Bipolar Scotland

BIPOLAR SCOTLAND

(A COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

SCOTTISH CHARITY NUMBER SC021705
COMPANY NUMBER SC163306

Cahill Jack Associates Limited
Chartered Accountants
and Registered Auditors
91 Alexander Street
Airdrie
ML6 OBD

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COMPANIES HOUSE

BIPOLAR SCOTLAND

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FOR THE YEAR ENDED 31 MARCH 2025

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LEGAL AND ADMINISTRATIVE INFORMATION

TRUSTEES WHO SERVED DURING THE YEAR

Dr Mark-Paul Buckingham - Chair
Helen Frances McGinty - Treasurer - (Resigned 6 May 2025)
Dr Anne Fearfull
Dr Victoria Reid
Mr David Reid - (Resigned 21 February 2025)
Dr Joyce Elizabeth Wilkinson

COMPANY SECRETARY

Jayne Laidlaw - Chief Executive

INDEPENDENT EXAMINER

Tony Fraser
Cahill Jack Associates Limited
Chartered Accountants
91 Alexander Street
Airdrie
ML6 OBD

BANKERS

Bank of Scotland
174 Byres Road
Glasgow G12 8SW

REGISTERED OFFICE

Studio 40
Sir James Clark Building
Abbey Mill Business Centre
Seedhill Road
Paisley
PA1 1TJ

SCOTTISH CHARITY NUMBER SC021705
COMPANY NUMBER SC163306

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2025

The Trustees, who are also Directors of the Company for the purposes of the Companies Act 2006, present their annual report together with the financial statements of the charity for the year ended 31st March 2025, which are prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with Financial Reporting Standard applicable in the UK and Republic of Ireland (SORP FRS 102).

LEGAL AND ADMINISTRATIVE DETAILS

Reference and administrative details including the names of trustees who served during the period and details of other relevant organisations are detailed on the previous company information page.

STRUCTURE GOVERNANCE AND MANAGEMENT

The Charity is constituted as a company limited by guarantee and is therefore governed by its memorandum of association. It was incorporated in February 1996. In the event of the company being wound up, its members are each required to contribute an amount not exceeding £1. Bipolar Scotland is registered as a charity with the Office of The Scottish Charity Regulator (OSCR).

Trustees are elected at the Annual General Meeting and serve for a period of three years after which they may offer themselves for re-election if this is in the interests of the charity. Additionally, trustees may be co-opted at the regular board meetings during the year until the following AGM. When considering co-opting trustees, the board has regard to the requirement for any specialist skills and geographical representation that may be preferred.

The board of directors may appoint up to two individuals who are not members of the company as non-member directors if their skills and experience would benefit the charity.

Details of appointments and terminations are given within the charity information on page 4.

The board has entrusted the day to day management of the charity to Jayne Laidlaw, Chief Executive.

ORGANISATION STRUCTURES AND DECISION-MAKING

The Charity is organised so that the Trustees meet regularly to manage its affairs and make decisions with regard to achieving its charitable aims.

Decisions are made at the Board by the trustees with relevant staff members present to assist. Board meetings give the Trustees the opportunity to discuss matters and to make any critical decisions concerning governance and strategic direction of the charity. Trustees are encouraged to attend appropriate training or guided reading where this will facilitate the undertaking of their role within the charity.

Staff and volunteers deliver the day to day operational activities of the charity with supportive line management, guidance and direction, and the strategic oversight of the CEO, in the best interests of fulfilling the charity's aims.

The staff running the company fulfil the charity's aims and deal with the administration of the company.

Staff members and their functions within the Charity were as follows:

Jayne Laidlaw	Chief Executive Officer and Company Secretary
Marie Tiffoney	Fundraising Manager – Joined April 2024
Jenine Paxton	Fundraising Officer – Joined November 2024
Maja Mitchell-Grigorjeva	Impact and Development Manager
Sian Dolan	Communications Officer – Joined November 2024
Susanna Combe	Finance Office - Resigned March 2025
Tom Robertson	Volunteer Development Officer - Resigned October 2024
Hazel Muir	Self-Management Trainer
Kerry Adam	Self-Management Trainer
Richard Blass	Peer Worker
Samantha Christie	Peer Worker
Shona MacColl-Mooney	Peer Worker
Lynsey Mackenzie	Peer Worker

Bipolar Scotland is an equal opportunity employer committed to a policy of treating all its employees and volunteers equally. Employees receive appropriate training, development, and promotional opportunities as they arise, and we appoint based on merit of the candidates.

