BIPOLAR SCOTLAND

(A COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2026

SCOTTISH CHARITY NUMBER SC021705
COMPANY NUMBER SC163306

Cahill Jack Associates Limited
Chartered Accountants
and Registered Auditors
91 Alexander Street
Airdrie
ML6 0BD

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LEGAL AND ADMINISTRATIVE INFORMATION

TRUSTEES WHO SERVED DURING THE YEAR

Dr Mark-Paul Buckingham - (Resigned 17 November 2025)
Dr Anne Fearfull
Dr Victoria Reid - Chair (Appointed 17 November 2025)
Dr Joyce Elizabeth Wilkinson - Vice Chair
Mr Clive Edwin Peel Benson - (Appointed 18 May 2026)
Mrs Jennifer Browne - (Appointed 17 September 2025)
Mr James Robert Swann - (Appointed 17 September 2025)
Mr Conner Paul Whiteside - (Appointed 24 September 2025)

COMPANY SECRETARY

Jayne Laidlaw - Chief Executive - (Resigned 31 December 2025)
Mrs Maja Mitchell-Grigorjeva - Chief Executive (Appointed 16 January 2026)

INDEPENDENT EXAMINER

Tony Fraser
Cahill Jack Associates Limited
Chartered Accountants
91 Alexander Street
Airdrie
ML6 0BD

BANKERS

Bank of Scotland
174 Byres Road
Glasgow G12 8SW

REGISTERED OFFICE

Studio 10
Anchor One
7 Thread Street
Paisley
PA1 1JR

SCOTTISH CHARITY NUMBER SC021705
COMPANY NUMBER SC163306

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2026

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 2026 which are also 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 2.

The board has entrusted the day to day management of the charity to Maja Mitchell-Grigorjeva, 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 – Resigned December 2025
Maja Mitchell-Grigorjeva	Chief Executive Officer and Company Secretary
Lesley Ann Murphy	Trusts and Grants Fundraiser
Jenine Paxton	Fundraising Officer – Left the organisation December 2025
Kimberley Logan	Impact and Delivery Team Leader
Pete Stanton	Communications Officer – Joined July 2025
Amanda Craig	Finance Officer – Joined April 2025
Hazel Muir	Training and Resources Lead
Kerry Adam	Self-Management Trainer – Resigned September 2025
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

Bipolar Scotland exists to support people living with bipolar to live well and to increase public understanding of the condition through lived experience. Our work is guided by our vision of a good life for everyone in Scotland who lives with bipolar.

During the year, we refreshed our organisational values to better reflect who we are and how we work. We are led by five core values: Member-led; Empathy and Honesty; Hope; Inclusion; and Impact and Purpose. These values shape how we design our services, work together as staff and volunteers, engage with members and stakeholders, and make decisions.

Our activities are focused on supporting people living with bipolar (and friends and family members) while working to improve wider public understanding of the condition and reduce inequalities, stigma and discrimination. We deliver a range of services across Scotland, including:

• **Peer support**, through a network of in-person and online support groups, as well as one-to-one support through services such as Beyond Diagnosis.

• **Self-management training**, supporting individuals, friends and family members to better understand bipolar and develop practical tools for managing the condition.

• **Employment and workplace support**, including the continued development of our Momentum Works project and new training for employers, aimed at reducing stigma and supporting people with bipolar to remain in and thrive within employment.

• **Information, education and influence**, including resources, events and partnerships that increase awareness and understanding of bipolar and Bipolar Scotland among professionals and the wider public.

Our work is underpinned by a peer support model, recognising that people with lived experience of bipolar bring unique expertise and insight. Delivery is achieved through a skilled staff team, supported by trained volunteers who play a vital role in extending our reach and impact.

This year we continued to develop new approaches in response to the needs of our members, including more flexible models of training and an increased focus on workplace support. This has helped to ensure our services remain accessible, relevant and responsive to the challenges faced by people living with bipolar.

REACH AND IMPACT

Over the past year, we have seen significant growth and change across the organisation. Alongside internal progression for members of our team, we have strengthened and expanded our offer, ensuring that people living with bipolar can access support in ways that feel flexible, responsive and right for them. We have worked to better connect our services, creating clearer pathways so that individuals can move between different types of support as their needs evolve.

