

•) • Bipolar
•) • Scotland

SCOTLAND'S CHARITY FOR
PEOPLE LIVING WITH BIPOLAR



ANNUAL REPORT

2021/22

CHAIR'S REPORT

It is a pleasure to be able to write to you as Chair of the Board for Bipolar Scotland. I know that life has its ups and downs but what we can promise is that we are here for our members regardless of your current mood. As we continue to grow our membership, we are committed to our vision of a good life for everyone living with bipolar in Scotland.

It has been an interesting year and, in most part, successful for the organisation. We have continued to work and deliver to our Strategic Plan 'A time to move forward'. The executive team and board have spent a good amount of time and effort looking into how we do things and how we might improve. This is something especially pertinent as the organisation grows, we need systems and methods of working that can continue operating efficiently regardless of conditions. Covid has obviously tested the organisation and no doubt you and your loved ones too. The improvements we have focussed on may not be immediately obvious to those not involved within the executive or board, but without the operations of an organisation running smoothly the true job we are all here to do becomes more difficult. We are currently undergoing a full review of all our processes to ensure we can be the best member led charity we can be.

We have continued to work hard on our digital presence, with targeted promotion on social media and all the great efforts of the team. This work is paying off as we are seeing our website traffic and page views increase as we engage with more of our community. Sharing our content or liking our social media posts really helps us reach a wider audience, so please continue doing so. It was a difficult decision to put the Self-Management Training on hold but we can't achieve everything simultaneously and plan to have this back up and running in the very near future. The recent launch of Beyond Diagnosis has been a real boost to team morale and marks a new offering to those in need. Inevitably this will be a learning curve for us all, however the amount of effort and planning involved in getting this off the ground will no doubt make the process as smooth as it could possibly be. At a board level we have been working on improving reporting, transparency,



consistency, and the breadth of skills on the board. I would like to take this opportunity to thank all of those who have given their time, energy, and expertise to the board both past and present. We continue to recruit for the board and with the amendment to our structure, we now have two vacancies for non-members which we hope to fill with a Finance Director and someone with legal or commercial expertise. We still have a number of positions we wish to fill with members at the upcoming AGM. If you feel you have something to bring to the board of Bipolar Scotland, please put yourself forward to stand.

Whilst I have only been Chair for a year and on the board for two, it is with a heavy heart that I shall be stepping down from both positions following our AGM. This is in no way a reflection of the organisation but due to the sad fact that we are witnessing yet another financial crisis. I work for two companies that I need to steer through these uncertain times. You have not got rid of me just yet; I shall still be an active member and intend to return once I have more available time. So to add to the board positions we are also looking for a replacement Chair. Rather than close on a negative note I would like to thank all of you that are involved with Bipolar Scotland, our members, volunteers, employees, and board. Collectively as a community we have a great deal to offer the world. Bipolar admittedly can be difficult during times of low mood, but we can be creative and exceptional on our better days – we should not forget this even during dark times.

Mark-Paul Buckingham

CONTENTS



Contributors: Alison Cairns, Mark-Paul Buckingham, Helen McGinty, Tony Fraser, Cahill Jack & Bipolar Scotland members.

Edited by: Jamie Stewart

3

CEO REPORT

4

VISION, MISSION & VALUES

5

STAFF TEAM AUGUST 2022

6

HIGHLIGHTS & PLANS FOR THE YEAR AHEAD

7

MEMBERS FEEDBACK

8

TREASURER'S REPORT

9

ACCOUNTS SUMMARY

CEO REPORT

I am delighted to be writing this report and presenting it to you at our first in-person conference since 2019. This year marked my 20th anniversary of leading Bipolar Scotland and it is a real privilege to do so.

This has been another strange year, and one of transitions as we took initial steps back to face-to-face meetings and to hybrid working for the staff team between home and office.

Our staff team grew and blossomed during the year. Cliff Watt joined us as Head of Development in August 2021 shortly before last year's online conference- I can't believe that's only been a year. Maja Mitchell-Grigorjeva joined the Development team in November and I'm so pleased they both came along when they did. As the only Development Officer during this period, Maja has worked incredibly hard, picking up recruitment and training of new facilitators and ensuring groups are running smoothly, and beginning the transition back to face-to-face and hybrid meetings.

