2026

The Sutherland Trust (A company limited by guarantee)

TRUSTEES REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2026

The Sutherland Trust
(A company limited by guarantee)

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The Sutherland Trust
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Legal and administrative information

Scottish charity number	SC022013	
Company registration number	SC147086	
Registered office	18 West Pilton Park Edinburgh EH4 4EJ	
Trustees	Sharan Collins	Convenor
	Vessela Ivkova	Vice Convenor
	Eilish Garland	Secretary
	Lesley Boyd	Treasurer
	Maura Daly	
	Nathan Collins	
	Sebastian Monteux	
Bankers	Royal Bank of Scotland 36 St Andrew Square Edinburgh EH2 2YB	

Trustees Report

Report of the trustees (incorporating the directors' report) for the year ended 31 March 2026

The trustees present their report and the financial statements for the year ended 31 March 2026. The trustees, listed on page 3, are also the directors of The Sutherland Trust for the purposes of the company law.

Structure, governance and management

Constitution

The Trust was incorporated as a company limited by guarantee on 20 October 1993 and is recognised by the Inland Revenue as a charity under Scottish Charity Number SC22013. It is governed by its memorandum and Articles of Association.

Governance

Up to 14 Trustees are responsible for the administration, management and control of the affairs and property of the charity. Currently there are six trustees. New trustees are selected from a pool of suitable candidates, proposed by existing Trustees, according to the current vacancies in their areas of expertise. New Trustees have an opportunity to meet with the existing Trustees and to learn about the values and mission of the Trust and to seek clarification about the nature of the role of a Sutherland Trustee. An induction pack is given to all Trustees, and the appointment is initially for three year when they may wish to stand for re-election at the AGM. Trustee meetings are held four times per year. There are four office bearers drawn from the Trustees.

Management

At the AGM in September 2025, Sharan Collins remained as Convenor, Ellen Hair stepped down as Vice-Convenor, Vessela Ivkova took on the role as Vice Convenor, Eilish Garland remained as Secretary but has since stepped down as Secretary. Lesley Boyd remained as Treasurer. Sharan Collins, Eilish Garland, Lesley Boyd, Maura Daly, Vessela Ivkova, continued as trustees. The trust welcomed Nathan Collins and Sebastian Monteux as a trustee at the AGM in September 2025. The Trustees decided at the meeting in December 2025 that the role of Vice-Convenor and Secretary would be merged and the role held by Vessela Ivkova.

A qualified volunteer has continued to provide his services to keep accounts and support the trustees through the treasurer.

Objectives and activities

Objectives

The principal objectives of the Trust are: "to assist and promote psychodynamic learning and development in health, education and social care" and this is achieved currently through offering public lectures and the awarding of small contributory bursaries to those undertaking study with psychodynamic content.

Achievements and performance

In the meetings during 2025/26 the Trust has continued to attend to preparing and planning it's in person lectures, placing an emphasis on the relational value of the work of the Trust and building a community that draws on psychodynamic thinking.

Public Lectures

Our lecture programme is devised at Trustee meetings and then small working parties arrange the details of the event. An appraisal of numbers attending, income raised and assessment of whether the outcomes were met then occurs at the following trustees meeting. For the past few years, the trust has been committed to forward planning of lectures which has allowed for attendees to be informed of future lecture topics and dates. The Trust continues to strive to establish a continuing thread of themes between lectures. As we have returned to in person lectures there are a number of factors that we wish to further explore as a trust around offering an online element as well as an opportunity for smaller discussions around relevant topics of interest that emerge from lectures.

The Trust has taken time this year to reassess its vision and values and to plan future lectures, a number of possible lecturers have been identified and are currently being approached in preparation for spring and autumn lectures in 2027. New premises have been identified for lectures and possible discussion forums including events drawing on films which reflect psychodynamic themes.

