

2025

time

and

space

Annual Accounts and Reports

Charity Number SC042547



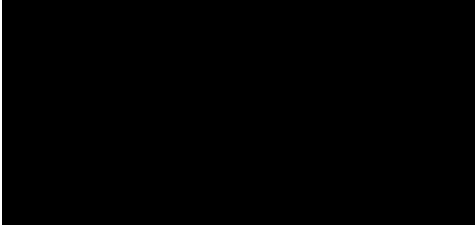
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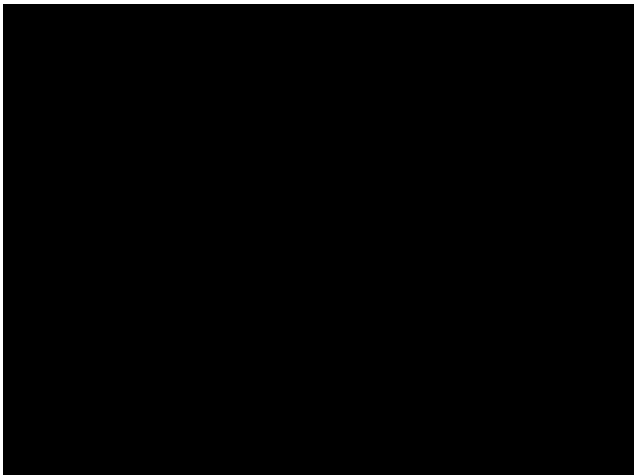
time and space

Charity Number SC042547

Registered Office

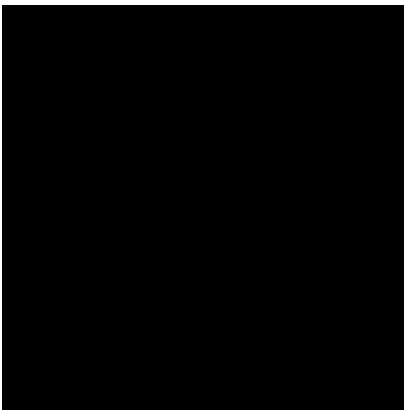


Registered Number SC042547



Bankers

Unity Trust



Trustees Report

The management committee presents their report and financial statements of the charity for the period to 31st March 2025

Objects, principal activities and organization

Constitution

The charity was constituted in June 2011, with the election of a management committee, all of whom are also trustees of the charity.

The members of the management committee may be drawn from the membership, as defined in clause 4 of the constitution.

The charity is a recognized Scottish charity, reference SCO42547.

Remuneration of charity trustees

Our trustees will be paid for any out of pocket expenses incurred whilst on organizational business, unless they are employed by the organization in which case they shall be paid under an employment contract.

Transactions with trustees or connected persons

There were no transactions with trustees or connected persons.

Risk management

The management committee assess the major risks to which the charity is exposed regularly and have established procedures to mitigate those that are identified as a result of those reviews.

Reserves policy

It is our policy to have three months of funding in reserve

Objectives

The charity is established to pursue the following objectives

To integrate those with mental health problems, particularly those who hear voices and/or self-harm, into wider society utilizing

- a) The organization, management and development of life skills and coping mechanisms for all members of the group
- b) Work with members to establish the areas in which they might need support
- c) The provision of training for its members e.g. money management, writing for wellbeing, cooking and computer as agreed by the group
- d) Promoting and maintaining well mental health
- e) Providing life skills so people can live independently
- f) Providing counselling and assistance for both members of the group and their families
- g) Provide our time and space for members to work through problems and develop skills using a person-centred model which supports members to discuss and explore their voices and/or self-harm and find and share healthier coping mechanisms

Chairpersons report year ending 31st March 2025.

Art has been high on the agenda this year with our zines being produced and then our amazing exhibition about self harm and voices, entitled 'Safety' in Goma in Glasgow at the start of this year. Our art has been a great opportunity to reach a lot of people with our unique message about these experiences. The art has continued and we look forward to participating in SMHAF later this year.

Our dedicated volunteer counsellors have continued to work remotely at their high standard and thanks to them for all their hard work.

We continue to build our relationship with other services and community representatives.

I'd like to thank our funders for their continuing support.

I'd like to thank [REDACTED] for all their hard work and commitment with facilitating groups, doing admin and delivering external trainings and continuing to offer consistent support over the past year.

Our official mascot, Archie, is still attending groups and has enjoyed meeting new members this year.

I look forward to continuing to offer support for the coming year.

Treasurers report year ending 31st March 2025.

This year we raised £59,450 from funding, donations and fundraising.

As in previous years the majority of our funding came in the form of grants, the most significant being the 2nd instalment of a 3-year grant from The Big Lottery and a further 3 year grant from The Robertson Trust.

This year we also received some money from Elaine, Lindsey and one of the members doing the 14 mile Kiltwalk! Sore feet all round but there are plans to attempt the 24 mile event next year! The effort is much appreciated.

For further information, or to request a copy of the 2025 annual accounts please contact Elaine at [REDACTED]

Numbers

We are still meeting face to face Mon - Wed and offering online services Thu - Fri.

