



ANNUAL REPORT 2020/21

 • Bipolar | Scotland's Charity for
• Scotland | People Living with Bipolar

CHAIR'S REPORT

Well what a year that was! As the pandemic continues to affect our lives in so many different ways, the thought of any sort of return to "normality" still feels very far away after such a long period of lockdown. Yet Bipolar Scotland has achieved a great deal during the past twelve months.

We've seen our groups continue to meet throughout and even added new ones to the roster. We've provided training and events through Zoom videoconferencing. We've offered peer support services directly to many members. We also launched our brand new Strategic Plan for 2021 – 2026 after a great deal of consultation. "A Time To Move Forward" sets out our priorities for the future and marks the beginning of a new period of growth for the charity. I'm especially proud to have led the development and publication of a positive document that focuses on how we will work towards our ambitious new vision of a good life for everyone in Scotland who lives with bipolar.

The Board has also put into place a first year business plan for 2021/ 22 and we are already hard at work implementing its key actions. We are bringing new staff into an expanding team and you will see the impact they will make over the next few years. We've also taken steps to secure the financial stability of the organisation by investing much of the legacy funding we've received - after taking specialist professional advice, of course. I've always focused on ensuring that we use money left to us by our members to achieve long term benefits rather than quick fixes. Our investment approach will see us both retain a significant reserve fund and also generate an income from it each year to spend on our services for members.

I believe we can look forward to a bright future for Bipolar Scotland. In the shorter term, it's only now that we are able to begin to think about what our work might look like in the immediate post-Covid period. There are many decisions still to be taken about the ways in which we will continue to support our members. We are trying to balance a lot of differing needs and preferences. It's likely we will look to blended or hybrid models, using both digital and in person approaches to offer as much choice to members as possible. We will try to retain the elements that have worked well during the pandemic for many people, while also offering the personal approach to those who have missed human interaction so badly. And we will always live up to our core values of being collaborative, member led and focused on equality, working with our members to ensure that we can best meet their needs. I'd like to finish this report on a personal note.

I've been Chair of Bipolar Scotland for twelve years now, and I consider myself honoured to have held the post for so long. Having successfully overseen the publication of our Strategic Plan, I feel this is now the right time for me to stand down and for someone else to lead the organisation on the next stage of its journey.

I've been privileged to work with a very large number of committed and skilled directors, volunteers and staff over the past twelve years. All have played their parts in our successes. I am grateful to every one of them for their support, their dedication to Bipolar Scotland and their contributions to developing the organisation over that time.

Thank you all for everything you've given and all that you've achieved.

Gordon Johnston

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 Bipolar Scotland

**DIFFICULT
ROADS
LEAD TO
BEAUTIFUL
DESTINATIONS**

CHIEF EXEC REPORT

Last year I began by saying 2020 had been a year like no other. And then along came 2021 with more of the same. We've still all been working remotely and keeping the organisation moving forward. Our groups have continued to operate online using Zoom, and we have even started new groups.

Last year we introduced the Bipolar Blether, where people from all over Scotland get together once a month. We also began a group for the Islands, and in April 2021 started a group for family and friends. Lothian group also held separate carer meetings, and we're delighted to be able to offer this opportunity for discussion.

In August 2020 we recruited three Peer Support Workers and began our Peer Support Initiative. This is designed, planned and implemented by our peers, who all have lived experience of bipolar. Our Peer Support Team are Helen Bashforth, Graham Caie and Lauren McQuade.

Our board were very busy working to produce a Strategic Plan taking us into the next five years. With so much changing in the world as we know it, it really is time to move forward. I want to thank the board of directors for their hard work and involvement in putting this plan together, it's been a huge piece of work and gives us a clear and stable base to work from to make sure we are the organisation needed by our members.

During the year we said goodbye and a huge thank you to our Fundraiser, Gwen Joubert, and welcomed Ashley McCrae to the team as our new fundraiser. Ashley has the unenviable task of seeking funding in the post Covid period and has also taken on a management role responsible for membership.

As we approach autumn we have a new staff team coming together and I am excited at the plans we are making. We have just welcomed Cliff Watt as Head of Development and Ross MacFadyen as Communications Manager to head up these areas respectively.

As always we are indebted to the many volunteers who contribute to the organisation. Our group facilitators continue to keep the groups running at the core of the organisation. We have new volunteers active in designing social media posts, in producing On the Level, in book keeping and accounts and in fundraising. I am grateful to every one of you, who helps keep the organisation punching above our weight.

I would like to thank two members of our board. Gordon Johnson, who has been chair for 12 years has made a huge contribution, and I am grateful for his support to myself and the organisation. Gordon remains as a director so we will continue to benefit from his experience. Michelle Howieson stepped down in April after almost ten years on the board. Michelle is the facilitator and heart of our Lothian Group and does so much more, including media work, speaking at conferences and events and being a great sounding board for me personally.

Finally, as always, thank you to our great staff team who have gone above and beyond this past year and a half, working in less than ideal circumstances. We are proud to be Scotland's Bipolar Charity.

Alison Cairns



Vision

A good life for everyone in Scotland who lives with bipolar.

