

IMPACT REPORT 2019



WHATEVER
YOU ARE
GOING
THROUGH

KEEP
GOING

CHAIR'S REPORT

This isn't the report I expected to be writing. And I certainly didn't anticipate our AGM being an online event either. But then 2020 really has been a very different kind of year, hasn't it?

We started our new financial year in March 2019 with plans to expand the work we do. We had new Self Help Groups up and running and were about to trial our very first online group. Our self management course was being updated and we looked forward to delivering sessions with revised materials. We had a new accounting system in place to make managing our money a little easier. A busy time ahead. But then things don't always go to plan. And, while we have managed to deliver a great deal of what we'd intended, we had to change our entire way of working when Covid-19 hit the UK. All face to face Group meetings were suspended in March 2020, and we've since operated entirely through Zoom video conferencing. The office has been closed and all staff have been working from home.

Every area of our activity was affected in some way. The year ended with a great deal of uncertainty, for us as an organisation and for our members individually. We've since done whatever we can to provide assistance and information and to keep members up to date with our activities. It's a difficult time for everyone and we remain fully committed to supporting our members as best we can.

You will see from our financial report that we received a very large legacy this year. We are incredibly grateful to the estate of Mr K Spittal for remembering Bipolar Scotland in his will. There are still some legal matters to be finalised, so we don't as yet have a final figure for this, but we know we will receive more than £500,000. Clearly this is an enormous sum of money for a small charity. The Board is putting an investment policy into place and is seeking specialist financial advice on how we can best use this windfall to secure the long term future of the organisation. We plan to use some of the money in the short term to enhance our services, but to invest most for the future. This seems to us to be the most sensible approach.

I'd like to end by thanking everyone involved in Bipolar Scotland for their work over the past year in what have clearly become very difficult circumstances. Our staff, facilitators, volunteers and directors have all had to adapt quickly and have shown both willingness to change and ongoing commitment to the organisation throughout.

Let's hope that the next year will see us all returning to something that looks more like our usual way of working, and that we can all get together for a Conference in 2021 – without face masks and social distancing.

Gordon Johnston

A WORD FROM OUR CHIEF EXECUTIVE

My 20th Annual Report for Bipolar Scotland is looking back on a year unlike any other, but one in which there have been many highlights.

In April 2019 we were joined by Emma Morrow as Development and Training Officer which has been a great appointment. In May we said goodbye to Eilidh Rankin as Volunteer Assistant although we were pleased she remained as Dundee Group facilitator. Jen Graham took over the post from June to December 2019 and in February 2020, Jamie Taylor, a former media volunteer took over this post. Jamie has also taken on communications, helping Gwen with social media.

Our annual conference in September 2019 was one of our best yet. Gail Porter set the tone for a happy, upbeat day, and we are delighted to have her as an Ambassador for Bipolar Scotland. Graham Caie was presented with the Kenneth Lamont Volunteer of the Year Award and became lead facilitator for self-management training.

We have done some great talks and made connections over the year: Alison and Graeme delivered a talk to a Police Scotland conference, Graeme presented on self-management to the Chief Medical Officer and Emma made some important connections within Police Scotland and the Ambulance Service. We became members of the Rural Mental Health Forum, continued in the Scottish Mental Health Partnership and Cross Party Group, enabling our small voice to be given a platform.

We trialled online groups in October 2019, which put us ahead of the curve in March when face to face groups came to an abrupt halt with the arrival of the Covid-19 Lockdown. Our groups continued via Zoom, which quickly became familiar to us all.

As we moved through 2020, it became clear that this wasn't a temporary situation and we would need to adjust accordingly. Fittingly, we had already begun the process to review our strategic plan and the future direction and operation of Bipolar Scotland. We are now consulting with members and friends and plan to have a new plan and structure in place early in 2021 as we embrace the "next normal".

As Gordon mentioned we are indebted to the estate of Mr Kenneth Spittal for a very generous legacy. This has meant that we have been able to carry on through the pandemic with our staff in post able to continue running groups, training and being a voice on the phone. This is also due to the hard work of our Fundraising and Communications Officer, Gwen, who has increased the amount we have been awarded in grant funding by a considerable amount.

