Income and Expenditure Account for the Year to 31st March 2019

	Year to 31.3.19	Year to 31.3.18
Income		
Scottish Government Revenue Grants	30,000	30,000
Robertson Trust Grant	10,000	10,000
The Plum Trust Grant	7,500	10,000
Other Grants	82,822	41,242
Members' Subscriptions	2,542	4,428
Donations and Legacies	57,531	8,855
Fundraising Activities	15,809	5,735
Sale of Publications	118	118
Presentations and Conferences	1,165	50
Interest Receivable	2	2
	207,489	110,430
Expenditure		
<i>Running costs of charity</i>		
Payroll and recruitment	79,032	76,766
Rent and Rates	14,436	13,379
Light and heat	992	128
General printing and stationery	3,659	4,393
Information, publications & postage	4,360	8,072
Self management training costs	4,272	5,601
Telephone	1,913	2,246
Travelling expenses	6,077	7,686
Staff Training	240	308
Repairs, IT and sundry expenses	2,541	1,947
Subscriptions	1,485	298
Conference Costs	2,958	3,015
Grants payable or equivalent to local support groups	2,608	1,779
<i>Expenditure on raising donations, legacies and grants:</i>		
Credit card machine and other charges	933	868
Fundraising costs	3,400	2,209
Payroll and recruitment cost	24,478	14,326
<i>Other costs:</i>		
Depreciation	344	344
Legal and professional	288	168
Independent Examiner's Fee	1,200	1,200
	155,216	144,733
Surplus/(Deficit) of Income over Expenditure	52,273	(34,303)

Balance Sheet at 31st March 2019

	At 31.3.19 £	At 31.3.18 £
<i>Fixed Assets</i>		
Furniture and Computing Equipment Cost at year end	6,966	6,966
Depreciation at year end	6,531	6,187
Written down value at the End of the Year	435	779
<i>Current Assets</i>		
Other debtors	-	-
Cash in Hand and at Bank	121,708	69,278
Total Assets at the End of the Year	122,143	70,057
<i>Current Liabilities due within one year</i>		
Deferred grant income	-	-
Accrued expenditure	3,801	3,988
Total Net Assets at the End of the Year	118,342	66,069
<i>Funds at the End of the Year</i>		
Unrestricted Funds	80,013	59,925
Restricted Funds	38,329	6,144
Total Funds at the End of the Year	118,342	66,069

Treasurer's Report

2018/19 has been a much more positive year for Bipolar Scotland. We have seen an increase in funding from Trusts and more people undertaking fundraising for us - kiltwalk participation and funds raised in 2018 was excellent.

Receiving Lottery funding was a major step for us, and this enabled us to employ a new member of the Development Team which in turn raises our profile and increases the work we can do and the support we can offer.

We are grateful to John Griffiths, a retired accountant, for taking over our accounts in a voluntary capacity this year - we had been without someone in this role for a while, so it's a huge help to the Board and Alison. He has already introduced a new online system so we're getting used to that. As ever, we are indebted to Audrey Wolfson from Cahill Jack for the work she puts in to producing our end of year accounts. Audrey is taking a step back now so we'd like her to know how much we appreciate her help over the years.

We remain grateful to the Trusts and Foundations who fund our work, including those below, and of course, thanks to our Fundraiser, Gwen, for ensuring we have the funding to continue to make an impact.

Pru Davies,

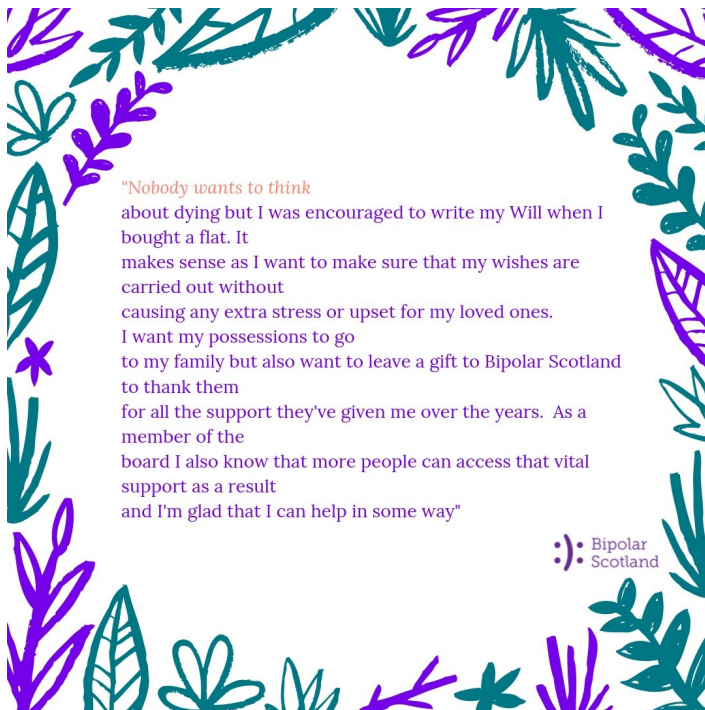
2018-19

Big Lottery Fund
Robertson Trust
Allen Lane Foundation
The Plum Trust
Voluntary Action Fund
Merchants House
Bellahouston Bequest
Maple Trust
Albert Hunt
Marsh Trust
Warburton's
Denton's Trust

Heritage Lottery
Section 10b Scottish Government
Big Impact
Zurich Community Trust
Corra Foundation
Martin Connell Trust
Stafford Trust
Hugh Fraser Foundation
Agnes Hunter Trust
Garfield Weston
James Wood Bequest Fund
Warburton's

REMEMBER A CHARITY IN YOUR WILL

Help the work live on...



 Bipolar
Scotland



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
Eilidh Rankin: Volunteer Assistant (until May 2019)
Emma Morrow: Development & Training Officer (from April 2019)
Jennifer Graham: Volunteer Assistant (from June 2019)

Board of Directors 2017-18

Gordon Johnston: Chair
Michelle Howieson: Vice Chair
Pru Davies: Treasurer (from September 2018)
George Cairns (until August 2019)
Marian Cowie (from June 2018)
Linda Dickson (until September 2018)
Elaine Dobbie
Hazel Gilbert
Helen McGinty (from June 2018)
Colin Murchie

Honorary President

George Frame

Medical Advisors

Prof Andrew McIntosh
Prof Daniel Smith

Psychology Advisor

Prof Andrew Gumley

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