Mission

We will inspire our members to improve their quality of life and will increase public awareness of bipolar.

Values

- Member led
- Advocates of Peer Support
- Collaborative
- Focused on equality
- Rights based

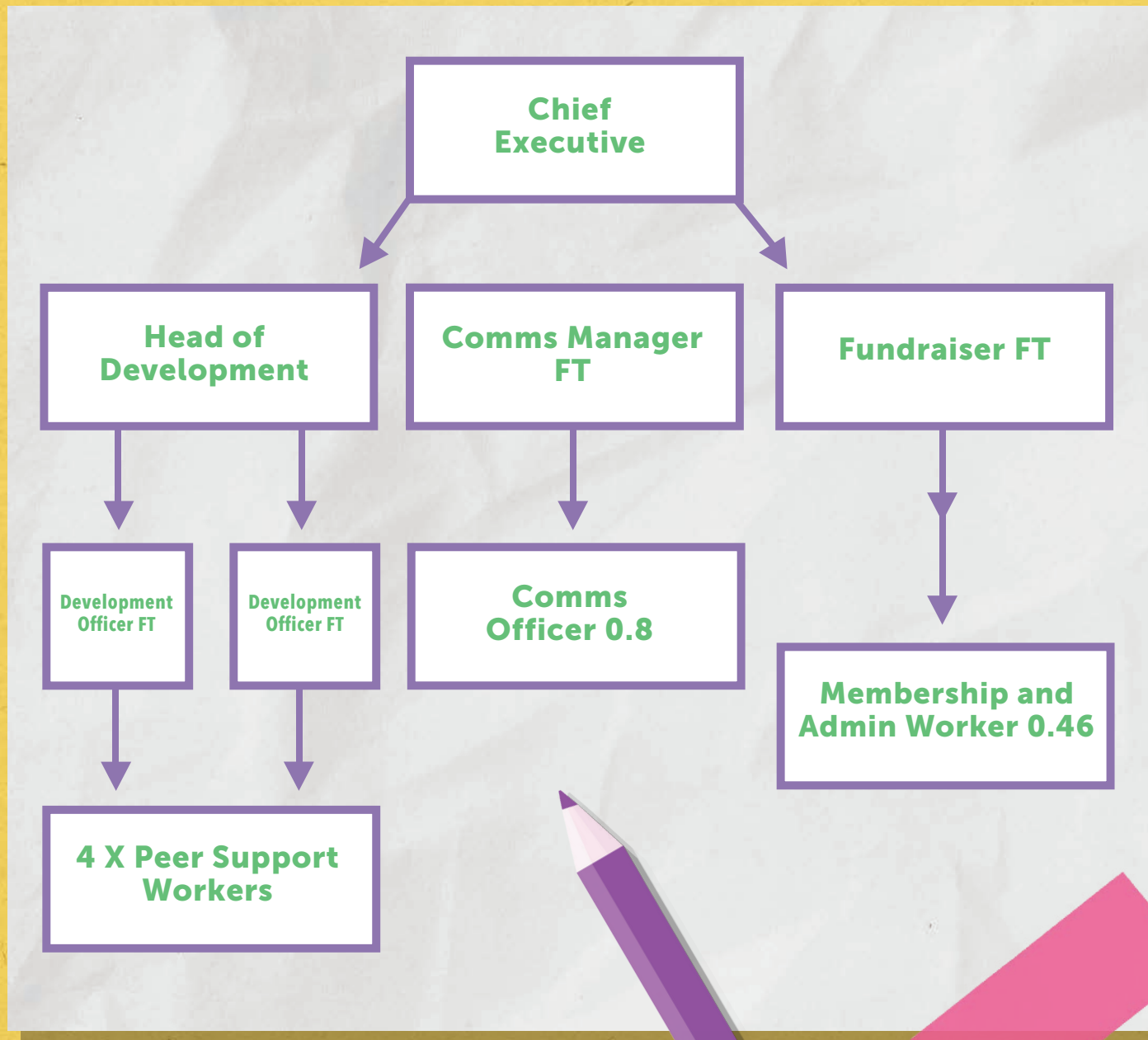
Strategic Priorities

- To empower and support
- To influence and campaign
- To grow and improve



STAFFING STRUCTURE AT AUGUST 2021

Chief Executive: Alison Cairns
Head of Development: Cliff Watt
Fundraising Officer: Ashley McCrae
Communications Manager: Ross MacFadyen
Development Officer: Emma Morrow
Development Officer: Graeme Bowman
Communications Officer: Jamie Taylor
Membership & Info worker: Lesley Fyfe
Peer Support Workers: Helen Bashforth, Graham Caie, Lauren McQuade



HIGHLIGHTS OF THE YEAR

- Peer Support Initiative
- Friends and Family Group
- Islands group
- Strategic Plan
- New staffing structure



PLANS FOR THE YEAR AHEAD

- Wellness at work
- Embedding strategic plan
- Volunteer development
- Carers self management
- Website review



TREASURER'S REPORT

2020/21 has been another year of evolution and growth for Bipolar Scotland. The past financial year has seen the restructuring and development of the organisation, in order to provide a better service for its members. We have had to say a sad farewell to some members of staff, who have moved on to new challenges, whilst welcoming new, and exciting, additions to the team, including our fund-raising team.