The Spring 2026 lecture – "Stories in Context, Tales from Psychotherapy with Children" was presented by Gita Ingram, Dr Debbie Hindle and Susie Reade, and took place in the Cornerstone Centre, St Johns Church, Edinburgh. The event took on a new format offering space for lecture input, discussion, reflection and an opportunity for informal discussion over breaks and a catered lunch. 60 attended the event which was well received and received excellent feedback. Feedback given suggested the day was generous, stimulating and nourishing. The audience expressed an interest in more events providing opportunities to meet together in a similar format. The event successfully met and developed the Trusts

aims to provide a space for engagement, stimulate thinking and offer opportunities that nurture those working in Social Care, Education, Health and Therapeutic roles.

Bursaries

Bursaries continue to be a primary remit of The Sutherland Trust and the small working group is extremely careful about the selection and allocation of awards. Necessarily they are small assistive awards and bursaries are allocated to support people for continued professional development in courses of study underpinned by psychodynamic principles.

The Trust offered one round of Awards this year with a total of £2500 to be allocated. We offered 5 bursaries however only 4 bursaries were taken up. All payments made can be seen in table below.

COURSE	INSTITUTION	
MSc Psychoanalytic Observation and Reflective Practice	HDS (2)	£500 paid
Diploma in Counselling	Garnethill (2)	£1000 paid
MSc Human Relations and Counselling	HDS (1)	£500 paid

As well as paying the bursary direct to the organisations we also offered the possibility of paying the bursary direct to recipients where they were able to provide proof of payment of fees. This has made for a smoother process for recipients.

Recipients of awards expressed their gratitude and agreed to provide a report of their progress in due course. Trustees are delighted to observe the growing shift in the pattern of bursary applications, both in numbers and in relevance.

Review and development of Trust activity

In July 2025 trustees; Sharan Collins, Ellen Hair, Eilish Garland and Lesley Boyd gathered for a planned Summit which was facilitated by Graham Sharrock.
Using the Grow model as our starter we considered our Goals, Reality, Options and Will for moving forward. Our basic goal is relevance and sustainability as a trust in the 21st century.

The psychodynamic landscape has changed irrevocably since the Trust's inception. The discipline and principles remain the same. Information sharing, networks, and tools for acquiring CPD have changed. The system of 'friends' of the Sutherland Trust (hereto ST) providing fiscal and professional input has moved on too.
Accordingly, we have limited engagement with wider psychodynamic networks since the Scottish Institute for Human Relations was wound up. It was agreed that the relevance of ST within this revised framework should be considered - we are relevant, but sustainability and survival is about a need to promote ourselves in a contemporary context. Holding the whole of ST has multiple challenges in terms of internal dynamics and how that interfaces with the external. Partnership, relationships, and bringing people together and nourishing these strands has multiple aspects. The trustees continue to reflect on the work started at the Summit and plan future summits to engage with themes identified in the summit. The trustees extend their thanks to Graham who provided a supportive and collaborative framework to engage in the challenging thinking required as we consider the development and sustainability of the trust.
A further summit took place in December 2025 to continue discussions. It was a agreed that the values and aims of the Trust to to create psychological space; to stimulate discussion; to nurture the needs of a community of thinkers and to grow that community. All values that are becoming more and more important in this fast-moving digital age where reflection often gets squeezed out. It was agreed that the ultimate objective of the Trust is to inform and enrich the human relations work of those involved in providing health,
social care, education and therapeutic services. Our primary concern remains in stimulating interest in contemporary applications of psychodynamic and psychoanalytic theory.
A new format introduced at the Spring Lecture which involved creating spaces for mingling and conversations over a generous selection of refreshments and catered lunch.

Trustees have also reflected on the exceptionally fluent functioning for the Trustees team, which is the result of sustained investment and commitment from all members. Time is volunteered freely, responsibilities are shared, and every member plays to their strengths in terms of the particular responsibilities they undertake. Trustees have observed that we are currently working at an optimum balance of effort vs high quality output, which has fuelled motivation and general enjoyment of volunteer roles. In psychodynamic terms, our internal congruence and ease of being is part of our integrity in what we are offering our audiences.