Our Development Team created, designed and launched "Beyond Diagnosis" – peer support for people newly diagnosed with bipolar. Within the first few days we had ten referrals into the system and this continues to grow. We recruited three Peer Workers to work on the project (welcome Leah, Sam and Richard), and Nigel Lack joined us as Volunteer Manager in April 2022. Nigel is recruiting and training peer volunteers for Beyond Diagnosis and has plans to extend the involvement of volunteers with lived experience in the organisation.

The team have been hit with covid over the year, like everywhere else, but with such a supportive team, we manage to keep on going.

We are currently undertaking a complete review of systems and processes. As the organisation grows, we need to make sure we have the right systems in place to support us and ensure everything is as it should be.

I have had the pleasure of facilitating the Friends and Family group for much of this



year and it really has been a pleasure. It's been lovely to get to know some of our members better and to experience the magic of a self-help group first hand. If you've put off going to a group for whatever reason, please take the plunge. The groups are such supportive environments and really can help.

I am indebted to Mark-Paul, our chair for the past year, who has been very supportive to me and who has led a great deal of work in the governance of the organisation. I'm really going to miss the wisdom and calmness he offered.

Finally, as always thank you to the fabulous team I have working with me. The faces have changed but we try to smile through. As we head to our 30th anniversary later in the year I hope you'll be joining with our celebrations. I can't wait for an excuse to celebrate!

With my very best wishes as always. Take care of yourselves.

Alison



VISION, MISSION & VALUES

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.

Our 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



STAFF TEAM AUGUST 2022

Chief Executive: Alison Cairns

Head of Development: Cliff Watt

Head of Fundraising: Ashley McWilliams

Head of Comms and Public Affairs: Vacant

Delivery and Development Manager:
Maja Mitchell-Grigorjeva

Volunteer Manager: Nigel Lack

Development Officer: Graeme Bowman

Communications Officer: Jamie Taylor

Membership & Info Worker: Lesley Fyfe

Peer Support Workers: Richard Blass,
Samantha Christie & Leah Kurzepa



HIGHLIGHTS OF THE YEAR

- Beyond Diagnosis
- Volunteer training and engagement
- Social Media engagement
- Lottery funding
- Technology funded to allow hybrid group meetings.



PLANS FOR THE YEAR AHEAD

- Publish new Essential Guide
- Launch Moving Forward Fund
- Carers self-management
- Launch website