Within our core services, **43** individuals were supported through our Beyond Diagnosis service. This is lower than the previous year, reflecting our decision to pause promotion of the service during a period of funding uncertainty. We were therefore delighted to secure a further two years of funding from the National Lottery, enabling us to resume promotion and continue supporting people at a crucial stage following diagnosis.

In April 2025, we concluded delivery of our Peers Together project as funding came to an end. We produced a detailed impact report capturing both the difference the project made and the learning from its delivery, contributing to the growing body of evidence demonstrating the value of peer support in Scotland.

Momentum Works launched in September 2025, supporting **15** individuals in the first six months. This three-year project, funded by The ALLIANCE, was developed in collaboration with our staff and members in response to a recognised gap in bipolar-specific employment support. As part of this project, we established a Lived Experience Advisory Panel made up of **eight** Bipolar Scotland members. This group plays an integral role in shaping the project and developing lived experience-led resources to support people navigating work and study alongside bipolar.

Demand for our Self-Management Training grew significantly, with **140** participants attending over the year compared to **70** the previous year. This increase reflects successful funding secured through the Communities Mental Health and Wellbeing Fund, enabling us to expand delivery. We also introduced new ‘Let’s Talk About…’ sessions, providing additional opportunities for people to build knowledge and confidence in managing their condition. To support this growth, two sessional trainers with lived experience of bipolar were recruited.

Our support groups remained a vital source of ongoing peer connection. Across the year, there were **874** attendances, including **76** people joining a group for the first time. We expanded our reach by launching new groups in West Dunbartonshire (online and in-person), East Lothian (online), and Dumfries and Galloway (online), bringing our total to **20** groups delivered each month across Scotland.

Alongside structured services, we continued to provide accessible routes into support. We estimate that approximately **500** individuals were supported through telephone and email contact over the year, offering timely advice and reassurance.

Our digital presence also played an important role in reaching and engaging our community. During the year, our Facebook content generated **3,334** reactions, and our page was visited **9,449** times, reflecting strong engagement and helping people to find and connect with our services.

We also continued to invest in and grow our volunteer community, recruiting **27** new volunteers over the year, strengthening our capacity to deliver support across Scotland.

REACH AND IMPACT - Continued

Beyond direct service delivery, we extended our reach through professional engagement and influencing activity. We reached more than 600 professionals through events, presentations, and partnerships, helping to increase understanding of bipolar and the role of peer support. In early 2026 we launched our Manifesto for the May 2026 Scottish elections, setting out our priorities for improving the lives of people living with bipolar and continuing to amplify the voices of our members.

In 2025, the European Network for Bipolar formally launched, with Bipolar Scotland as a founding member, strengthening our international connections and influence. Our Self-Management Training was also recognised with the Empowering Self-Management Award from The ALLIANCE.

Additionally, this year we have undertaken extensive consultation to inform the development of our new organisational strategy, to be launched in Summer 2026. This work is focused on ensuring the long-term stability and sustainability of the organisation, so that we can continue to support people living with bipolar for many years to come.

NATIONAL CONFERENCE

In October, the organisation delivered its first national conference in several years. Time for Transformation brought together 120 people in Edinburgh to explore what better looks like for people living with bipolar in Scotland. Delegates included people with lived experience, family members, clinicians, researchers, politicians and professionals working across health and social care, including the voluntary sector. The views and feedback gathered on the day directly informed both our 2026 Manifesto and our new organisational strategy.

Feedback from participants was overwhelmingly positive, and it was clear that the conference successfully raised the profile of both bipolar and Bipolar Scotland. The event was also referenced in the Scottish Parliament, highlighting its wider relevance and impact.

This conference would not have been possible without the generosity of our sponsors. The Board of Trustees would like to extend their sincere thanks to all sponsors, as well as to the staff, volunteers, speakers and facilitators who contributed to making the day such a success.

RISK MANAGEMENT

The Board of Trustees has overall responsibility for ensuring that Bipolar Scotland has appropriate systems in place to identify and manage risk. We maintain a strategic risk register which is reviewed regularly, with key risks monitored throughout the year to support informed decision making.

Financial sustainability remains a key focus. During the year, we have taken steps to strengthen our financial position, including securing multi-year funding, maintaining a strong funding pipeline and progressing the development of a new organisational strategy focused on long-term sustainability.

