



TRAUMA HEALING TOGETHER

Annual Report

November 2024- March 2026

www.traumahealingtogether.org

1. Organisation Details

Trauma Healing Together

Scottish Charity Number: SC050517

8 Kinnoull Street, Perth, PH1 5EN

Email address: contact@traumahealingtogether.org

Website: www.traumahealingtogether.org

Twitter: @traumatgether

Facebook: <https://www.facebook.com/TraumaHealingTogether>

2.Charity Trustees

The following have been appointed trustees between November 2024 and March 2026

1. Catharine Idle - October 2020- May 2025
2. Diana Ngonyama - October 2020- Present (Re-appointed April 2024)
3. Sam- October 2020 - Present (Re-appointed April 2024)
4. Razvan Syyed - October 2020- Present (Re-appointed April 2024)
5. Andy Marsh- June 2021- February 2026
6. Michael Marley- March 2022- Present (Re-appointed May 2025)
7. Lindy Paterson- July 2023- March 2025
8. Johnathan Law - March 2025- Present
9. Doug Blackie- May 2025- Present
10. Billy Gregal - February 2026- Present

3.Objectives and activities

Trauma Healing Together was set up in March 2020 to provide opportunities for healing and growth to those who have experienced poor mental health as a result of trauma.

As a charity, we provide a holistic and collaborative service which is free to use for anyone who has experienced any form of psychological trauma in Scotland. As well as providing therapy, we hope to offer opportunities for training and personal development and the chance to shape the future of services and understanding of trauma through participation in research.

The vision for our charity is 'All Trauma Survivors in Scotland to have the resilience and skills needed to live a fulfilling and meaningful life despite their trauma'.

Expanding our Income Generation

Over the last 18 months, we increased our income from trusts and grants by 66%.

In addition, we invested time in expanding our training provision, resulting in an income of £5195 in the last 18 months compared to £0 in the last annual reporting year.

We also raised an additional £757 through a range of fundraising events, including our Raffles, a Danceathon and Mountain hike to celebrate our 5th Birthday, and Cheese and Wine Night.

Developing our projects

Including our mental health and wellbeing festival, in the last 18 months we were able to successfully support 762 people across all projects.

Working in partnership with our clients, we identified aspects of Pathways to Hope that were not working as effectively as they could. Together, we reviewed and amended the structure of the programme, resulting in more consistent attendance at group wellbeing sessions and a more meaningful experience for participants.

As part of our Diverse Ethnic Communities work, we developed a new project, Taste of Hope, which supports asylum seekers who have experienced trauma through a culturally focused cooking programme. The project aims to improve wellbeing by helping individuals reconnect with their culture while building connections within the local community.

We rebranded Stepping Stones for Asylum Seekers as R.I.S.E. and expanded its remit to support individuals from all Diverse Ethnic Communities.

We successfully delivered the 4th Perth and Kinross Mental Health and Wellbeing Festival, which was attended by more than 560 people.

Strengthening our Partnerships

We have built a strong partnership with Churches Action for the Homeless through their On-the-Mend programme. They were the first organisation to achieve our 'Atholl Approach Approved' workshop status, marking an important step in embedding trauma-informed practice within partner organisations. This collaboration demonstrates how our training and support can lead to meaningful organisational change. A case study about our partnership with them can be found [here](#).

We worked in partnership with Homestart Perth to deliver a cohort of *Pathways to Hope* specifically for mothers experiencing parenting challenges, including those related to financial hardship or single parenthood. Homestart were able to provide childcare whilst clients attended our programme. This helped remove barriers which would have otherwise prevented clients from attending.

We have also worked closely with Nature Connects, who have supported 10 of our clients to access their 'Branching Out' programme -an outdoor initiative designed to help individuals reconnect with nature and improve wellbeing. This partnership enhanced the holistic support available to our clients by combining therapeutic and nature-based approaches whilst also providing them with an opportunity to achieve a John Muir award.

Strengthening capacity

We significantly expanded our team and recruited a Development and Engagement Officer to secure funding and develop strategic partnerships. Additional administrative support was also recruited to help manage our growing caseload. We appointed a Counselling Programme and Training Manager to lead the development of the Atholl Academy and create a COSCA Certificate programme, as well as a Project Officer to support the continued growth of the Mental Health and Wellbeing Festival.

To strengthen our Diverse Ethnic Communities work, we recruited two new sessional workers, one of whom was a former client.

We continued to grow our volunteer base and supported 44 volunteers across our projects to develop their skills and confidence. This included training 11 former clients to become Peer Group Facilitators.

Having outgrown our previous premises, we relocated to larger offices on Kinnoull Street. This move has enabled us to increase the number of clients we can support and provide a wider range of services.