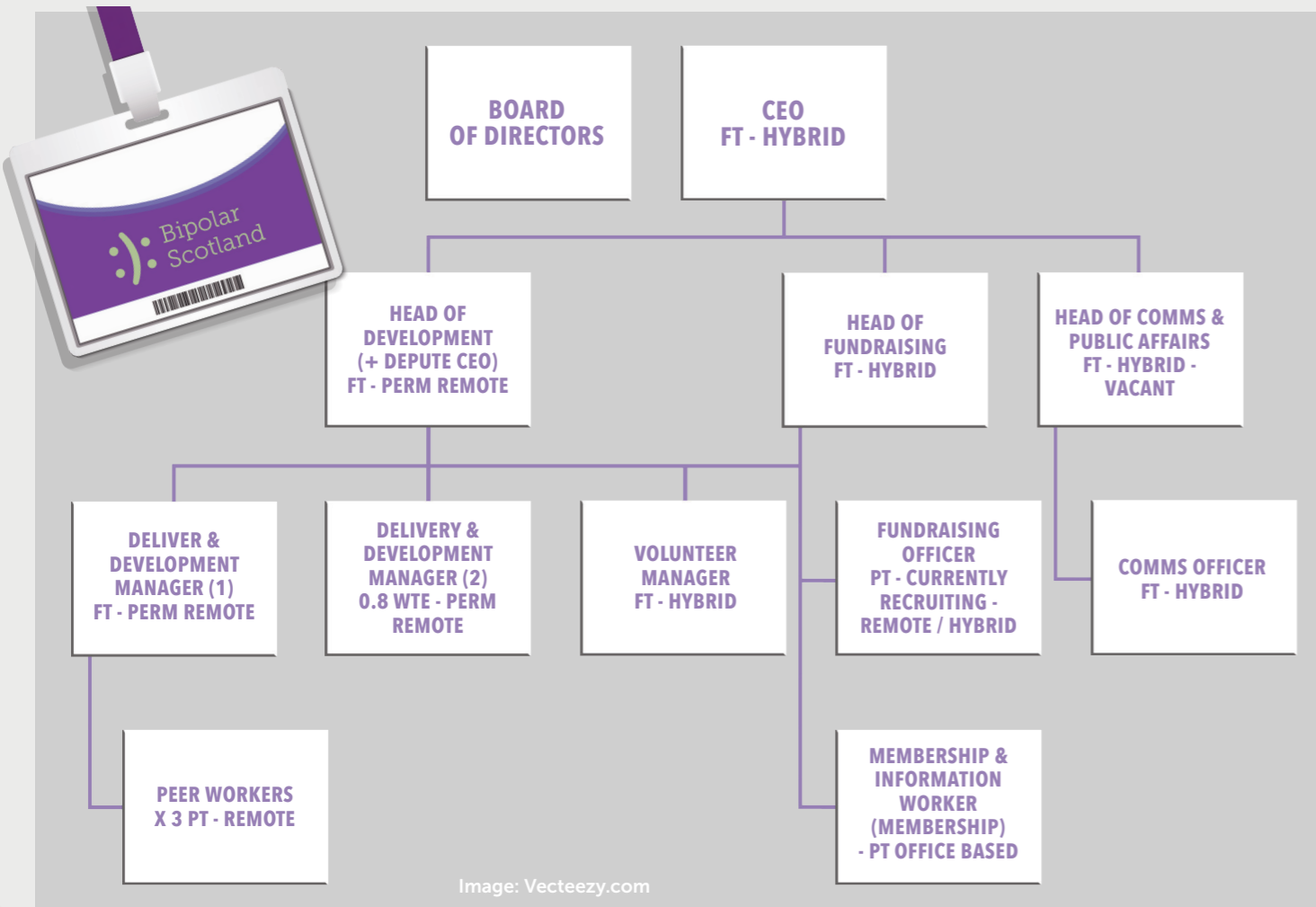
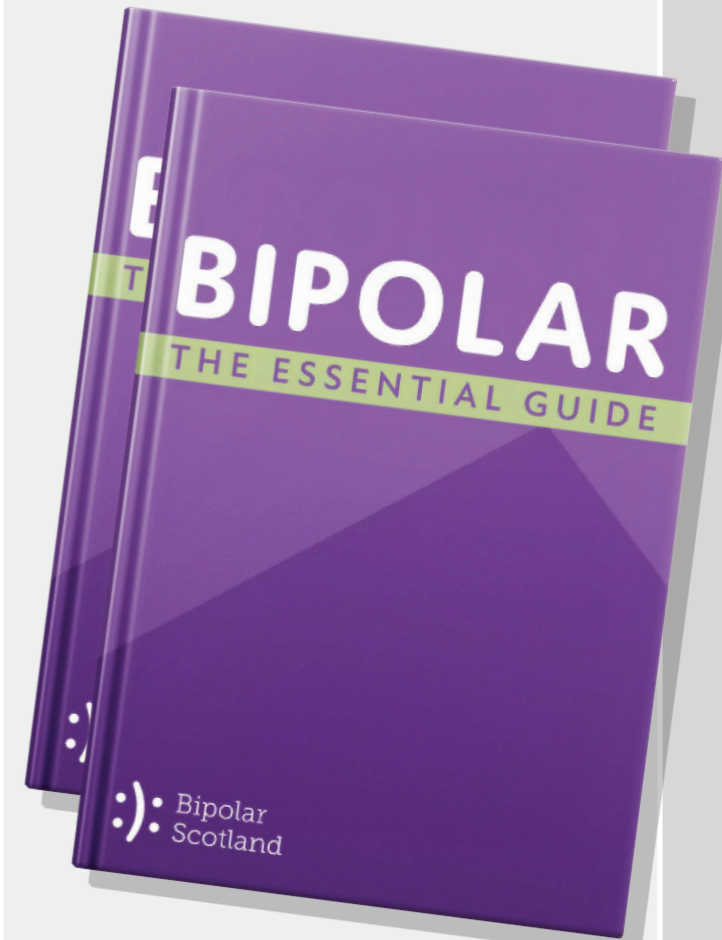


Image: Vecteezy.com

MEMBERS FEEDBACK

“Very supportive group where I feel welcomed by facilitators and attendees. non judgemental. can enjoy a laugh as well as have more serious conversations”



“Very friendly, easy to approach for advice. Good for finding out about support”

“The facilitators are good. Seeing familiar faces each month is good. Its relaxed atmosphere, and regardless of mood feel able to talk about it”

“The openness of the conversation regarding bipolar disorder”



“Gets me out of the house, meeting like minded people”

“You hear people’s stories and you can relate to things that happen to you”



“Everybody is friendly”

TREASURER’S REPORT

Despite a period of on-going disruption, and hybrid working, 2021/22 has seen further expansion and consolidation for Bipolar Scotland. In order to provide a better service for its members, the organisation continues to identify new areas of development, whilst returning to our core services on a face-to-face basis.