OBJECTS OF THE CHARITY, PRINCIPAL ACTIVITY AND ORGANISATION OF WORK

The Charity's purpose and principal activities are in achieving the vision of a good life for everyone who lives with bipolar, through three strategic priorities: To empower and support; to influence and campaign and to grow and improve. Some of the means by which these priorities and vision are worked towards include: promoting, developing and co-ordinating a network of community based and online bipolar support groups throughout Scotland; informing and educating on the nature of the condition and the role and value of the organisation itself; delivering self-management training courses where members learn to recognise their symptoms and effectively manage their lives, and by taking a human rights based approach to reducing diagnosis delay to prevent suicides and promote an equal right to life

The organisation works to a model of peer support where people living with bipolar are recognised as the experts of their condition. Delivery of objectives is achieved through the employment of staff who possess the specific skills necessary for the performance of their duties, along with volunteers who are trained by the organisation to the highest standards of service delivery. The charity has a popular bi monthly e- magazine, 'On The Level', and readership has grown to encompass professionals in the field of mental health, social care, public policy, and education, in addition to our members and the many people we support in the community. The Board has referred to the guidance contained in the OSCR general guidance on public benefit when reviewing its aims and objectives and in planning the future activities. The trustees also consider how planned activities will contribute to the aims and objectives they have set when approving the annual operational business plan presented by the CEO to ensure alignment with the Strategy.

The Board is happy to report that the charity continued to deliver four distinct services to thousands of people. We facilitate 17 regular support groups across the country. Some groups are face to face, some online only, while others are hybrid groups using the latest technology to bring people together for mutual support, following nationwide recovery from the events of the global pandemic. Our revived self-management training has been hugely popular, with many individuals, friends and family, benefiting from the transformative impact of the course.

Our one-to-one peer services, designed and co-produced with the people support, and which includes our Beyond Diagnosis service, have continued to be in high demand, and we were pleased to increase capacity in the peer team to eradicate the waiting list. The incredible work of our dedicated volunteers,

most of whom have lived experience of bipolar, enabled us to deliver over 5000 hours of support for the year ended 31 March 2025, worth approximately £62,500. In the same period, staff answered hundreds of calls and emails from members of the public seeking advice, information and support.

Staff have been working together on the formulation of new projects to tackle inequalities in the workplace and put an end to the financial hardship caused when people with bipolar lose employment, or experience stigma in the workplace. The team also plans to design an educational tool to aid the earlier recognition of symptoms of bipolar so that diagnosis and treatment commences at the earliest opportunity, thus reducing suicide.

RISK MANAGEMENT

Trustees regularly assess the major risks to which the charity is exposed, in particular those related to the strategic direction and finances of the charity. During the year the CEO introduced a more robust method of assessing, scoring and tracking risk and mitigations and Trustees are satisfied this new system supports good governance and decision making at Board level. The board is fully aware of the need to maintain an ongoing strategy in pursuit of income streams given the uncertain nature of funding received. Last year our fundraising ambitions fell short of target by 37% but with the appointment of a new Fundraising Manager in 2024-25 a more robust income generation strategy was implemented. To offset the previous years shortfall the Board took the decision towards the end of 2025 to draw down the remainder of our investment to provide sufficient income up to quarter three, and the anticipated outcome of funding applications.

IMPACT AND DEVELOPMENT

Between April 2024 and March 2025, our peer-led services continued to reach and support people living with bipolar across Scotland. Through *Peers Together*, 44 people received up to twelve one-to-one sessions of tailored support. Our *Beyond Diagnosis* service offered early help to 65 newly diagnosed peers, ensuring they were not left to navigate those first months alone. Recognition of this impact came in February 2025, when our peer support services were shortlisted for the Best Mental Health Service Award at the Scottish Mental Health and Wellbeing Awards – ultimately earning the Silver award.

Alongside one-to-one peer support, nine *Self-Management Training* courses equipped almost 70 individuals with practical tools and confidence to manage their condition. Three of these courses were delivered in person (in Glasgow and West Lothian) alongside online delivery to ensure accessibility no matter where people live. We also continued to operate 16 support groups across Scotland and proudly opened a new group in West Dunbartonshire, expanding local opportunities for connection.

To strengthen and sustain our services, we invested heavily in our volunteer network. Three new Peer Volunteers completed training in November 2024, bringing the total to nine. A new Development Officer joined us that month, and in the last quarter of 2024, 15 new support group facilitators were recruited and trained. Our active volunteer conversion rate remains higher than the national average, reflecting the welcoming and supportive environment we've created.