Other key risks include our reputation, governance, data protection and the capacity of a small team. These are managed through regular monitoring, strong governance arrangements and clear policies and procedures.

The Board is satisfied that appropriate systems and controls are in place to manage risk and support the long-term stability of the organisation and procedures.

FUNDRAISING

Trusts and Foundations fundraising remains highly competitive, with demand continuing to outstrip available funding across the sector. Funders are still prioritising crisis response and cost-of-living pressures, making it particularly challenging to secure support for core costs. While project funding is more accessible, the lack of unrestricted income continues to place pressure on organisational sustainability.

Despite this, 2025/26 has been a strong year. We secured a diverse range of grants, combining significant multi-year awards with a high volume of smaller trust and Communities Mental Health and Wellbeing funding. This reflects a more focused and strategic approach, with clear alignment between funder priorities and the needs of people living with bipolar across Scotland.

We were successful in securing two major awards: a two-year grant from the National Lottery Fairer Life Chances programme to sustain and grow our Beyond Diagnosis service, and a new three-year investment from the Alliance to deliver our Momentum Works programme. These awards provide vital stability and allow us to plan with greater confidence. Alongside this, we secured Communities Mental Health and Wellbeing funding for multiple geographic areas, demonstrating both the strength of our local partnerships and the demand for local peer support. A number of charitable trusts also provided unrestricted funding, which remains essential in enabling us to meet core costs and respond flexibly to emerging needs.

We also continued to receive £30,000 of support from the Scottish Government. While this funding is valued, it has not increased in line with rising costs, reinforcing the ongoing challenge of sustaining our infrastructure.

Overall, this year shows clear progress. Our approach to Trusts and Foundations fundraising is stronger, more targeted and delivering results. However, the challenge remains: without a step change in core funding, sustaining and scaling our impact will continue to require careful management and difficult choices.

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

	2026	2025
	£	£
The Income and Expenditure Account shows a deficit for the year of	(131,082)	(212,144)
The net assets of the company at the year end amounted to	105,907	236,989
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	185,360	147,376
Fundraising income	14,155	7,741
Members' subscriptions and sundry income	-	2,865
Total wages costs	286,966	327,725

INVESTMENT POLICY AND PERFORMANCE

In accordance with the charity's Memorandum and Articles of Association, the Trustees have the power to invest the charity's funds as they consider appropriate.
The charity held no investments during the financial year. The Trustees continue to keep the charity's financial position under review and will consider appropriate investment opportunities should surplus funds become available in the future.

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

During the year significant work has been undertaken to develop a new five-year strategy for Bipolar Scotland, which will be launched in the first quarter of 2026/27. This has been shaped collaboratively with input from trustees, staff, volunteers, members and key stakeholders, ensuring it reflects the priorities and experiences of the people we support. The strategy sets out four clear areas where we aim to make a meaningful difference, alongside two key enablers focused on strengthening our workforce and achieving long-term financial sustainability and growth.

As part of this, we will develop a bold new organisational ambition to help supporters connect more strongly with our work. This will underpin our communications and support the growth of individual giving and community fundraising. Alongside this, we will continue to build a strong pipeline of trust and grant funding, with a particular focus on increasing unrestricted income to strengthen our reserves and move towards our goal of holding three months' operating costs.

Our members remain at the heart of Bipolar Scotland. Their lived experience continues to shape our priorities, services and future direction. Over the coming year, we will build on this by strengthening opportunities for members to influence our work, while continuing to grow and diversify our membership. We will also explore opportunities to attract corporate members, enabling us to build new partnerships with employers and organisations, while generating additional income to support our work.

Building on our funding success in 2025/26, we will expand our reach through the development of new in-person support groups in areas including Fife, Perth, Stirling and Aberdeenshire. We will also recruit a part-time Community Engagement and Fundraising Officer to support local delivery, strengthen community connections and increase participation.

Following consultation with members and stakeholders, we will introduce a more flexible, hybrid approach to our Self-management Training to improve accessibility for those unable to attend two consecutive in-person sessions. We will also introduce free "Lunch and Learn" sessions for professionals, helping to increase understanding of bipolar while raising awareness of our wider training and workplace support offer. In addition, we will collaborate with the University of Edinburgh and the Royal College of Psychiatrists to deliver a joint conference, strengthening clinical relationships and knowledge exchange.