We will be reliant on their skills, as the whole sector faces an uncertain, post-pandemic future. Given that uncertainty, and the restrictions which we have all faced during the past financial year, we remain truly grateful to those who have found innovative ways to raise funds for us, and to those who have donated.

We also remain grateful to those Trusts, Funds, and other organisations, whose generosity allows us to continue our work. We are considering ways to most usefully apply the legacies of those who have remembered us in their Wills, which legacies will benefit us for years to come. There would be no end of year accounts, without the freely-given support of those who have kept our books right, and without Antony Fraser from Cahill Jack, who has produced and audited those accounts. We are grateful also to them.

Helen McGinty

MEMBERS FEEDBACK

"Thanks once again for hosting the meeting tonight! Finding this group and meeting others with similar experiences has been extremely helpful. The honesty and willingness from others to share experiences gives me hope that things won't always be so difficult."

"The Bipolar Blether on Sunday was a great group! Met new people & there was a wealth of knowledge being shared!"

"That one meeting was worth my £20 joining fee!"

"Thank you for all the support especially over lockdown. It's kept me going."

"Thanks for keeping the group going throughout these extremely challenging times. The support from everyone has kept me moving forward and I would have been lost without it."

"Through sharing of experiences, I feel that I am more aware of my condition and how to manage it. Throughout delivery I felt comfortable sharing my experiences where there was shared empathy and understanding!"

"Thank you for welcoming me into your bipolar family!"



Bipolar Scotland

Income and Expenditure Account for the Year to 31st March 2021

	2021 Total £	2020 Total £
Income		
Scottish Government revenue grants	30,000	30,000
Donations	2,000	17,302
Legacy Income	68	448,992
St James Palace donation	-	5,000
LXS Donation	-	1,250
Plum Trust	7,500	7,500
Big Lottery Fund	-	44,825
Heritage Lottery Fund	10,000	-
Voluntary Action	9,858	9,858
Robertson Trust	10,000	10,000
Meikle Foundation	2,000	
Bellahouston Bequest Fund	3,000	
Hugh Fraser Foundation	-	4,000
Miss Agnes A Hunter Trust and Scottish Community	-	12,000
Health and Social Care Alliance	20,000	15,000
Corra Foundation	21,784	5,000
Allen Lane	-	4,782
Merchants House	-	4,000
Barcapel	-	15,000
Lothain NHS	1,870	1,778
Plum Trust	-	-
Members' subscriptions	4,968	4,695
Fund-raising activities	21,137	10,266
Interest receivable	1	2
Total Income	<u>144,186</u>	<u>651,250</u>
Expenditure		
Running costs of charity:		
Payroll cost	127,361	101,673
Rent and rates	13,421	13,404
Light and heat	-	700
General printing and stationery	7,836	9,443
Information, publications and postage	64	4,315
Self management training costs	3,462	8,464
Telephone	2,272	2,057
Travelling expenses (development workers)	1,982	6,158
Staff training	1,913	294
Repairs and sundry expenses	6,107	3,444
Subscriptions	890	686
Conference costs	1,570	4,959
Depreciation Charges	90	344
Support for local self-help groups	1,096	3,475
Expenditure on raising donations, legacies and grants:		
Credit card machine and other charges	904	927
Payroll cost	23,185	26,775
Fundraising costs	4,094	2,051
Other costs:		
Legal and professional	1,399	265
Independent examiner's fee	2,187	2,750
Total Expenditure	<u>199,832</u>	<u>192,185</u>
Deficit(-) of Income over Expenditure	<u>(55,646)</u>	<u>459,065</u>

Bipolar Scotland

Balance Sheet at 31st March 2021

	2021 Total £	2020 Total £
Fixed Assets		
Furniture and Computing Equipment	6,964	6,964
Cost brought forward and carried forward		
	6,964	6,874
Depreciation at brought forward and carried forward	0	90
Written Down Value at the End of the Year	<u>0</u>	<u>90</u>
Current Assets	0	0
Other debtors	525,732	584,756
Cash in Hand and at Bank		
	<u>525,732</u>	<u>584,846</u>
Total Assets at the End of the Year		
Current Liabilities due within one year	2,384	2,412
Other Creditors	1,587	5,027
Accrued expenditure		
	<u>521,761</u>	<u>577,407</u>
Total Net Assets at the End of the Year		
Funds at the End of the Year		
Unrestricted Funds	506,428	533,705
Restricted Funds	15,332	43,702
	<u>521,761</u>	<u>577,407</u>
Total Funds at the End of the Year		





Bipolar Scotland

T: 0141 560 2050

M: info@bipolarscotland.org.uk

www.bipolarscotland.org.uk

Twitter: [@BipolarScotland](https://twitter.com/BipolarScotland)

Instagram: [@Bipolar_Scotland](https://www.instagram.com/Bipolar_Scotland)

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