Finally, my thanks to all our staff team: Gwen, Graeme, Emma, Lesley and Jamie who have really stepped up during this difficult time. Also to our team of volunteers who facilitate groups, provide admin support, look after our accounts, social media, funding and fundraising, sit on our Board of Directors and deliver Self Management Training. We really are a small but mighty team!

Alison Cairns

OVERVIEW

SELF-MANAGEMENT

The project has also delivered 5 self-management training (SMT) sessions. The course has over the last year undergone a full review- the first in nine years. This has been co-produced with input from staff, volunteers and board members. The working group has ensured that the content has remained both professional and directed by those with lived experience which is the core ethos of the course. We have also recruited and trained one new SMT facilitator in the last year and now have two Peer SMT Facilitators. Feedback from our newly revised SMT course:

“coming along today has given me the confidence to speak to my family and friends and tell them about my bipolar. They are still in the dark and now I feel ready to share”

“The course has empowered me to internalise some control over my condition and to accept the things”

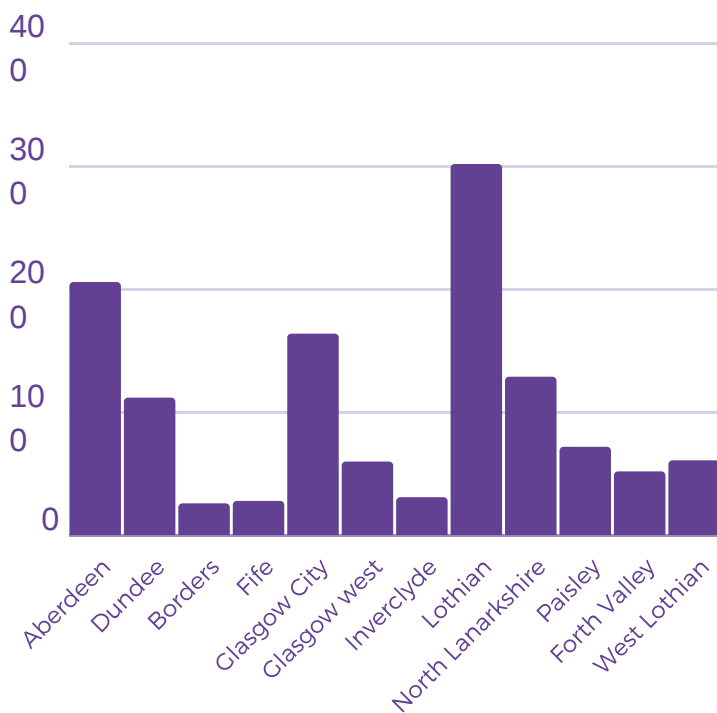
We have been working in partnership with NHS Greater Glasgow and Clyde (NHSGGC) and Glasgow Health & Social Care Partnership (HSCP) to develop the world’s first ever Bipolar Hub. We are developing a modular version of our SMT course with the intention of making it more accessible and suited to a weekly delivery. NHSGGC have also approached our members to participate in clinical research evidencing the benefits of SMT for those affected by bipolar.

A small but mighty community.