OVERVIEW OF FUTURE ACTIVITIES - Continued

We will continue to deliver our Beyond Diagnosis service, ensuring people newly diagnosed with bipolar can access tailored one-to-one support from trained peer workers. Our Momentum Works project will also be further developed and expanded, including the introduction of a group-based offer and volunteer roles, alongside continued partnership working with colleges, universities and employability organisations.

Volunteers remain central to our work. Over the coming year, we will streamline our recruitment and training processes, introducing planned recruitment points to support sustainable growth and manage staff capacity effectively. We will also explore new training and development opportunities to support both staff and volunteers across the organisation.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also directors of Bipolar Scotland 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 INDEPENDENT EXAMINERS

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 independent exainer 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 relevant information and to establish that the charitable company's accountants are aware of that information.

APPROVAL

These reports were approved by the board of Trustees and signed on its behalf.



Dr Victoria Reid

Dated : **19 October 2026**

INDEPENDENT EXAMINERS' REPORT TO THE MEMBERS OF BIPOLAR SCOTLAND FOR THE YEAR ENDED 31 MARCH 2026

I report on the accounts of the charity for the year ended 31st March 2026 which are set out on pages 11 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:

• to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and

• 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
19 October 2026

BIPOLAR SCOTLAND

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR TO 31 MARCH 2026

	Notes	Restricted Funds Total	Unrestricted Funds Total	2026 Total	Restricted Funds Total	Unrestricted Funds Total	2025 Total
		£	£	£	£	£	£
INCOME AND ENDOWMENTS FROM							
Donations and legacies:	**2.1**	-	46,524	46,524	-	65,771	65,771
Income from charitable activities:	**2.1**	138,837	29,999	168,836	83,150	28,455	111,605
Income from other trading activities	**2.1**	-	14,155	14,155	-	7,741	7,741
Investment income	**2.1**	-	-	-	-	12,814	12,814
Total incoming resources		***138,837***	***90,678***	***229,515***	***83,150***	***114,782***	***197,932***
EXPENDITURE	**2.2**						
Costs of generating funds:							
Expenditure on raising donations, legacies and grants		125	2,210	2,336	-	2,827	2,827
Expenditure on charitable activities:							
Running costs of charity		125,566	222,220	347,787	120,340	270,945	391,285
Other costs		583	9,891	10,475	-	15,964	15,964
Total resources expended		***126,275***	***234,322***	***360,597***	***120,340***	***289,735***	***410,075***
Net income/(expenditure) and net Movement in funds for the year		12,562	(143,644)	(131,082)	(37,190)	(174,953)	(212,144)
Net Loss on Investments	**5**	-	-	-	-	-	-
Transfers between funds	**7**	(10,361)	10,361	-	-	-	-
Reconciliation of funds							
Net movement in funds	**8**	2,201	(133,283)	(131,082)	(37,190)	(174,953)	(212,144)
Total Funds brought forward		42,908	194,081	236,989	80,099	369,034	449,133
Total Funds carried forward		45,110	60,798	105,907	42,908	194,081	236,989

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 2026

	Notes	£	2026 £	£	2025 £
FIXED ASSETS					
Tangible fixed assets	**5**		-		4,515
Fixed asset investments	**5**				-
CURRENT ASSETS - due within one year					
Other debtors	**6.1**	450		6,982	
Current investments		-		-	
Cash at bank and in hand		198,210		230,552	
		198,660		237,534	
CREDITORS - amounts falling due within one year					
Other creditors and accruals	**6.2**	(92,753)		(5,059)	
NET CURRENT ASSETS			105,907		232,474
NET ASSETS			105,907		236,989
FUNDS					
Unrestricted funds					
General Fund		60,798		(205,919)	
Designated Funds	**7**	-	60,798	400,000	194,081
Restricted funds	**7**		45,110		42,908
TOTAL FUNDS	**8**		105,907		236,989

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2026.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2026 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 14 to 20 form part of these accounts

Approved by the board and signed on its behalf.