From listening to what members need and wish for, this year we began developing new *'Let's Talk About...'* modules, on topics such as anxiety and medication to complement our Self-Management Training programme. Member surveys and peer sessions also revealed persistent stigma and discrimination around managing bipolar at work. In response, we convened a working group to shape a funding bid for a new project to help people with bipolar stay in employment and thrive professionally. We have continued to work closely with the University of Edinburgh, supporting recruitment for their innovative bipolar research studies, and engaged widely with partners such as the Scottish Recovery Network, Voices of Experience (VoX), See Me and networks including NHS 24's Mental Health Community of Interest and the Scottish Government's Supporting a Mentally Healthy Workplace Learning Network. We will continue to

build our membership and external networks as we look forward to our national conference scheduled for Autumn 2025.

We continued developing our professional networks this year both nationally and internationally, connecting with others who share our passion for improving the lives of people living with bipolar. We've delivered more guest lectures to health and social care students at Glasgow Clyde Colleges and have successfully supported our first student placement early in the year.

FUNDRAISING

Fundraising across the sector continues to be highly competitive and remains our single biggest challenge. Across the sector Trust & Grant providers that would traditionally fund organisations such as ours continue to allocate resources to charities supporting people affected by economic hardship during the cost-of-living crisis. Funding success rates are as low as 1 in 15 (6%) for cold approaches and between 1 in 3 (33%) to 1 in 7 (14%) for warm contacts. Restricted funding whilst still difficult to secure is favoured more by grant providers than applications for core running costs. This continues to be problematic for covering running costs, and salaries of non-delivery staff. Our new Fundraising Manager, appointed in April 2024, brings extensive knowledge and skill, and has carried out an audit of our historic successes and challenges to help build a clear and robust income strategy moving forwards. In April 2024 we received our final instalment of funding from the Alliance for our peer support work and commenced the final 6 months of a three-year grant from The National Lottery for our Beyond Diagnosis service Following the end of funding for this highly valued intervention, the organisation met ongoing costs from our ever depleting pot of unrestricted funds to bridge the gap while we applied for continuation funding, and developed ideas shared by our beneficiaries into bespoke new projects. The Scottish Government continued to support us with a grant of £30k but declined to increase this as hoped.

the board is once again indebted to our kind donors and individual fundraisers who give up their time to support us through various community based activities.

A summary of the financial results for the year is as follows:

	2025 £	2024 £
The Income and Expenditure Account shows a deficit for the year of	(212,144)	(101,919)
The net assets of the company at the year end amounted to	236,989	449,133
Total grants received from the Scottish Government for the year amounted to	30,000	30,000
Grants, donations and legacies received from other organisations and individuals	147,376	277,354
Fundraising income	7,741	18,351
Members' subscriptions and sundry income	2,865	3,236
Total wages costs	327,725	332,012

INVESTMENT POLICY AND PERFORMANCE

In accordance with the charity's memorandum and articles of association, the Trustees have the power to invest in such stocks, shares, investments and property as they see fit.

The Board has taken professional advice on our investment with Brewin Dolphin and took the decision to transfer investments to a new provider that offers a closer and more professional working relationship which with provide a clearer picture of future investments The trustees are aware that to make further progress, funding levels will have to grow and should new legacy funds become available, these will be invested with a view to sustaining services over the medium to long term.

All the charity's investments are valued at market values as at 31st March 2025 and any gain or loss shown in the SOFA.

RESERVES POLICY

The Trustees have examined the requirement to maintain free reserves and concluded that the most appropriate level at this time is around three months of operational expenditure relating to core activities. The charity currently holds reserves in accordance with this policy but is aware of the need for vigilance in relation to expenditure

OVERVIEW OF FUTURE ACTIVITIES

The CEO and her team are working incredibly hard to safeguard the future sustainability of the charity in the face of increasing financial pressures which have contributed to the closure of over hundreds of Scottish charities during the financial year. In 2024-25 we took the difficult decision to hold two vacancies in the team for non-essential roles as they are presently unaffordable. Whilst this impacts our capacity in non- service delivery areas, such as communications and engagement, we are focusing efforts on the development of exciting new services based on feedback from hundreds of people we've supported. One of these new projects will address the inequality and stigma experienced by people in the workplace, while supporting employers to foster better approaches to mental illness which enable sustained employment and prevent financial exclusion and poverty. We're also applying for funding to enable us to develop a suite of animation tools to engage people across Scotland in early recognition of the symptoms of bipolar, to have good quality, action-focused conversations about the illness, leading to earlier diagnosis and treatment, reducing suicide, and improving life outcomes. Our members are incredibly important to us, and their views shape our services bringing new ideas to life. Following approval at our AGM in December 2024 we introduced a new member structure which has significantly increased our number, and by marketing and promoting the benefits of corporate membership we hope to increase income while adding value and insight to employers and businesses.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also directors of Bipolar Scotland Limited for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles of the Charity SORP;
- Make judgments and estimates that are reasonable & prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

