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Charity Number
SC042360

Vital Talk

Financial Statements
For The Year Ended 31 March 2026

Reference and Administrative Details

Trustees
Andrew Fraser
Rosemary Campbell
Caroline Christian
Margaret Rendall
Janet Burgon
Lorna Scott
Gillian Fraser

Address
The Life Centre
East Road
Kirkwall
Orkney
KW15 1LX

Vital Talk

Financial Statement for the year ended 31 March 2026

Statement of Receipts and Payments

Receipts	Note	Unrestricted Funds	Restricted Funds	**Total 2026**	**Total 2025**
Donations		795	0	**795**	**880**
Grants	4	3000	1180	**4180**	**3000**
Bank Interest		0		**0**	**0**
Income from training activities		0		**0**	**0**
Income from charitable activities		0		**0**	**0**
Fund Raising		2052		**2052**	**0**
Total Receipts		5847	1180	7027	3880
Payments					
Cost of Stationery, Telephone and Postage		60		**60**	**28**
Cost of Promotional Materials and Advertising		303	0	**303**	**201**
Counsellors' Travel Expenses		0	0	**0**	**0**
Supervision Costs		990	0	**990**	**135**
Training costs		1000		**1000**	**3300**
Counselling materials		447	0	**447**	**246**
Counselling costs		187		**187**	**135**
Hire of rooms		706	0	**706**	**138**
Other costs		524	0	**524**	**65**
Governance costs		0		**0**	**72**
Total Payments		4217	0	4217	4320
Surplus/(Deficit) for the year		1630	1180	**2810**	**-440**
Transfer between funds		0	0	**0**	**0**
Surplus/(Deficit) for the year		1630	1180	2810	-440

Statement of Balances

Funds Reconciliation	Unrestricted Funds	Restricted Funds	**Total 2026**	**Total 2025**
Cash at Bank & In Hand – 31/03/25	13286	0	**13286**	**13726**
Surplus/(Deficit) for year	1630	1180	**2810**	**-440**
Cash at Bank & In Hand – 31/03/26	14916	1180	**16096**	**13286**
Bank and Cash Balances				
Bank Account			**16096**	**13286**
Cash in Hand			**0**	0
			16096	**13286**

Approved by the Trustees on 14 September 2026 and signed on their behalf by

Andy Fraser

Vital Talk

Financial Statement for the year ended 31 March 2026

Notes to the Accounts

1 Basis of Accounting

These accounts have been prepared on the Receipts & Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2 Nature and purpose of funds

	As at 1/4/25	Receipts	Payments	As at 31/3/26
Unrestricted funds	13,285	5,847	4,217	14,915
Restricted funds:	0	1,180	0	1,180
	13,285	7,027	4,217	16,095

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity. The trustees maintain a single unrestricted fund for the day to day running of its service.

The restricted funds consisted of a grant from Voluntary Action Orkney for the purchase of IT equipment

3 Related Party Transactions

Rooms hire totalling £706 (2024/2025: £138) was paid during the year to The Life Centre, Kirkwall. The Life Centre hires out rooms to the community and is run by one of our trustees (Andy Fraser)

4 Grants Received	Unrestricted Funds	Restricted Funds	**Total 2026**	**Total 2025**
Mind on	3,000	0	**3,000**	**3,000**
Voluntary Action Orkney	0	1,180	**1,180**	**0**
			0	0
	3,000	1,180	**4,180**	**3,000**

5 Payments to Trustees

During the year payments totalling £224.74 were made to two trustee as reimbursement of expenses incurred on behalf of the Charity

Independent Examiner's Report to the Trustees of Vital Talk

Independent examiner's report to the trustees of Vital Talk
I report to the charity trustees on my examination of the accounts of Vital Talk (the Trust) for the year ended 31 March 2026.

Responsibilities and basis of report
As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Doris Hutchison CA, ATT

16 September 2026