V. Reid

Dr Victoria Reid
Dated :
19 October 2026

BIPOLAR SCOTLAND

CASHFLOW STATEMENT
FOR THE YEAR TO 31 MARCH 2026

	Notes	2026 £	2025 £
Cash flows from operating activities			
Net cash generated from operating activities	11	**(32,342)**	**(197,513)**
Cash flows from investing activities			
Purchase of Fixed Assets		**-**	**-**
Transfer of funds to / from Fixed Asset Investment fund	5	**-**	**334,342**
Change in cash and cash equivalents in the year		**(32,342)**	**136,829**
Cash and cash equivalents brought forward		**230,551**	**93,722**
Cash and cash equivalents carried forward	12	**198,210**	**230,551**

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

The trustees have considered the level of reserves and current funding position and have examined the cash flow projections for the subsequent year and are confident that the Charity will be able to continue providing advice and services for the foreseeable future.
Incoming resources levels are expected to show an increase in line with last year's improvement after the charity received two material multi-year grants during the year.
In addition, the trustees have also carried out an extensive costs saving exercise and managed to reduce salary costs and overheads which will enhance performance going forward.
With this in mind, the trustees consider the charity to be a going concern and have therefore prepared the accounts on this 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 ACCOUNTING POLICIES - continued

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 from the date of acquisition or opening of the deposit or similar account.

2.1 INCOME BREAKDOWN	Restricted £	Unrestricted £	2026 £	Restricted £	Unrestricted £	2025 £
Donations and legacies						
Donations received		8,256	8,256		16,970	16,970
General grants provided by government / other charities:		-	-		11,301	11,301
Scottish Government core grant		30,000	30,000		30,000	30,000
Plum Trust		-	-		7,500	7,500
Legacy income		8,268	8,268			-
	-	46,524	46,524	-	65,771	65,771
Income from Charitable Activities						
Corporate		28,499	28,499	22,900	-	22,900
Health and Social Care Alliance	38,652		38,652	15,000	-	15,000
Community Mental health and Wellbeing Glasgow	-		-	10,000	-	10,000
Community Mental health and Wellbeing Dumfries	-		-	10,000	-	10,000
Community Mental health and Wellbeing Inverclyde	-		-	4,950	-	4,950
Community Mental health and Wellbeing 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
Community Mental health and Wellbeing Fife	-		-			
Community Mental health and Wellbeing Stirling	-		-			
Community Mental health and Wellbeing Perth	-		-			-
National Lottery Beyond Diagnosis	79,728		79,728			-
The Clothworkers Foundation website fund	2,500	1,500	4,000			-
Thistledown Trust - fundraising expenses	1,500		1,500			-
Scottish Union of Supported Employment Training	2,130		2,130			-
University of Edinburgh Conference 2025	5,000		5,000			-
Baszucki Group Conference 2025	5,000		5,000			-
Dr John Ferguson Conference 2025	1,000		1,000			-
C. T. Bollen Mental Health Solicitors Conference 2025	250		250			-
Eventbrite Conference 2025	3,078		3,078			
Alex Ferry			-		10,000	10,000
Galashan Trust			-		10,000	10,000
Meikle Foundation			-		2,000	2,000
CharitableTrust			-		1,490	1,490
Voluntary Action Fife CMHWB			-		1,100	1,100
Voluntary Action North Lanarkshire CMHWB			-		1,000	1,000
Members' subscriptions			-		2,865	2,865
			-			-
	138,837	29,999	168,836	83,150	28,455	111,605
Income from other trading activities						
Income from fundraising by and on behalf of the charity	-	14,155	14,155	-	7,741	7,741
	-	14,155	14,155	-	7,741	7,741
Investment income						
Interest received	-	-	-	-	3,189	3,189
Gain on Revaluation of Investments		-	-		9,625	9,625
Dividends received	-	-	-	-	-	-
	-	-	-	-	12,814	12,814
Total Income	138,837	90,678	229,515	83,150	114,782	197,932