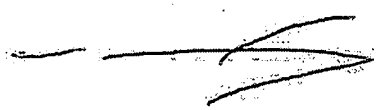
The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

STATEMENTS AS TO DISCLOSURE OF INFORMATION TO AUDITORS

So far as the Trustees are aware, there is no relevant information (as defined by section 418 of the Companies Act 2006) of which the charitable company's auditors are unaware, and each Trustee has taken all the steps they ought to have taken as a Trustee in order to make them aware of any audit information and to establish that the charitable company's auditors are aware of that information.

APPROVAL

This report was approved by the board of Trustees and signed on its behalf.



Helen Frances McGinty - Treasurer

Dated: 30 April 2025

INDEPENDENT EXAMINERS' REPORT TO THE MEMBERS OF

BIPOLAR FELLOWSHIP SCOTLAND LIMITED FOR THE YEAR ENDED 31 MARCH 2025

I report on the accounts of the charity for the year ended 31st March 2025 which are set out on pages 10 to 20.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and The Charities Accounts (Scotland) Regulations 2006.

The charity trustees consider that the audit requirement of Regulation 10(1) (a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of The Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:
    a. to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
    b. to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations have not been met, or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Tony Fraser

CA Institute of Chartered Accountants of Scotland
Cahill Jack Associates Limited
91 Alexander Street
Airdrie
ML6 0BD

Dated
30 April 2025

BIPOLAR SCOTLAND

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR TO 31 MARCH 2025

	Notes	Restricted Funds Total £	Unrestricted Funds Total £	2025 Total £	Restricted Funds Total £	Unrestricted Funds Total £	2024 Total £
INCOME AND ENDOWMENTS FROM							
Donations and legacies:	2.1	-	65,771	65,771	-	130,147	130,147
Income from charitable activities:	2.1	83,150	28,455	111,605	142,270	34,936	177,206
Income from other trading activities	2.1	-	7,741	7,741	-	18,351	18,351
Investment income	2.1	-	12,814	12,814	-	9,007	9,007
Total incoming resources		***83,150***	***114,782***	***197,932***	***142,270***	***192,442***	***334,712***
EXPENDITURE	2.2						
Costs of generating funds:							
Expenditure on raising donations, legacies and grants		-	2,827	2,827	-	4,183	4,183
Expenditure on charitable activities:							
Running costs of charity		120,340	270,945	391,285	89,873	333,082	422,955
Other costs		-	15,964	15,964	7,515	1,978	9,493
Total resources expended		***120,340***	***289,735***	***410,075***	***97,388***	***339,243***	***436,631***
Net income/(expenditure) and net Movement in funds for the year		(37,190)	(174,953)	(212,144)	44,882	(146,801)	(101,919)
Net Loss on Investments	5	-	-	-	-	-	-
Transfers between funds	7	-	-	-	-	-	-
Reconciliation of funds							
Net movement in funds	8	(37,190)	(174,953)	(212,144)	44,882	(146,801)	(101,919)
Total Funds brought forward		80,099	369,034	449,133	35,217	515,836	551,052
Total Funds carried forward		42,908	194,081	236,989	80,099	369,034	449,133

The statement of financial activities includes all gains and losses recognised in the year.

All incoming resources and resources expended derive from continuing activities.

BIPOLAR SCOTLAND

BALANCE SHEET AS AT 31 MARCH 2025

	Notes	£	2025 £	£	2024 £
FIXED ASSETS					
Tangible fixed assets	5		4,515		17,827
Fixed asset investments	5		-		334,341
CURRENT ASSETS - due within one year					
Other debtors	6.1	6,982		7,637	
Current investments		-		-	
Cash at bank and in hand		230,552		93,723	
		237,534		101,360	
CREDITORS - amounts falling due within one year					
Other creditors and accruals	6.2	(5,059)		(4,395)	
NET CURRENT ASSETS			232,474		96,965
NET ASSETS			236,989		449,133
FUNDS					
Unrestricted funds					
General Fund		(205,919)		(30,966)	
Designated Funds	7	400,000	194,081	400,000	369,034
Restricted funds	7		42,908		80,099
TOTAL FUNDS	8		236,989		449,133

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2025.