We welcome the fresh ideas, and enthusiasm, of our staff and volunteers, who continue to develop the organisation in new, and interesting, ways. We recognise, in particular, the hard work and ingenuity of our fund-raising team, and all those who have raised funds for us, and donated to us. A priority for the organisation in the coming year will be to utilise the legacies so generously left to us by those who remembered us in their Wills. That generosity will allow us to pursue our vision, of a good life for everyone in Scotland who lives with bipolar. We also remain grateful to those Trusts, Funds, and other organisations, without whose support we would not be able to continue our work.



We are as always, indebted to those who have given their time freely to manage our accounts, and to Antony Fraser from Cahill Jack, who has produced and audited those accounts.

Helen McGinty



ACCOUNTS SUMMARY 2022

Bipolar Scotland

Income and Expenditure Account for the Year to 31st March 2022

	2022 Total £	2021 Total £
Income		
Scottish Government revenue grants	34,000	30,000
Donations	4,107	2,000
Legacy Income	273,719	68
St James Palace donation	-	-
LXS Donation	-	-
Plum Trust	7,500	7,500
Big Lottery Fund	45,260	-
Heritage Lottery Fund	-	10,000
Voluntary Action	-	9,858
Robertson Trust	-	10,000
Meikle Foundation	-	2,000
Bellahouston Bequest Fund	-	3,000
Dundee Voluntary Action	-	-
Glasgow GCVS	-	-
Health and Social Care Alliance	-	20,000
Corra Foundation	-	21,784
Engadge Renfrewshire	-	-
Community Mental health and Wellbeing	30,140	-
Meikle Foundation	2,000	-
Lothain NHS	5,000	1,870
Plum Trust	-	-
Members' subscriptions	3,588	4,968
Fund-raising activities	13,204	21,137
Interest receivable	2,084	1
Total Income	420,602	144,186
Expenditure		
Running costs of charity:		
Payroll cost	225,527	127,361
Rent and rates	1,137	13,421
Light and heat	-	-
General printing and stationery	7,727	7,836
Information, publications and postage	-	64
Self management training costs	792	3,462
Telephone	3,172	2,272
Travelling expenses (development workers)	440	1,982
Staff training	2,578	1,913
Repairs and sundry expenses	21,647	6,107
Subscriptions	2,855	890
Conference costs	-	1,570
Depreciation Charges	-	90
Support for local self-help groups	7,245	1,096
Expenditure on raising donations, legacies and grants:		
Credit card machine and other charges	922	904
Payroll cost	-	23,185
Fundraising costs	3,818	4,094
Other costs:		
Legal and professional	11,096	1,399
Independent examiner's fee	1,829	2,187
Total Expenditure	290,783	199,832
Deficit(-) of Income over Expenditure	129,818	(55,646)



Bipolar Scotland

Balance Sheet at 31st March 2022

	2022 Total £	2021 Total £
Fixed Assets		
Furniture and Computing Equipment		
Cost brought forward and carried forward	6,964	6,964
Depreciation at brought forward and carried forward	(6,964)	(6,964)
Fixed Asset Investments	500,000	-
Total Fixed Assets	500,000	-
Current Assets		
Other debtors	-	-
Cash in Hand and at Bank	158,775	525,732
Total Assets at the End of the Year	658,775	525,732
Current Liabilities due within one year		
Other Creditors	4,917	2,384
Accrued expenditure	2,278	1,587
Total Net Assets at the End of the Year	651,579	521,761
Funds at the End of the Year		
Unrestricted Funds	617,439	506,428
Restricted Funds	34,140	15,332
Total Funds at the End of the Year	651,579	521,761





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Scottish Charity No. SC021705 | Company No. 163305