2.2 EXPENSES BREAKDOWN

	Restricted £	Unrestricted £	2026 £	Restricted £	Unrestricted £	2025 £
Costs of generating funds:						
Expenditure on raising donations legacies grants:						
Credit card machine and online donation charges			-	-		-
Other fundraising costs and entrance fees	125	2,210	2,336		2,827	2,827
Payroll costs			-	-	-	-
	125	2,210	2,336	-	2,827	2,827
Expenditure on charitable activities:						
Running costs of charity:						
Payroll cost	95,172	191,794	286,966	104,951	222,774	327,725
Staff and volunteer Costs	464	1,409	1,873	1,836	2,398	4,233
Rent and rates heat and light		5,351	5,351		8,988	8,988
Room Hire	65	676	741		2,429	2,429
Information, publications and postage		923	923	2,352	3,567	5,919
Self management training costs	8,174	- 900	7,274	5,151	-	5,151
Telephone	591	2,707	3,297	376	4,346	4,722
Travelling expenses	1,998	747	2,744	552	742	1,295
Staff training	1,590	693	2,283	1,400	211	1,611
Repairs		-	-		770	770
IT and software maintenance	41	2,670	2,711		434	434
Insurance	176	3,283	3,459		3,516	3,516
Subscriptions	157	7,354	7,511		8,057	8,057
Conference costs	14,142	-	14,142		-	-
Depreciation		4,515	4,515	615	12,697	13,312
Bank Charges		51	51		6	6
Printing postage stationery	804	69	872		-	-
Support and venue hire for local self-help groups	2,194	879	3,073	3,109	9	3,117
	125,566	222,220	347,787	120,340	270,945	391,285
Other costs:						
Legal and professional		6,741	6,741		12,580	12,580
Independent examiner's fee	583	3,151	3,734		3,384	3,384
	583	9,891	10,475	-	15,964	15,964
Total expenses	126,275	234,322	360,597	120,340	289,735	410,075

3 STAFF COSTS AND TRUSTEES' REMUNERATION

		2026 £	2025 £
Employment Costs	Wages and salaries	265,556	296,924
	Pension costs	4,535	5,025
	Social Security costs	16,875	25,777
		286,966	327,725

The average weekly number of staff employed was as follows:

Chief executive	1	1
Development worker	4	4
Volunteering assistant	3	5
Fundraiser	2	2
Administrator	2	2
	12	14

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

Trustees were paid a total of £424 (2025 - £nil) to reimburse for expenses incurred on behalf of the charity.

Total remuneration of the key management personnel	88,415	61,931

4 INVESTMENT INCOME

	2026	2025
	£	£
Bank interest received in the UK see note 2.1	-	3,189
	-	3,189

5 FIXED ASSETS

	Fixtures and Fittings 2026	Fixtures and Fittings 2025
Cost:	£	£
At 1st April 2025	63,920	63,920
Disposals / Transfers		
Additions	-	-
Revaluations	-	-
At 31st March 2026	63,920	63,920
Depreciation:		
At 1st April 2025	59,406	46,094
On disposals	-	-
Charge for the year	4,515	13,312
At 31st March 2026	63,921	59,406
Net book value		
At 31st March 2026	-	4,515

6.1 CURRENT ASSETS

	2026	2025
	£	£
Other Debtors	450	6,982
	450	6,982
Current Investments - Legacy cash funds Invested	-	-
	-	-
Bank Deposit Accounts	198,210	230,552
	198,210	230,552

6.2 CREDITORS - AMOUNTS FALLING DUE WITHIN ONE YEAR

	2026	2025
	£	£
Other taxes and social security	4,122	3,895
Pension payable	-	-
Deferred Income - CMHWB projects 2027	88,381	-
Other creditors and accruals	250	1,164
	92,753	5,059

