

APPENDIX 1



Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
From	01	10	2024	To	30	09	2025

Reference and administration details

Charity name
Other names charity is known by
Registered charity number
Charity's principal address

Mentalization Based Therapy Scotland
SC046841
7 Clova Avenue
Blairgowrie
Perthshire
Postcode PH10 6UQ

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David Adamson	Chairperson		
2	Moyra Guthrie	Treasurer		
3	Caroline Adamson	Secretary		
4	Linda Treliving			
5	Karen Richard			
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Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year

Structure, governance and management

Type of governing document

Constitution

The Charity is a Scottish Charitable Incorporated Organisation (a SCIO). It was registered in its current legal form on September 13, 2016. The charity was previously an unincorporated association but changed its legal form to a SCIO. The assets of the unincorporated association were transferred to the SCIO on the 13/9/16. It has a single tier structure and as such the trustees are the members of the charity

Trustee recruitment and appointment

Trustees are elected at the annual general meeting which is normally held in October. There must be a minimum of four and a maximum of eight trustees.

Objectives and activities

Charitable purposes

The organisations purposes are

- To advance knowledge and education in Mentalisation Based Therapy (MBT).
- To create a training pathway for clinicians and workers in healthcare, social care, education and prison services.
- To provide access to a recognised training pathway with accredited trainers.
- To maintain the register of trainees in Scotland at all levels.
- To provide support for development along the training pathway.

Summary of the main activities in relation to these objects

We continue to offer MBT skills to NHS settings for free with trainings in Glasgow, Edinburgh, Aberdeen and Moray.
The training pathway has been developed and we are keeping a register of trainees.
We continue to run annual CPD events and have introduced a new CPD group for supervisors in accordance with the Anna Freud Centre (AFC) requirements.
We have now been recognised by Anna Freud Centre as having capacity to run our own basic trainings in Scotland for Scottish trainees.
Anna Freud Centre has a contract with Health Education England to deliver MBT training across England. NHS Education for Scotland (NES) has agreed 2 year funding with MBT Scotland to provide training for NHS Scotland applicants.

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Achievements and performance

Summary of the main achievements of the charity during the financial period

There have been no changes to trustees since the last report.

Dr John Patrick and the rest of the Education Committee worked with the administrator and the chair to complete the tendering process for the work with NES to provide MBT Basic and CPD training to NHS Scotland practitioners from 2026. The tender was successful and therefore this contract is in place for another year with 12-month extensions available.

Training continued through the year, there were two training courses held with a total of 20 attending Basic training and 70 people completing CPD training.

The Education Committee works closely with the Anna Freud centre to provide this training and keep up to date with developments through CPD. The contract with AFC includes access to the extensive training materials available.

There is also potential to provide training to individuals from outwith Scotland and this is being explored for future opportunities.

Financial review

Brief statement of the charity's policy on reserves

At present the running costs are negligible but the Trustees wish to carry £2,000 which is well within current financial capability.

Details of any deficit

There is no deficit

Donated facilities and services (if any)

Trainers often offer their services free of charge to support the charity

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Other optional information

Plans for future

MBT Scotland will continue to expand access to MBT skills training across Scotland, equipping practitioners with practical, evidence-informed approaches that strengthen services throughout the caring sector.

By building understanding of this therapeutic approach and its effectiveness for people diagnosed with Borderline Personality Disorder, MBT Scotland aims to improve engagement with a group who can find services difficult to access. Whether applied through basic skills or advanced formal therapy, MBT offers valuable and well-established benefits.

Growing interest from the forensic sector demonstrates the increasing relevance of this work. Responding to requests for further skills training will broaden the trainee base and help improve access to mental health assessment and treatment.

Offering face-to-face training in future will create valuable opportunities for practitioners to connect, share learning and strengthen professional networks. Online training will remain available to ensure the programme continues to be accessible and cost-effective, particularly for those facing travel and accommodation costs.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	David Adamson	
Position (e.g. Chair)	Chair	
Date	1 July 2026	