The board of Trustees are aware of the need to recruit trustees who hold the value of the trust and are now actively engaging with the process of inviting new trustees to the board, with a focus on those who have received bursaries in the past.

Fundraising

The Trust maintains a healthy financial position and continues to more than cover its costs through its lecture activity and income from the Friends of Sutherland Trust scheme, which continues to raise an additional £300 per year. There are currently 4 Friends of the Sutherland Trust.

Financial Review

Reserves policy

The policy of the Trustees is to apply the net available income in granting awards and to promote the mission and objectives of the Trust through the lecture programme. It is not the intention that the Trust should maintain surplus reserves, and they will be utilised as necessary to further the Trust's objectives. However, the current balance provided ongoing financial security to the Trust to meet its objectives now and in the future.

The Trustees monitor all financial issues at meetings. Every effort has been made to contain expenses by inviting local speakers for lectures, altering hospitality costs and careful monthly auditing. At the same time, the positive response of our audiences to speakers from further afield who provide particularly stimulating contemporary lenses on psychodynamic thinking has prompted us to widen our reach in term of attracting lecturers.

Full financial statements accompany this report. The Treasurer is now providing more detailed reports to Trustees at quarterly meetings.

General reserves

The net deficit for the year on the General Fund was (£1,954) (2025 net deficit (£2,514). The total of the accumulated General Fund at 31 March 2026 was £35,926.

Plans for future periods

Issues which are priority for 2025-2026 are:

- Continued monitoring of Funds to support the work of the Trust.
- To devise additional ways of raising the public profile of the work of the Sutherland Trust.
- To update website
- To recruit new trustees
- To review and expand our potential pool of lecturers.
- To reflect on our core purpose in respect of promoting psychodynamic thinking, and to consider how to integrate this with contemporary thinking and approaches.
- To review the Bursary scheme.
- Networking with other likeminded organisations.
- To review succession planning to ensure smooth sustainability of the Trust.
- To continue to review our lecture venue and assess how it supports future events.
- Promoting relevance and sustainability

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Statement of trustees' responsibilities

The trustees (who are also directors of The Sutherland Trust for the purpose of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted 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 ad of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

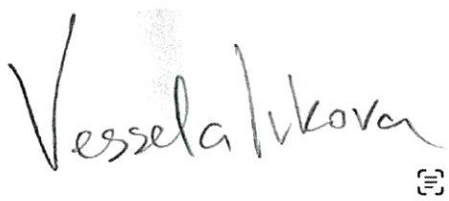
- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgement and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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 which 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.

Tamara Mhura was appointed Independent Examiner for the Trust.

Small company provisions
This report has been prepared in accordance with the special provisions for small companies under part 15 of the Companies Act 2006, on behalf of the board.

Vessela Ivkova
Secretary
Signed on 10th of September 2026



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Independent examiner's report to the trustees on the unaudited financial statements of The Sutherland Trust

I report on the accounts for the year ended 31 March 2026 set out on pages 2 to 15.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of the company for purposes of company law) are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 (the Act) and the Charities Accounts (Scotland) Regulations 2005 (as amended). The charity's trustees consider that the audit requirement of Regulation 10(1) (a) to (c) of the Accounts Regulations does not apply. Having satisfied myself that the charity is not subject to audit under company lay and eligible for independent examination, it is my responsibility to state, on the basis of my examination as required under section 44(1) (c) of the Act, 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 (as amended). 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 whether the accounts present a 'true and fair view'.

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 trustees have not met the requirements to ensure that:
    - Proper accounting records are kept in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulation (as amended), and
    - To prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations (as amended).
2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:
Tamara Mhura
Date: 01/09/26

The notes on page 16 to 19 form an integral part of these financial statements.