132 people attended the service in the last year

We have members aged from 21-70

We offered out of hours crisis support on 41 occasions

We offered a daily 'check-in' service to 3 members for a period of up to 2 weeks

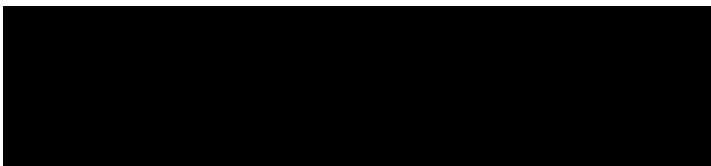
We have 6 volunteer counsellors; all are qualified. We were able to fund external training and contribute to our volunteers' supervision costs.

We helped one members access social housing.

We helped 15 members with benefit changes

Total number of people who participated in zoom groups, WhatsApp, text support	86
Number of people who accessed information/support online, phone or text but did not attend	46
Number of women's groups (Monday}	48
Average attendance at women's group	7
Number of mixed/art groups (Tuesday}	48
Average attendance at mixed/art group	8
Number of voice groups (Wednesday)	48
Average attendance at VH group	9
Number of self-care groups (WhatsApp-Thursday)	48
Average attendance at self-care groups	6
Number of self-harm groups (WhatsApp-Friday)	48
Average attendance at self-harm groups	5
Number of 'change one thing' sessions	104
Number of people who participated in the 'change one thing' project	19
Number of counselling sessions	280
Members who attended counselling	8
Members who participated in WhatsApp (Mon - Fri)	28

Signed on behalf of the committee



Independent Examiners Report to the Trustees of Time and Space

I report on the accounts of the above-mentioned charity for the period to 31st March 2025 as set out on the attached pages.

Respective responsibilities of the Trustee 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) (d) 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 Examiners Report

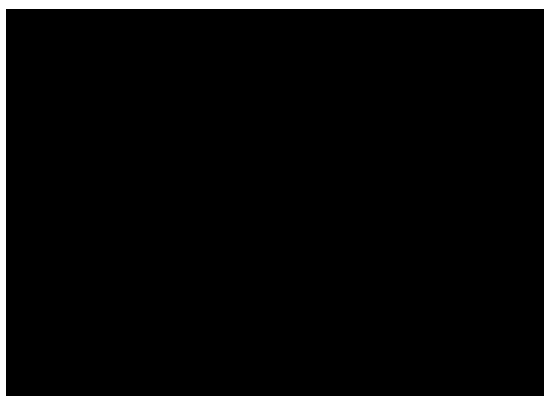
My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual 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 Examiners Statement

In the course of my examination, no matter has come to my attention 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 9 of the 2006 Accounts Regulations

have not been met, or to which in my opinion attention should be drawn, in order to reach a proper understanding of the accounts.



Time and Space SC042547
Receipts and payments account
For the year ended 31 March 2025

	2025	2025	2025	2024
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Receipts				
Donations	78	-	78	1,476
Grants	50,000	8,110	58,110	62,800
Gross receipts from other charitable activities	1,262	-	1,262	119
	<u>51,340</u>	<u>8,110</u>	<u>59,450</u>	<u>64,395</u>
Payments				
Payments relating directly to charitable activities	70,999	5,000	75,999	67,241
Governance costs - Independent examination	260	-	260	250
	<u>71,259</u>	<u>5,000</u>	<u>76,259</u>	<u>67,491</u>
Surplus/(deficit) for year	<u>(19,920)</u>	<u>3,110</u>	<u>(16,810)</u>	<u>(3,096)</u>

Time and Space SC042547
For the year ended 31 March 2025

	2025	2025	2025	2024
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Statement of balances				
Cash and bank balances at start of year	62,752	70	62,822	66,037
Surplus/(deficit) - receipts and payments account	(19,920)	3,110	(16,810)	(3,215)
Cash and bank balances at end of year	<u>42,832</u>	<u>3,180</u>	<u>46,012</u>	<u>62,822</u>
Liabilities				
Independent examiner's fee - unrestricted	330	-	330	260
	<u>330</u>	<u>-</u>	<u>330</u>	<u>260</u>

Time and Space SC042547
For the year ended 31 March 2025

	2025	2025	2025	2024
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Grants				
GCVS -Wellbeing fund	-	-	-	10,000
Corra Foundation	8,000		8,000	8,100
Main Grants fund	-	8,110	8,110	-
Robertson trust	12,000	-	12,000	13,200
Big Lottery	30,000	-	30,000	31,500
	<u>50,000</u>	<u>8,110</u>	<u>58,110</u>	<u>62,800</u>
Payments relating directly to charitable activities				
Salaries	59,560	5,000	64,560	56,332
Volunteer Costs (Supervision)	1,700	-	1,700	1,312
Member Costs	1,734	-	1,734	1,925
Rent	6,600	-	6,600	5,610
Bank/card Charges	86	-	86	105
Other Costs	572	-	572	1,328
Hardship Fund	50	-	50	200
Insurance	696	-	696	679
	<u>70,999</u>	<u>5,000</u>	<u>75,999</u>	<u>67,491</u>
Nature and purpose of funds				
Corra Foundation - Hardship fund		70		70
Main Grants fund - running costs		3,110		-
Total Restricted funds at 31 March 2025		<u>3,180</u>		<u>70</u>