Our investment in increasing capacity has allowed us to continually increase the number of clients supported as indicated in Figure 1:

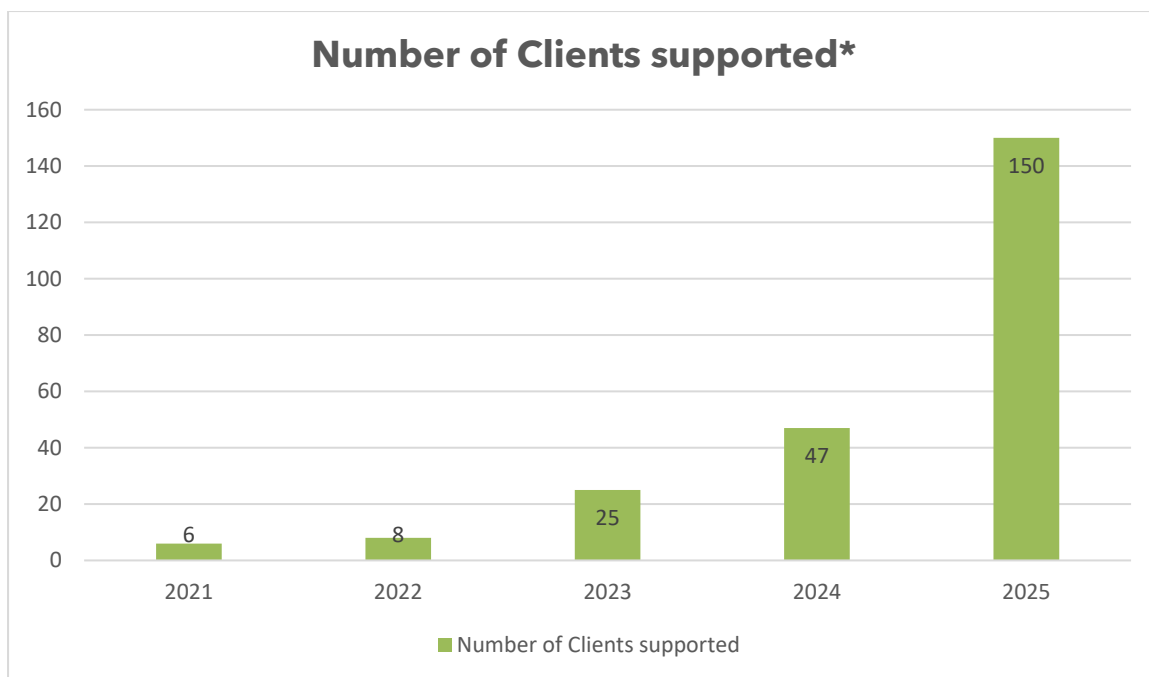


Figure 1: Number of clients supported excluding Perth and Kinross Mental Health and Wellbeing Festival*

We also invested in staff and volunteer wellbeing through a series of wellbeing days. Activities included a day with Canter Coffee caring for ponies and participating in craft activities, as well as an outdoor activity day at Willowgate Activity Centre featuring archery and axe throwing.

With funding from the Robertson Trust, we organised a weekend strategy event to explore how we could further improve our services for the benefit of our clients. The weekend also provided opportunities to enhance staff wellbeing through participation in an adventure day at Crieff Hydro.

Expanding our Approach

We presented at the 7th International Conference on Pluralistic Counselling and Psychotherapy, attended by more than 300 delegates. During the conference, we showcased a case study demonstrating the benefits and impact of the Atholl Approach within our work.

Through our "Designing and Delivering a Trauma-Informed Workshop" programme, we supported 22 individuals to develop workshops aligned with the principles of the Atholl Approach. 10 of these participants successfully completed the assessment and portfolio process and now hold Atholl Approach Approved

status for their workshops, providing public recognition of their trauma-informed practice.

In February 2026, we officially launched the Atholl Academy, introducing 18 specialist training courses delivered by experts in their respective fields.

Enhancing our Professional Practice

We continued to invest in the quality of our training provision and successfully achieved CPD accreditation for our Designing and Delivering a Trauma-Informed Workshop training programme.

Counsellors, staff and volunteers participated in a range of professional development opportunities to enhance their knowledge and skills, including:

- Good Practice and Ethics Training for Non-Counsellor Volunteers
- Peer Group Facilitator Training
- Inceldom in Counselling
- Understanding Autism
- Neurodiversity
- Sand Tray Therapy
- Grief and Trauma
- Dialectical Behaviour Therapy (DBT)
- Dissociative Identity Disorder
- Mental Health First Aid

We were supported by the Cranfield Trust through a programme of volunteer consultancy, which helped us further develop the Atholl Approach and create a comprehensive business plan. As a result of this work, we achieved Cranfield's Journey to Excellence status.