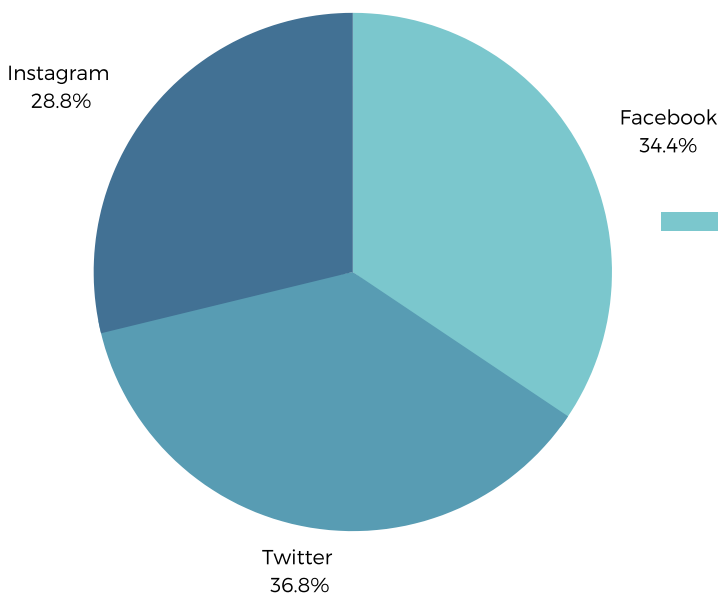
STATISTICS

GROUP ATTENDANCE 2019



"Just to say thank you for tonight's meeting has made me feel much better." JD

SOCIAL MEDIA GROWTH SINCE 2018



SELF HELP GROUPS

Bipolar Scotland maintained a network of 16 self-help groups throughout 2019/20 - 15 geographically-based face to face groups plus the Young People's Online Group (YPOG). Each Group meets once a month, the face to face groups for two hours and YPOG for one hour. We started 2019 with 14 self-help groups and added a new face to face group (Dumfries) in June 2019. YPOG was developed throughout 2019 and started meeting on a monthly basis from September 2019 onwards.

The groups provide an arena in which people who live with bipolar (and their friends, family and carers) can share experiences, insight and ideas around life with bipolar. Our groups offer a sense of community and solidarity, they combat exclusion, provide access to specialist knowledge (through Guest Speakers) and maintain an arena in which people can discharge anxieties in a safe and confidential setting. Our groups provide informal collective counselling, boost members' esteem, empower them, improve their ability to manage their bipolar condition and lower the hospitalisation rate.

Following Government advice, our face to face groups were suspended and we instituted online group meetings in their place and increased the frequency of the meetings from once per month to twice per month. This was all done in the course of 3-4 weeks in March-April 2020, illustrating both Bipolar Scotland's resourcefulness and its determination to support people likely to experience severe difficulties as a result of the lockdown'.

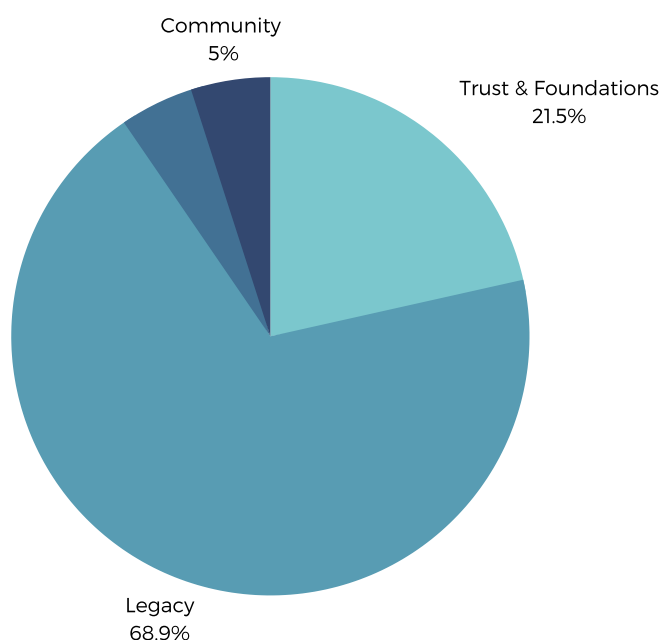
TREASURER'S REPORT

It has been an interesting, and exciting experience, to become Treasurer of Bipolar Scotland in the year 2019/20. Interesting, due to the impact of Covid-19, which began at the end of March 2020, and to which the organisation, and its members, have responded in a truly remarkable way. Exciting, because the past financial year has been one of consolidation, followed by development and growth. There has been an on-going increase in funding, for which we must thank our Fundraiser, Gwen, those who have walked, run, swum, and climbed to raise funds, and those who have simply taken the opportunity to donate. We must not forget those Trusts, Funds, and other organisations, who provide the resources to support our work. Exceptionally, this year we have also received legacies which place the organisation on a truly stable financial footing, and we are grateful to the memory of those who remembered us in their Wills.