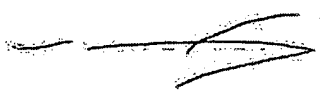
The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2025 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:
(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The trustees have prepared the accounts in accordance with section 398 of the Companies Act 2006 and section 44 of the Charities and Trustee Investment (Scotland) Act 2005. These accounts are prepared in accordance with the special provisions of Part 15 of the Companies Act relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes at pages 13 to 19 form part of these accounts.

Approved by the board and signed on its behalf.



Helen Frances McGinty - Treasurer

Dated: 30 April 2025

BIPOLAR SCOTLAND

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR TO 31 MARCH 2025

	Notes	2025 £	2024 £
Cash flows from operating activities			
Net cash generated from operating activities	11	**(197,513)**	**(93,409)**
Cash flows from investing activities			
Purchase of Fixed Assets		-	**(2,936)**
Transfer of funds to / from Fixed Asset Investment fund	5	**334,342**	-
Change in cash and cash equivalents in the year		**136,829**	**(96,344)**
Cash and cash equivalents brought forward		**93,723**	**190,068**
Cash and cash equivalents carried forward	12	**230,552**	**93,723**

NOTES TO THE ACCOUNTS
FOR THE YEAR TO 31 MARCH 2025

1 ACCOUNTING POLICIES

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are given below.

General Information

The Charity is a charitable company limited by guarantee.
Trustee details and registered office information is given on the information page with the accounts.

1.1 Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1st January 2015) - (Charities SORP (FRS 102) and the Companies Act 2006.

The presentation currency is pound sterling.

Bipolar Scotland meets the definition of a public benefit entity under FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

1.2 Preparation of the accounts on a going concern basis

In December 2019, disease Covid-19 caused by a coronavirus started circulating across the world, and was declared a pandemic in March 2020. On 13 March the UK government advised against all nonessential travel and for individuals to stay at home. This has caused a significant change to the activities with the closure of our main office and our staff needing to work remotely. The pandemic has continued to affect operations in the current year.

The Charity was able to adapt to the restrictions brough in to cope with the Covid-19 pandemic and continued to provide help and services using online meeting facilities and webinars. The trustees also consider the charity to be a going concern given the large legacy received in the previous year and the accounts have therefore been prepared on a going concern basis.

1.3 Incoming Resources

Government and other grants

Grants of a revenue nature are recognised in full in the Statement of Financial Activities in the period which they relate to. Grants received towards the costs of the charity's general programme are added to unrestricted funds. Grants received towards specific types of expenditure are added to restricted funds. Grants of a capital nature are allocated to a designated fund. The related asset is capitalised and the associated depreciation charge is then set off against the designated fund. Grants relating to specific periods are included within deferred income where the period is after the year end.

Donations, legacy and fundraising income

Voluntary income and donations are accounted for by the charity as received, except when the donors specify that they must be used in future accounting periods or donors conditions have not been fulfilled then the income is deferred. Legacy income is recognised when receipt is probable and the amount can be accurately determined. The income from fundraising ventures is shown gross, with the associated costs included in fundraising costs. Donations, legacies or fundraising income received for a particular purpose are treated as restricted funds.

Subscriptions

Subscriptions received are recognised as income in the year to which they relate. Any amounts not received by the year end are accrued and any received in advance are deferred unless the amounts are immaterial and the work involved in calculating them would exceed the benefit of disclosing them in the accounts.

Investment income

Investment income is included in the statement of financial activities in the year in which it is received. Investments held are all cash in nature.

1.4 Expenses

All expenditure is included on an accruals basis and is recognised where there is a legal or constructive obligation to pay for expenditure. Where possible individual costs have been directly attributed to specific activities and expended in the SOFA against the fund that they relate to. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a on a basis consistent with the split of employee hours spent on the various activities.

The company is exempt for VAT and as a result some expenditure is shown gross of irrecoverable VAT.

Pension costs
The company contributed to a defined contribution pension scheme. The assets of this scheme are held separately from those of the company and have been invested with an insurance company. Pension costs charged in the SOFA represent the contributions payable by the company in the year.

Fundraising costs
Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of campaigning for donations and funding, raising awareness of the charity and the staging of special fundraising events.

Depreciation of tangible assets and capitalisation
Provision is made for depreciation on all tangible assets at rates calculated to write off the cost or valuation, less estimated residual value, of each asset over its expected useful life, as follows:

Fixtures and fittings	25% straight line basis
Computer equipment	50% straight line basis

There is no set limit for capitalisation of equipment and assets are recorded at cost.