Our Board of Trustees also undertook a three-day strategic planning programme to explore opportunities for adapting and expanding our work through licensed delivery partners. This included collaborating with partners to develop and deliver Pathways to Hope for young people.

4. Structure, governance, and management

Type of governing document

The purpose, structure and details of how we operate as a charity is laid out in the form of a constitution.

Trustee recruitment and appointment

3 new trustees were recruited in this period and 3 stepped down

No other changes to the board occurred.

5.Achievements and performance

Pathways to Hope

Our flagship programme provides 24 sessions of trauma-focused therapy and group wellbeing sessions designed to run in parallel. Counselling helps individuals process trauma, while group wellbeing sessions build resilience and a sense of self through exploration and social interaction.

Over the course of the last 18 months, we supported 65 participants through this programme

As part of our evaluation, we gathered the following statistics:

- 90% have achieved >5 (out of 8) of the outcomes we set for the project.

Specific outcomes include:

- Confidence (90%)
 - Anxiety Management (87%)
 - Wellbeing (93%)
 - Management of emotions (87%)
 - Feeling empowered (87%)
 - Feeling Valued (83%)
 - Self-esteem (83%)
 - Relationship with others (80%)
- 90% learned new coping strategies.
 - 95% of clients felt that our service is positively different to other services currently available.
 - 97% of clients felt that counselling helped them achieve what they hoped



Peer Group Facilitator

Post-Pathways to Hope, clients can train as Volunteer Peer Group Facilitators to support the delivery of wellbeing sessions.

By helping to support group sessions, facilitators contribute to a positive environment where people feel encouraged to stay engaged and continue their recovery journey whilst developing their own skills. The role also demonstrates the value of lived experience. By creating opportunities for former clients and community members to support others, we build a stronger, more empowering and more sustainable service for everyone involved.

We delivered Peer Group Facilitator Training to 11 individuals.

The training has been developed and revised in collaboration with Peer Group Facilitators and clients to reflect the changing demands of the role. Individuals undertake a two-day training course which covers everything from practical elements to policies and procedures through a combination of discussion, personal reflection and scenario-based learning. Peer Group Facilitators are also encouraged to undergo further training in areas such as First Aid and Mental Health First Aid.

We recognise that volunteering can be demanding and as such, our Peer Group Facilitators have regular informal check-in sessions to monitor wellbeing, aid reflection and offer feedback.



Online Stepping Stones

For those not ready for the main project, we offer six 45-minute sessions focused on building coping strategies

During the past year 18 months, we delivered 5 cohorts, providing a total of 27 sessions. In total, 35 participants were supported through the programme.

We evaluate the clients experience at the end of every cohort and received the following feedback

- 83% of participants rated the programme 8 out of 10 or higher.
- 100% said the programme increased their confidence.
- 50% reported that the programme helped reduce their anxiety.
- 67% said the programme improved their overall wellbeing.
- 67% stated they gained new coping strategies.
- 67% said the programme helped them better manage their emotions.
- 100% said they would recommend the programme to others.

Stepping Stones for Diverse Ethnic Communities (Now R.I.S.E)

We delivered culturally responsive sessions for 64 participants from 9 nationalities. 70% reported improved in general mood and mental health. Utilising the Window of Tolerance as an evaluation tool, participants in the calm green zone increased from 33% to 68%. 3 Asylum Seeker participants volunteered at the Mental Health and Wellbeing Festival, and one trained as a Peer Group Facilitator.



Taste of Hope

The aim Taste of Hope is to create a supportive space where individuals can connect with their heritage by preparing and sharing healthy meals from their own cultures, fostering a sense of community and comfort.

As part of our Taste of Hope programme, we delivered 17 cooking sessions, supporting 38 asylum seekers.

Feedback is as follows:

- 65% of participants reported feeling positive and happy at the end of sessions, indicating an improvement in mood.
- 97% reported feeling safe and welcomed, demonstrating the programme's success in creating a supportive environment.
- 66% engaged in conversations with someone new, highlighting increased social interaction and reduced isolation.

- 100% expressed a desire to return, reflecting high levels of satisfaction and perceived benefit.

"Hi Tinusha, thank you from the bottom of our hearts for gathering us today, your beautiful spirit brought so much joy and we are deeply grateful for you and the memories we created today."

"Thank you for arranging this for us. Today we met new people, and we spoke about our country and food. Very happy day."

A video was created as part of this programme which can be accessed [here](#). The group also made a Cookbook showcasing recipes from their own cultures. This can be accessed [here](#).



Perth and Kinross Mental Health and Wellbeing Festival

Our festival provides a safe environment where people experiencing mental health challenges can connect with local organisations and discover activities that support their wellbeing.

In the last 18 months, we delivered one festival comprising 21 events over two days, providing more than 54 hours of free mental health support and information. Festival events were attended by over 580 people.