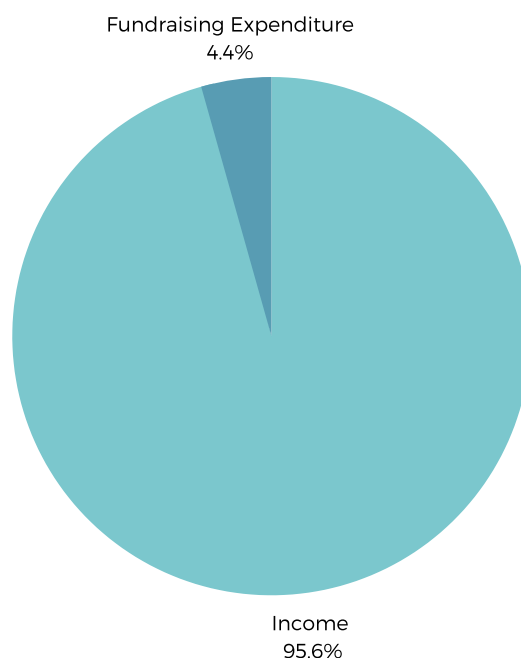
We continue to adapt to new technology which helps us to more efficiently manage and oversee the accounts, and we are indebted to those who have given freely of their time to help us with those accounts, as well as Antony Fraser from Cahill Jack, for the production and auditing of our end of year accounts.

Helen McGinty

FUNDRAISING INCOME BREAKDOWN %



FUNDRAISING INCOME VS EXPENDITURE



ACCOUNTS

Bipolar Scotland

Income and Expenditure Account for the Year to 31st March 2020

	2020	2019
	Total	Total
	£	£
Income		
Scottish Government revenue grants	30,000	30,000
Donations	17,302	11,293
Legacy Income	448,992	20,738
St James Palace donation	5,000	
LXS Donation	1,250	
Plum Trust	7,500	7,500
Pru Davies		10,000
Albert Hunt Trust		2,000
Martin Connell Charitable Trust		2,000
Wood Foundation		2,500
Big Lottery Fund	44,825	46,225
Heritage Lottery Fund	-	9,400
Voluntary Action	9,858	6,482
Robertson Trust	10,000	10,000
Garfield Weston Foundation		10,000
Stafford Trust		3,000
Bellahouston Bequest Fund		2,000
Hugh Fraser Foundation	4,000	4,000
Miss Agnes A Hunter Trust and Scottish Community	12,000	10,715
Health and Social Care Alliance	15,000	
Corra Foundation	5,000	
Allen Lane	4,782	
Merchants House	4,000	
Barcapel	15,000	
Lothain NHS	1,778	
Members' subscriptions	4,695	2,542
Presentations conferences and publications		1,283
Fund-raising activities	10,266	15,809
Interest receivable	2	2
Total Income	<u>651,250</u>	<u>207,489</u>
Expenditure		
Running costs of charity:		
Payroll cost	101,673	79,030
Rent and rates	13,404	14,436
Light and heat	700	992
General printing and stationery	9,443	3,659
Information, publications and postage	4,315	4,360
Self management training costs	8,464	4,272
Telephone	2,057	1,913
Travelling expenses (development workers)	6,158	6,077
Staff training	294	240
Repairs and sundry expenses	3,444	2,541
Subscriptions	686	1,485
Conference costs	4,959	2,958
Depreciation Charges	344	344
Support for local self-help groups	3,475	2,608
Expenditure on raising donations, legacies and grants:		
Credit card machine and other charges	927	933
Payroll cost	26,775	24,478
Fundraising costs	2,051	3,400
Other costs:		
Legal and professional	265	288
Independent examiner's fee	2,750	1,200
Total Expenditure	<u>192,185</u>	<u>155,216</u>
Deficit(-) of Income over Expenditure	<u>459,065</u>	<u>52,273</u>

ACCOUNTS

Bipolar Scotland

Balance Sheet at 31st March 2020

	2020 Total £	2019 Total £
Fixed Assets		
Furniture and Computing Equipment Cost brought forward and carried forward	6,964	6,964
Depreciation at brought forward and carried forward	6,874	6,530
Written Down Value at the End of the Year	<u>90</u>	<u>434</u>
Current Assets		
Other debtors	0	0
Cash in Hand and at Bank	584,756	121,708
Total Assets at the End of the Year	<u>584,846</u>	<u>122,143</u>
Current Liabilities due within one year		
Other Creditors	2,412	1,914
Accrued expenditure	5,027	1,886
Total Net Assets at the End of the Year	<u><u>577,407</u></u>	<u><u>118,342</u></u>
Funds at the End of the Year		
Unrestricted Funds	133,705	80,013
Designated Funds	400,000	-
Restricted Funds	43,702	38,329
Total Funds at the End of the Year	<u><u>577,407</u></u>	<u><u>118,342</u></u>