Investments are included at market value at the year end with any gain or loss shown in the SOFA.

Operating leases
Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

Grants payable
Grants payable represent amounts given to other organisations specifically for the purpose of achieving the charity's objectives. Amounts included within the accounts represent amounts due for the year. Grants payable for future periods are included within creditors.

1.5 Fund accounting
Restricted funds are funds which are used in accordance with specific restrictions imposed by the donors or which have been raised by the Charity for particular purposes. Other charitable funds are unrestricted funds which are available for use at the discretion of the Board Members in furtherance of the general objectives of the charity.
The nature and purpose of each restricted fund is as detailed in note 7 to the accounts.

1.6 Financial instruments
The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments.
These are identified as debtors and creditors with no stated interest rate and receivable or payable within one year. Cash and cash equivalents are comprised of cash at bank and in hand.
These basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.7 Taxation
Bipolar Scotland is recognised as a charity for the purposes of Section 505, Income and Corporation Taxes Act 1988 and exemption under Section 1(7) of the Charities and Trustee Investment (Scotland) Act 2005.
There is no liability for Corporation tax for the year as a result.

1.8 Cash and cash equivalents
Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less form the date of acquisition or opening of the deposit or similar account.

NOTES TO THE ACCOUNTS - CONTINUED
FOR THE YEAR TO 31 MARCH 2025

2.1 INCOME BREAKDOWN	Restricted	Unrestricted	2025	Restricted	Unrestricted	2024
	£	£	£	£	£	£
Donations and legacies						
Donations received		16,970	16,970		10,233	10,233
General grants provided by government / other charities:		11,301	11,301		5,000	5,000
Scottish Government core grant		30,000	30,000		30,000	30,000
Plum Trust		7,500	7,500		7,500	7,500
Glasgow NHS			-			-
Legacy income			-		77,414	77,414
	-	65,771	65,771	-	130,147	130,147
Income from Chaitable Activities						
Lottery - Beyond Diagnosis Funding	22,900	-	22,900	48,090	-	48,090
North Lanarkshire Voluntary Action			-			-
Dundee Voluntary Action			-			-
Health and Social Care Alliance	15,000	-	15,000	36,000	-	36,000
Community Mental health and Wellbeing Glasgow	10,000	-	10,000	8,840	-	8,840
Community Mental health and Wellbeing Dumfries and Galloway	10,000	-	10,000	4,720	-	4,720
Community Mental health and Wellbeing Inverclyde	4,950	-	4,950			
Community Mental health and Wellbeing West Dunbartonshire	10,000	-	10,000			
Community Mental health and Wellbeing Aberdeen	5,300	-	5,300			
Community Mental health and Wellbeing Renfrewshire	5,000	-	5,000	4,120	-	4,120
Inchyre			-		500	500
Pumphouse			-		500	500
AbbVie			-	1,500	-	1,500
Asda Foundation			-		700	700
Peoples Post Code			-	15,000	-	15,000
Garfield Weston			-		20,000	20,000
Highlands CMHWB			-	10,000		10,000
West Lothian CMHWB			-	5,000		5,000
Mitchells Roberton - Bellahouston Bequest			-	3,000	-	3,000
Alex Ferry		10,000	10,000		-	-
Hugh Fraser			-	6,000	-	6,000
Galashan Trust		10,000	10,000		10,000	10,000
Meikle Foundation		2,000	2,000			-
CharitableTrust		1,490	1,490	-		-
Edinburgh University		1,100	1,100			
Paristamen Trust		1,000	1,000			
Members' subscriptions		2,865	2,865		3,236	3,236
			-			-
	83,150	28,455	111,605	142,270	34,936	177,206
Income from other trading activities						
Income from fundraising by and on behalf of the charity	-	7,741	7,741	-	18,351	18,351
	-	7,741	7,741	-	18,351	18,351
Investment income						
Interest received	-	3,189	3,189	-	9,007	9,007
Gain on Revaluation of Investments		9,625	9,625		-	-
Dividends received	-	-	-	-	-	-
	-	12,814	12,814	-	9,007	9,007