- 97% indicated that their awareness of support available had increased due to the festival.
- 80% attendees said the festival increased their awareness of the impact that poor mental health can have on someone.

- 86% of Perth and Kinross residents felt more connected with their community because of the festival.
- 86% said that they felt their awareness of the mental health support available in Perth & Kinross has increased as a result of the festival?
- 94% As a result of the festival, do you feel more empowered to access support for your mental health if required?

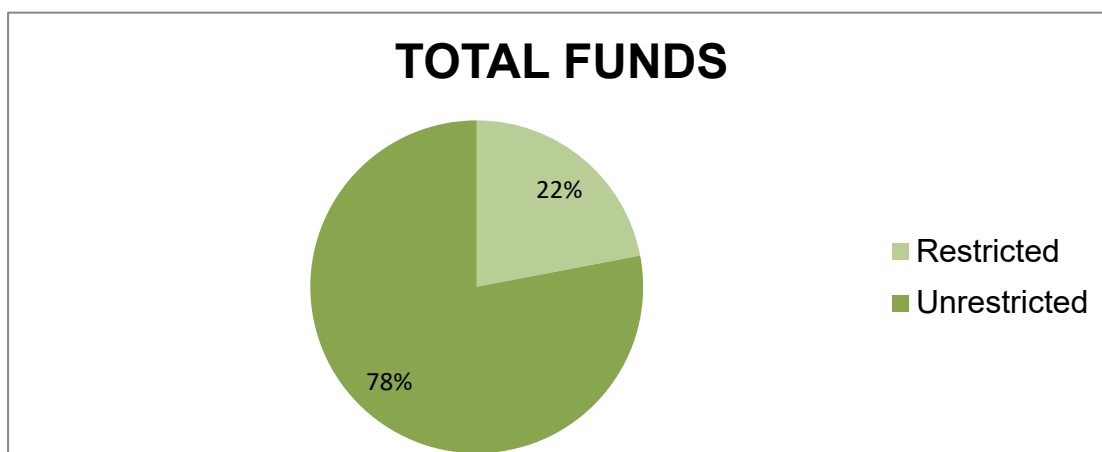
"I felt welcome, included and relaxed! It was a wonderful day to explore what is on offer support wise in Perth. I feel very fortunate to live somewhere that has and is developing services and support across the board to all individuals in need."

"Thank you for organising this. I found it really enjoyable and useful to have the opportunity to chat to different organisations and community groups and I made some really good connections. It was also great to have the workshops where you could spend a bit more focused time on an issue of interest."

"I must say it was great to see so many organisations come together under one roof. The energy was amazing and I for one relished the atmosphere. The content and level of information at hand far exceeded my expectations. Thank you!"



6. Financial review



Statement of the charity's policy on reserves

In the financial year ended 31st March 2026, the charity held £98,243 in total reserves, of which 22% of the funds were restricted (£22,041) and 78% (£76,202) were unrestricted. The percentage of unrestricted funds did increase this year which is in part due to increased income due to fundraising and training.

Details of any deficit

There was no deficit of funds in the financial year ended 31st March 2026.

Donated facilities and services.

There are no specific donated facilities and services currently in place, all donations received during the year were either individual donations or from fundraising events.

Reserves Policy

We reinvest all residual income towards other charitable activities which are unrestricted and if it is a restricted fund where funds can only be applied against specific projects, we declare this income separately.

7.Future plans

Over the coming year, in line with our strategic plan, we will focus on establishing dedicated Pathways to Hope groups for veterans and people from diverse ethnic communities (DEC), with particular emphasis on supporting DEC women. In response to the growing number of neurodivergent individuals accessing our services, we also plan to develop specialist groups for autistic people.

To support the delivery of these initiatives, we aim to recruit two Project Officers, a Project Manager, and a counsellor who can provide support to clients whose first language is not English. We have identified language barriers as a significant obstacle to accessing support, and this investment will help us better meet the needs of our communities.

To engage more people from a wider range of cultural backgrounds, we will continue to build strategic partnerships and expand the reach of R.I.S.E. through an outreach model delivered within established community groups.

We will also continue to develop our festival programme, building on its success and delivering a further festival event in February.

Alongside this, we will strengthen our reputation and further develop the Atholl Academy, including plans to host a dedicated conference for professionals as well as developing a COSCA certificate- a recognised SQA accredited qualification for individuals beginning on their journey to become trained counsellors.

Finally, we will expand our Delivery Licence Partner model, seeking new partners to deliver Pathways to Hope on our behalf and adapt the programme for different audiences, including young people.

Declaration

Signed on behalf of the charity trustees:



Print name

Michael Marley

Designation

Chair of the Board of Trustees

Date

13th July 2026

Signed in the presence of:

Sam Roger- Secretary
Razvan Syeed -Treasurer
Johnathan Law- Trustee
Doug Blackie- Trustee