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
	2026	2026	2026	2026	2026	2025	2025	2025	2025	2025
	£	£	£	£	£	£	£	£	£	£
	-				-	-				-
Health and Social Care Alliance	-	38,652	(25,704)		12,948	-	15,000	(15,000)		-
Bellahouston Bequest Fund	65			(65)	-	3,000		(2,935)		65
Various funders for Conference costs		14,328	(16,642)	2,314	(0)					
Dumfries & Galloway CMHWB	13,028	-	(9,011)		4,017	2,878	10,000	150		13,028
Glasgow CMHWB	8,408	-	(6,711)		1,697	17,195	10,000	(18,787)		8,408
Highlands / Aberdeen CMHWB	5,453	-	(4,714)		739	9,676	5,300	(9,524)		5,453
West Dunbartonshire CMHWB	12,331	-	(7,735)		4,596	4,720	10,000	(2,389)		12,331
West Lothian CMHWB	(2,213)		(276)	2,489	0	4,925		(7,138)		(2,213)
Inverclyde CMHWB	4,950	-	(2,152)		2,798		4,950	-		4,950
Renfrewshire CMHWB	5,134	-	(3,306)		1,828	4,119	5,000	(3,985)		5,134
Fife CMHWB	-	-	-		-	-				-
Stirling CMHWB		-	-		-					
Perth CMHWB		-	-		-					
Voluntary Action Dundee CMHWB	3,198				3,198	3,198				3,198
Voluntary Action North Lanarkshire CMHWB	15,099			(15,099)	(0)	15,099				15,099
Scottish Union of Supported Employment Training	-	2,130			2,130	-				-
Lottery - Beyond Diagnosis Funding	(22,544)	79,728	(50,025)		7,159	15,287	22,900	(60,732)		(22,544)
The Clothworkers Foundation website fund	-	2,500			2,500	-				-
Thistledown Trust - fundraising expenses	-	1,500			1,500	-				-
Total	42,908	138,837	(126,275)	(10,361)	45,110	80,098	83,150	(120,340)	-	42,908

Details of funds:

Name of fund/provider	Purpose of fund
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 / Aberdeen CMHWB	Peer Support Group & Self Management Training Highlands and Aberdeen
West Dunbartonshire CMHWB	Support Group (West Dunbartonshire)
West Lothian CMHWB	Self-Management Training and Support Group (West Lothian)
Inverclyde CMHWB	Support Group (Inverclyde)
Renfrewshire CMHWB	Support Group (Renfrewshireshire)
Stirling CMHWB	Support Group (Stirling)
Perth CMHWB	Support Group (Perthshire)
Voluntary Action Dundee CMHWB	Self Management Training to be delivered in Dundee
Voluntary Action North Lanarkshire CMHWB	Hybrid Kit for Support Group
Scottish Union of Supported Employment Training	Employer Training
National Lottery Improving Lives	Beyond Diagnosis
The Clothworkers Foundation website fund	Funding for website development
Thistledown Trust - fundraising expenses	Funding towards costs for raising funds

8 DESIGNATED FUNDS

The trustees made the decision in previous years to designate funds of £400,000 for the development of the Charity. Due to changes in circumstances the board have decided to transfer this balance to unrestricted funds at the year end.

9 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Restricted	Unrestricted	2026	Restricted	Unrestricted	2025
	£	£	£	£	£	£
Fund balances at 31 March 2026 are represented by:						
Tangible fixed assets	-	-	-	29,806	(25,291)	4,515
Cash in hand, at Bank and Debtors	45,110	153,551	198,660	13,102	224,431	237,534
Creditors due within one year	-	(92,753)	(92,753)	-	(5,059)	(5,059)
	45,110	60,798	105,907	42,908	194,081	236,989

10 LEASING AND CAPITAL COMMITMENTS

Operating lease commitments

Minimum lease payments fall due to be paid as follows:

	2026	2025
	£	£
Within 1 year	1,637	2,611
Between 1 and 5 years	-	2,104

The Charity pays £1,637 per annum for rental of premises. During the year, the Charity moved to smaller premises on which the rental agreements will run for one year and then on a monthly rolling contract which can be terminated anytime after that.

Capital commitments:

There were no capital commitments outstanding at the year end (2025: nil).

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

	2026	2025
	£	£
Deficit for the year (as per Statement of Financial Activities)	(131,082)	(212,144)
Adjustment for:		
Unrealised loss on revaluation of Investments	-	-
Depreciation	4,515	13,312
(Increase)/decrease in debtors	6,532	655
Increase/(decrease) in creditors	87,694	664
Net cash used in operating activities	(32,342)	(197,513)

12 Analysis of cash and cash equivalents

	2026	2025
	£	£
Cash in Bank and in hand brought forward	230,552	93,723
Movement in Bank and cash on hand	(32,342)	(197,513)
Purchase of Fixed Assets	-	-
Transfer to / from Legacy Investment Fund	-	334,342
Cash at bank and in hand carried forward	198,210	230,552

13 Members Guarantees

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