NOTES TO THE ACCOUNTS - CONTINUED
FOR THE YEAR TO 31 MARCH 2025

2.2 EXPENSES BREAKDOWN	Restricted	Unrestricted	2025	Restricted	Unrestricted	2024
	£	£	£	£	£	£
Costs of generating funds:						
Expenditure on raising donations, legacies and grants:						
Credit card machine and online donation charges	-		-	-		-
Other fundraising costs and entrance fees		2,827	2,827		4,183	4,183
Payroll costs	-	-	-	-	-	-
	-	2,827	2,827	-	4,183	4,183
Expenditure on charitable activities:						
Running costs of charity:						
Payroll cost	104,951	222,774	327,725	73,662	258,350	332,012
Volunteer Costs	1,836	2,398	4,233	464	469	933
Rent and rates and Insurance		12,938	12,938		22,070	22,070
Room Hire		2,429	2,429		-	-
Information, publications and postage	2,352	3,567	5,919	4,030	6,317	10,347
Self management training costs	5,151	-	5,151	3,224	182	3,406
Telephone	376	4,346	4,722	3,345	8,395	11,741
Travelling expenses	552	742	1,295	2,531	1,952	4,483
Staff training	1,400	211	1,611		374	374
Repairs, IT costs and sundry expenses		770	770	25	4,352	4,377
Subscriptions		8,057	8,057	1,085	4,693	5,778
Conference and anniversary dinner costs		-	-	32	62	94
Depreciation	615	12,697	13,312	1,475	22,885	24,360
Investment interest and commission charges		6	6		5	5
Grants Repayable		-	-		1,309	1,309
Support and venue hire for local self-help groups	3,109	9	3,117		1,665	1,665
	120,340	270,945	391,285	89,873	333,082	422,955
Other costs:						
Legal and professional		12,580	12,580	7,515	-	7,515
Independent examiner's fee		3,384	3,384	-	1,978	1,978
	-	15,964	15,964	7,515	1,978	9,493
Total expenses	120,340	289,735	410,075	97,388	339,243	436,631

3 STAFF COSTS AND TRUSTEES' REMUNERATION

		2025	2024
		£	£
Employment Costs	Wages and salaries	296,924	301,836
	Pension costs	5,025	5,330
	Social Security costs	25,777	24,846
		327,725	332,012

The average weekly number of staff employed was as follows:

Chief executive	1	1
Development worker	4	4
Volunteering assistant	5	5
Fundraiser	2	2
Administrator	2	2
	14	14

No employee received remuneration of more than £60,000 and no trustees' remuneration was paid.

Six board members were paid a total of £nil (2023 - £602) to reimburse for expenses incurred on behalf of the charity.

Total remuneration of the key management personnel 61,931

NOTES TO THE ACCOUNTS - CONTINUED
FOR THE YEAR TO 31 MARCH 2025

4	INVESTMENT INCOME	2025	2024
		£	£
	Bank interest received in the UK see note 2.1	3,189	9,007
		3,189	9,007

5	FIXED ASSETS	Fixtures and Fittings	Investments
	Cost:	£	£
	At 1st April 2024	63,920	334,341
	Disposals / Transfers		(334,341)
	Additions	-	
	Revaluations	-	
	At 31st March 2025	63,920	-
	Depreciation:		
	At 1st April 2024	46,094	-
	On disposals	-	
	Charge for the year	13,312	
	At 31st March 2025	59,406	-
	Net book value		
	At 31st March 2025	4,515	-
	Net book value		
	At 31st March 2024	17,827	334,341

6.1	CURRENT ASSETS	2025	2024
		£	£
	Other Debtors	6,982	7,637
		6,982	7,637
	Bank Deposit Accounts	230,552	93,723
		230,552	93,723

6.2	CREDITORS - AMOUNTS FALLING DUE WITHIN ONE YEAR	2025	2024
		£	£
	Other taxes and social security	3,895	3,895
	Pension payable	-	-
	Other creditors and accruals	500	500
		4,395	4,395