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Statement of financial activities (incorporating the income and expenditure account) for the year ended 31 March 2026

	Notes	Unrestricted Funds £	Restricted Funds £	2026 £	2025 £
Income:					
Donations	2	300	0	300	355
Investments:	3	380	0	380	552
Charitable Activities	4	0	0	0	12
Total Income		680	0	680	919
Expenditure:					
Charitable Activities	5				
Total Expenditure		2,634	0		3,433
Net income/(expenditure) And net movement in funds For the year		(1,954)	0	(1,954)	(2,514)
Reconciliation of funds:			0		
Total funds brought forward		37,881	0		40,395
Total funds carried forward		35,927	0		37,881

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Balance Sheet

as at 31 March 2026			
		2026	2025
	Notes	£	£
Current Assets			
Cash at bank and in hand		36,026	37,981
Creditors: amounts Falling due within one Year	7	(100)	(100)
Net current assets		35,926	37,881
Funds			
Restricted income funds		0	0
Unrestricted general funds			37,881
Total funds		35,926	37,881

Trustees statements required by the Companies Act
for the year ended 31 March 2026

In approving these financial statements as trustees of the company we hereby confirm:

a) That for the year stated above the company was entitled to the exemption conferred by section 477 of the Companies Act 2006.
b) That no notice has been deposited at the registered office of the company pursuant to section 476 of the Companies Act 2006 request4ing that an audit be conducted for year ended 31 March 2017.
c) That we acknowledge our responsibilities for:

1. Ensuring that the company keeps proper accounting records which comply with section 386 of the Companies Act 2006, and

2. Preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial hear of its profit and loss for the year then ended in accordance with the requirements of section 394 and 395, and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

These financial statements are prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the board on and signed on its behalf by

Sharan Collins 20th August '26
Convenor

Registration number: SC147086

Notes to financial statements
for the year ended 31 March 2026

1. Accounting policies
The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and the preceding year.

1.1. Basis of accounting
The financial statements have been prepared in accordance with Accounting and Reporting for Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16/07/14, the Financial Reporting Standard for Smaller Entities (effective January 2015) and the Companies Act 2006. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

1.2. Incoming resources
All incoming resources are included in the statement of financial activities when the charity is entitled to the income, and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants, donations and gifts and is included in full in the statement of financial activities when receivable. Grants where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Income from investments is included in the year in which it is receivable.

1.3. Resources expended
Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

2. Voluntary Income

	Unrestricted Funds £	Restricted Funds £	2026 Total £	2025 Total £
Donations	**300**		300	**355**
	300			**355**

3. Investment Income

Bank Interest receivable	**380**	**0**	380	**552**
	380	**0**	**380**	**552**

4. Incoming resources from charitable activities

Lectures, books, etc	**0**	**0**	12
	0	**0**	**12**

5. Costs of charitable activities

	Unrestricted Funds £	Restricted funds £	2026 Total £	2025 Total £
Lecture Expenses	0		0	220
Award grants	2,500		2,500	3,000
Accounting and IE Fees	100		100	100
General expenses	34		34	113
	2,634		2,634	3,433

6. Taxation

The charity's activities fall within the exemptions afforded by the provisions of the Income and Corporation Takes Act 1988. Accordingly, there is no taxation charge on these accounts.

7. Creditors: amounts falling due within one year

	Unrestricted Funds £	Restricted funds £	2026 Total £	2025 Total £
Accrued independent examiner fees	**100**	**0**	**100**	**100**
	100	**0**	**100**	**100**

8. Analysis of net assets between funds

	Unrestricted funds	Restricted funds
	£	£
Current assets		0
Current liabilities	(100)	0
		0

9. Unrestricted funds

	At 1 April 2025	Incoming resources	Outgoing resources	At 31 March 2026
	£	£	£	£
General funds	37,881	680	(2,634)	35,927

10. Company limited by guarantee

The Sutherland Trust is a company limited by guarantee and accordingly does not have a share capital.

Every member of the company undertakes to contribute such amount as may be required not exceeding £1 to the assets of the charitable company in the event of its being wound up while he or she is a member, or within one year after he or she ceases to be a member.