NOTES TO THE ACCOUNTS - CONTINUED
FOR THE YEAR TO 31 MARCH 2025

7 RESTRICTED FUNDS

	Total Funds b/fwd	Incoming Resources	Charitable Expenditure	Inter Fund Transfers	Total Funds c/fwd	Total Funds b/fwd	Incoming Resources	Charitable Expenditure	Inter Fund Transfers	Total Funds c/fwd
	2025	2025	2025	2025	2025	2024	2024	2024	2024	2024
	£	£	£	£	£	£	£	£	£	£
Abbvie	-				-	-	1,500	- 1,500		-
Health and Social Care Alliance	-	15,000	(15,000)		-	-	36,000	- 36,000		-
Bellahouston Bequest Fund	3,000		(2,935)		65	-	3,000	-		3,000
Dumfries & Galloway CMHWB	2,878	10,000	150		13,028	5,060	-	- 2,182		2,878
Glasgow CMHWB	17,195	10,000	(18,787)		8,408	9,992	8,840	- 1,637		17,195
Highlands / Aberdeen CMHWB	9,676	5,300	(9,524)		5,453	-	10,000	- 324		9,676
West Dunbartonshire CMHWB	4,720	10,000	(2,389)		12,331	-	4,720	-		4,720
West Lothian CMHWB	4,925		(7,138)		(2,213)	-	5,000	- 75		4,925
Inverclyde CMHWB		4,950	-		4,950					
Renfrew CMHWB	4,120	5,000	(3,985)		5,135	-	4,120	-		4,120
Voluntary Action Dundee CMHWB	3,199				3,199	5,066	-	- 1,867		3,199
Voluntary Action North Lanarkshire CMHWB	15,099				15,099	15,099	-	-		15,099
Hugh Fraser Foundation	-				-	-	6,000	- 6,000		-
Lottery - Beyond Diagnosis Funding	15,287	22,900	(60,732)		(22,545)	-	48,090	- 32,803		15,287
NHS Lothian	-				-	-	-	-		-
Peoples Post Code Trust	-				-	-	15,000	- 15,000		-
Total	80,099	83,150	(120,340)	-	42,909	35,217	142,270	(97,388)	-	80,099

Details of funds:

Name of fund/provider	Purpose of fund
Abbvie	Self-Management Training in Glasgow
Health and Social Care Alliance	Beyond Diagnosis peer service
Bellahouston Bequest Fund	Glasgow Support Groups
Dumfries & Galloway CMHWB	Self-Management Training in Dumfries & Galloway
Glasgow CMHWB	Self-Management Training in Glasgow
Highlands CMHWB	Bipolar Scotland enabling Self-Management (Peer Support Group & Self Management Training)
West Dunbartonshire CMHWB	Support Group (West Dunbartonshire)
West Lothian CMHWB	Self-Management Training and Support Group (West Lothian)
Renfrewshire CMHWB	Support Group (WRenfrewshire)
Voluntary Action Dundee CMHWB	Self Management Training to be delivered in Dundee
Voluntary Action North Lanarkshire CMHWB	Hybrid Kit for Support Group
Hugh Fraser Foundation	Beyond Diagnosis & Peers Together
National Lottery Improving Lives	Beyond Diagnosis
NHS Lothian	Bipolar Lothian Support Group (Now Bipolar Edinburgh)
Peoples Post Code Trust	Unrestricted Funding

7.1 DESIGNATED FUNDS

The trustees made the decision last year to designate funds of £400,000 for the development of the Charity.

8 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Restricted	Unrestricted	2025	Restricted	Unrestricted	2024
	£	£	£	£	£	£
Fund balances at 31 March 2025 are represented by:						
Tangible fixed assets	29,806	(25,291)	4,515	29,806	322,362	352,168
Cash at bank and in hand	13,102	224,431	237,534	50,293	51,067	101,360
Creditors due within one year	-	(5,059)	(5,059)	-	(4,395)	(4,395)
	42,908	194,081	236,989	80,099	369,034	449,133

10 LEASING AND CAPITAL COMMITMENTS

Operating lease commitments

Minimum lease payments fall due to be paid as follows:

	2025	2024
	£	£
Within 1 year	2,611	2,611
Between 1 and 5 years	2,104	4,715

The Charity pays £12,210 per annum for rental of premises. This agreement can be terminated at any time.

Capital commitments:

There were no capital commitments outstanding at the year end (2023: nil).

NOTES TO THE ACCOUNTS - CONTINUED
FOR THE YEAR TO 31 MARCH 2025

11 Reconciliation of net movement in funds to net cash flow from operating activities

	2025	2024
	£	£
Deficit for the year (as per Statement of Financial Activities)	(212,144)	(101,919)
Adjustment for:		
Unrealised loss on revaluation of Investments	-	-
Depreciation	13,312	24,360
(Increase)/decrease in debtors	655	(2,249)
Increase/(decrease) in creditors	664	(13,601)
Net cash used in operating activities	(197,513)	(93,409)

12 Analysis of cash and cash equivalents

	2025	2024
	£	£
Cash in Bank and in hand brought forward	93,723	190,068
Movement in Bank and cash on hand	(197,513)	(93,409)
Purchase of Fixed Assets	-	(2,936)
Transfer to / from Legacy Investment Fund	334,342	-
Cash at bank and in hand carried forward	230,552	93,723

13 Members Guarantees

The company has no share capital. The liability of the members is limited by guarantees from each member, not exceeding £1.